



Workshop
on
**Emotional
Well-Being and
Its Importance**

July 13-14, 2026

Facilitators

Dr Upinder Dhar

Dr Santosh Dhar

Introduction

Emotional Well-Being is the ability to produce positive emotions, moods, thoughts, and feelings, and adapt when confronted with adversity and stressful situations. One of its foundations is resilience which allows a person to face challenges. It allows a person to focus on the positive side, and manage the negative emotions and feelings one may have in a given situation. It can help to forge stronger relationships with the people around you. In short, well-being enables an individual to be able to function in society and meet the demands of everyday life. A person's resilience grows when he/she recognizes the emotions that trigger him/her and express them in a constructive manner to oneself and others.



Contents

Salient definitions of
Emotional Well-Being

Factors of
Emotional Well-Being

Dimensions of
Emotional Well-Being

Assessment of
Emotional Well-Being

To transform adversity, one should begin by observing and managing thoughts, feelings, and behaviours. That helps determine the actions one takes and changes the way one would handle stressful situations and make decisions. As one places more emphasis on emotional well-being, he/she is able to:

- Receive and offer feedback with a healthy perspective.
- Have discussions and difficult conversations with anyone.
- Establish stronger relationships.

That's because one's level of understanding, empathy and compassion increase. One views oneself and others with less judgment. Strong emotional well-being means one is prepared to face events that may or may not be in one's control. When faced with a challenging situation, a person might use one of these strategies to bring oneself into a frame of mind that allows him/her to manage the emotions.



Learning Outcomes

Clarity about Emotional Well-Being

Why is it important?

Ability to assess Emotional Well-Being

Ability to enhance Emotional Well-Being

Method

Formal presentations

Demonstration by the facilitator

Individual hands-on practice

Group activities

Capacity

The workshop will be confined to 30 participants only.

To respond is to exercise emotional intelligence. To react is to be emotional. So how does one consistently respond instead of react? Begin by slowing down the process. Responding means one thinks through what he/she wants to have happen in an interaction or conflict. He/she is measured, thoughtful, and allows creative ideas to enter the process. Reacting, on the other hand, is typically immediate, without thought, and often results in a negative outcome.

Who should attend?

Anyone having interest in understanding the practical side of Emotional Well-Being

Professionals like faculty members, doctors, executives

Entrepreneurs, businessmen, businesswomen

Research scholars

House makers who are at least graduates

Scan below QR Code to fill the registration form



Schedule Day 1

Monday

July 13, 2026

11:30 am - 01:00 pm

Brief Introduction
and Self Awareness

Exercise

01:00 pm - 02:00 pm

Comfort Break

02:00 pm - 4:30 pm

Interpretation of Self
Administered
Exercise

Schedule Day 2

Tuesday

July 14, 2026

11:30 am - 01:00 pm

Understading Emotional Well-
Being

01:00 pm - 02:00 pm

Comfort Break

2:00 pm - 4:00 pm

Strategies to Enhance Emotional
Well-Being

04:00 pm - 4:30 pm

Summing up and Concluding
Remarks

Professional Fee

Rs. 900

Rs. 810 for PDFI Alumni

**Scan below QR Code to pay
the registration fee**



Last date for registration
is July 10, 2026

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