

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR
Department of Psychology

One Day Webinar Report
My Mental Health My Responsibility

Notice

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

Date 27-07-2021

Notice

All the students, teaching and non teaching staff are here by inform that department of Psychology of Dr. Ambedkar college Deekshabhoomi Nagpur has organized the National webinar on “**My Mental health, My responsibility**” on **31st July 2021 at 11 am**. All must remain present for the webinar.



Dr. Mrs. B. A. Mehere
Principal, DACN

On 31 July 2021 One day national webinar was organized by the Department of Psychology of Dr. Ambedkar College, on My Mental health my responsibility, in collaboration with the ROOTS Foundation of behavioural sciences.

Mental health related issues such as mental trauma, depression, stress and such mental problems have been faced by approximately every individual in his lifetime. And this generation has faced CORONA-19, an epidemic, which created all the above stated issues. To come out or become strong to face the existed problems, the department organized the programme.

Webinar began with the National Anthem. Principal of the college and chairperson of the webinar Dr. Mrs. B. A. Mehare made a well-come speech of the webinar. Dr. Mrs. B. A. Mehare informed the glorious history of the college in brief and admired the organizing team of the webinar rendering best wishes for the success of the webinar. She also stated some importance aspect of mental health. Although the general perception of mental illness has improved over the past decades, studies show that stigma against mental illness is still powerful, largely due to media stereotypes and lack of education, and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease.

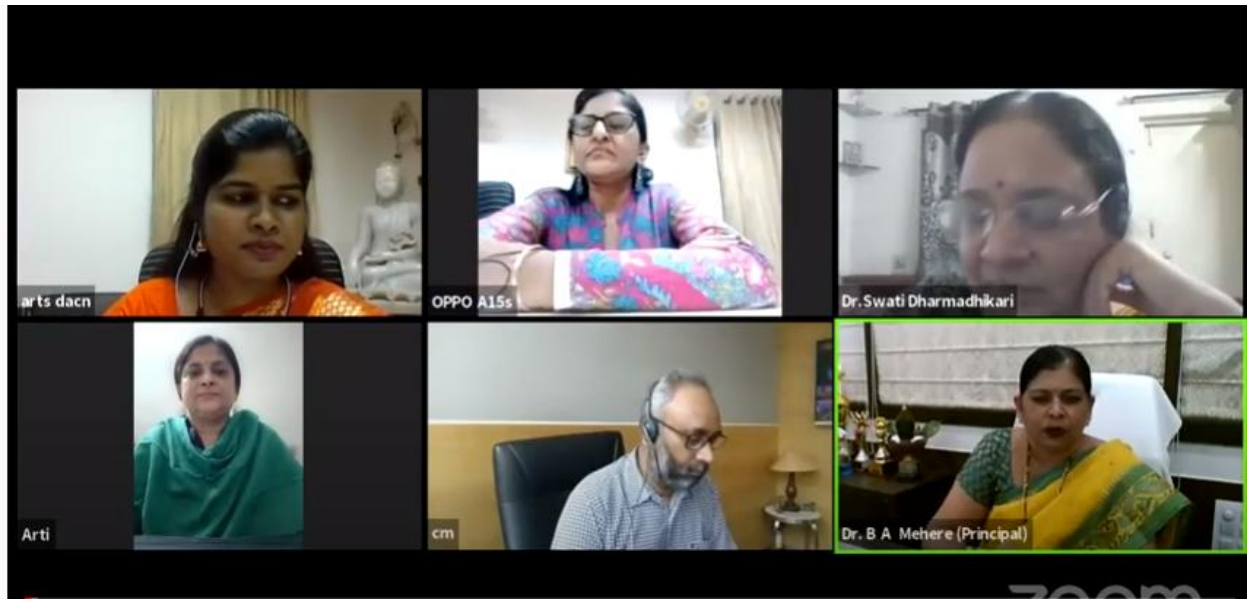
Dr. Sawati Dharmadhikari, talked on 'Relationship and Healthy Communication' She focused on the characteristics of healthy relationships (honesty and vulnerable, mutual respect trust empathy forgiveness space communication). She quoted albert Camus 'Don't walk in front of me; I may not follow. Don't walk behind me; I may not lead. Just walk beside me and be my friend.' The focus of her discussion was the importance of communication in every relationship.

Mr. Chandramohan Puppala shared his views on 'Break-Up'. Through his discussion he defined the term 'break-up' very differently. He said that the word 'break-up' isn't used only for the couples but family and friends also. In his presentation, he stated the problems and solutions in break-ups.

Dr. Sarita Modak delivered her thoughts on 'Emotional Wellbeing'. She said that after improving our habits we can overcome mental illness. Mental health is a positive concept related to the social and emotional wellbeing of individuals and communities. Having good mental health, or being mentally healthy, is more than just the absence of illness; rather it's a state of overall wellbeing. Community factors such as a positive sense of belonging, community connectedness, and activities to highlight and embrace diversity, social support, and participation in society. Individual factors are, such as the ability to manage thoughts and cope with stressors and having communication and social skills to support connection with others.

The programe was compeered by Ms. Rohini Meshram, Department of Psychology and a formal Vote of thanks was proposed by Dr. Sumedha Wankhede, Member, Roots foundation for behavioral sciences. The programe was live on zoom and you tube. Above 200 participants was attended the programe.

Screenshots



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1 My Mental Health My Responsibility

2 RELATIONSHIP & HEALTHY COMMUNICATION

3 Dr Swati Dharmadhikari
Officiating principal
Tirpude College of Social Work
(An Autonomous Institute)

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- In Love ? Brain activates a region called the ventral tegmental area.
- Midbrain activates when people are in love, and in situations involving motivation and reward
- Hormones go haywire
- Being in love increases blood flow to the brain's pleasure center, the nucleus accumbens.
- Lack of Love lowers levels of the brain chemical serotonin, a common attribute of OCD.



