



**Dr. Divya R. Panjwani** is Assistant Professor in Department of Education, Integral University, Lucknow. Her educational repertoire includes B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), MA (Economics) and Ph.D. (Educational Psychology). She has six years as a Team Leader and Manager. Fourteen years of Teaching Experience in Higher Secondary School and Higher Education. She has 10 Research Papers in National and International Journal, 8 Chapter in Edited Book and Eight Edited book into her account. She has attended more than 15 National and International Conferences and chaired more than 8 sessions in international conferences. She has performed her duty diligently as a Convenor/Co-convenor in more than thirteen Faculty Development Programs, Conferences, and workshops. She is working as a Subject Matter Expert for Life Skills Education and Work Education under Tata Consultancy Services. She has been selected as a member of Flying Squad for ISC Board Examination for four consecutive years from 2019 to 2022. She has been appointed as Academic Consultant for SCERT, Patna, Bihar. She is working on one indigenous Project. She has published Academic Buoyancy Scale and One Indian Patent. She has received the award of Best Doctoral Thesis by Unifacvest, Brazil. Her expertise spans are Information and Communication Technology, Positive Psychology, Statistical Analysis, Research, Teaching Methodologies, Career Counselling to Students, Commerce and Accountancy.



**Dr. Soumya Pandey** is an Assistant Professor, psychology Department of Humanities and social sciences and serving her duties as student Counselor at students Counseling cell, Integral University. She has completed her PhD in the field of Psychology. Diploma in Counseling and Family therapy. She has around 10 years of experience in Counseling and Clinical psychology. Dr.Soumya is co-guide of MD Pediatrics thesis and co-author in many researches papers. she has served her duty as Child Psychologist in pediatrics Department, and Research Fellow in Geriatrics Mental Health Department, King George's Medical University, Lucknow. Also she is serving her duties as Consultant Psychologist in NGO for Public Mental health development. She has done the 2 projects and Project Coordinator funded by Einstein Global Health Center, Albert Einstein College of Medicine, Bronx, New York. She has received invitations in many programs As Resource Person to give Lectures in specific themes. She has attended more than 15 plus national and international seminars and conferences in which she presented various research papers. Around 10 Publications/research work has been published in national and international journals such as BMJ and APHA. Her expertise spans are in child psychology, clinical, mental health, positive psychology counseling, career counseling and psychological Assessments.

Feel to Heal: The Transformative Power of Emotions



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# Feel to Heal

## The Transformative Power of Emotions



**Editors**  
**Dr. Divya R. Panjwani**  
**Dr. Soumya Pandey**

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# Feel to Heal

**The Transformative Power of Emotions**

**Dr. Divya R. Panjwani**

*Assistant Professor  
Department of Education  
Integral University, Lucknow*

**Dr. Soumya Pandey**

*Assistant Professor  
Department of Humanities and Social Sciences (Psychology)  
Integral University, Lucknow*



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# Impact of Emotions on Physical Health and Illness

**Dr. Sadia Shakeel**

*Assistant Professor*

*Department of Education, Integral University*

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## ***Abstract***

*The close relationship between mental and physical health has long been suspected or understood by people. "Died of a broken heart" and "pined away from grief" are two phrases that describe this connection in its most extreme form.*

*Many studies support this age-old intuitive understanding by demonstrating that in order to improve mental and physical wellbeing, healthy emotions must be felt and expressed in a suitably healthy way. Unhealthy emotions, or healthy emotions that are suppressed, can sap life's vitality and make people more prone to problematic coping strategies, long-term illnesses, or autoimmune symptoms. Although emotions have traditionally been categorized as either positive or negative, it may be more accurate to consider how they impact a person's overall perspective on life under a particular set of circumstances. Anger or terror, for example, might be a healthy reaction in some circumstances but uncalled for and, hence, harmful in others.*

***Key Words:*** *Emotions, Positive emotions, Negative emotions, Physical Health.*

Feelings are responses that people experience in response to events or situations. The type of emotion a person go through is determined by the circumstance that leads to emotion. For example, a person goes through joy when they admit good news and fear when they're

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