REPORT ON SESSION ON "ROMANCE AND REBOUND RELATIONSHIPS" ON THE OCCASION OF MENTAL HEALTH AWARENESS MONTH, 2024

Date: 10th May, 2024

Timings: 2:30 PM - 3:30 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 10th 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. Rima Mukherji, MBBS, DPM, MRCPsych, London; Senior Consultant and Lead Psychiatrist, Crystal Minds Kolkata.

The session commenced with a welcome address by Smt. Somlata Acharyya Chowdhury followed by a brief introduction about the speaker for the event. This was followed by the felicitation of Dr. Mukherji by Dr Kumar Surya Narayan Singh and Smt. Chowdhury. Dr. Mukherji then went on to deliver an illuminating and insightful presentation about romance and rebound relationships.

She began her lecture by describing the characteristic features of a rebound relationship. She spoke about how rebound relationships are usually short-lived, have a rapid pace of progression, and are usually noted by a fear of commitment, recent break-up, and an unwillingness to express emotional vulnerability.

She then delved into the reasons behind why people may tend to engage in rebound relationships. In this regard, she spoke about how people may be unwilling to explore or process the loss of a previous relationship and hence, may engage in a new relationship in order to avoid acknowledging the end of the former.

She also emphasised on the necessity of grieving the end of a relationship in order to find acceptance. "Grief is the price you pay for loving someone," said Dr. Mukherji and briefly touched upon the stages of grief proposed by Kubler-Ross and their significance in the aftermath of a break-up. She also mentioned that individuals have their own unique time frame for progressing through the stages but if they are facing extreme distress or being unable to progress from one stage to another, they may benefit from seeking professional help.

Dr. Mukherji then spoke about the impact of rebound relationships on mental health and the potential negative consequences associated with them. She mentioned that there can be a lot of

insecurity, possessiveness, distrust, and jealousy emerging in such relationships and in some cases, it may also lead to people feeling isolated or rejected within the confines of the relationship. She went on to elaborate on the variety of reasons why rebound relationships do not work. She then delved into scenarios where rebound relationships work and the factors involved therein. Lastly, she identified some signs according to which one can identify if they or their partner are engaged in a rebound relationship.

She ended her presentation by sharing some important take home messages for the audience such as rebound relationships are often meant to fill the void left by a former relationship and how instead of engaging in one, an individual who has undergone a recent break-up should take time to fully grieve the loss of the relationship. She additionally mentioned that following the end of a relationship, people should embrace their new status of being single and learn to truly enjoy their own company before embarking on a new romantic relationship.

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 presentation offered by Dr Mukherji. The audience also shared their queries anonymously in writing through the means of a dropbox. The interactive session saw enthusiastic participation from students as well as faculty members who cherished the opportunity to have their queries answered by the esteemed speaker for the day.

Towards the end of the programme, Prof. Dr. Manas Kabi, Principal, Asutosh College, shared his insights regarding the session. The event concluded with the vote of thanks by Dr. Ray followed by a closing address by Smt. Chowdhury.

Some glimpses from the event are shared below:

















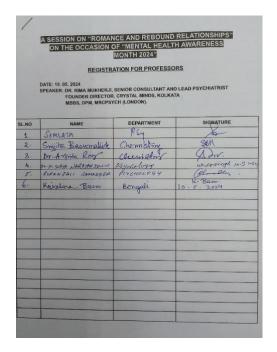


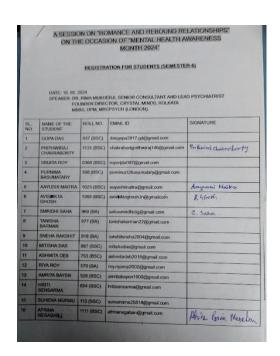


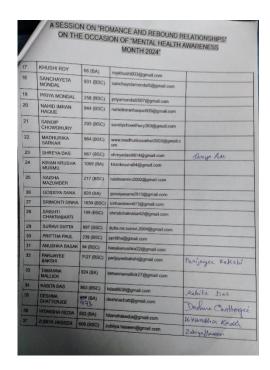




Attendance sheet for the event has been attached below:







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REGISTRATION FOR STUDENTS (SEMESTER-4)

DATE: 10. 05, 2024

SPEAKER: DR. RIMA MUKHERJI, SENIOR CONSULTANT AND LEAD PSYCHIATRIST
FORDINGER DIRECTOR, CRYSTAL MINDS, KOLKATA

MISS, DPM, MRCPSYCH (LONDON).

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