

**REPORT ON INTERACTIVE SESSION ON THE OCCASION OF MENTAL HEALTH
AWARENESS MONTH, 2024**

Date: 9th May, 2024

Timings: 11:00 AM – 12:30 PM

Venue: Asutosh College, Centenary Building

Convenor: Dr. Rimjhim Ray

Co-convenor(s): Dr. Kumar Surya Narayan Singh and Smt. Somlata Acharyya Chowdhury

Report: On the 9th of May, 2024, the Department of Psychology, Asutosh College, in Collaboration with IQAC, Asutosh College, organised an interactive session on the occasion of Mental Health Awareness Month, 2024. The esteemed speaker for this event was Dr. Nilanjana Sanyal, Retired Professor and Former Head, Department of Psychology, University of Calcutta.

The session commenced with a welcome address by Smt. Somlata Acharyya Chowdhury followed by a brief introduction about the speaker for the event. She was then felicitated by the Bursar, Dr. Supriyo Das. Dr. Sanyal then went on to deliver a thoroughly memorable and enriching lecture on psychology and the different aspects of the psyche from the psychoanalytic perspective.

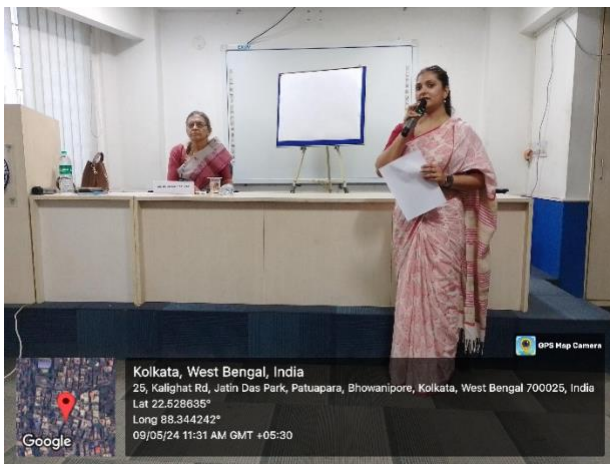
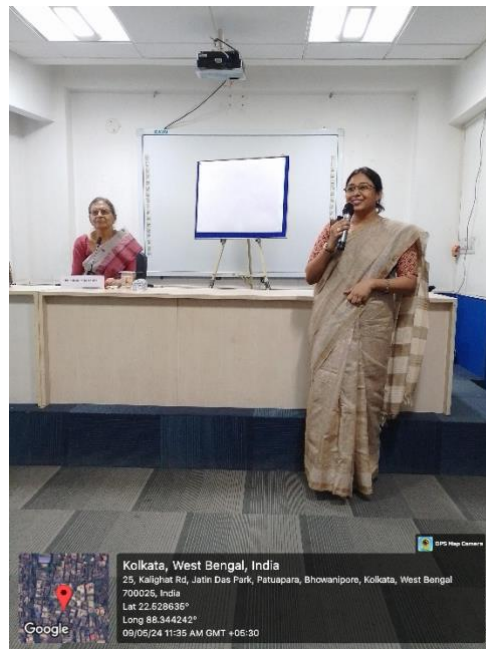
She began by talking about she envisaged psychology as a subject and the impact it has had on her life over more than four decades. “Psychology is the scientific study of the stories of our lives,” said Dr. Sanyal and emphasised on the importance of psychology with regard to understanding oneself and others.

In this regard, she elucidated about the concept of autoerotism which is the deriving of sensual pleasure from one’s own body and contrasted it with narcissism which implies an attitude of love expressed towards the ego. She then distinguished between primary narcissism and secondary narcissism and spoke about the importance of object relations and alloerotism which involves deriving of affection and building affectionate relationships with others.

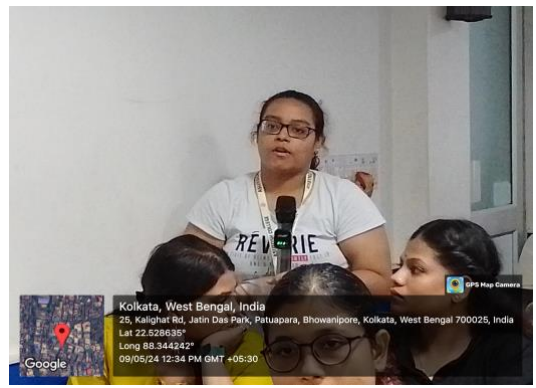
She then went on to speak about the power of the mind by which she meant the strength or ability that to perform mental activities that stems from the psyche. In this regard, she mentioned that the components of the psyche and spoke about the structural and topographical model of the mind as conceptualised by Sigmund Freud. She also spoke about the structural and functional components of the mind and described them as the total quantum of innate mental energy and individual possesses and its varied applications, respectively.

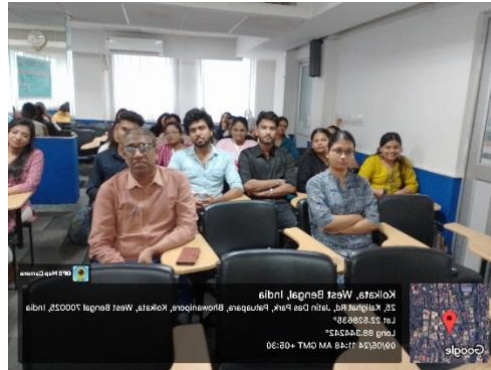
Towards the end of the programme, there was an extensive interactive session during which students and faculty members received the opportunity to share their insights and ask questions regarding the talk given by Dr. Sanyal as well as other pertinent psychological topics. The interactive session saw enthusiastic participation from students as well as faculty members who had the opportunity to receive clarifications and answers from the esteemed speaker for the day. The event concluded with the vote of thanks by Dr. Ray followed by a closing address by Smt. Chowdhury.

Some glimpse from the event are shared below:









Attendance sheet for the event has been duly attached below:

AN INTERACTIVE SESSION ON THE OCCASION OF "MENTAL HEALTH AWARENESS MONTH 2024"
REGISTRATION FOR PROFESSORS

DATE: 09.05.2024
 SPEAKER: DR. NILANJANA SANYAL, PSYCHOANALYST AND RETIRED PROFESSOR AND FORMER HEAD, DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF CALCUTTA.

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AN INTERACTIVE SESSION ON THE OCCASION OF "MENTAL HEALTH AWARENESS MONTH 2024"
REGISTRATION FOR STUDENTS (SEMESTER II)

DATE: 09.05.2024
 SPEAKER: DR. NILANJANA SANYAL, PSYCHOANALYST AND RETIRED PROFESSOR AND FORMER HEAD, DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF CALCUTTA.

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REGISTRATION FOR STUDENTS (SEMESTER-4)

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