

REPORT FOR WEBINAR- DEPARTMENT OF PSYCHOLOGY

Date: 10.10.2022

Time: 11:30 a.m. to 12:30 p.m.

Mode: GoogleMeet (online)

Theme: World Mental Health Day Celebration

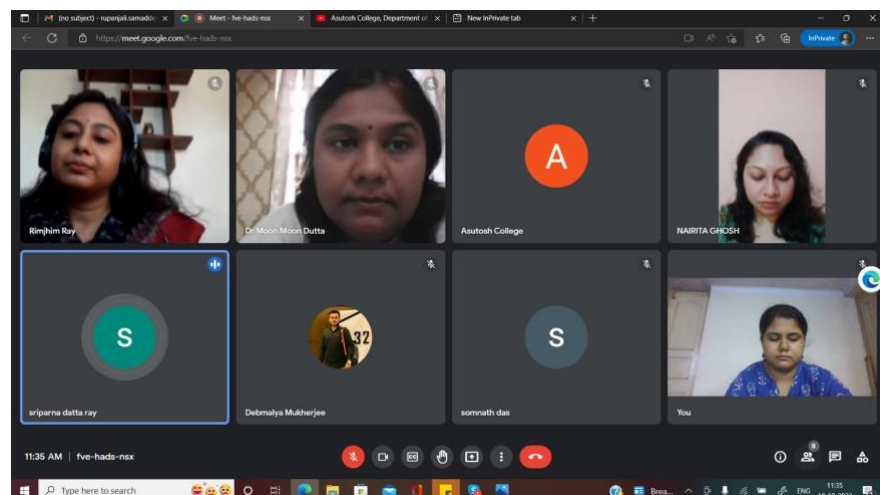
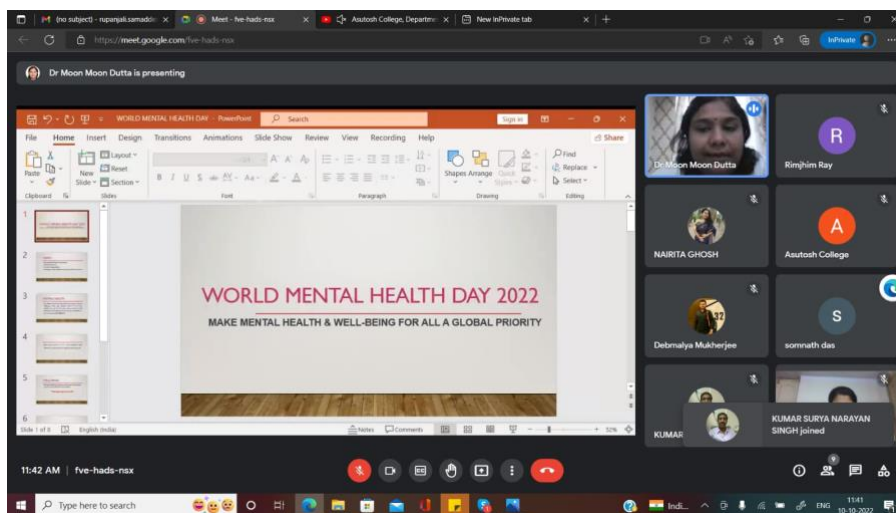
Co-ordinated by: Dr. Rimjhim Ray (HOD, Department of Psychology)

Speaker: Dr. Moon Moon Dutta (Assistant Prof & HOD, Gokhale Memorial Girls' College. Ph.D, MPhil, M.Sc (Medical Psychology), B.Sc, Practicing Clinical Psychologist)

Overview: On the occasion of World Mental Health Day on 10th October, 2022, the Department of Psychology, Asutosh College, in collaboration with IQAC, Asutosh College organised a one-day webinar on mental health. The esteemed resource person for this event was Dr. Moon Moon Dutta, Assistant Professor & Head, Department of Psychology, Gokhale Memorial Girls' College, Kolkata.

The webinar commenced with a welcome address by Dr. Rimjhim Ray to Dr Apurba Roy, Vice Principal, Asutosh College; Dr Manash Kabi, Bursar; TIC Dr Rina Kar Dutta, GB member Dr Sayani Mukhopadhaya and IQAC Coordinator Dr Sriparna Dutta Ray. It was followed by a few words from Dr. Sriparna Datta Ray, IQAC coordinator, Asutosh College. The resource person, Dr. Dutta, then went on to provide an illuminating talk on mental health. She began by initially talking about the theme for this year's World Mental Health Day as set by the World Federation for Mental Health (WFMH) - "Make mental health and well-being a global priority for all", which focuses on the importance of ensuring mental well-being for all individuals across the world. Then, she went on to talk about what characterises mental health and well-being, differentiating between the two types of well-being - hedonic and eudaimonic - and subjective well-being. Lastly, she also mentioned the challenges facing mental health in India and the steps that can be taken to counter these challenges effectively. Though the webinar was conducted via GoogleMeet, students of all semesters (1st, 3rd

and 5th) were asked to join through Youtube as the whole webinar was also streamed on Youtube. The live streaming on Youtube got around 172 views. Towards the end of the programme, there was an interactive question answer session which further sparked conversation and enriched the session on mental health. This was followed by a vote of thanks from Dr. Kumar Surya Narayan Singh and a few closing words by Dr. Ray. Students were provided with a feedback form through a google doc link and their attendance also was kept by referring to the feedback form link. The active cooperation from IT Cell, Asutosh College helped in conducting this webinar to meet success.



Dr Moon Moon Dutta is presenting

WORD MENTAL HEALTH DAY

WAY FORWARD

- Early childhood interventions.
- Skills building programme.
- Socioeconomic empowerment of women.
- Social support for elderly people needs to be strengthened.
- Strengthen the treatment of mental disorders at the level of primary health care.

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15-10-2022

KUMAR SURYA NARAYAN SINGH

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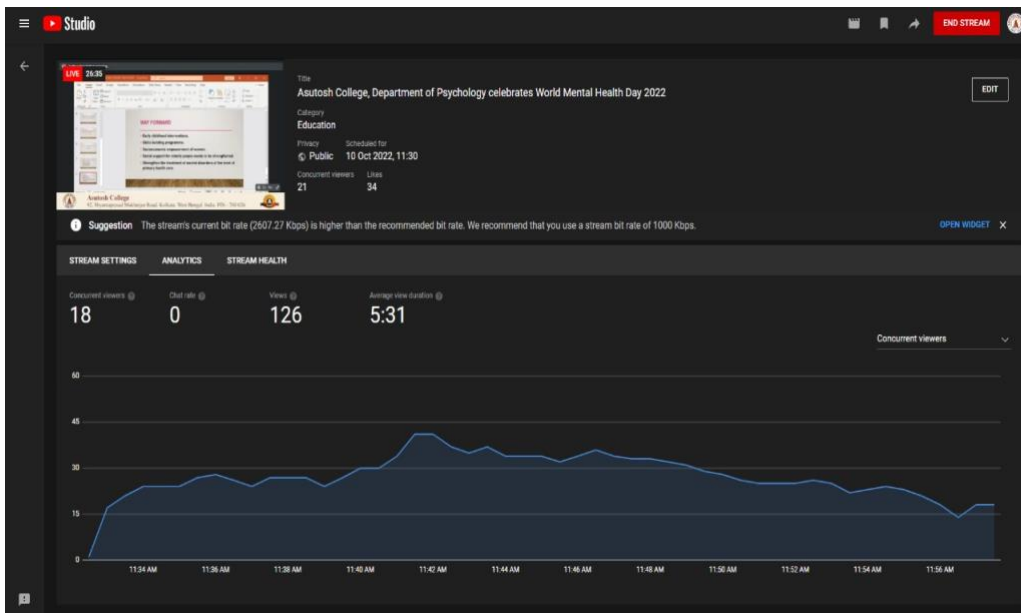
Asutosh College, Department of Psychology celebrates World Mental Health Day 2022

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CHALLENGES OF MENTAL HEALTH IN INDIA

- Stigma related to mental disorders
- Lack of awareness in common people,
- delayed treatment seeking behavior,
- Lack of low cost diagnostic test and
- Lack of easily available treatment.

Dr Moon Moon is presenting

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