

REPORT ON GRIEF AWARENESS DAY PROGRAMME

Date: 31st August, 2023

Timings: 1:00 – 2:00 PM

Venue: Departmental Laboratory, Asutosh College, ACTC Building

Joint Convenors: Dr. Jhuma Mukhopadhyay and Smt. Somlata Acharyya Chowdhury

Report: On the 31st of August, 2023, the Department of Psychology organised a group session on the occasion of Grief Awareness Day for the first semester students. The session involved students sharing reflections and insights from their experiences with grief and the coping strategies they implemented during such times in order to spread awareness about the impact and universality of grief in one's life.

The session started with a few words from Smt. Somlata Acharyya Chowdhury about grief and its stages as theorised by Kubler-Ross. She also spoke about the emotions and thoughts associated with each of the stages and how individuals may differ in their experience of these stages.

Dr. Jhuma Mukhopadhyay then spoke about the significance of observing Grief Awareness Day and the necessity of doing so, especially in the years following a global pandemic when lives of so many individuals across the world have been tinged with the sombre tint of grief. In this light, she mentioned the importance of facilitating conversations about loss and grieving in order to move towards acceptance of grief and spreading greater awareness about it.

The convenors then, explained the format of the session which was based on the lines of a support group and encouraged the students to share their accounts of experiencing grief and how they coped with it. With encouragement from the teachers, the students opened up and shared a few anecdotal insights about grief.

They spoke about the impact grief has had on their lives, the role of social support in dealing with grief, and the coping strategies they have benefited from in channelling the negative emotions engendered by grief such as physical exertion in the form of various sports, maintaining a journal and engaging in creative pursuits such as art and writing. In this regard, students also spoke about gender differences in coping with grief and how social norms and social roles assigned to different genders influence how people cope with grief.

Lastly, this was followed by a few words in closing offered by the convenors who reiterated the importance of spreading greater awareness and facilitating further discussions about grief.

Some glimpses of the event have been shared below:



