

SEMINAR REPORT 2017

DEPARTMENT OF PSYCHOLOGY

A Mental Health Awareness programme/seminar was held by the Department of Psychology, Government General Degree College, Singur during 23/11/2017 and 24/11/2017 on Depression and Suicidal Behaviour “*I choose Life*”- Awareness Programme in Collaboration with Indian Association of Clinical Psychology (IACP), West Bengal. This 2- day awareness programme mainly dealt with the different mental health issues of adolescence focussing mainly on Depression, Suicide and prevention. On 23rd, the resource person, Dr. Somdeb Mitra, Clinical Psychologist, Assistant Professor, Department of Psychology, The University of Calcutta emphasised on the causes, signs and symptoms, prevalence of Depression & Suicide, and how it affects the adolescent and few Psychotherapeutic strategies to deal with it such as Cognitive Behaviour Therapy, Behaviour therapy. Another resource person Mr. Prasanta Kumar Roy, Clinical Psychologist, Assistant Professor, Institute of Psychiatry, whose thought-provoking speech was based on ways to combat signs of Depression, what are the lifestyle changing techniques and small daily hacks to keep depression at bay. He engaged the college students in a role playing on how Social support can prevent Depression. It was not only enriching for the students but faculty members were also benefitted by his speech. On the next day, resource person Sreetama Chatterjee, Clinical Psychologist, Institute of Psychiatry, emphasised on the trigger of depression, other mental health issues faced by the adolescents, how to tackle them, how to deal with peer pressure, exam related stress, how internet addiction and other addiction lead to Depression (such as Blue Whale Game) and early indications of suicidal behaviour in others even in our family members, friends and in our neighbourhood so that it can be prevented. 2nd day programme was especially organized for interested students and teachers of schools of Hooghly along with departmental students. She engaged students in some interesting activities to find out the sources of positivity in the time of stress. Students were very much benefitted by these 2 day seminar and invited teachers and students were given certificates at the end. The collaborative efforts and active participation by the departmental students and all the faculties made the event a great success.



