

**Workshop**  
**On**  
**Our Minds, Our Rights:**  
**Raise Awareness and Drive Actions**



**10 October 2023**

**Resource Person**

**DR. ABHA SHASHI KUMAR**

**Psychologist, SAMAGRA F.D.C.**

**Ex. Counsellor, Bhilai Steel Plant, Bhilai**

**&**

**Advocate Gauri Chakravarti**

**Advocate, Durg-Bhilai**

**Organized by**  
**Department of Psychology**

**Govt. V.Y.T. PG Autonomous College, Durg (C.G.)**

## **Department of Psychology**

### **Workshop on Mental Health Awareness**

**10 October 2023**

**Objective:** Creating mental health Awareness and our rights.

A workshop was organized on the occasion of World Mental Health Day on 10 October 2024 in the Department of Psychology, Govt. V.Y.T. Postgraduate Autonomous College, Durg. The workshop was focused on 'Our mind, our rights'. The keynote speaker of the program was Dr. Abha Shashikumar, former consultant, Bhilai Steel Plant. The keynote speaker of the program said in her address that today the youth are going through a lot of difficulties. The youth should share their views with others. Come out of their loneliness. Dr. Abha Shashikumar spoke of three-R which includes three elements - routine, management and mutual relations. She strongly advocated women empowerment and mental health of women.

Addressing the program, advocate Gauri Chakraborty talked about the universal right to mental health. She talked about moving forward on the path of life with confidence. Senior professor of the college and autonomous examination controller Dr. Jagjit Kaur Saluja throw light on the purpose of celebrating Mental Health Day. Dr. Saluja also informed the students about the psychological counseling going on in the psychology department. IQAC cell coordinator Dr. Anupama Asthana talked about making changes in one's daily life to maintain mental health.

**Outcomes:**

Total 205 participants showed their activeness in the workshop and benefited from it. After the work shop participants got deeply knowledge of mental health and its prevention. Participants knew about 'Our mind, our rights'.





**HOD**

**PRINCIPAL**