



# मनोविज्ञान विभाग

## DEPARTMENT OF PSYCHOLOGY

मानविकी एवं सामाजिक विज्ञान अध्ययनशाला,

School of Humanities & Social Sciences,

डॉक्टर हरीसिंह गौर विश्वविद्यालय, सागर, 470003, म. प्र., भारत,

Doctor Harisingh Gour Vishwavidyalaya, Sagar, 470003, M. P., India

Website: www.dhsgsu.ac.in

ए. डी. शर्मा, पी एच. डी.  
वरिष्ठ आचार्य एवं अध्यक्ष

☎ (Office) : 07582-297154  
Mobile : +91-9406519498  
Email : theadsharma@gmail.com

A. D. Sharma, Ph. D.  
Senior Professor & Head

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### EXPERT LECTURE

**Event Report:** Lecture on Introduction to Mental Health & Counselling

**Date:** June 29th, 2023

**Organizers:** Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya, Sagar, M. P. in collaboration with the University Alumni Association, Dr. Harisingh Gour Vishwavidyalaya, Sagar, M. P.

**Speaker:** Dr. Mukesh Kumar Panth, Assistant Professor, Mahatma Gandhi Kashi Vidyapeeth, Varanasi, U. P.

**Mode:** Online (Google Meet)

**Introduction:** On June 29th, 2023, the University Alumni Association, in collaboration with the Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya, organized a comprehensive lecture on "Introduction to Mental Health & Counselling." The online event aimed to provide attendees with insights into the fundamentals of mental health and the role of counselling in promoting psychological wellbeing. Dr. Mukesh Kumar Panth, an esteemed academician and expert in the field, served as the keynote speaker, engaging around 70 attendees, including alumni of the institution, in an enriching discourse.

## **Key Topics Covered**

**Understanding Mental Health:** Dr. Panth commenced the lecture by elucidating the concept of mental health, emphasizing its multidimensional nature encompassing emotional, psychological, and social aspects. Attendees gained insights into the factors influencing mental health, including genetics, environment, and life experiences. Dr. Panth debunked common myths and misconceptions surrounding mental illness, fostering a more nuanced understanding among the audience.

**Signs and Symptoms of Mental Health Disorders:** The speaker delineated the signs and symptoms of common mental health disorders such as depression, anxiety, and schizophrenia, empowering attendees to recognize and address mental health concerns in themselves and others. Dr. Panth underscored the importance of early intervention and destigmatizing discussions around mental illness to facilitate timely access to support and treatment.

**Introduction to Counselling:** Dr. Panth provided an overview of counselling as a therapeutic intervention aimed at supporting individuals in addressing personal and emotional challenges. Attendees gained insights into the various approaches and techniques employed in counselling, including cognitive-behavioral therapy, psychoanalysis, and person-centered therapy. Dr. Panth highlighted the collaborative nature of the counselling process, emphasizing the importance of empathy, active listening, and non-judgmental support in facilitating clients' self-exploration and growth.


**Role of Counsellors:** Attendees learned about the diverse roles and responsibilities of counsellors in different settings, including schools, hospitals, community centers, and private practices. Dr. Panth discussed the ethical guidelines and professional standards governing counselling practice, emphasizing principles of confidentiality, respect for clients' autonomy, and cultural sensitivity. He underscored the significance of ongoing professional development and supervision in ensuring the competence and effectiveness of counsellors in their roles.

**Interactive Session:** Following the lecture, Dr. Panth facilitated an interactive Q&A session, providing attendees with the opportunity to seek clarification, share their perspectives, and engage in meaningful discussions on the topics covered. Attendees actively participated, posing thought-provoking questions and sharing personal anecdotes and experiences related to mental health and counselling. Dr. Panth's insightful responses and practical advice further enriched the learning experience, fostering a sense of camaraderie and mutual support among participants.

**Conclusion:** The lecture on Introduction to Mental Health & Counselling organized by the University Alumni Association and the Department of Psychology at Dr. Harisingh Gour Vishwavidyalaya served as a valuable platform for attendees to gain foundational knowledge and insights into mental health and counselling. Dr. Mukesh Kumar Panth's expertise and engaging presentation style captivated the audience, fostering a deeper understanding and appreciation of the complexities of mental health and the importance of counselling in promoting psychological wellbeing.

The event underscored the university's commitment to fostering awareness, education, and advocacy in the field of mental health, empowering alumni and stakeholders to contribute positively to their communities. Moving forward, the department and alumni association remain dedicated to organizing similar initiatives that promote mental health literacy, destigmatize discussions around mental illness, and enhance access to counselling services for individuals in need.

Overall, the lecture served as a catalyst for dialogue, reflection, and action, inspiring attendees to prioritize mental health and contribute to creating supportive and inclusive environments where individuals can flourish and thrive.

  
(Prof. A. D. Sharma)  
Head, Department of Psychology