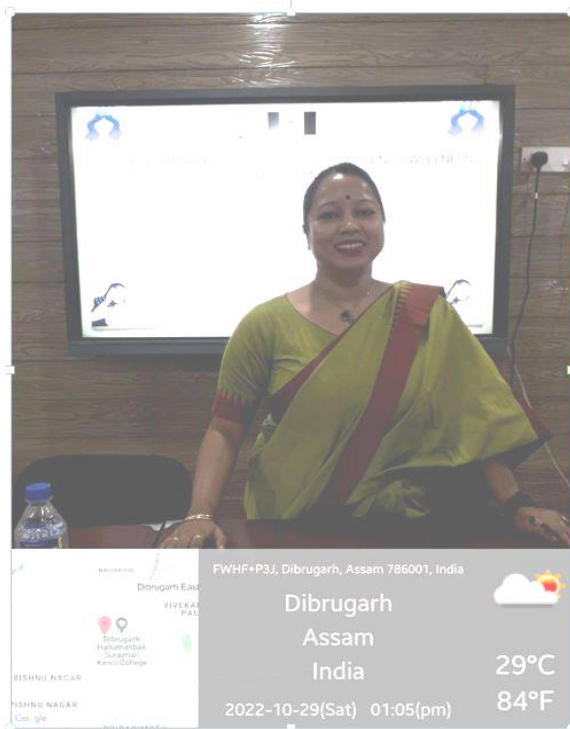


A program on ‘Self Therapeutic Practices for Students’ Psychological Wellness and Grievances’

Organized by Psychological Counselling Cell in collaboration with Grievances Redressal Cell of M.D.K.G. College

Date: 29.10. 2022

A program on ‘Self Therapeutic Practices for Students’ Psychological Wellness and Grievances’ was organized by the Psychological Counselling Cell in collaboration with the Grievances Redressal Cell of M.D.K.G. College on 29.10. 2022. The Resource Person for the program was Bornali Nath Dowerah, Assistant Professor of the Department of English, M.D.K.G. College and Positive Psychiatry and student counseling Practitioner. The Resource person propounded the idea of enhancing general psychological well-being, by following the individual’s hobbies and other activities the individual likes to engage in for a long duration which build-up mental comfort and ease. She further elaborated that the negative thoughts or feelings of a person are normal and learning to recognize the pattern and accepting them, will help to alter that state of negative effect of the particular stimulus. She provided solutions which included undertaking random, periodic steps like participating in a particular sport, watching a film, spending time with friends and family, and various measures. These measures help in the exposure of the individual to external positive stimuli which help to alter the negative regressions of the individual and they are filled with an overall sense of fulfillment by eliminating the negative consequential effects. It is not always necessary to seek the help of a counselor but rather some of these self-therapeutic practices might have the same desired effect as expected from a therapist. 45 numbers of students actively participated in the program and the program followed with interaction with the Resource Person.



THE RESOURCE PERSON OF THE PROGRAMME BORNALI NATH DOWERAH



PARTICIPANTS OF THE PROGRAMME