

Department of Clinical Psychology
HIMS-SRHU

Report on Emotional Well-being and Gender Sensitivity

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Presented by: Dr. Malini Srivastava

Associate Professor & Head, Department of Clinical Psychology

Swami Rama Himalayan University

Organised by: School of Yoga Sciences

Participants Details: 80 undergraduate and post graduate students of School of Yoga Sciences.

Introduction

Dr. Malini Srivastava delivered an insightful session on “*Emotional Well-being and Gender Sensitivity: A Holistic Approach for Yoga Sciences Students*”. The talk emphasized the interconnection between emotional health and inclusivity, highlighting their role in personal growth and professional practice for B.Sc. Yoga Sciences students.

Key Highlights

1. Emotional Well-being

- *Emotional Awareness:* Recognizing and acknowledging emotions without judgment.
- *Emotional Regulation:* Managing stress and difficult emotions through healthy coping strategies, with yoga as a powerful tool.
- *Resilience:* Developing the strength to recover from challenges using mindfulness and breathwork.

2. Gender Sensitivity

- Defined as recognizing and respecting gender differences while ensuring dignity and belonging for all.
- Encourages inclusivity in yoga by avoiding stereotypes, biases, and assumptions.
- Importance: Creates safe spaces where individuals can express themselves freely, thereby supporting emotional well-being.

3. Interconnection of Concepts

- *Self-compassion leads to empathy*, enhancing sensitivity toward others’ gender identities.
- Gender-sensitive environments foster emotional openness and healing.
- Inclusive language and respectful practices help build welcoming communities.

Conclusion

The session underscored that the **ultimate goal of yoga is union**—not only of mind, body, and spirit but also with society through compassion and inclusivity. By practicing emotional well-being and gender sensitivity, yoga students can grow into empathetic teachers and responsible individuals who embody the holistic essence of yoga.



Dr. Malini Srivastava
Head of the Department
Department of Clinical Psychology

Department of Clinical Psychology
HIMS-SRHU

Himalayan Hospital
Swami Ram Himalayan University
Swami Ram Nagar -Dehradun- Uttarakhand