



P.P.N. (P.G.) College, Kanpur

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42

3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2019-20)

Report on 'Seminar on Mental Health in India: IPR Challenges in Mental Health Innovation' organized on world mental health day 2019

In recognition of World Mental Health Day, a seminar addressing the current mental health scenario in India was organized by the Department of Psychology, PPN PG College on October 10th 2019. The seminar aimed to shed light on the pressing issues surrounding mental health in the country and to provide insights and strategies for addressing these challenges. The resource persons for the event were **Dr. L.K. Singh, a seasoned senior psychologist**, and **Dr. Rohan Kumar, a distinguished psychiatrist**. The seminar commenced with an overview of the current mental health landscape in India by **Dr. Abha Singh, the head of department** and the coordinator of the seminar.

Dr. L.K. Singh, drawing upon years of experience, provided psychological perspectives on mental health. He highlighted the importance of awareness, early intervention, and stigmatization of mental health disorders. The session aimed to equip participants with a deeper understanding of the psychological aspects of mental health and the role of individuals, communities, and institutions in fostering a supportive environment.

Dr. Rohan Kumar, a renowned psychiatrist, brought a clinical perspective to the seminar. He delved into the biological and neurological aspects of mental health disorders, explaining the role of genetics, neurotransmitters, and environmental factors. **Dr. Kumar** also discussed various psychiatric interventions, ranging from medication to therapeutic modalities, emphasizing the importance of a multidisciplinary approach to mental health care.

The seminar featured an interactive panel discussion where attendees had the opportunity to pose questions and engage in a dialogue with the resource persons. The panel addressed



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a range of topics, including the integration of traditional healing practices, the role of families in supporting individuals with mental health challenges, and the need for policy reforms to enhance mental health services in India.

In conclusion, the seminar on mental health in India, organized on World Mental Health Day, provided a platform for insightful discussions and practical strategies. Dr. L.K. Singh and Dr. Rohan Kumar's expertise enriched participants with a comprehensive understanding of the current mental health scenario, from psychological nuances to clinical interventions. The event underscored the urgency of collective efforts to address mental health challenges in India and emphasized the role of individuals, communities, and institutions in fostering a mentally healthy society. The seminar is attended by over 80 students and many faculty member of the college.



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Seminar on Mental Health in India: IPR Challenges in Mental Health Innovation

Organized by
Department of Psychology

Resource Persons:

Dr. I.K.Singh (Senior Psychologist at Mandaliya
Mano-Vigyan Kendra, Chhonniganj, Kanpur.)
Dr. Rohan Kumar, Psychiatrist, Kanpur

Coordinator:
Dr. Abha Singh
Department of Psychology
PPN College, Kanpur

Seminar on Mental Health in India: IPR Challenges in Mental Health Innovation organized by Dept. of Psychology on 10.10.2019



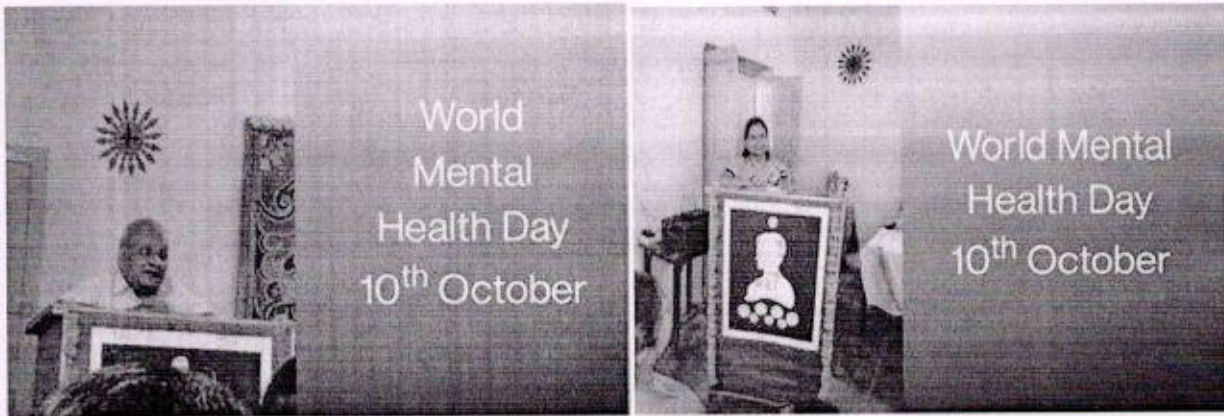
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Seminar on Mental Health in India: IPR Challenges in Mental Health Innovation organized by Dept. of Psychology on 10.10.2019