



Sessions on Mental Health and Personality Development

Date	1 st , 3 rd & 4 th October 2025
Event	Sessions on Mental Health and Personality by Psychologist Ms Anushree Ghai
Venue	Multi Purpose Hall

The Student Grievance Redressal Committee of Trinity Institute of Professional Studies organized an engaging and insightful session on *Mental Health and Personality Development* for the students of BA LL.B, BJMC, BCA, BBA, and B.Com on 1st, 3rd & 4th October 2024 respectively.

The session was conducted by **Ms. Anushree Ghai**, a renowned psychologist, and aimed at equipping students with practical tools to enhance their mental well-being and build strong, impactful personalities.

The session primarily aimed to raise awareness about the significance of mental health in everyday life, encouraging students to cultivate a positive mindset and develop effective coping strategies for stress. Additionally, it provided valuable insights into personality development techniques, helping students enhance their interpersonal skills and build confidence.

Ms. Anushree Ghai conducted an engaging and interactive session where students actively participated in discussions, real-life examples, and short activities. The session focused on mental health awareness by addressing common issues like anxiety, stress, and low self-esteem, while also emphasizing self-care practices such as mindfulness, exercise, and journaling. Additionally, students were introduced to personality development techniques, including goal setting, time management, and emotional intelligence, with a strong emphasis on communication skills, body language, and self-confidence. Role-playing and experience-sharing activities further enriched the session by demonstrating effective communication and conflict resolution skills, making it both insightful and relatable for students.



Benefits of the Session

- 1. Enhanced Awareness:** The session helped students recognize the importance of mental health and how it directly influences their academic performance and personal growth.
- 2. Practical Takeaways:** Students gained actionable tips to manage stress and anxiety, which they could apply in their daily lives.
- 3. Improved Confidence:** By addressing common challenges in personality development, the session motivated students to work on their self-image and presentation skills.
- 4. Empathy and Support:** Ms. Ghai's emphasis on building supportive peer networks and seeking help fostered a sense of empathy and community among students.

The session received overwhelming positive feedback from students, who appreciated Ms. Ghai's relatable approach and the safe space created to discuss sensitive issues. Many students expressed their desire to attend similar workshops in the future to further enhance their skills and understanding.

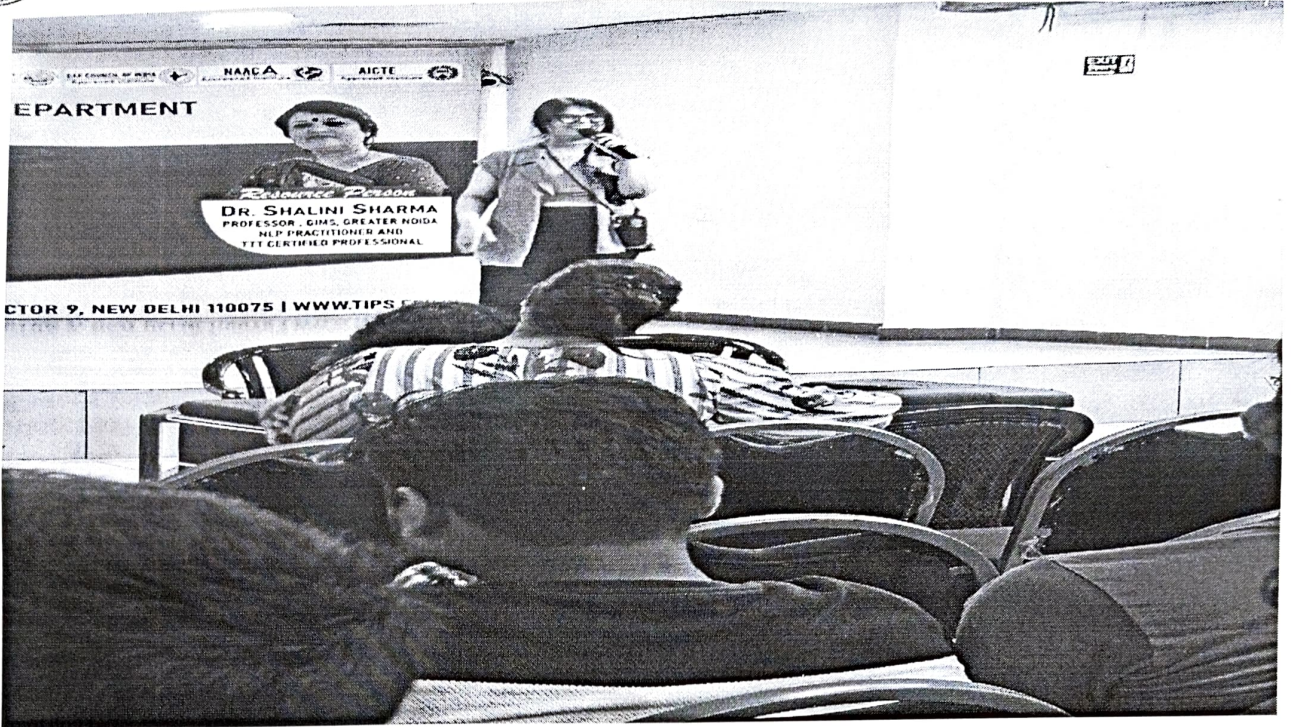
Conclusion

The session by Ms. Anushree Ghai was a remarkable initiative to address critical aspects of student life, such as mental health and personality development. It not only educated students but also empowered them to take proactive steps towards their personal and professional growth.



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