

Activity Report
Of
Expert Talk
On
"Depression"



Organized by ,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Womens' Grivance Committee

Date :28th February 2016

Aim: Recognize the importance of effective detection and treatment of depression in women.

Name of the Program: "Expert Lecture on Depression"

Venue: Venue: Computer Seminar Hall

Time: 11:30 am

Organised By: Women Subcommittee of MACCIA and Sandip Foundation Nashik.

Conducted By: Members of Womens' Grivance Committee

Name of the resource Person:

1. Ms. Sayali Vaze
2. Dr. S. T. Gandhe, Pricipal, SITRC, Nashik
3. DR. Mrs. G. M. Phade, HOD E&TC Department, SITRC, Nashik

Audience: TE, BE Girls Students and Sandip Foundation's Ladies Staff

Deatils of Events: Ms. Sayali Vaze, conducted expert lecture on Depression for working women and girl students. She focused on Women's Depression, Stress Related Problems, Solutions of Depression like Take a deep breath out, Pause, even for a second, Stop feeling stuck in the past, Take one step at a time, Communicate, Have reasonable expectations. She also focused on how depression can drain you of energy and hope, leaving you feeling empty, sad, and helpless. And, for women, depression is complicated by many factor from reproductive hormones and social pressures to the unique female response to stress. No matter how bleak things seem, though, there's a lot you can do to change the way you think and feel. You can't just will yourself to "snap out of it," but you do have more control than you realize. By taking small but important steps, you can start to feel better and regain your drive, your sense of hope, and your enjoyment of life.

While depression can impact every area of a woman's life including your physical health, social life, relationships, career, and sense of self-worth it's important to know that you're not alone. According to the National Mental Health Association, about one in every eight women will experience depression symptoms at some point during their lifetime. But depression is treatable and there are plenty of things you can do to make yourself feel better. Of course, depression is that feeling better requires action, but taking action when you're depressed is difficult. However, while you may not have much energy, you probably have enough to take a short walk around the block or pick up the phone to call a loved one, for examplea and that can be a great start to boosting your mood and improving your outlook. It's important to also learn about the factors that cause depression in women so you can tackle the condition head on, and treat your depression most effectively, and help prevent it from coming back.

Signs and symptoms of depression in women:

The symptoms of depression in women vary from mild to severe or major depression and are distinguished by the impact they have on your ability to function. Most depression is mild or moderately disabling and responds well to self-help. Common symptoms include:

- Depressed mood
- Loss of interest or pleasure in activities you used to enjoy
- Lack of energy and fatigue
- Feelings of guilt, hopelessness and worthlessness
- Appetite and weight changes
- Sleep changes (sleeping more or sleeping less)
- Difficulty concentrating
- Suicidal thoughts or recurrent thoughts of death

Event Photos

