

WOMEN MENTAL HEALTH AND EMOTION

Statistika and Meraki, in Collaboration with IQAC Mata Sundri College organized a counselling workshop on Women, Mental Health and Emotions, on 15 September, 2023 at 1:00 pm in MATA GUJRI HALL. It was organized by the department of Statistics (STATISTIKA) and English (MERAKI) in collaboration with IQAC, Mata Sundri College.

This event began with presenting a memento to the Speaker and IQAC director. Ms. Prabhsharan Kaur, Teacher-in-charge, Department of Statistics welcomed the speaker: Dr. Harinder M. Sandhu (Department of Psychology) and Dr Lokesh Kumar Gupta was welcomed by the Teacher-in-charge of English Department, Dr. Divya Pradhan. It began with an addressing speech by Dr. Lokesh Kumar Gupta (IQAC DIRECTOR) on importance and awareness about Mental Health followed by the main speaker: Dr. Harinder M. Sandhu. She explored the state of women's mental health, highlighting its significance, factors contributing to mental health challenges, available resources, and recommended strategies for improvement. Women's mental health is a critical concern affecting individuals, families, and society at large.

The session then highlighted how women's mental health encompasses a broad spectrum of emotional and psychological well-being issues that can profoundly impact their lives.

Dr. Sandhu then explained how mental health and well being allows people to cope with the stresses of life, make them realize their abilities, learn well and work well, and contribute to the world.

Dr. Sandhu, talked about how emotions and mental health are the reactions that human beings experience in response to events or situations. Research have proven that male participants emotions fluctuate as much as women did.

The session was then followed by a question-and-answer round in which the speaker addressed all the queries of the students efficiently.

The workshop ended with a vote of thanks to all the Speaker, teachers and the audience. Volunteers were thanked for an amazing hard work and behind the scenes work for the success of the event.

It was quite an informative, interactive and wonderful workshop. We would like to have such events regarding mental health awareness more often in our college.