

PEGASUS STUDENT FORUM

In commemoration of

WORLD MENTAL HEALTH DAY 2022

Organizes seminar on

“MENTAL HEALTH AND WELLBEING”

Date: October 11, 2022

SUMMARY

The seminar on the topic “Mental Health and Wellbeing” was held in commemoration of World Mental Health Day 2022. The event was inaugurated by honourable chief guest Dr. Ezhilan Naganathan, Member of Legislative Assembly. In the inaugural address he emphasised the importance of understanding the coping mechanism and mental health wellbeing of a person from an individual, family and community level and taking appropriate approaches with respect to the situations one encounters.

The first session for the day was on “Cultural and Mental Health in Global Space” which was handled by Dr. Anna Rumia, Psychotherapist and founder of RUMI. She gave a detailed explanation on how culture plays a significant role in determining the mental health of individuals. The session created an awareness about the marginalised migrant community and the psychological issues they encounter and emphasised on the need for giving it more attention.

The second session was on “Mental Health in Digital Space”. The speaker for the session was Dr. E. Sivabalan, Psychiatrist, Professor and author. Started off the session by providing a clear understanding on how the digital space has created a parallel world where the individuals are projecting an idealized version of their self. Further on he explained about the consequence of unethical and fallacious media usages and how it has caused the digital generation with severe mental health issues. The session gave a clear idea on understanding the underlying negative effects of digital media and suggestions to overcome the issues associated with it.

The third and final session was a workshop on “Stress Management and Psychological First Aid” which was conducted by Ms. Lydia, Psychiatric Social Worker from NIMHANS. The workshop focused on creating an understanding on psychological first aid, the principles associated with it, who, when and where its required, rapid model and finally self-care and stress management. All the topics were aligned with the workbook and it was further clarified using case studies and activities making the workshop more memorable and interactive.

The activities for the day were concluded after distributing the participation certificate which was followed by valedictory.

