

WORKSHOP ON “UNDERSTANDING AND MANAGING STRESS”

Date: 9.10.14 (Thursday)

Time: 10.30 a.m. – 1.30 p.m.

Target Group: IGNOU teaching and non-teaching staff, research scholars and students

Maximum no. of participants: 40

Resource Persons: Faculty of Discipline of Psychology

Last date for submitting names: 1.10.14

Registration fees: Nil

Objectives of the workshop: The workshop will focus on understanding what is stress and creating awareness to recognize when stress starts harming you. You will know about the symptoms, consequences and causes of stress. Most importantly, the workshop will help you learn how to manage your stress. Various strategies for managing stress will be discussed and demonstrated.

The workshop will be conducted through discussion, demonstration and interaction mode with examples and activities.

ONE DAY SEMINAR ON “ISSUES RELATED TO MENTAL HEALTH”

The objective of the Seminar is to create awareness and disseminate information on various issues related to mental health. It will cover a series of three talks by eminent psychologists and psychiatrists working in the

field of mental health. Being practicing professionals, they will throw light on different issues related to mental health and provide insights on improving our mental health.

Date:10.10.14 (Friday)

Session I

Time: 10.30 a.m. – 12.00 p.m.

Topic: **Living with Schizophrenia**

Speaker: Dr. Achal Bhagat
Psychiatrist

Tea Break

Session II

Time: 12.15 p.m. – 1.30p.m.

Topic: **Strengthening Our Relationships**

Speaker: Dr. Pearl Drego
Psychotherapist

Session III

Time: 2.30 p.m. – 4.00 p.m.

Topic: **New Frontiers in Child Mental Health**

Speaker: Dr. S.P.K. Jena
Clinical Psychologist

Tea & Refreshment