



SYMBIOSIS COLLEGE OF NURSING

Symbiosis International (Deemed University), Pune

(Established under section 3 of the UGC Act, 1956 vide notification No.F.9-12/2001-U3
Government of India)

Re-Accredited by NAAC with 'A' grade

Department of Mental Health Nursing

SEMINAR ON

Skilling on Psych test - "Me and My Client"

Date: January 30, 2020

Day: Thursday

Venue – FoHS Auditorium

Sharadha Ramesh, B.N., M.N., Ph.D.
Director and Professor
Symbiosis College of Nursing
Symbiosis International (Deemed University)
Pune 411004, Maharashtra



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PREAMBLE

Psych test is a process of testing that uses a combination of techniques to help arrive at some hypotheses about a person and their behavior, personality and capabilities. Psychological assessment is also referred to as psychological testing, or performing a psychological battery on a person.

Psychological tests are formalized measures of mental functioning. Most are objective and quantifiable; however, certain projective tests may involve some level of subjective interpretation. This concept helped SCON to visualize a Seminar on Psych test.

This Seminar will provide a platform for students, faculty and staff nurses about current advancement in Psych test. The seminar will prepare the healthcare team members to cater self and client needs in the psychiatric, community settings and hospitals

The interaction and skill demonstration by eminent resource persons will enrich a great deal of Knowledge, Attitude and Skills among the delegates.

Objectives: The delegates will be able to:

- enrich his/her Knowledge, Attitude and Skills on recent trends and updates in Psych test
- describe mental well-being and coping ways for mental health
- illuminate on emotional resilience
- perform self-analysis on emotional resilience
- demonstrate Psych test and mind up activities



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PROGRAMME SCHEDULE

Time	Event	Speaker
8:00 AM - 9:00 AM	Registration	
9:00 AM - 11:00 AM	Psych test - recent trends and updates	<i>Ms. Deepika Patil</i> Clinical Psychologist, MIMH, Pune
11:00 AM - 11:20 AM	Inaugural Ceremony	
11:20 AM - 11:30 AM	Tea Break	
11:30 AM - 12:30 PM	Activity Session on Mental Health Wellness	
	Managing Mental Wellbeing	<i>Dr. Sharadha Ramesh,</i> Director SCON
	Salutogenic approach in Positive Mental Health	<i>Dr. Sheela Upendra</i> Assoc. Professor, SCON
	Know your Resilience	<i>Mrs. Sheetal Barde</i> Asst. Professor, SCON
	Mind-up activities	<i>Mrs. Leeja Rajan</i> Tutor, SCON
12.30 PM - 1:00 PM	Valedictory Function, Certificate Distribution & Feedback	


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SEMINAR REPORT

Skilling on Psych test- “Me and My Test”

Jan 30, 2020

Venue: FoHS Auditorium

Time: 8.00AM – 01.00 PM

Department of Mental Health Nursing has organized Seminar on **Skilling on Psych test- My Test” and “Me**; Jan 30, 2020. MrsDeepika Patel, Consultant Clinical Psychologist. MIMH Pune has delivered a lecture on the topic “Psych test - recent trends and updates” and conducted common psych test. Followed by Inaugural ceremony after the lighting of lamp, Welcome speech was delivered by Dr Sharadha Ramesh, Director SCON. Experts were felicitated and Mrsdeepika Patil has addressed the gathering. Vote of thanks was proposed by Dr Sheela Upendra .

After tea break Activity Session on Mental Health Wellnesstarted.

Following experts were the speakers for Session

Dr Sharadha Ramesh- Managing Mental Well-being

Dr Sheela Upendra- Salutogenic approach in Positive mental health

Mrs Sheetal Barde- Know your Resilience

MrsLeejaRajan- Mind-up activities

Total delegates were 173. Participants were from Symbiosis College of Nursing, TGH and CH, Symbiosis School of Liberal Arts, MKSSS, St. Andrews and AIMS Hospital. Each session had skill based learning followed by interactive session. Pretest and posttest were administered before and after the Seminar.



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Certificates were distributed at the end; few participants had given the feedback on Seminar on stage also. Online feedback for seminar was collected after the seminar. Refreshments was provided to all delegates.

Ms Bipasa Sharma was the Master of Ceremony .

Few Glimpse



Director SCON and delegates during the seminar

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Participants receiving the certificates during the seminar

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SYMBIOSIS COLLEGE OF NURSING

70 responses

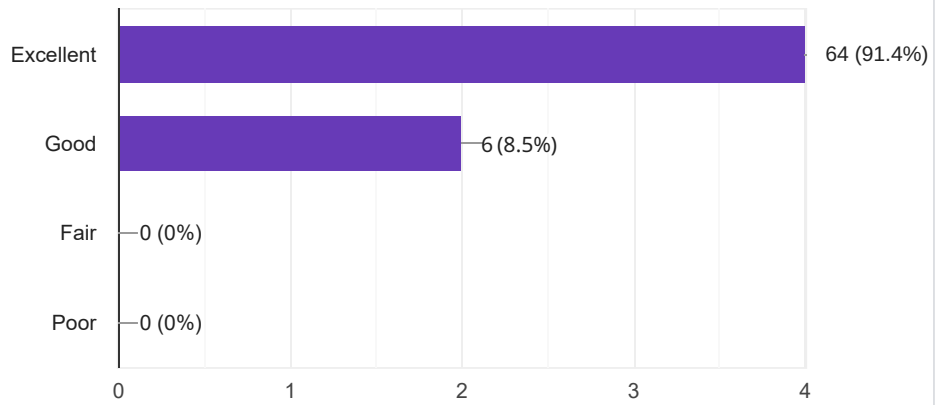
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FEEDBACK

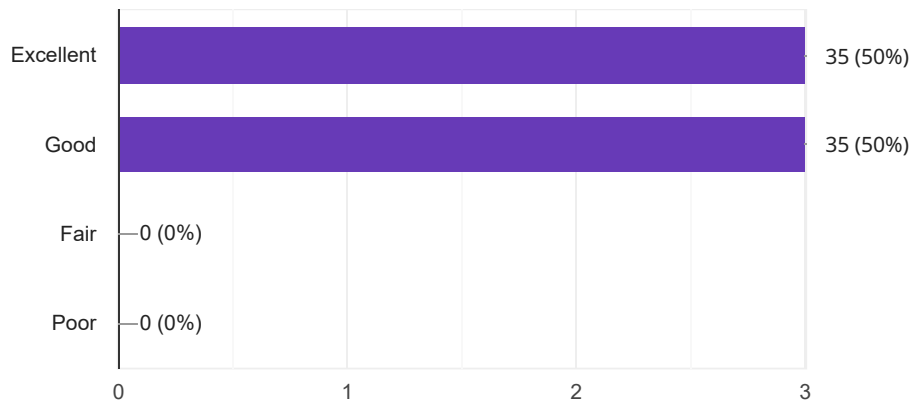
1. Registration process

70 responses



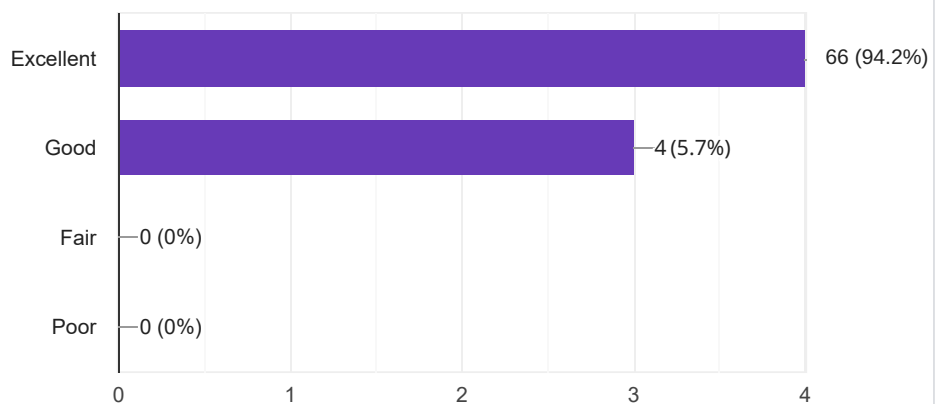
2. Duration of the Workshop

70 responses



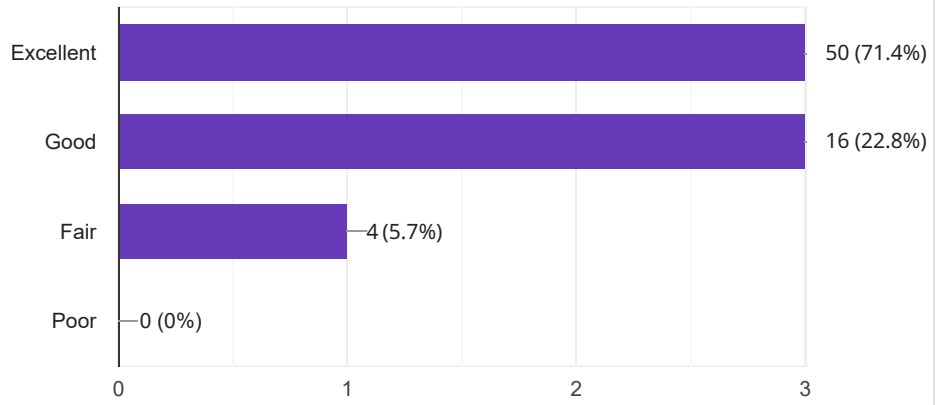
3. Content and quality of the Workshop

70 responses



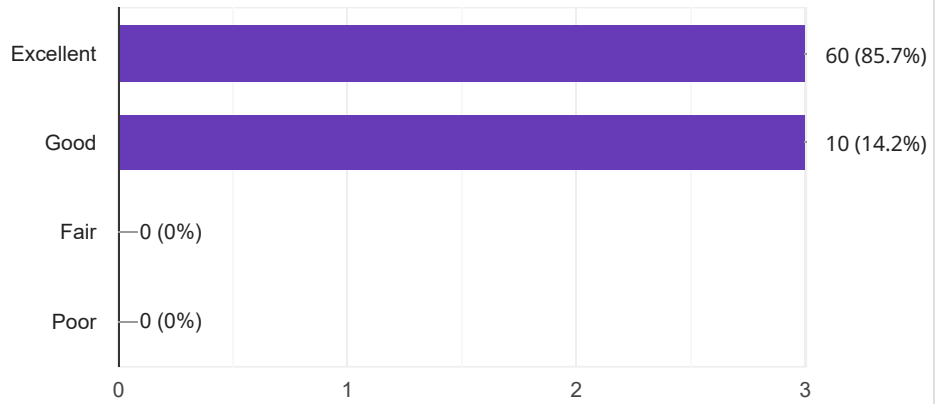
4. Refreshment

70 responses



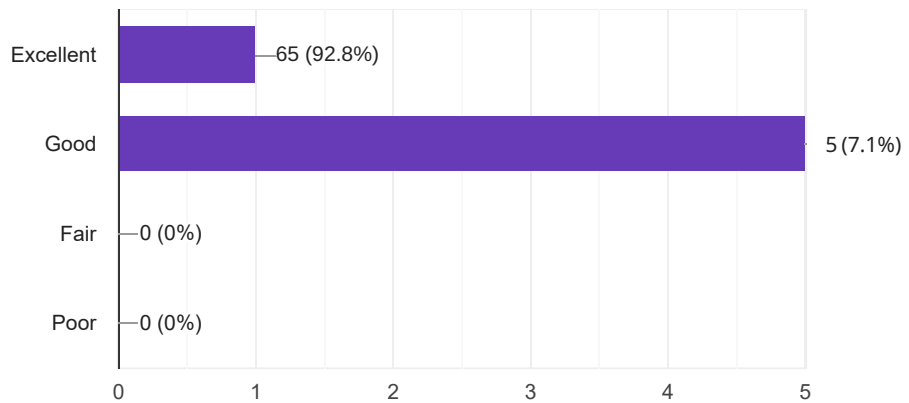
5. Relevance of topics to the workshop

70 responses



6. Overall Hospitality

70 responses



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