

A REPORT ON THE SYMPOSIUM ON MENTAL HEALTH IN CHANGING WORLD AT DULIAJAN COLLEGE

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The meeting was presided over by the Principal of the college, Dr.Surendra Nath Gogoi as the chair person. The objective and purpose of the symposium was delivered by Jyoti Chetia, coordinator of IQAC.The main objective was to give a proper counseling to the students of the college so that proper mental health can be achieved by the students. In this world of depression and stress, giving proper guidance and awareness was the prime motto of this symposium.

Dr. Jayanta Das, an eminent psychiatrist of Assam, a social worker, also an actor, and the guest of honour of this symposium, at first discussed the difference between psychiatrist and psychologist. He stressed on clinical psychology and discussed its scope. His main motive was to sensitize about mental health which included emotional, psychological and social well-being. It affects how we think, feel and act as we cope with life. Dr. Das said that as there had been rapid change in life, people failed to adopt themselves in this changing life and hence mental health got affected day by day.

He also discussed the factors like how self esteem, absence of love and confidence, family break up or loss, decrease in social connections, loneliness, anxiety, and stress creates mental disorders and depression which affect mental health. Dr. Das termed mental disorder as non communicable disease which affect more than the infectious disease. Around 450 million people suffered from mental disorder like stress, anxiety, depression. Dr. Das also mentioned some of the features of good mental health i.e.-

- A sense of self sufficiency, self esteem and self worth
- The ability to put one's trust in others
- The ability to forgive others and oneself
- The ability to give and receive friendship, love and affection
- The ability to learn from experiences
- The ability to tolerate uncertainty
- Ability to engage in imagination and fantasy

These are some of the features of good mental health discussed by Dr. Das by which one would be able to know whether they possess a good mental health or not.

Dr. Anweshak Das, MD, consultant Psychiatrist and Mrs. Joyshree Das, Clinical Psychologist also delivered their lectures to the gathering.

Dr. Anweshak Das discussed mainly depression, a mental disorder among the younger generation and its causes. Adolescence is a storming phase of life where one takes major social roles, where there is evolution of adult and independent selves. It was found that in this period the quest for intimacy develops.

It was found that after the era of 2000, most young people suffered from depression. Dr. A. Das listed some of the college stresses that can impact mental health. Relationship break ups, the pressure to succeed, struggle to fit in peer groups, high expectations, isolation, social withdrawal among others cause depression in the youth. Dr.A. Das discussed about depression and its symptoms.

Depression is a fatal condition which involves feeling of sadness and unhappiness, change in appetite, no focus or attention, loss of memory, sleeplessness, indecisiveness, anger for no distinct reason, and thoughts of dying or suicidal tendency. Dr. A. Das said that only feeling of unhappiness or change in appetite is not depression. When most of the symptoms are present then one can recognize it as depression.

Mrs. Joyshree Das, clinical psychologist discussed the ways to tackle depression, one of the common forms of mental illness. A proper counseling can keep away depression. She said that counseling starts at home and discussed some of the ways that will help fighting depression –never keep things to oneself, try to share with friends, sisters or closed ones, remain busy by something or the other, eat, no alcohol as it gives temporary relief, it does not eradicate depression, listen to soft music while sleeping, one need to be hopeful and try to find solutions to the problems.

Mrs. J. Das informed that Deepika Padukone, prominent actor had depression issues and she overcome it and became brand Ambassador of Depression Society. Mrs. J.Das gave some simple relaxation techniques like deep breathing music stretching, exercise, staying away from alcohol which will slow down depression. Mrs.Das emphasized the fact that if one overcomes depression, he/she becomes more stronger to tackle all the problems and make important decisions and change in life.

The symposium ended with a vote of thanks by Ankita Baruah, HOD Deptt. of Education, Duliajan College.