



STUDENT COUNSELLING CENTRE – OFFICE OF DEAN STUDENT AFFAIRS

REPORT

World Mental Health Day on 10th October - “Break the Barrier”

-A Webinar by Dr. Visesh, Organized by SCC, Office of Dean SA, VFSTR.

World Mental Health Day is observed on 10th October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. For this occasion On behalf of Student Counselling Centre (SCC), Office of Dean Student affairs of VFSTR conducted a Webinar on 10th October, 2020 at 3:00 to 4:30 PM for students, faculty and parents of students on pertinent topic “Break the Barrier” by eminent speaker Counselling Psychologist, NLP Master trainer & CEO of Genius gym Dr. Visesh who is a renowned expert in Student Counselling from two decades.

Dr. Visesh explained about the Mental health is a state of well – being in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community Multiple factors of Social, Psychological, and biological determine the level of mental health of a person at any point of time. The poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social execution, unhealthy life style, Physical ill-health and human violation

The importance of sound mental health cannot be undermined especially for young students. Who are in the transition phase between adolescents and adult hood. This age is a turbulent phase in student life both physically and emotionally given the rapid changes happening in the society and in the personal fear and professional fear. It is quite natural that they will undergo some psychological stress before they are able to realize their true potential, get some understanding of themselves and the society around. Parental love, friendship, teenage infatuations, peer rivalry, temptations to get into substance abuse and other addictions like cricket betting, experimenting with smoking, alcohol, etc., all these are some of the issues few students getting into very often and very brilliant students also falling prey to such temptations. Parents also particularly should watch how their children are using gadgets today. Parents should keep vigilance on what kind of content children are consuming because there is a lot of objectionable content freely available on the internet that contaminates young minds and interferes with their healthy development.

Dr. Visesh has suggested a mobile application called “Digital wellbeing” from Google play store which will help to come out of regular view on once digital habits. This app contains Daily app timers let user to set limits for how much one can use apps, Bedtime mode reminds to switch off at night, setting a schedule to fade the screen to Grayscale while Do Not Disturb silences notifications for a good night’s sleep, Focus mode lets pause distracting apps with a single tap so they can better focus their time. It can also set a schedule to turn on Focus mode automatically and reduce distractions while a user at work, college, or home.

Dr. Visesh clarified the myths and misconceptions on mental ill health. Mental illness is real, just like physical illness effects parts of our body, and Mental illness affects the brain. Mental health issues don’t have anything to do with a person’s mental strength, personality traits or outlook. Most of the mental health issues can be treated if they are diagnosed early and appropriate treatment given. Some mental health issues can be prevented by controlling or altering socio- economic, biological, environmental and psychological factors. Not all mental illness require medication, medication tends to treat the symptoms rather than the underlying issue. Mental illness can be managed without hospitalization. A person is hospitalized only if they are danger to themselves or others due to self harm tendencies or severe emotional dysregulation. Endorsing myths like devil or soul, leads to people seeking treatment through faith healers can lead to their symptoms and difficulties being prolonged. Therapy and counselling are the integral part of the recovery process of most mental health issues. Negative thought and behavior patterns need to be unlearnt and replaced with positive ones through scientifically.

Dr. Visesh said that for every problem there will be a solution. Every individual born potential they should not limit themselves. They should identify their own potential, work on them to be happy and lead successful life. He explains about the 20 – 80 principle for students.

About 250 participants joined for One and half hour long Oration includes 20 minutes of Question and Answers session, which was conducted as Guest Lecture. The Webinar brochure is released by Registrar, Dr. M.S. Raghunathan. The programme was initiated by Counselling Psychologist Ms. Shabana Azmi, Dr. M.S.S Rukmini, Dean Student affairs. The programme was moderated by young and dynamic student coordinators of SAC, Ms. Soujanya, Ms. Dhroni Praneetha, Ms. Bhavya, Mr. P. Vamsi and the technical support for the programme was extended by the faculty Mr. Anirudh, Assoc. Dean Student Affairs, The Programme planning, process, successful execution support and guidance by Dr. M.S.S Rukmini – Professor & Dean Student Affairs, Dr. A. Sharada – Professor & Head Humanities division, Dr. N. Jalaja of Biotechnology Dept. & Head Student Counselling Centre, Dr. N. Satya Sree – Professor, S&H department & Chief Warden for Girls hostel, Dr. N. Srinivasu – HOD of Science & Humanities Department. The Chairman, VC, Registrar, Deans & HOD’s are also participated in the webinar.