

PSYCHOLOGY SEMINAR Report

The Psychology Department of Vimala College, Thrissur, organised a one day seminar on 15th December 2021 at 2PM. The seminar covered the topics – Immunize Yourself Against Anxiety and Stress, and New Year Resolutions: Building New Habits That Stick. The resource person of the day was Mr.Devapramod VB, Consultant Psychologist, Psychotherapist and Behaviour Trainer. A welcome speech was delivered by Dr. Sinto .P. Anto, Head of Department of Psychology, thereby officially commencing the seminar.

The resource person gave an information rich explanation on what anxiety and stress was and how to tackle them in daily life. An exposure to the topics of how exactly the mind works and how mental pressure affects our body and mind, was indeed a critical information which was quite inquisitive for the young Psychology students. The meeting also discussed various concepts like the signs and symptoms of an anxious person and the ultimate solutions for dealing with such issues in life. The seminar assuredly helped the participants realise the importance of goal setting and provided numerous tips to set SMART goals which are specific, measurable, achievable, realistic and time bound. Last but not the least, the resource person also discussed how to form sustainable habits and Psychological tips while taking New Year's resolutions.

The seminar was definitely a huge success in its task of spreading awareness about mental health, the factors which affects it and how to confront those factors in order to live a healthy and balanced life. All of the topics which were subjected to discussion, indeed opened the minds of its listeners, allowing them to expand their understanding about the human mind and its functioning. The session was enriching, informative, helpful and effective. The vote of thanks was delivered by Ms.Binisha K B, Assistant Professor, thereby concluding the seminar.