

43. Workshop on 'Depression Across Ages'

Name of the Program	Workshop on 'Depression Across Ages'
Resource Person	Dr. Anuttama Banerjee, Consultant Psychologist, Medica Super Speciality Hospital
Organising Department	Psychology, Psychological Counselling Cell &IQAC
Date	27.02.2019
Venue	College Auditorium
Beneficiaries	200

Report of the Program

Depression is a life threatening condition that poses both severe and acute physical, mental and social health challenges and can hit any age from childhood to old age. National and International statistical and sociodemographic data indicate a sudden rise in mass experience of acute and severe depression all over the world. The college going young adults are more vulnerable to several mental and other health challenges due to their threshold stage of life. In this scenario, it becomes necessary to talk and break the silence around depression. Dr. Anuttama Banergee addressed the issue of depression and explained its nature and severity among the participants through an interactive discussion. She elaborated how depression is important to be identified from its beginning to manage and treat with involving the society. Students, faculty members, non-teaching staff of the college raised many queries and Dr. Anuttama explained about how to manage it. The students of Department of Psychology and Psychological Counselling Cell conducted a Psycho-Drama on 'Depression in Adolescents'. Overall the number of participants (240) shows that the effort had successfully conquered and the outcome was great as feedback of the participants indicated great benefits.

Dr. Indrila Guha Principal Basanti Devi College



Highlights of the Program



Dr. Anuttama Banerjee



Participants

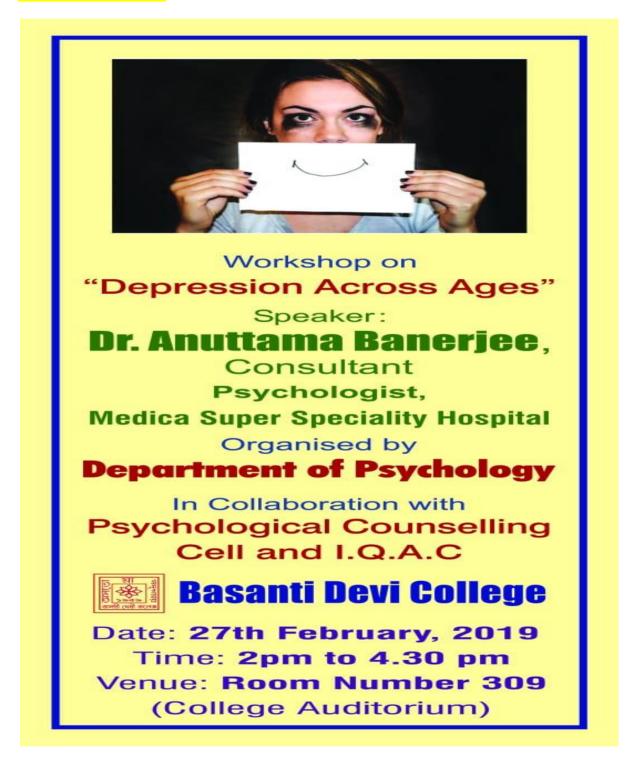


Students & Teachers with Dr. Anuttama Banerjee

Dr. Indrila Guha Principal Basanti Devi College



Poster/Brochure



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