



**REPORT: GUEST LECTURE ON 'WOMEN EMPOWERMENT AND MENTAL HEALTH'**

Date: 11th March 2019

Venue: Amity Institute of Behavioural & Allied Sciences (AIBAS), AUMP

**Introduction:**

Amity Institute of Behavioural & Allied Sciences (AIBAS), AUMP, organized a guest lecture on 'Women Empowerment and Mental Health' on 11th March 2019. The lecture aimed to shed light on the integration of two crucial concepts: women's empowerment and mental health, and to provide insights into preventive measures concerning women's mental health issues.

**Guest Speaker:**

Dr. Priyanka Sharma, Assistant Professor at the Department of Psychiatry, G. R. Medical College, Gwalior, graced the occasion. Dr. Sharma's expertise and experience added significant value to the discourse on women's mental health.

**Key Highlights:**

Dr. Priyanka Sharma addressed various facets of the topic, ranging from positive education to awareness about legal rights. She emphasized the correlation between women's mental health and their societal status. Dr. Sharma stressed that women should actively engage in seeking knowledge, pursuing their demands through participation, and taking responsibility for the implementation of personal and social programs. She underscored the importance of empowering women not just for their individual well-being but for the betterment of society as a whole.

**Positive Outcome:**

The guest lecture effectively achieved its objectives. It sensitized the audience, comprising students of AIBAS and women housekeeping staff of AUMP, towards the critical link between women's empowerment and mental health. Participants gained insights into the pivotal role women play in shaping society, thus realizing the need for their empowerment. The lecture facilitated a deeper understanding of the issues surrounding women's mental health and paved the way for future research and rehabilitative practices in community clinical psychology.

**Distinguished Guests:**

The presence of esteemed personalities like Lt. Gen V K Shrama, AVSM (Retd.), Hon'ble VC, AUMP, and Pro-Vice Chancellor Prof. (Dr.) M.P. Kaushik added prestige to the event. Alongside Dr. Priyanka Sharma, other faculty members of AIBAS including Dr. Deepa Pandey, Off. Head of



the Institute (AIBAS), and Dr. Rajender Kumar Sharma, Head of the Department of Clinical Psychology, graced the occasion.

### Conclusion:

The guest lecture on 'Women Empowerment and Mental Health' served as a catalyst for fostering awareness and understanding of the challenges women face in maintaining mental well-being. It underscored the imperative of empowering women to create a safer, healthier, and more productive community. Such initiatives are instrumental in promoting gender equality and societal progress.

Overall, the event was a resounding success, leaving a lasting impact on all attendees and inspiring further endeavors in the realm of women's empowerment and mental health.

