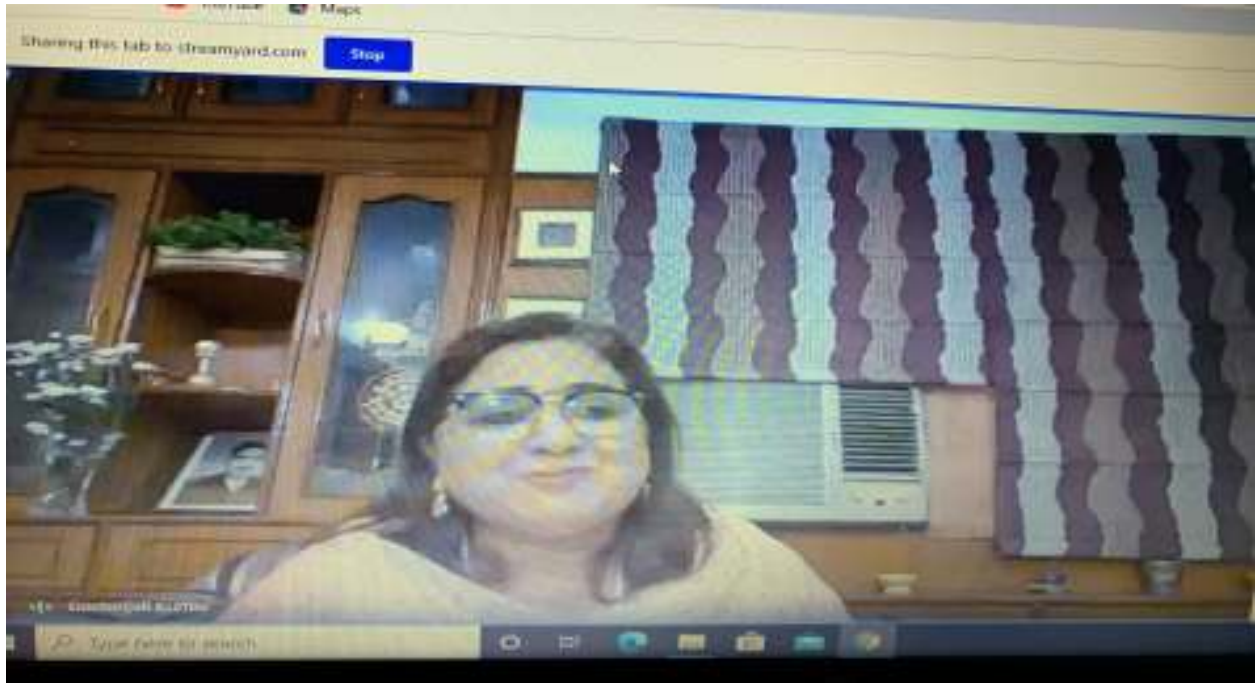


JU organizes interactive session on "Sukoon Ki Chah, Lockdown Main " with eminent counselor Dr. Geetanjali Kumar



In an endeavor to reach out to its students during tough times of Covid 19 to keep them engaged towards positivity and to ensure that the mental health does not suffer, Department of Students Welfare, University of Jammu organized an interactive session with a renowned Psychologist Dr. Geetanjali Kumar, Practicing Counselor, Trainer, Parenting coach and Motivational Speaker.

Describing hope, compassion and commitment a key to steering out of the prevailing stressful way of life forced upon the humanity due to pandemic, Dr Geetanjali Kumar today called upon youth to imbibe positivity to meet the challenges unfolded by grim scenario.

“We have to struggle for revival, as the life is not the same it was five to six months ago before the onset of COVID-19”, Dr Kumar said at an interactive session on ‘Sukoon Ki Chah Lockdown Mein’, organized by the Department of Student Welfare, University of Jammu.

She said the life cannot be planned by devising Plan A, Plan B and so on, which has been proven by the corona virus which left the entire human activities haywire without signaling any alarm. This has taught a lesson to us all to have a plan for unplanned life, she said, adding the people must adopt problem solving approach and seek solutions to issues confronting the humanity. This can be achieved by rising above the self and work towards betterment of the society.

Dr Geetanjali stressed the need for instilling self confidence among youth and prepare them for meeting the challenges and to face the world with much more confidence and vigour. They have to be prepared to shoulder the responsibility of the future in true spirit of Brand India, which has rekindled hope and promise. She referred to the revolutionary concept of Atamnirbhar Bharat envisioned by Prime Minister Narendra Modi and said this is to be realized by putting in best. India is no more known now for its numbers but it is acknowledged as a nation of intellect, hard work and resilience. It has become brand to be reckoned now. The resilience of the people of India is being widely respected and they are seen as agents of change, she said.

Prof. Rajni Dhingra, Dean Research Studies, University of Jammu was the Chief Guest of the session. Terming it as a one of the major accomplishments of the Department of Students Welfare. Prof. Dhingra said that organizing such type of events on mental wellbeing of the students and scholars in these difficult times of Covid Pandemic is very important as there is unprecedented crisis in the form of deviation from normalcy and due to this the youngsters need to control the inner feelings as the outer situation cannot be controlled. Prof. Dhingra hoped that such interaction will be beneficial for all the stakeholders of the University in general and students in particular. Prof. Dhingra also complemented Prof. Anupama Vohra, Chairperson Campus Cultural Committee, Co-chairperson Campus Cultural Committee, members of the Campus Cultural Committee and the organizers of this event.

Earlier in his welcome address, Prof. Jasbir Singh, Dean Students Welfare, University of Jammu thanked Prof. Manoj K. Dhar, Vice Chancellor, University of Jammu for initiating such activities for students and entrusting this responsibility to the Department of Students Welfare which is always keen to organize such type of activities for the students and scholars of the University and providing them the opportunity to interact with the eminent speakers. Prof. Jasbir also thanked Prof. Rajni Dhingra for being the Chief Guest on the event.

The impactful session which was attended by teachers, students, scholars, members of civil society was brilliantly moderated by Prof. Samridhi Arora, Co-chairperson Campus Cultural Committee and coordinated by Ms Ifra Kak, Cultural Officer. The same was live-streamed for larger audience on social media channels of the Department of Students Welfare, University of Jammu @DSW Events & Facebook Live @DSW JU. Prof. B.K. Bajaj, Associate Dean SW presented vote of thanks. The interactive session was followed by a series of questions by the participants which were appreciatively answered by Dr. Kumar.