



### 3.2.2: Number of workshops/seminars/conference including programs conducted on Research Methodology, Intellectual Property Rights (IPR) and entrepreneurship (Session: 2018-19)

#### Report on "Research in Mental Health Interventions" held on 9<sup>th</sup> October, 2018

21st century is the era of anxiety, stress and mental health problems. By considering the demand of present scenario, cognitive behavior therapy is technique that is being utilised by treatment Centres and independently; the Department of Psychology organises the workshop on Research in Mental Health Interventions by **Dr. Adarsh Tripathi and Dr. Sujit Kar (KGMC, Lucknow)** and **Dr. Tulika Shukla (AIIMS, Delhi)** respectively.

Dr. Tripathi and Dr. Kar focus that CBT gives a clearer perspective on the world around them. This helps them respond to negative situation in their lives in a more positive and effective ways. It can help a person to develop more realistic ways of thinking to improve his/her confidence, self- esteem, self- image and mental health. They give new coping mechanisms to deal with stressful situations like cognitive restructuring, goal management, behavioral activation, mindfulness and self-monitoring, communication skills with practical exposure. It can aid in repairing relationships, coping grief or loss, processing a difficult situation and resolving conflict.

Dr. Tulika Shukla demonstrated "Interview Technique" and give insight to students that how to use properly for getting relevant information about the person and situations. This workshop is organised by counselling and placement cell (Dr. Suman Singh) and Department of Psychology (Dr. Abha Singh). There were 86 students and other faculty members from different colleges attended the workshop.

In conclusion, this event achieves success to a great extent in developing Insight about practical life skills and to deal complexities of the real world. This workshop is helpful to apply theoretical knowledge into practical manner for maintaining mental health and well-being of the individual and Society.



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## RESEARCH IN MENTAL HEALTH INTERVENTIONS

Organized by

**Department of Psychology**

Resource Persons:

**Dr. Adarsh Tripathi, Dr. Sujitkar  
(K.G.M.C.L.K.O.) & Dr. Tulik Shukla  
A.I.I.M.S., New Delhi**

Date:

09.10.2018

Coordinator:

Dr. Abha Singh

Department of Psychology

PPN College, Kanpur

**Workshop on “Research in Mental Health Interventions” organized by  
Dept. of Psychology on 09.10.2018**





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**Workshop on "Research in Mental Health Interventions" organized by Dept. of Psychology on 09.10.2018**



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