

Date: 24-02-2018

Program: Psycho-educational program on Resilience.

A Psycho-educational Program on Resilience was arranged for the forum students. Mrs. Deepa Kothari, Head of the Dept. of Psychology was the resource person who energetically spoke about the topic. She highlighted the facts that how certain people bounce back in their life in spite of having lot of hardships. Through activities she grabbed the full attention of the students and made the learning easy and interesting. She also provided take back home tips to build Resilience.

