

Prof. Chouhan speaks on 'secrets of well being' at KU

'Positivity core concept of we being'

Srinagar June12 : Professor Vijaya Laxmi Chouhan, Head Department of Psychology; Mohanlal Sukhadia University,udaipur, delivered a lecture at post Graduate Department of Psychology, University of Kashmir on "Well-being in Life".

The lecture was followed by an interactive session which was chaired by Prof.Mahmood Ahmad Khan HOD Psychology.

Dr. Chouhan emphasized that we should utilize our cognitive resources for the well-being of our society. The core concept of well-being in life is positivity, he said . The positive thinking creates positive outlook which in turn guides our emotions positively, and directs our behavior towards the attainment of well-being in our life, said the professor. She spoke about the effects of stress in our life and strategies for dealing with stress. She emphasized that social support is the most important aspect of dealing with people with stress.

The Lecture was followed by discussion in which, students, scholars and faculty members of the post graduate department of psychology participated. The post graduate department of psychology has started a lecture series fro their students for this year in which learned scholars from the filed of psychology from other state of India will be interacting with KU psychology students, informed Prof.Mahmood Ahmad Khan HOD Psychology.