

2020-2021

Name of the Department/Society: Society for General Awareness

Name of the Event 1: Interpersonal mentorship

Date of the Event: 30th October 2020

On 30th Oct 2020, Society of General Awareness (SGA) successfully conducted a webinar on "How to maintain healthy Interpersonal Relationships". We had with us Ms. Roshni Grover, Counseling psychologist and Relationship expert. She discussed the importance of maintaining healthy relationship and highlighted the role of effective communication in this. She also enlightened the audience about various kinds of relationship aspects along with the boundaries we can take care of to overcome the hurdles within a relationship.

Throughout the session, students were highly engaged in the discussion with the speaker, and continuously asked their queries and doubts related to the topic and speaker resolved each of the query asked with much enthusiasm. Main area of concern throughout the session revolved around the role of a good communication between the communicators whether being in love, friendly or a professional relationships. Speaker also focused on various measures one can adopt to maintain a healthy relationship by allowing them to create some boundaries whether physically, mentally, emotionally or spiritually from their side for easy communication. She also highlighted importance of such measures and role of other interpersonal skills which too play crucial role in all sort of relationships in different fronts.

Overall webinar was highly enriching for all the attendees, from learning about different parts and aspects of a relationship to measures one can take care of to make each part of these relationships strong and healthy, so that it won't trouble them in long run and will allow them to live in a healthy



The poster features a blue background with a blurred image of a person. At the top left is the SGA HRC logo, and at the top right is the Hansraj College crest. The text reads: 'SOCIETY OF GENERAL AWARENESS Hansraj College', 'HOW TO BUILD HEALTHY INTERPERSONAL RELATIONSHIPS', 'OCTOBER 30, 2020 • 4-5 PM', 'ROSHNI GROVER', 'Counselling Psychologist and Relationship Expert, Masters in Counselling Psychology', and 'LIVE WEBINAR' with a video camera icon. At the bottom right, contact information is provided: 'CONTACT: Abhishek- 9660941858, Yashwardhan- 9205153770'. Social media links for Facebook, Instagram, and LinkedIn are at the bottom.



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mental and physical space which is of prime importance.

