

THE HINDU



Seminar on mental health

'Akira', a state-level seminar on mental health and media was organised by the department of Journalism and Mass Communication at the Centre for Management Studies, Jain University, Bengaluru. The seminar which is part of a campaign on spreading awareness on mental health issues saw the participation of nearly 120 students and teachers from different colleges across Bengaluru, said a press release from the institution.

The keynote speaker for the event was Dr. Vinod Kumar, consultant psychiatrist and psychotherapist. He spoke about key mental health issues such as depression, anxiety and low self-esteem.

The guest of honour was Veeraraghav T.M., the resident editor of The Hindu.

Bansy Kalappa, special correspondent at News 9 spoke about the connection between TRP and reportage.

Later, during a panel discussion, Darius Sunawala spoke about how depression is a common phenomenon today.

Dr. Uma Warriar, another panelist, said that mental health issues affect all sorts of people—even the highly educated and the ones we term as 'well off'. Another panelist, Gita Vishwanathan, a counselor at Prarthana Helpline, discussed the

ill-effects of Facebook.

The session was moderated by Prof. Madhavan Shankaran, who is the department head of Journalism and Mass Communication.

Nandini Rao from Yours Truly Theatre brought in her perspective on the topic through theatre.