



43. Workshop on 'Depression Across Ages'

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| 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 Banerjee 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.

Indrila Guha



Highlights of the Program



Dr. Anuttama Banerjee



Participants



Students & Teachers with Dr. Anuttama Banerjee

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Dr. Indrila Guha
Principal
Basanti Devi College



Poster/Brochure



Workshop on
“Depression Across Ages”

Speaker:

Dr. Anuttama Banerjee,
Consultant
Psychologist,
Medica Super Speciality Hospital

Organised by
Department of Psychology

In Collaboration with
**Psychological Counselling
Cell and I.Q.A.C**



Basanti Devi College

Date: 27th February, 2019

Time: 2pm to 4.30 pm

**Venue: Room Number 309
(College Auditorium)**

Indrila Guha

Dr. Indrila Guha
Principal
Basanti Devi College