



Guest Lecture on 'Women Empowerment and Mental Health' (AIBAS)



Amity Institute of Behavioural & Allied Sciences (AIBAS), AUMP organized a guest lecture on '**Women Empowerment and Mental Health**' on 11th March 2019. The lecture was aimed at providing professional insight within the integration of two important concepts- the empowerment of women and its relationship with mental health. It was also meant to provide information regarding preventive measures in the context of women's mental health issues. Dr. Priyanka Sharma (Assistant Professor, Department of Psychiatry, G. R. Medical College, Gwalior) addressed various issues like positive education, positivity at workplace and at home, resilience, quality of life, science of happiness and awareness about their legal rights, some government polices etc. Dr Sharma enlightened students of AIBAS and women housekeeping staff of AUMP that the mental health of women and girls is closely connected to their status in society. Women should gain knowledge and actively pursue their demands through participation and cooperation instead of being passive recipients of help and take responsibility for the implementation of personal and social programs.