



### Capacity Building and Skill Development

**TOPIC: BUILDING HEALTHY RELATIONS: A JOURNEY OF SELF-DISCOVERY WHICH LEADS TO ESTABLISHING HEALTHY RELATIONS**

**Mandatory for BA.LL.B. (2020-25)**



**--: Distinguished Speaker --:**

**Dr. Saumya Tripathi**

**Behavioural Training Expert and  
NLP Practitioner Coach**



Thur. 07 April 2022 IST 11:00 AM



**Venue :- Seminar Hall, Lloyd Campus 01**

BE KIND TO YOUR MIND



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**Dr. Saumya Tripathi**

**Behavioural Training Expert and  
NLP Practitioner Coach**

Dr. Saumya Tripathi is a Behavioural Training Expert and an NLP Practitioner Coach who, for past twelve years, has been empowering individuals to take charge of steering wheel of life and live it to the fullest. With a Ph.D. in Management ( H.R.) and over 12 years of experience in Corporates and Education, Dr. Saumya has more than 8000 Training and Coaching manhours to her credit.

' Learning by Doing ' is the methodology she adopts and believes that fun is the essential ingredient of serious learning.

Although she never got to wear the uniform, her selection in Indian Air Force, as a Flying Officer in 2005, stands tall in her conscientious pride



Thu.-07-April-2022

## **CAPACITY BUILDING AND SKILL DEVELOPMENT**

**TOPIC :: "Building Healthy Relations :: A Journey of self-discovery which leads to establishing healthy relations"**

### **ATTENDEES ::**

- **Open to all the students of Lloyd.**
- **Mandatory for BA.LL.B. (2020-25)**

**DATE & TIME :: Thursday 07 April 2022, IST 11:00 AM**

**VENUE :: Seminar Hall, Lloyd Campus 01**

**Things to Carry :: Pen & Notebook**

**Counsellor Contact ID 24x7 :: [mhc@lloydlawcollege.edu.in](mailto:mhc@lloydlawcollege.edu.in)**

**Personal Counselling Venue :: Board Room, Ground Floor, Reception, Lloyd Campus 01**

### **DISTINGUISHED RESOURCE PERSON ::**

**Dr. Saumya Tripathi, Behavioural Training Expert & NLP Practitioner Coach ::**

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### **WORKSHOP OBJECTIVES ::**

***"The biggest secret of change is to focus all of your energy not on fighting the old, but on building the new." Socrates***

'A healthy mind lives in a healthy body' is an old saying. The writer probably forgot that the mind and body are so deeply interconnected that if either is unhealthy the other is affected. Today as we are living in this globally connected world we are continuously surrounded by friends, relatives and colleagues, it not physically then virtually. But these connections are not a guarantee of complete connection. A complete connection is when one is in balance with the situation s/he is in and this balance is of her/his mental, emotional and physical self. Sadness and anxiety are normal human emotions as studies tell these help to alert us from an upcoming danger. This is healthy! What is unhealthy is when these feelings become excessive, irrational, ongoing, distressing or interfere with daily life. This is an indication of an unhealthy mind.

Mental health and physical health are deeply interconnected. Your thoughts and emotions can affect your health. Emotions that are freely experienced and expressed without judgment or attachment tend to flow fluidly without impacting our health. On the other hand, repressed emotions can destroy mental energy and can negatively affect the body leading to health problems. It's important to recognize our thoughts and emotions and be



aware of the effect they have—not only on people around but also on our bodies, behavior, and relationships.

This workshop aims to help recognize the reasons for an emotional, mental and body imbalance and how to overcome the same. Detailed Health Skills will be explained and mentored in today's workshop. Come and Join us today before the Workshop Starts at 11:00 AM.

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Hope to see you all in regular classes, additional courses, practical academics, skilling opportunities and professional guidance of excellence and standard practice.

**Dr. Mohd. Salim**

**Director**

**LLOYD LAW COLLEGE**

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