



SPRUHA PSYCHOLOGY ALUMNI ASSOCIATION of ADIKAVI NANNAYA UNIVERSITY RAJAHMUNDRY



Reg. No: 488/2016

INTERNATIONAL WEBINAR ON WORLD MENTAL HEALTH DAY

(10TH OCTOBER 2020)

Organized by GSL Wellness Centre in collaboration with Department of Psychology & Spruha Psychology Alumni Association of Adikavi Nannaya University

International WEBINAR Organizing Committee

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Honourable Vice Chancellor
Adikavi Nannaya University

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Spruha Alumni Association

WORLD MENTAL HEALTH DAY
10th OCTOBER 2020
10:00 AM

Free registration and E certificates will be issued

International WEBINAR Speakers and Topics

10th OCTOBER 2020
10:00 AM

Dr. ISS Rao
Honble Secretary
Indian Psychiatric Society
Topic: "Mental health" of the Youth with Reference to World Depression Day (Sept 10th)

Dr. VST Krishna
Medical Social Worker
Mysore
Topic: Youth and mental health problems (Self-help)

Dr. Y Jagadeesh
Assistant professor/Dept. of Psychiatry
and Medical college and General hospital
Kalyandurg
Topic: Mental health and problems of youth. Possible to participate

Kamireddy Arjuna
Raja Institute /Therapist
Raja Goodwill Trust
Lal Gudi
Topic: Tips for stress management for all ages and all areas among youth of the world (2020)

Shoban Kumar
Behavioral Therapist
Pinnacle Blues network
Chief Behavior Therapist
Topic: youth and neurological disorders

Free registration and E certificates will be issued



To commemorate World Mental Health Day (10th October 2020) International Webinar was organized by GSL Wellness Center in Collaboration with Adikavi Nannaya University University Dept of Psychology and Spruha Psychology Alumni Assn, wherein more than 100 participants (psychologists, psychiatrists, students , faculty members took part. Theme of Mental Health Day 2020 is 'Mental Health for All Greater Investment – Greater Access'. The Chief Guest Prof. Mokka Jagannadha Rao, Vice Chancellor of Adikavi Nannaya University emphasized the need of Psychologists, academicians to evolve out strategies to combat the suicidal tendencies among youth, root causes for stress, mental aberrations etc. He requested the concerned to evolve out a Training module for Teachers to tackle the mental issues relating to students. Eminent sex education psychiatrist Prof. T. S. Satyanarayana Rao elaborated the underlying psychosocial applications ,follow up aspects relating to youth. He cautioned all the concerned to address the problems cropped up due to information overload , myths in mental illness, stigmas, similarities and differences among psyche, mind, psychology, psychiatry and neurology with their interrelated applications. Dr.Rao enthralled the participants explaining in detail the stages of positive psychology viz.good sleep, regular exercise, meditation , social connectedness, connect with nature, learn new skills , eat healthy food, avoid alcohol etc.The expert sex education psychologist analysed various problems, misconceptions pertaining to youth and the solutions there of.

Resource Person Dr Jagadeesh with indepth practical examples and analysis explained various aspects pertaining to Mental Health & Problems of Youth . Spruha Psychologist and Chief Behavior Therapist of Pinnacle Blues P.Shoban Kumar, Dr VST Krishna ,Kamireddy Arjuna enthralled the participants with their presentations. The Director of GSL wellness center Ms. Bhagyarika Sinha (Spruha Psychologist), the Director of the webinar along with co-director Dr. C.V. S.Mani Ramana Faculty of Psychology , Course Co ordinator Dr . P. Raja Sekhar, Dr N.V.V.S.Narayana , Dr. Ch.N.K.Bhavani , Spruha Psychology Alumni Association President Sunkara Nagendra Kishore , Secretary S.Rajesh Khanna ,Gathey Kishore , Bharathi Rathana and others took part.

Link ; https://youtu.be/fz97s_gqwZs.