

ATR Report (DATE: 07/06/2023)

Name of University/ITI/College:	Dr. B.R. Ambedkar University Delhi		
Name of the Activity:	Industry-Academia Linkage Workshop on Resilience as Affirmative Practice		
Theme of the Activity:	Resilience		
Activity Date:	7 June 2023	No. of Participants:	30
Brief Description of the Activity:			
The School of Education Studies of Dr. B.R. Ambedkar University Delhi in collaboration with social sector organisation, The Red Door, organised a workshop on “Resilience as Affirmative Practice”. The Red Door(TRD) is a mental health initiative that believes that discourse around psycho-social well-being needs to be more inclusive, diverse, and respectful to myriad realities we inhabit in our mind and lives. Ms Pranami Tamuli and Ms Ayushi Bhatt from The Red Door (TRD) anchored the workshop. The workshop focused on exploration of the mental health crisis and how Resilience science can offer a preventive/promotive framework for interventions in the educational space. The crucial resilience factor of emotional regulation was explored through experiential techniques. The workshop involved a dynamic and engaged student participation as the discussion revolved around mental health challenges in contemporary educational contexts and how students cope and actively nurture resilience.			
Brief Description of Participants:			
The workshop saw participation from among University faculty, MA Education, MA ECCE students, PhD students. Invite was sent out to all university faculty—In all 30 People participated in the session.			
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Glimpse of the Activity

G20 Activity - Jan Bhagidari Events: 1st – 15th June 2023

Image1, Image2, Image3, Image4, Image5

NOTE:

- Kindly share this report for every individual activity with a minimum of five images every Saturday by 1 pm.
- Also, update/ upload the same on the Activity sheet and in google drive's dedicated folder.