

Mental Well-Being and Adolescent Development

Kolkata, 13th May 2024 -

The students of B.ed course of Kamala Devi Sohan Raj Singhvi Jain College of Education is pursuing the 'Psychological and Mind Wellness' workshop taken by Prof. Koushani Sarkar, organised by IGNITE @ MPower Mind Matters, of the Aditya Birla Education Trust.

This Webinar provides holistic mental well-being solution, minimum mental health care for all, to be aware of signs and symptoms of mental health problem. So, everyone can cope and maintain their mental health at the finest level.

As it is discuss that Adolescence is a crucial period for developing social and emotional habits, important for mental well-being. It is important to address the needs of adolescents with mental health conditions. This awareness campaign at higher education institution have effectively changed students' attitude towards 'Mental Health' and also motivate individuals to take action when they need support.

by -
Debmita Saha
Semester 4

Depression - Leads to mental Disability

Kolkata, 14th May 2024

IGNITE @M Power of Aditya Birla Education Trust has organised a Mind Wellness program taken by the Prof. Koushali Sarkar, with the students of Kamala Devi Sohan Raj Singhvi Jain College of Education, B.ed stream have participated.

The subject matter of the discussion was 'Depression', which is a mental state of low mood and aversion to activity. However it has been found that depression can occur at the age of eighteen or younger. People having depression may identified with feeling of sadness, loss of interest in common matters of life, hopelessness, emptiness and despair. In most of cases it can be seen that, depressed people have a tendency to commit suicide. By using ALGEE on the Action plan. Through this course of study, students came to know the chore as a first-aid to handle the depressed person in the initial stage.

This program help to reduce the misconceptions and stigma from the young generation and also promotes Mental Well-being among them.

by-
Debmita Saha
Semester 4

The Impact of Anxiety and Trauma

Kolkata, 15th May 2024

IGNITE @ M Power Mind Matters of Aditya Birla Education Trust has organised a workshop on 'Psychological and Mind Wellness' for B.ed students of Kamala Devi Sohan Raj Singhvi Jain College of Education. This webinar is being conducted by Prof. Koushani Sarkar.

As it is discussed that anxiety is the total response of a human being to threat or danger. Sometimes it relates with Traumatic Experiences. Different types of uncomfortable situations bring these kinds of mental illness and disorders which includes the symptoms like Physical, Psychological and Behavioural and also create the crisis like Panic Attack, Post traumatic stress disorder.

One of the main goals of this webinar is to preserve life where a person may be in danger to herself/himself or others, need to focus on establishing newer and more creative ways to take care of individual mental health. As a result of this program, majority of students opined that the events were impactful enough to encourage them to talk about their mental health issue.

by -
Debmika Saha
Semester-4

A Report on Eating Disorder and Substance Abuse

Kolkata, 16th May 2024,

The student of B.ed course of Kamala Devi Sohan Raj Singhvi Jain College of Education is pursuing the "Psychological and Mind Wellness" workshop, taken by Prof. Koushani Sarkar, organised by IGNITE @ MPower Mind Matters of Aditya Birla Education Trust.

This workshop provides holistic mental-well-being solution. As discussed, Eating disorders characterized by severe and persistent disturbance in eating behaviors and associated distressing thoughts and emotions. They can be very serious conditions affecting physical, psychological and Behavioral functions. Types of eating disorders include Anorexia Nervosa, Bulimia Nervosa, Binge Eating disorder and so on. These are often associated with weight or shape or over Evaluation of self image. Besides Eating disorder, Substance Abuse has effects on our mental health. This refers the excessive use of a drug in a way that is detrimental to self and society.

Through this study, the youth will understand, how to manage people with eating disorder and Substance Abuser, as well as protect themselves from such mental illnesses

- by -
Debmīta Saha
Semester - 4

Psychosis : A Mental Disorder

Kolkata, 17th May 2024

IGNITE @ MPower of Aditya Birla Education Trust has organised a mind wellness program taken by Prof. Koushani Sarkar, with the student of Kamala Devi Sohan Raj Singhvi Jain College of Education, have participated.

The subject matter of the discussion was 'Psychosis', which is a common and functionally disruptive symptom of many psychiatric. It is defining features of the schizophrenia spectrum disorder and refers to a collection of symptoms that affect the mind, where, there has been some loss of contact with reality. Hallucination, Delusions, disorganised with disorganised thinking and speech, Paranoid state are the type of 'Psychosis'.

Hallucinations and Delusion can make a person's thought and emotions feel confused and ~~org~~ disorganised.

Through this course of study, the students come to know the chore as a first-aider, to manage a psychotic in their initial stage.

This program help to reduce the misconceptions and stigma from the young generation and also promotes Mental Well-being among them.

by -
Debnita Saha
Semester - 4