

One Day National Workshop on “Psychological Wellbeing”



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In Collaboration with

CMP Degree College and DMHP Allahabad

Department of Chemistry
CMP Degree College,
University of Allahabad

A one day National Seminar on “Psychological Wellbeing” was organized by Department of Chemistry in collaboration with DMHP, the National Psychological Health Program, Govt. of India, Allahabad on November 20th, 2018. Dr. V.K. Mishra, Add. CMO and Nodal Officer, NCDC, Prayagraj was invited as the chief guest of the programme. Interesting lectures were delivered by Dr. Rakesh Paswan, psychologist, Dr. Ishanya Raj, clinical psychologist and Dr. Shailesh Maurya, District Counselor of Tobacco Control Cell.

The event commenced with the Chief Proctor Dr. Santosh Kumar Srivastava welcoming our Patron Ch. Raghvendra ji , President of K.P. Trust, by giving him a bouquet. Chief Guest Dr. V.K.Mishra , Guest of Honour Prof. Vijay Krishna and Dr. B.K.Singh. , Co-Patron- Dr. Brijesh Kumar, Principal, C.M.P.Degree College with all the honoured Guests, Full team of Doctors, were welcomed with bouquets offered by our faculty members.

The seminar began with the lightening of the lamp by our respected guests assisted by Dr. Deepanjali Pandey, Dr. Deepa Srivastava and Dr. Arjita Srivastava. It continued with “Saraswati Vandana” song praising goddess Saraswati by a group of P.G. students of Music Department. The welcome address to all the members on dice and invites was given by Dr. Mridula Tripathi (Convener).

The workshop was inaugurated by our Patron Ch. Raghvendra Nath Singh, President of K.P. Trust. He presided over the session emphasizing on the importance of this seminar and wishing it to attain all its success. He emphasized that such workshop should be attended by all the students and faculty members as this will certainly help them to mentally tackle all the problems they might come across in future.

The Keynote address was given by Dr. Rakesh Paswan, Nodal Officer, Prayagraj. He discussed common characteristics which are seen to affect the person's personality, thought process or social interaction. All these factors are found to be present in all human beings in some or the other way making this workshop beneficial to mankind. The Co-Patron- Dr. Brijesh Kumar, Principal, C.M.P. Degree College, happily introduced the achievements and developments of the College.

Guest of Honour Prof. Vijay Krishna, Ex. Head and Ex. Dean of Science Faculty, University of Allahabad, also shared his views about this seminar. He said there is a close relation between the chemical hormones generated during a condition responsible for the psychological behavior of any human being. Hence, chemistry is seen in every aspect of life.

The present seminar was conducted in the two sessions.

Session I was the Lecture Session.

This session had Guest of Honour Prof. S.S.Narvi, Motilal Nehru National Institute of Technology.

This session was presided over by the Chief Guest Dr. V.K.Mishra, Additional C.M.O. of non-communicable disease cell, Prayagraj. The session had the lectures by some of the famous doctors of Prayagraj city. Lecture by Dr. Ishanya Raj was on clinical psychology including problems of autistic patients in detail.

Dr. Shailesh Maurya shared his vast research experience on how tobacco use is one of the leading causes of deteriorating psychological wellbeing. Dr. Sadik Ali tried to spread awareness on the issue of non-communicable disease and their magnitudes through his impressive lecture.

Lecture by Dr. V.K.Mishra was on psychological distress especially found in students and youngsters during examinations phobic anxiety disorder, schizophrenia, alcoholism etc., and also throwing light on its management. Mr. Jai Shankar also discussed on these issues, giving interesting facts to its understanding.

Session II was the Interactive Session. The chief guest of this session was Dr. B.K.Singh. Most of the questions arising in the mind of the students were resolved by the team of renowned doctors present on the dais. With many questions in mind, M.Sc. and B.Sc. Chemistry students showed their active participation in this session. Among teachers, Dr. Archana Pandey, Dr. Sunanda Das, Dr. A.k.Shukla, Dr. Babita Agarwal, Dr. Praveen Tripathi, Dr. D.K.Sahu, 'Dr. Ranjeet Kumar, and Dr. Pramod Kumar participated in this questionnaire session. There were many more faculty members from different institutes also showed their valuable presence. Teacher's valuable discussions with the speakers about natural antioxidants and its role in controlling hormonal imbalance during these cases proved very beneficial to the students.

The workshop was well anchored by our youngest faculty member Miss. Himani Chaurasia. The valedictory session has the certificate distribution. All the attendees were given participation certificate by Dr. Pravin Singh, Dr. Abhishek Srivastava, Dr. Vishal Srivastava, Dr. Ashok Kumar Ranjan and Dr. Akram Ali. Finally, a vote of thanks was given by Dr. Monika Singh, Organizing Secretary of the workshop, to the respected Ch. Raghvendra ji, for giving the venue facility, Dr. Brijesh Kumar for his guidance and District Mental Health Programme(DMHP) for the funding assistance. Finally, Dr. Monika Singh thanked all the members on the dais by giving them a plant as a memento. And felt grateful to all the faculty members, participants and media persons for showing their great interest and making the workshop beneficial to all.



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