

## Mental Health problems and treatment

Seminar on mental health problems and treatment, was organized by K.S. College, Laheriasarai Darbhanga, today on 18.08.2019, in the auditorium of K.S. College, Darbhanga. A one-day seminar on Mental Health was organized in the chairmanship of Md. Rahmatullah, Principal K.S. College. The importance of healthy mind was observed in the programme, as the principal said that, our whole behaviour and psychological processes are governed by our mental mind, therefore it is of paramount importance and so we should try to have a good and sound mental health. Dr. M.K. Sultania, Professor and Head, Department of Psychology made the listeners acquainted with advantages of a person having sound mental health and only such a person is able to meet the demands of life. Only such a person can meet the challenges that life offers in front of him. Also, he thinks better about himself and takes his own decision. Mr. Anil, student part IIIrd, presented in his paper the importance of the programme and stressed on the importance of sound mental health as only such people try to understand themselves without fighting with themselves instead. Total number of students were 35.

Dr. Ranjana Singh, Assistant Professor, Department of Psychology, K.S. College expressed the vote of thanks on the occasion and stressed on more participation of students as well as conduction of such programmes in near future.

