



One Day National Workshop on:

Mental Health and Wellbeing

This workshop focuses on developing awareness and understanding of our own mental health and well-being, so that we can better support ourselves through the challenging times. Focused on the practical skills and strategies to support healthy thinking patterns, this course aims to build protective factors and promote better mental health for yourself.

Date : 13 May, 2024

Venue : Jharkhand Rai University, Raja Ulatu, Namkum, Ranchi

This workshop covers topics including:

- Understanding mental health as a continuum
- Understanding protective factors
- Learn how stress affects us short term, long term and how you can improve the way you self manage stress
- Risk factors impacting mental health and ways to reduce your risks
- Identifying thought patterns and managing your thoughts to influence behaviours and outcomes (cognitive restructuring)
- Warning signs you or another person might need support
- How to access further resources and professional support
- Improvement of Emotional Intelligence

RESOURCE PERSONS



Prof. (Dr.) R.K Pradhan

Professor, Dept of HSS, IIT Kharagpur



Dr. Niharika Singh

Psychiatrist-RINPAS, Ranchi



Mr. Debasis Biswal

Director, Namah Foundation

Registration and Payment Details:

Registration Fee: Rs 300/-

Registration and payment can be made through below Link or QR Code

Registration Link:

<https://jru.edu.in/Workshop-on-Mental-Health-and-Wellbeing/>

(Click on the link to Register)



Scan QR Code
for Registration and
Payment

Convener : Dr Jai Prakash Meena

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