

NATIONAL SEMINAR ON WELLNESS AND MENTAL HEALTH

JANUARY 30, 2023

The Department of Psychology of Vimala College organized a one day seminar on January 30th 2023 from 9am to 3:30pm. A total of 239 participants were present including faculty and students from other colleges. The main intent of the seminar was to create awareness on 'wellness & mental health in the modern world'.

The event was conducted by the faculty coordinator Dr.Sinto P. Anto (Head of the department of psychology).Ms .AparnaSuresh, Ms.AmrithaAlex, Ms.Sanjana N R were the assistant professors present. Farzana Lishad and Parvathy Thondattil from the department of psychology were the student coordinators. Anjali M. Nair was the host emcee. The seminar started with inaugural program with prayer by Aneena Elizabeth, Diya R S and Afiya. The gathering and the chief guests were welcomed by Dr. Sinto P Anto. The seminar was divided into 3 main sessions. The key note address was led by Mr. Sreekumar Kurup P R, retired associate professor department of psychology at St. Michael's college Cherthala. The topic of discussion was psychology for everyday life,which was very informative.Ms.Aparna Suresh conveyed the vote of thanks. This was followed by the morning session led by Dr. AishwaryaV.R , assistant professor department of psychology Christ university Banglore. She explained the importance and psychological aspects of yoga therapy. She also stressed on the importance of yoga in reducing the sufferings of life by means of positive thinking , relaxation and balance. She discussed the mental benefits along with the advantages of yoga for physical functioning. Towards the end of the session she taught us certain asanas and an activity was performed with the participation of few students from the audience. The session was over at 12:30 pm and Akshaya Udayan , first year ,psychology delivered the vote of thanks. Later the gathering was dispersed for lunch.

The afternoon session began at 1:30 pm which was led by Dr. Priyadarsini A.C, consultant psychologist, Saisruthy, Punkunnam. Music therapy for healing and self exploration was the topic of discussion. She shared her experience on treating a differently abled child with the help of music. She also explained the importance of various types of music in healing people with different kinds of psychological disorders. She encouraged few students to sing and explained how Karnatic music is applied in psychology. The resource person executed the time very well. At the end of the session, all our doubts regarding the topic were cleared.The seminar was concluded with vote of thanks by Nihala from second year ,psychology.