

**Women's Day - An Expert Talk Organized by LGRC (Ladies Grievance and Redressal cell) for girl students of MIT Polytechnic, Chh.Sambhajinagar**

On account of Women's Day an expert talk on "Mindful Connection: Balancing relationships & mental health in college life" was organized by LGRC (Ladies Grievance and Redressal cell) for girl students of MIT Polytechnic, Chh.Sambhajinagar on 8<sup>th</sup> March, 2024. Dr. Sheetal Itolika, Psychotherapist, Founder and director of Antarang Counseling Center, Chh. Sambhajinagar, delivered the speech for programme.



Dr. Sheetal Itolika introduced her speech by showing brain structure on power point presentation. She explained the role of dopamine and its functions very nicely. She suggested all girls to be aware about their feelings and reactions while they feel for someone. She explained the difference between thoughts, emotions and behaviour. She informed the ways in which girls can represent their happiness, sadness, frustration, anger and such feelings and also to share with close friends or the person whom they can trust. She interacted by telling them several cases she handled and suggested them to keep themselves away from any problem which may spoil their life. She guided girls the importance of health diet, exercise, cleanliness can how it helps to keep them fit and fine for a good health. She also gave information about circle of control, what is it exactly, how fear can be detected and how to overcome it. She further said that girls could keep themselves mentally strong by possible and impossible things in the circle and out of the circle.