

ANUBHAV: The Positive Psychology Clinic

14B Maharaja Nanda Kumar Road, Kolkata - 700029

E-mail: anubhavworkshops@gmail.com

Founder Director: Paromita Mitra Bhaumik, Consultant Psychologist

Contact: 9830021567 (M) (08:30-09:00 p.m); Appointments: 9051670642



Continuation program on positive mental health to prevent self-harm in the campus

ANUBHAV POSITIVE PSYCHOLOGY is a renowned organization providing excellent support in the field of mental health, counselling, training and capacity building for the past 25 years, all over India and abroad. The team consists of psychologists, psychiatrists, life coach trainers and consultants, driven by the same humanitarian goal. We have the experience of conducting more than 500 workshops in corporate offices, educational institutes and tailor-made workshops for better mental health among individuals.

OVERVIEW:

The program is organized as a continuation of the trauma and stress management program workshop held in March 2022 at National Law University Odisha. The goal is to interact with the students at a personal as well as group level to provide psychosocial support. The program is designed keeping in mind the topics in relation to self harm and effect on positive mental wellbeing.

OBJECTIVES:

1. To address the mental health issues faced by young adults.
2. To identify the stressors with respect to various aspects of life
3. To understand the causes and impacts of a suicide.
4. To identify the red flags and take precautionary measures.
5. To identify the determinants leading to self-harm and effected mental wellbeing

Services offered by ANUBHAV

- Psychological Counselling
- Psycho-diagnostic Assessment (IQ, Personality, etc.)
- Neuropsychological Assessment
- Career Counselling
- Remedial Education (SL/LD)
- Psychotherapy (CBT/BT/REBT/SFBT)
- Corporate & Educational Workshops
- Stress-Anxiety-Anger Management Workshops and Others

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IMPLEMENTATION:

It is a two-day program especially developed to reach out to the students and address the interpersonal difficulties, academic stressors and psychotropic drugs leading to self-harm in the community.

Day 1- Academic stress management, Interpersonal relationship building and positive wellbeing

- Importance of goals
- Importance of career options
- Concept of age-appropriate goal setting
- Importance of decision making
- Activity
- Identification of academic hurdles
- Psychosocial factors affecting academics
- Activity
- Interrelation between positive wellbeing academics
- Strategies maintaining work-life integration
- Know the self...
- Activity
- Concept of social labeling
- Importance Verbal and non-verbal behavior.
- Positive emotions and interpersonal dynamics ● Activity

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Day 2-Psychotropic drug dependency in relation to Self Esteem Building and Positive Mental Health

- Boundary setting
- Effective and Assertive communication.
- Relation between intra personal and interpersonal relationship ● Effect of wellbeing on interpersonal relationships.
- Relationship building activity
- Psychoeducation on types of psychotropic drug and their role in human body
- Psychosocial factors leading to drug dependency
- Psychological distress and drug abuse
- Activity
- Importance of positive wellbeing in prevention of psychotropic drug dependence.
- Establishing anchors
- Knowledge building on self-rehabilitation. ● Activity

VENUE- The workshops will be conducted offline at NLUO campus, Cuttack

DURATION- 10 hours (5 hours each day).

N.B.-

- Activity and Interactive two days' workshop
- Handouts on the topics will be provided to the students

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ANUBHAV

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