



Mahatma Gandhi Shati Smarak Mahavidyalaya,

Garua Maksoodpur, Ghazipur

Workshop on Mental Health and the Modern Life Style



Mahatma Gandhi Shati Smarak Mahavidyalaya Garua Maksudpur, Ghazipur conducted a workshop on Mental Health Awareness, dated on 22nd October 2019. The World Federation for Mental Health has been celebrating World Mental Health Day on the 10th of October for the past 27 years. And in the series of above, Dr. Dharmendra Kumar, a Consultant Psychiatrist was invited as the speaker for the same. He has vast experience in Psychotherapy in addition to Pharmacotherapy. Elucidating the topic of mental health and awareness he addressed the students and the staff. Beginning with the basic prospect of health and the factors it is based on, he covered concerning and important topics like anxiety, depression and some commonly spread myths in detail. With the assistance of statistical data and graphical representations, he illustrated the inciting causes of mental illness and how it is being spread among the different age groups. Expressing the main concern towards the youth with the age group varying from 5- 25 years of age, he discussed the symptoms, causes, consequences and prevention of Mental disorders. According to the NMHS survey, mental disorders are the second leading cause of death in the Indian population. He, then elaborated on Suicide prevention, the theme for Mental Health Day, 2019. This year's campaign has already been launched with the motto of "40 seconds of action", considering that one suicide is witnessed every 40 seconds globally. Taking note of it, Dr. Goel interacted with the students and discussed the elements leading to suicides in every age group. Academic pressure, financial issues, body image concerns, and sexual identity are a few comprising the list. Further, he imbued the audience with measures to prevent suicides such as providing support services, reducing access to means of self-harm, talk therapies and



enhancing coping strategies of people having suicidal tendencies. Dr Dharmendra Kumar concluded the program by emphasizing that people should be more attentive toward mental health fitness in comparison to their physical health fitness. In the end, he answered the queries in detail raised by the audience. The information imparted during the workshop served to be an eye-opener for the young students. The learning from the event would go a long way in tackling mental and emotional issues. In the future, Prakriti will continue to take up such socially relevant issues for raising the standard of living.

Finally, Mr. Nitesh Pandey concluded the session by passing a vote of thanks to the speaker.


प्राचार्य
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