

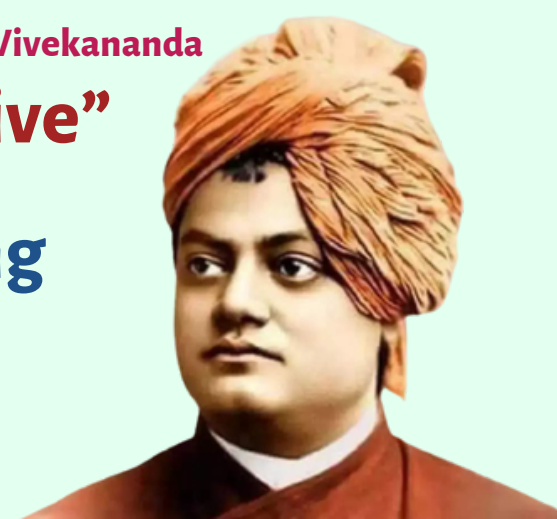
One-Day International Seminar

On the occasion of "National Youth Day", the birth anniversary of great Indian philosopher, author and religious teacher Swami Vivekananda

"Youth Mental Health and Well-Being: Professional Perspective"



International Council for Education, Research and Training
(ICERT)



January 12, 2023

Warm Greetings!

International Council for Education Research and Training is organizing One-Day International Seminar on the occasion of **National Youth Day** in India, the birth anniversary of great Indian philosopher, author and religious teacher **Swami Vivekananda** on **12 January 2023** on "Youth Mental Health and Well-Being: Professional Perspective"

The world is undergoing rapid changes in the knowledge landscape. With various dramatic scientific and technological advances, many unskilled jobs worldwide may be taken over by machines, while the need for a skilled workforce will be in rapidly-increasing demand. So, it is becoming increasingly important that youth not only learn but more importantly learn how to learn. In our modern time, there is constant criticism and judgment applied to ourselves and others. When left unchecked, self-criticism can lead to high stress, social isolation, anxiety, and depression. We can learn to better manage our negative self-talk before it consumes our lives. By proactively calming our bodies and minds in order to preserve our long-term health, we can cultivate happiness and well-being. As the youth of today will be future of world, we are truly shaping our next generation of citizens, so opportunities should be provided to youth for their continuous development to transform as motivated, energized, and capable manpower. With such objective ICERT invites educators, students, parents and professionals from industries, health and other spheres to join this program.

"Indian Youth Icon Award-2023"

On the occasion of **National Youth Day** (India) ICERT will felicitate students, educators, social workers, clinicians/ researchers and other professionals from different disciplines who have positively contributed towards youth empowerment and are continuously enriching education/ research fraternity & society with "Indian Youth Icon Award-2023"

Participation: Free

Date: January 12, 2023

Time: 5:30 pm to 7:30 pm

For Registration click on the following link: <https://forms.gle/J1ZTgJ9ogNNESuHCA>

The Joining link/ Zoom link will be shared on January 10, 2023.

Attendance of the program will be automatically recorded, all candidates who will attend at least 75% of time duration will get the certificate of participation after 10-15 days of the program.

If you have any questions about the seminar, you can contact Ms. Saima, Executive Director of Public Relations at saima@icert.org.in