

Workshop Series organized as part of mental health week observance

Date: 09/10/24

Venue: Room 106, Block 1

Time: 11:45-01:00 pm

Facilitator: Dr. Priyadarshini

Topic: Jacobson's Progressive Muscle Relaxation Technique

This report summarizes the key points and outcomes of the workshop held on the topic of “Jacobson's Progressive Muscle Relaxation Technique.” The workshop aimed to introduce participants to this effective relaxation technique and equip them with the skills to practice it independently. It helped the participants to improve their understanding of stress and its physical and psychological effects, the principles of Jacobson's Progressive Muscle Relaxation Technique and have a hands-on practice of the technique.

Photographs



Workshop Series organized as part of mental health week observance

Date: 09/10/24

Venue: Room 715

Time: 11:45-01:00 pm

Facilitator(s): Dr. Dr. Patrick Jude

Topic : **Psychological First Aid**

This report summarizes the key points and outcomes of the workshop held on the topic of "Psychological First Aid." The workshop aimed to equip participants with the knowledge and skills to provide immediate support to individuals experiencing psychological distress or trauma. It covered the basic concepts and principles of psychological first aid, and provided hands on experiences on the strategies and skills for emotional support and practical support during crisis or psychological distress. It was a valuable opportunity for participants to acquire essential skills and knowledge to support individuals in distress.

Photographs



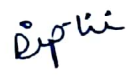
PSYCHOLOGICAL FIRST AID WORKSHOP

Date: 9th October

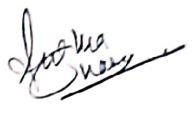
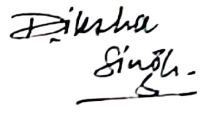
Time: 11.45 to 12.45 pm

Facilitator: Dr. Patrik Jude L

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Workshop Series organized as part of mental health week observance

Date: 09/10/24

Venue: Room 708, Block 1

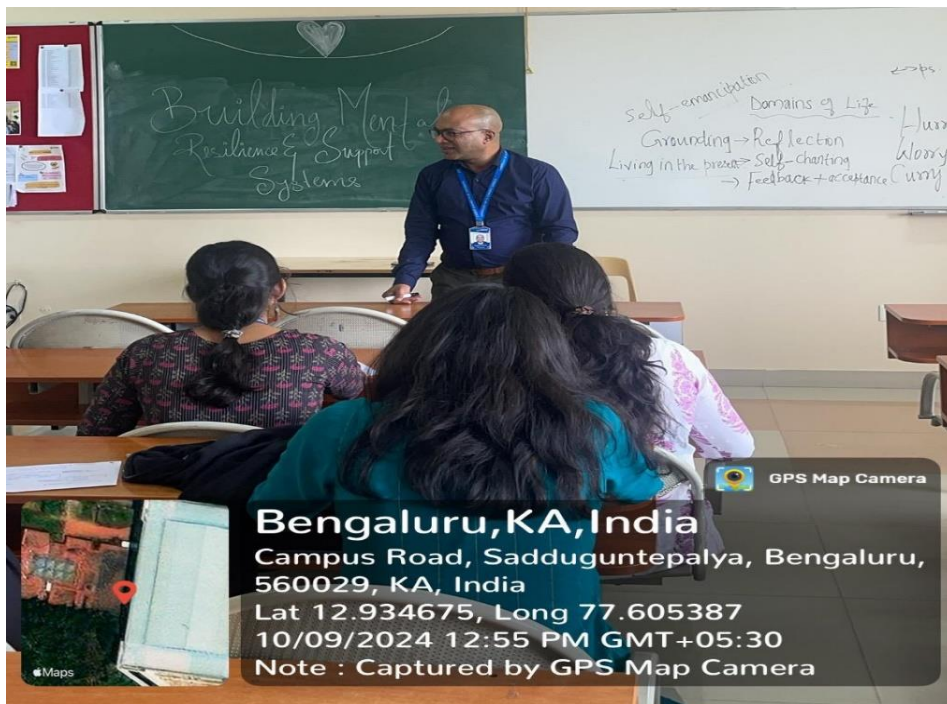
Time: 11:45-01:00 pm

Facilitator: Dr. Thaddeus Alfonso's

Topic: Building Resilience and Support Systems

The workshop aimed to explore strategies for enhancing individual resilience in the face of adversity and change. The primary objectives of the workshop were to increase participants' understanding of resilience and its importance in personal and professional life, to equip participants with practical tools and techniques for building resilience, to foster a supportive community where participants can share experiences and learn from each other and to identify opportunities for creating and strengthening support systems within organizations.

Photographs





GPS Map Camera



Google

Bengaluru, Karnataka, India
WJM4+V5M, Bhavani Nagar, S.G. Palya, Bengaluru, Karnataka 560029, India
Lat 12.934576°
Long 77.605583°
09/10/24 12:55 PM GMT +05:30



Bengaluru,KA,India

Campus Road, Sadduguntepalya, Bengaluru,
560029, KA, India

Lat 12.934554, Long 77.605311

10/09/2024 11:59 AM GMT+05:30

Note : Captured by GPS Map Camera

BUILDING RESILIENCE AND SUPPORT SYSTEMS

Date: 9th October

Time: 11.45 to 12.45 pm

Facilitator: Dr. Thaddeus Alfonso

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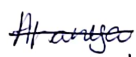
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Workshop Series organized as part of mental health week observance

Date: 09/10/24

Venue: Room 715

Time: 11:45-01:00 pm

Facilitator(s): Dr. Rajeshwari Muthukumaran and Dr. Akanksha Rani

Topic : **Handling Disclosure of Trauma and Easy-to-Follow Self-Care Practices**

This report summarizes the key points and outcomes of the workshop on the topic of "Handling Disclosure of Trauma and Easy-to-Follow Self-Care Practices." The workshop aimed to provide participants with practical tools and strategies to support individuals who have disclosed trauma, as well as to promote self-care practices for both survivors and supporters. The primary objectives of the workshop were to increase participants' understanding of trauma and its impact on individuals, to equip participants with effective communication and listening skills to support trauma survivors, to provide practical self-care strategies for individuals who have experienced trauma, and to promote empathy, compassion, and non-judgmental support for trauma survivors. The highlight was to learn how to respond to disclosure and self-care practices for the survivors.

Photographs



Dr. Rajeshwari explaining the concepts to the participants

HANDLING DISCLOSURE OF TRAUMA AND EASY-TO-FOLLOW SELF-CARE PRACTICES

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Time: 11.45 to 12.45 pm
Facilitator: Dr. Rajeshwari and Dr. Akanksha
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