

SEMINAR ON WOMEN MENTAL HEALTH

March 03,2022

A seminar was organized by the Department of Psychology of Vimala College, Thrissur in connection with International Women's Day on March 03, 2022 from 2 to 3 pm in Silver Jubilee Seminar Hall. The main aim of the webinar was to give the students an awareness about the relevance of Women Mental Health.

The seminar was conducted by the faculty coordinator Dr. Sinto P. Anto, Assistant Professor and Head of the Department of Psychology, Vimala College and Binisha K.B , Assistant Professor on Contract. The seminar was coordinated by Ms Stefy Jestine, the student coordinator from the Department of Psychology. The seminar started with a prayer by Ms Midhuna P followed by a welcome speech by Mohsina Ali Mohammed. The resource person was Dr . Vidya Kishor, a Consultant Clinical Psychologist, MPhil(NIMHANS),PhD currently working in Daya Hospital, Thrissur. The seminar began with an activity to check stress. The resource person gave an insight about Depression and mental illness and the signs and symptoms of depression. The next topic which was dealt with was Sadness. The signs of sadness include permissive and pervasive sadness, tiredness. The resource person gave tips to remove sadness which include personalization, assertiveness, to avoid jumping conclusions and magnification. The resource person emphasized the need of being in the present rather than dwelling in the past as one of the most important factors to avoid sadness.

The resource person gave tips like to touch and feel things around us, to listen to sound around us, to smell odors around us as an activity to be in the present state. Next topic dealt with was Anxiety. An insight about anxiety and body relaxation techniques like GRIT were explained. The resource person gave tips and tricks on how to be happy. Things like self-care, doing things of one's own likings, keeping a gratitude journal, eating healthy food, doing exercises, and thinking about things which one can control. The resource person gave guidance on what are the skills that are required for a good psychologist. The main skill required was Intrapersonal skill that would help one to communicate more efficiently and would help the clients to be more open to their respective psychologist.

At the end of the seminar there was an interactive session between the students and the resource person. The resource person successfully answered the queries of the participants and helped in increasing awareness on Women's Mental Health. The vote of thanks was offered by Ms Meenakshi C.D.