



Gandhinagar Institute of Technology

A Report on

“Webinar on Emotion Engineering”

08th January 2021

Introduction:

The Healthy Campus Committee (HCC) of Gandhinagar Institute of Technology regularly organizes activities pertaining to the Healthy Campus initiative. The initiative has identified seven key areas: Healthy Living, Social Consciousness, Stress Management, Building Self Esteem, Developing Critical Thinking, Developing Soft Skills and leading a Drug Free Life. Keeping up the tradition, a “Webinar on Emotion Engineering” was organized on 8th January 2021. Director sir, Dr H N Shah was instrumental in planning and execution of the webinar. HCC committee acknowledges the support of all Trustees and the Management in providing the necessary infrastructure and resources for conducting the event successfully. The webinar was coordinated by Prof. Rahish Silavat (HCC faculty member, EE) under the guidance of Prof. Jatin Chakravarti (HCC Coordinator, EC).

Objective:

In this day and age, our youth is prone to problems like stress, anxiety, frustration, distraction, boredom and depression. Lack of sleep, poor eating habits, and not enough exercise are a recipe for depression among college students. The stress that comes with academics including financial worries, pressure to get a good job after college, and failed relationships is enough to force some students to leave college or worse. Depressed students are at a greater risk of developing problems such as substance abuse. Depressed college students are more likely to binge drink and smoke marijuana to cope with emotional pain than are their nondepressed peers. Students themselves are often reluctant to seek help due to social stigmas related to depression. The objective of this webinar was to create awareness about mental health and help students identify the symptoms leading to stress, depression and anxiety.

Program Overview:

Prof. Rahish Silavat (HCC Faculty Member) introduced the speaker Dr Manish Khernar, who is a Clinical Hypnotherapist and founder of “Swadarshana Therapies”, Ahmedabad. Dr Manish has improved lives of countless people who needed hypnosis to get over an obstacle, phobia or behavior. He is also a key note public speaker, anchor, theatre artist, director and writer. The webinar was organized virtually via Google Meet for the students of Sem. 1.

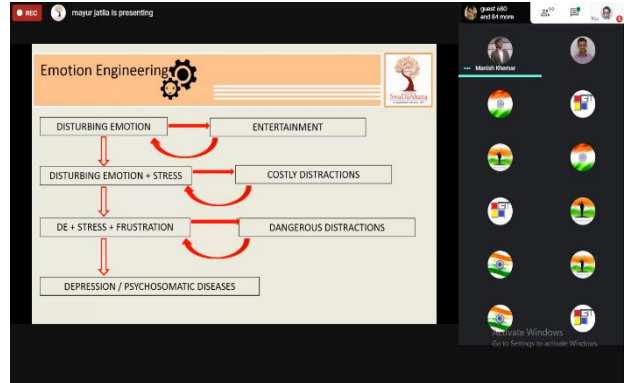
The webinar enlightened students about different causes of stress, anxiety, frustration, distraction, boredom and depression. He said that the antidote to different emotions like fear, loneliness, inadequacy, boredom, anger and guilt are ‘rationalizing and acting on it’, ‘having peace with one’s self’, ‘appreciating people’, ‘taking challenges’, ‘forgiving others’, ‘forgiving your own self’. Dr Manish explained how different clinical hypnotherapy techniques like spirituality, sound healing and quantum healing can be employed in order to restore and optimize the overall well-being of a student in various aspects of his/her physical, emotional, social and spiritual life.

Students shared some personal anecdotes about their friends and family who faced anxiety and depression at some point in their life. Dr Manish suggested different solutions to overcome these problems. Prof. Jatin Chakravarti (HCC Coordinator) gave a vote of thanks on the occasion and motivated students to lead a healthy and a stress-free life.

Photo Gallery:



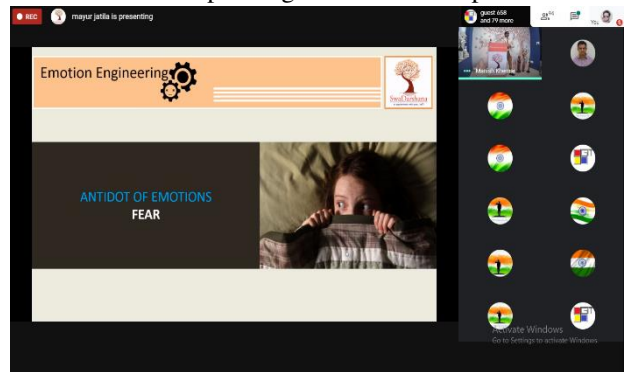
Dr Manish Khernar addressing the online audience



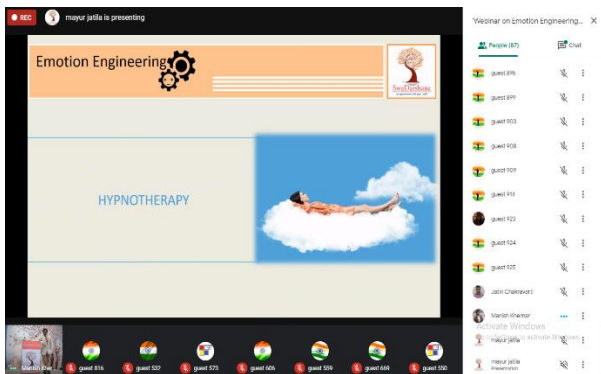
Dr Manish explaining the causes of depression



Student asking his doubts to Dr Manish through Google Meet



Dr Manish explaining the Antidote of Fear



Dr Manish explaining the power of Hypnotherapy



Virtual Group photo with Dr Manish Khernar