

Special Lecture

on

Stress Management at Workplace

And

Inauguration of the three months Certificate Course on
PERSONALITY DEVELOPMENT AND STRESS MANAGEMENT



DATE: 13.10.2022

TIME: 2 P.M.

**VENUE: AUDITORIUM,
MAIN BUILDING,
CMP DEGREE COLLEGE**

Speaker

Dr. Rakesh Paswan

Psychiatrist,
Colvin Hospital,
Prayagraj

Convener

Dr. Ruchika Varma

Department of Psychology,
CMP Degree College,
A constituent PG College
University of Allahabad

Patron

Prof. Ajay Prakash Khare

Principal, CMP Degree College

Chief Patron

Chaudhary Jitendra Nath Singh

President, Kayasth Pathshala
Chairperson, Governing Body
CMP Degree College, Prayagraj

Organizing Committee

Dr. Mahesh Maurya

Dr. Ranjana Tiwari

Department of Psychology,
CMP Degree College

World Mental Health Day.

Make mental health & well-being for all a global priority!

Every year on **October 10, World Mental Health Day** is observed to promote global mental health education, awareness, and advocacy against social stigma. Mental health is a fundamental human right and is essential for personal, community, and socio-economic development. According to the World Health Organization (WHO), mental health is "**subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others**". Some of the most prevalent health concerns that people experience are mental health issues. The societal shame attached to it, only makes the situation worse. In contemporary societies, there is a complete lack of understanding and empathy regarding this subject. Many people refuse to seek help from a doctor for the fear of being deemed as misfits and, for lack of a better word, 'mad'. Needless to say, without proper medical intervention, affected individuals may take matters into their own hands and in a misguided attempt to construe the gap between their personal reality and the objective truths of the world, they may lose themselves irretrievably. This sure does paint a grim picture but the gravity of the situation needs to be understood now more than ever. In order to move towards a more evolved and inclusive society, mental health awareness has to be taken up as a cause by each and every individual.

The WHO has very aptly assigned the theme for this year in celebration of World Mental Health Day which is 'Making Mental Health & Well-Being for All a Global Priority'.

Mental well-being enables people to cope with the stresses of life, realize their abilities, work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

Pandemic times have singlehandedly changed the course of human life as we have known it till now. Human activities have been responsible for COVID19. Nonetheless, from the wrecks of war, inevitably sprouts new life and it is our collective duty to nurture it as well as we can. By focusing primarily on the well-being of those amongst us who suffered a great deal of mental trauma and experienced emotional turmoil during such harrowing times, we can hope for a better future for us as a community. Having said that mental health and wellbeing go beyond COVID19 related stress and damage. Mental well-being as a concrete concept is as crucial for human beings as their physical health and therefore deserves to be on the same level on our list of priorities as far as our societal duties go.

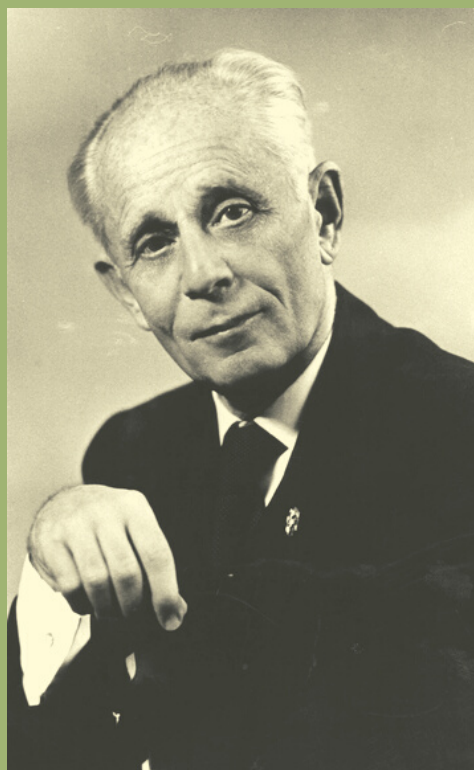
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This lecture is being organized in an attempt to spread awareness about the relevance of mental health and well-being as well as the contribution of stress to the overall deterioration of human beings and their quality of life, especially in context of their place of work.

With his insightful lecture on stress management in workplace by Dr. Rakesh Paswan, we hope to initiate relevant discussion and provide a common platform for an exchange of ideas with the intent to address pertinent issues regarding stress and its management in modern workplaces.

Father of Stress Research



Prof. Hans Selye (1907-1982)