

Competency Building Program

One Day International Seminar/ Webinar on National Youth Day 2022

January 12, 2022

“Empowering Youth-Empowering India”

ICERT on this National Youth Day in India organized one day International Seminar in the series of Competency Building Program to empower the higher education student and educator community.

Three sessions were conducted by the experts on following topics

Session 1: “Protection of Child & adult Development Rights through empowering on 21st-century skills in school & higher education”

Session 2: “NEP and Youth Empowerment: Key recommendations for sports, skills and pedagogy”

Session 3: “Managing Negative Self-talk & Maintaining Positive Mental Health”

Resource Persons of the day were

Dr. Dinesh Chahal, Professor, Department of Education, Central University Mahendragarh Haryana

Prof. Devinder Singh, Department of Law, Panjab University

Dr Priyatosh Sharma, Chairperson Department of History, Panjab University

Dr. Ishanya Raj, Clinical Psychologist, District Mental Health Program, Prayagraj UP

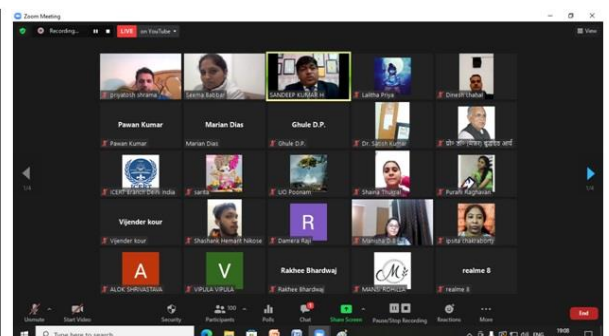
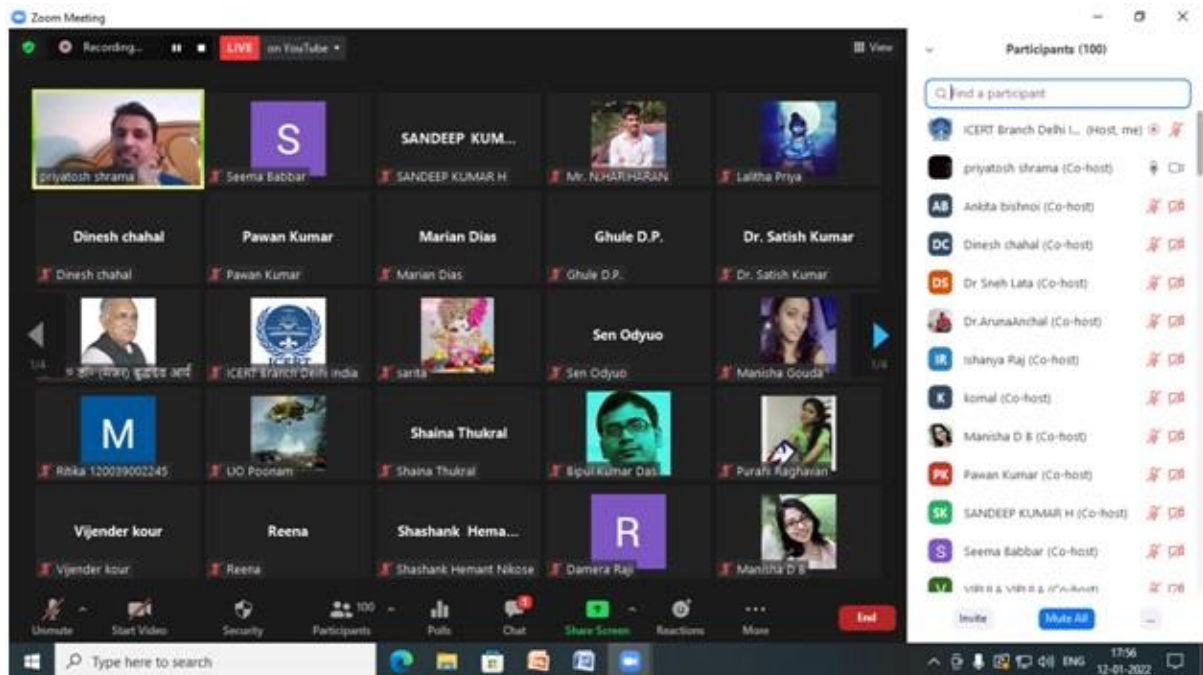
Program Participants/ Beneficiaries:

138 students, and educators from different schools and higher education institutions participated in the program. The program was free and open to all without any discrimination or geographical boundaries.

Following institutions collaborated with ICERT in this welfare endeavour:

Darsh Model Degree College, Sonapat, Haryana, Darsh College of Education, Sonapat Haryana and CBSE Schools Hubs of Learning

Link to access the program: [Webinar by ICERT on "Empowering Youth-Empowering India" January 12, 2022 - YouTube](#)



What is Mental Health?

- **“Mental health is not just the absence of mental disorder”.**
- *A state of well being in which every individual*
 - ✓ Realises his or her own potential
 - ✓ Can cope with the normal stresses of life
 - ✓ Can work productively and fruitfully
 - ✓ Able to make a contribution to his or her community.

Chat

Tanmay Bhavsar aurangabad: to E
wonderful and Useful sessions sir

Dr. Satish Kumar to Everyone
बहुत मज़ा आया आप को शुक्रकर

Deepali Gupta to Everyone
very nice sir 🙌

THIUTA BHASKARARAO to Everyone
Soo nice jee

Deepali Gupta to Everyone
Welcome dear ma'am

THIUTA BHASKARARAO to Everyone
Yes

Who can see your messages? Racs

To: Everyone v

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