

Activity Report
Of
Expert Talk
On
"Psychological Health - Impulsive Behaviour and its consequences "



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

Date : 24/1/2015

Aim: To Create awareness about Psychological Health - Impulsive Behaviour and its consequences etc.

Objective:

1. To Create awareness about Psychological Health.

Name of the Program: "Psychological Health - Impulsive Behaviour and its consequences"

Venue: Mechanical Seminar Hall

Conducted By: Members of Womens' Grivance Committee

Name of the resource Person: Mr. Sharma Vishal

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

Outcomes:

1. Audiance understood the different Psychological Health issues. Mental Health Problem Symptoms, Causes and the Effects.
2. Dissicussion on Psychological Health and its consequences and effects on work and day to day life. Mental health problems can cover a broad range of disorders, but the common characteristic is that they all affect the affected person's personality, thought processes or social interactions. They can be difficult to clearly diagnose, unlike physical illnesses.
3. Discussion on healthy work environment to keep stress free life to avoid Psychological problems and What Are the Types of Mental Health Disorders
4. Discussion on What is impulsive behavior? impulsive behavior is a tendency to act without thinking about the consequences of your actions and these actions usually occur in reaction to some event that has caused the person to have an emotional response.
5. Discussion on Causes of Impulsive Behavior and Symptoms of Impulsive Behavior like Low Self Control, Low perseverance and Searching for new experiences. The signs and symptoms of impulse control disorders will vary based on the age of the children or adolescents suffering from them, the actual type of impulse control that they are struggling with, the environment in which they are living, and whether they are male or female
6. Discussion on How is Impulsive Behavior diagnosed?

EVENT PHOTOS

