

# REPORT OF LECTURE CONGLOMERATION

## MENTAL HEALTH AND HYGIENE

As part of the faculty development programme, a lecture conglomeration on Mental Hygiene Challenges and Approaches was held on 27<sup>th</sup> August, 2016 at the St. Xavier's Institute of Education. The programme began at 9.30 am with an introductory address by Dr. Vini Sebastian. Dr. Geeta Shetty provided an overview of the day's sessions. The main objective of this event was to



facilitate mental cleansing in order to acquire mental hygiene leading to good mental health. S.X.I.E. manager Fr. Blaise also enlightened the participants on the topic referring to harmony and a balance of joy and happiness. A number of guest professors namely, Bindiya Hosabettu, Aditi Vaze, Mrs.Keerthy, Sujata Abraham and Rupal Vora shared their views on the topic. They presented on positive psychology, building happiness within. The message of the presenters to the audience was "Instead of Fixing what is wrong, try to build what is strong."

The presenters also provided practical tips on improving mental hygiene. For instance, they asked participants to create a happiness board to list the things that give them happiness and on a daily bases record how much time they spent on those things.

The session held was in close connection with the annual theme of harmony. Harmony, it has been suggested is a compliment to satisfaction and the ability to meet our expectations. Harmony is related with self-acceptance and environmental mastery and how to be a more harmonious person. Harmony involves balance and flexibility of the mind – in other words good mental hygiene.

The session was thus a blend of harmony and mental health. It pointed out all the advantages of being mentally healthy and living in harmony. It also brought out the strategies of living a stress free life. It was a fulfilling and enriching session.

**- Rene Pereira and Andrea Monteiro**  
**(S.Y.B.Ed.)**