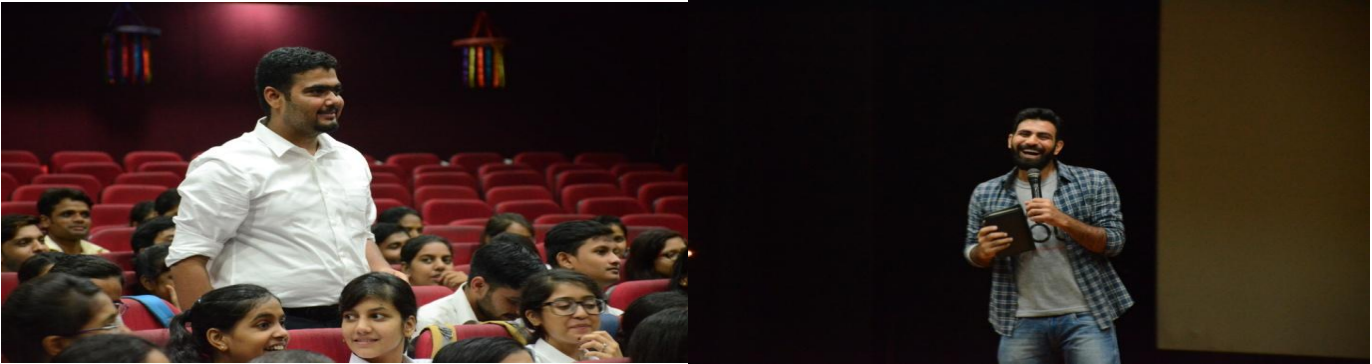


Emotional Wellbeing Session at BBD University



Mr. Shrawan Kumar, the youth icon who has been riding on his bike across India, clocking around 40,000 km. to connect with schools/colleges/universities and delivering seminars, talks about the ways of keeping emotional wellbeing. Shrawan is on a mission to empower students with his initiative called 'Connecting Youth on Wheels' (CYW). So far he has travelled to 16 cities across 4 states, done 40 seminars and impacted more than 90,000 students. The CYW campaign is designed with an idea to raise awareness about the importance of 'emotional wellbeing' which is also the least discussed topic usually during school and college life.

On August 23, 2017 MBA students of BBDU, BBDNITM and BBDNIIT were enthralled by his presence when he hosted the CYW seminar in the Akhilesh Das Auditorium at Lucknow packed with students. The session was highly interactive with Shrawan encouraging two-way communication rather than monologue. There were range of questions and answers, anecdotes, sharing of experiences, enactment of emotions and introspective moments from both sides. It was mesmerizing to see the students connecting so easily with Shrawan. The session covered topics like managing emotional state particularly in adverse times, handling negative emotions like frustration, depression anger and sadness, coping with bullying, criticism, peer pressure and academic pressure as well.