"Educating hearts and minds"

Report on the 2-Day National Workshop on Mental Health (Hybrid Mode)

Date: 9TH-10TH October, 2023

Venue: Department of Psychology, [Holy Cross College] and Online via Google meet.

Introduction

The Department of Psychology, in collaboration with Deaprtment of BSW and the Centre for Counselling Holy Cross College , organized a 2-day national workshop on mental health on October 9th -10th 2023. Conducted in a hybrid mode, the workshop comprised seven insightful sessions aimed at enhancing mental health awareness, sharing best practices, and discussing innovative interventions in the field of mental health.

Objectives

➢ To raise awareness about various mental health issues.

➢ To provide a platform for sharing knowledge and best practices in mental health interventions.

➢ To foster collaboration among mental health professionals, educators, and students.

➢ To introduce participants to contemporary research and therapeutic techniques in mental health.

Event Highlights

Inauguration Ceremony :

The workshop commenced with an inaugural address by Mrs. Debanjana Mukherjee, Head of the Department of Psychology, who highlighted the significance of mental health in the current socio-economic context.

Session 1: **Understanding Mental Health:**

Speaker: Miss Lily Jamatia, HoD & Assistant professor Dept. of Social Work, Holy Cross College Agartala.

Time: 1:30 pm

Overview: This session provided a comprehensive overview of current trends in mental health, emerging challenges, and the impact of socio-cultural factors on mental health.

Mode: Hybrid (In-person and Online)

Session 2: **Emotional wellbeing**

Speaker: Ms.Debanjana Mukherjee, HoD & Assistant professor Dept. of Psychology Holy Cross College Agartala.

Time: 2pm .

Overview: Focused on mental health and emotional wellbeing issues prevalent among students and educators and importance of emotional intelligence ,this session discussed strategies for promoting mental well-being in day to day life. Participants were introduced and provided instruction on techniques of mindfulness.

Mode: Hybrid (In-person and Online)

Session 3: **Importance of Mental health and uses of various techniques of Relaxation in the field of Psychology and Social work**

Speaker: Ms. Iaisuklang G Marboh, Assistant professor ,Dept. of social work ,William Carey University Meghalaya.

Time: 2:30pm

Venue: Google meet

Overview: The session introduced participants to innovative therapeutic techniques, including cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and Jacobson's relaxation technique or progressive relaxation therapy.

Mode: Hybrid (In-person and Online)

Session 4: **Coping Mechanisms for Stress and Anxiety in educational setup and daily life of students.**

Speaker: Dr. Priyajyoti Chakma Psychiatrist & Assistant Professor, Dept. of Psychiatry AGMC & GBP Hospital Agartala

Time: 10:30am .

Overview: Practical approaches to managing stress and anxiety were discussed, with an emphasis on mindfulness, relaxation techniques, and resilience-building strategies.

Mode: Hybrid (In-person and Online)

Session 5: **Mental Health and its advancements in the feild of Social work and Psychology .**

Speaker: Ms. Wanphylla Nongrum Dept. of Social Work,William Carey University,Meghalaya.

Overview: This session explored the intersection of mental health and technology in the field of social work and psychology, discussing the benefits and risks associated with digital mental health tools and teletherapy.

Mode: Hybrid (In-person and Online)

Session 6: **Stress and its mechanism**

Speaker: Ms. Charlotte D'Costa ,Clinical Psychologist National Institute of Behavioural Sciences, Kolkata and Mind care Kolkata.

Overview: This session have provided an insight into the different factors of stress in modern day life style and also the details discussion on various theoretical perspectives of stress.

Mode: Hybrid (In-person and Online)

Session **7:Nero-biological aspect of mental health**

Speaker: Dr. Anirban Datta Psychiatrist & Consultant of ILS Hospital, Agartala, Happy feet, Child care and rehabilitation,Hope, Nanhe NGO for specially able children.

Overview: The discussion highlighted the impact of relation between the nature and nurture impact on development of various vulnerabilities of psych pathology and how to enhance our mental health in day to day life.

Mode: Hybrid (In-person and Online)

Interactive Components

Q&A Sessions: Each session included a Q&A segment, allowing participants to engage with the speakers and clarify their doubts.

Workshops: Hands-on workshops on mindfulness and stress management were conducted, providing practical experience to participants.

Networking Opportunities: Virtual breakout rooms and in-person networking sessions facilitated interactions among attendees, fostering potential collaborations.
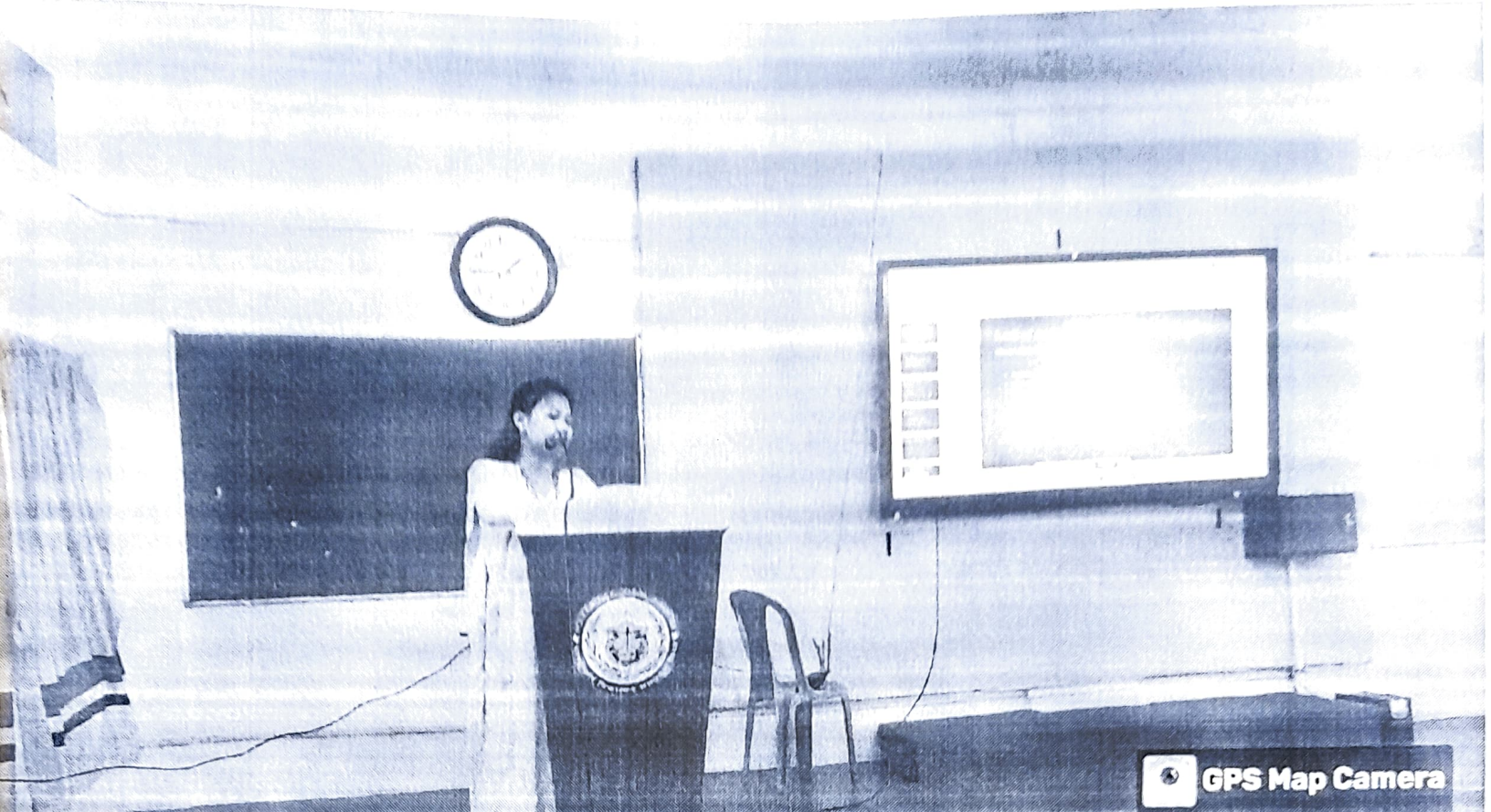
Feedback and Evaluation

Participants provided positive feedback, highlighting the relevance and depth of the topics covered. Many appreciated the hybrid format, which allowed for wider participation. Suggestions for future workshops included more interactive sessions and case study discussions.

Conclusion

The 2-day national workshop on mental health was a significant step towards enhancing mental health awareness and education. The hybrid mode enabled participation from a diverse audience, bridging geographical gaps and fostering a rich exchange of ideas. The Department of Psychology and Social work and the Centre for Counselling extend their gratitude to all speakers, participants, and organizers for their contributions to the workshop's success.

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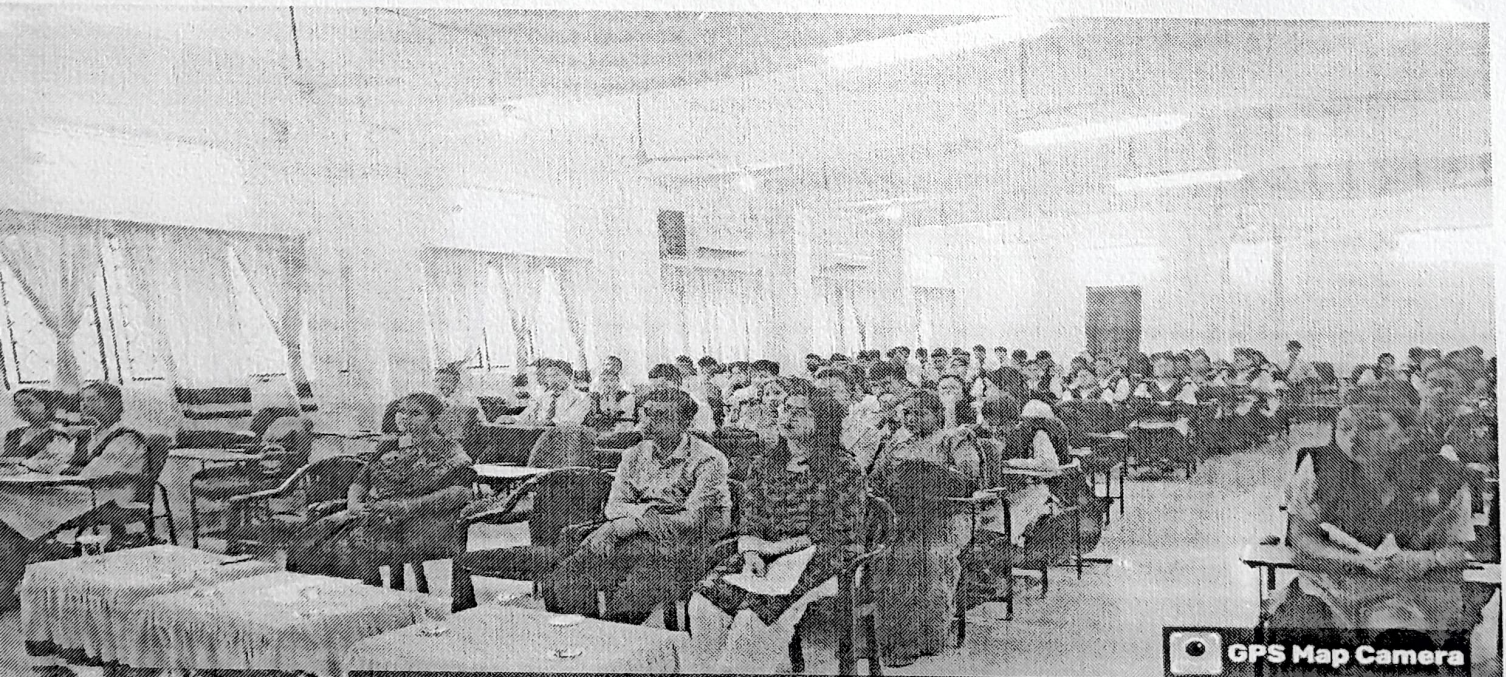Long 91.321417°
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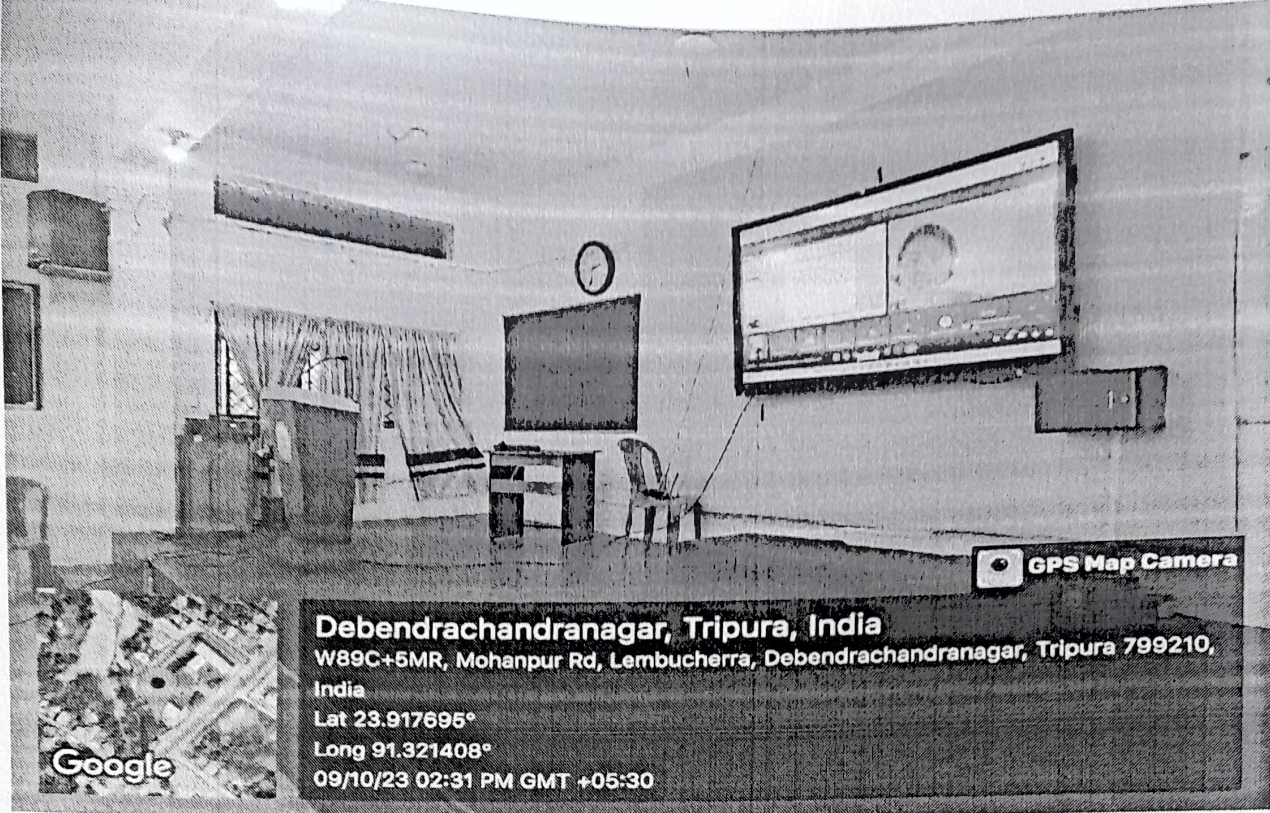Lat 23.917689°
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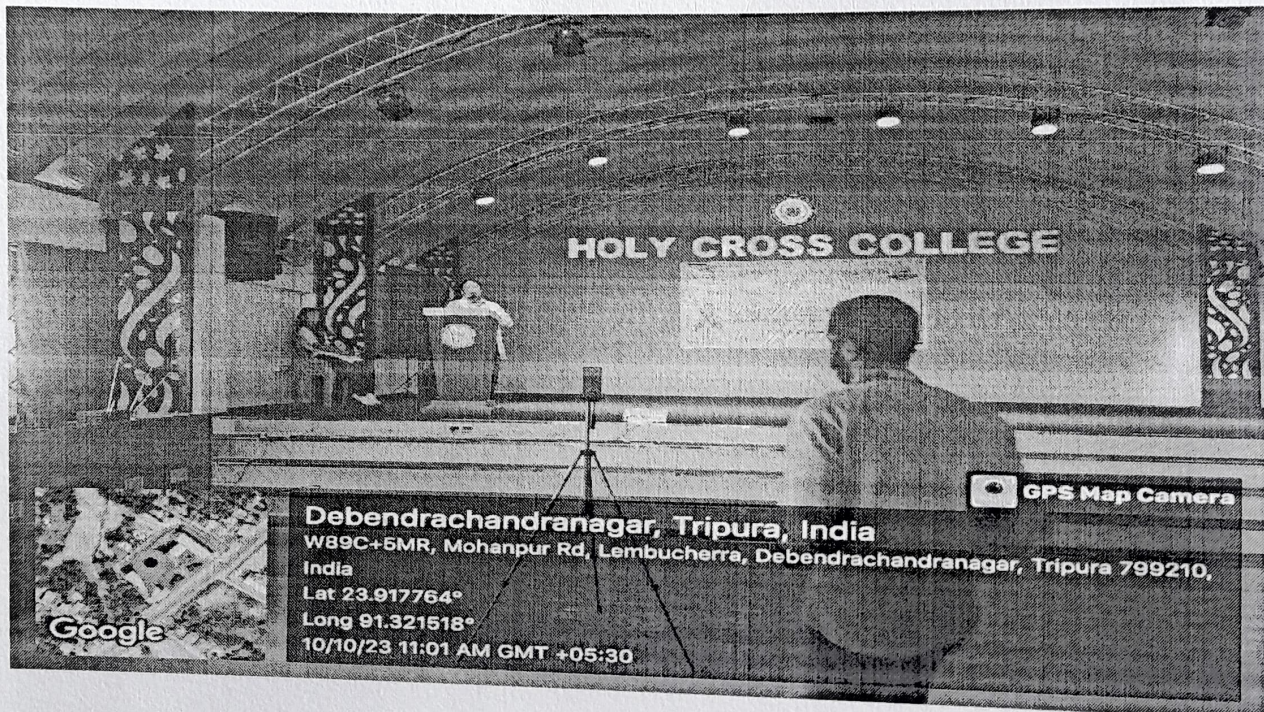Lat 23.917799°
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HOLY CROSS COLLEGE

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