



ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟ, ଭୁବନେଶ୍ୱର  
Rama Devi Women's University, Vidya Vihar, Bhubaneswar  
Odisha-751022, Ph.no-0674-2542644,  
E-mail-[registrar@rdwu.ac.in](mailto:registrar@rdwu.ac.in), Website- [www.rdwuniversity.nic.in](http://www.rdwuniversity.nic.in)

1-Event: Extra Mural Lecture

2-Title of the Event: Extra Mural Lecture

3-Date &duration:31.10.2022,1 day

4- Objective /Motivation of the Event-To educate the students about the need and relevance psychological counseling and wellness in life.

5-Theme of the Event- Health and wellbeing: A Holistic Approach

6.Funding Agency(If Any)-Nil

i- Funds Received(In Rs):Rs .Nil

7-Technical Session (Details)-Two

i-No of Technical sessions conducted: Two

ii-Title of the Technical sessions- **Technical Session-I**- Presentation by Prof David Carson on “Life after COVID:How Creativity can promote health and greater adventure in living.”

**Technical Session-II**-Presentation by Prof Namita Mohanty on “Counseling and its importance in today’s Life followed with interactive session .

iii- Chairperson of technical session: Prof Aparajita Choudhury ,Vice Chancellor Rama Devi Women’s University

8- Resource persons : (Details)

Sl No	Name	Designation	Affiliation /Institute	Specialization	Title of the Talk
1	Prof David K Carson	Professor	Department of Psychology,Regis University,Colorado, USA	Counseling	Creativity can promote health and greater adventure in living.”
2	Prof Namita Mohanty	Professor	Department of Psychology, Utkal University	Mental health	Counseling and its importance in today’s Life

9. Participants Details (Indicate Numbers only and attach attendance sheet)

i.- Scientists /Faculty;

ii-Ph.D Scholar:

iii- Students:457

a-UG

b-PG

c-M-phil-Nil

10- Outcomes of the event:-

- Students got trained about the need of counseling and focus on mental health and tricks to maintain wellness .
- Students were motivated to maintain their healthy life and mental health through creativity during crisis of life.
- Students were ignited with energy to support life with mental balance and handle stress.

11- Recommendations(if any): more technical sessions to be held for better understanding.

12 Selected Photographs (5only)



Prof Aparajita Choudhury , Vice Chancellor of Rama Devi Women’s University innagurates the Extra-mural lecture by lighting the lamp ,organised by P.G department of Home Science in collaboration with Department of Education, Psychology, Gender Studies, Philosophy,Sociology and Counselling and Wellness Centre in presence of Prof David K Carson ,Prof Namita Mohanty , Prof Chandi Chanran Rath, Prof Chandrashree Lenka. On dt31.10.22 at 11.00a.m.