



Department of Biotechnology
St. Edmund's College
Laitumkhrah, Shillong – 793003,
Meghalaya, India



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REPORT ON THE WORKSHOP

1. TITLE

"Psychological Well Being in Young Adults in a World of Biotechnological Advances"

2. Duration: 1 Day

3. Dates: 17th April 2023

4. Resource Person: Dr D Khonglah, MD, Psychology
SANKER, Shillong

5.: No of Participants: 45

5. Outcome :

The lecture on "Psychological Well-Being in Young Adults in a World of biotechnological advances" successfully addressed various crucial aspects of mental health and well-being among the youth in our rapidly evolving world. The event, which took place on 17th April, 2023 aimed to shed light on the challenges and opportunities young adults face concerning their psychological health in the context of modern biotechnological advances. By addressing the multi-faceted nature of well-being and encouraging open dialogue, the event has contributed to fostering a supportive environment for young adults to thrive emotionally and mentally.

Through the workshop, the students were made aware of factors such as family dynamics, social support, academic and career pressures, and the impact of technology and social media, as influential factors on the psychological wellbeing of young adults.

The students are more empowered to better cope with adversity as the Speaker discussed various coping mechanisms in navigating challenges and strategies towards building emotional strength



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One-day workshop on
**Psychological Well Being In Young Adults
In A World Of Biotechnological Advances**

Date: 17th April, 2023

Venue: Institutional Biotech Hub

Time: 11AM onwards

Eligible Participants: UG students from Life Sciences

Registration Limit: 40 (First Come First Served Basis)



Organised by
Department of Biotechnology,
St. Edmund's College, Shillong

Organizing Secretary:
Shekinah Challam
Assistant Professor
Department of Biotechnology



Resource Person:
Dr Didakamiwan Khonglah MD(Psych)
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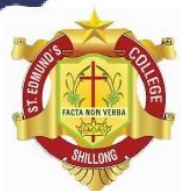


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St. Edmund's College
Shillong
Certificate of Participation



Awarded to

Abantika Goswami

for active participation in the
one-day Workshop on
“Psychological Well-being of Young Adults in a
World of Biotechnological Advances”

Organized by the Department of Biotechnology in Collaboration with
Internal Quality Assurance Cell (IQAC), St. Edmund's College, Shillong on the 17th of April, 2023.

SHEKINAH CHALLAM
Organizing Secretary

SUMIT DEB
IQAC Coordinator

DR SYLVANUS LAMARE
Principal

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