

Relationships and Mental Health

On 25th February 2020, the department of Psychology invited **Ms. Praneet Kaur** for a seminar from **9:00-10:30 AM** on the topic “**Relationships and Mental Health**” To initiate conversations on how relationships affect the mental health of young people and suggest ways in which we can improve the quality of our relationships. Ms Kaur is practising as a counselling psychologist; she is also a speaker and a trainer who specialises in dealing with sexual abuse trauma recovery cases and also relationship issues. She runs a platform called 'Pour the Heart Out' that aims to create awareness about mental health, provide mental health services and train students. In the interactive seminar, Ms. Kaur shed light on the various kinds of relationships, their effects on our mental health and ways to promote healthy relationships. The event was attended by around 80 students.

CATHECT
Aurora 2.0

PhotoGrid

Talk
on

Relationship and Mental Health



Praneet Kaur
Relationship Expert

9:30 AM, 25th February 2020, Seminar Room, Bharati College

