

MONOJOG- CONNECTING MINDS:

The Department of Psychology, Maharani Kasiswari College organized a programme on mental health appropriately named as "Monojog – Connecting Minds" on 9th April, 2022 from 12:30 pm to 3:30pm.

The aim of the program was to create awareness about mental health issues and to address the stigma around mental health through presentation of two different psychological dramas. Two separate mental health issues were addressed in the two dramas. One was Obsessive Compulsive Disorder (OCD), a problem which has become quite common in today's world, especially in the post-pandemic period. The second issue was concerned with suicidal tendencies or attempts by young adults. Both the issues were very relevant under the current scenario. It was also an opportunity for the students of the Department of Psychology to develop an understanding regarding a professional therapeutic setup through drama enactment, under the guidance of teachers. A short cultural program was also arranged by the students of the department of psychology, MKC.

The programme was inaugurated by the Hon'bl Principle Dr. Sima Chakraborty. She was assisted by the students of the department. Teachers of various other departments also graced the occasion:

The programme commenced with a speech by Hon'ble Principal Ma'am. The current as well as the ex-students of the department, who participated in the previous departmental program held before the pandemic (titled- Jonaki), were given a certificate and a token gift by Principal Ma'am. The students who participated in the program were from Semester VI (Hons), Semester IV (Hons) & Semester II (Hons) respectively, of the Dept. of Psychology, MKC.

The announcements and presentations were made by a Semester IV (hons.) student with guidance from the teachers of the Department of Psychology. The program ended with a closing speech by Mrs. Anwista Ganguly, Head of the Department of Psychology, Maharani Kasiswari College.

TAKEAWAY FROM THE PROGRAMME:

The program was conducted with the purpose of making people aware about the significance of mental health and hygiene and how it may affect everyday living. It involved two short psychological drama sessions involving the two different mental health issues, which were mentioned before (OCD and Suicidal ideations). In the dramas, some students enacted as the patient and her family members, while two others played the role of therapists. The therapists explained the disorders from psychological, biological, as well as from the sociocultural perspectives and also recommended the types of therapies that the patients should undergo, what to expect from therapy, along with teaching the patients steps to manage the disorder better, in order to achieve mental well-being. Through the drama sessions, people gained knowledge about certain measures that they might take in the positive direction to improve mental wellbeing.

The big takeaway from conducting these sessions was the very positive feedback that was received from all the viewers. There was a unanimous agreement among all, that they had been immensely enriched by the knowledge about mental health and its significance and that how much they have thoroughly enjoyed the session. A palpable excitement was observed in the seminar hall. Post session, many of the participants shared their views about how the experience have changed their perspective about mental health and how it suddenly appeared much more acceptable to them, to talk openly about such issues, or to

take help from professionals, if the need arises.

Hence, it may be summarized that the programme was immensely successful in removing the mental barrier of people regarding addressing mental health issues, which is the first stepping stone towards healthy living and positive thinking.

Last but not the least, it needs to be acknowledged that the programme would not have been possible without the constant support from our respected Principal ma'am & the office of Maharani Kasiswari College.