

Inspiring presentation on Counselling : an integral part of life today

by
G.L. Sampoorna
Practising Psychologist

Ms. G. L. Sampoorna, a practising psychologist of 23 years experience in Counselling, gave an inspiring talk on the topic *Counselling : an integral part of life today* on Friday the 24th January 2003 at Mini Hall, Hotel New Woodlands. The Printing Technologists Forum had a different approach with the Joint Secretary Kalyanasundharam and his wife taking over the mike and entertaining the audience with their melodious voice by few songs before the commencement of the talk by Guest Speaker. Yet another special feature was participation of members of THE FORUM with their spouse and children.

President of THE FORUM, Mr. Vipin Sachdev, welcomed the honoured Chief Guest of the evening with a praiseworthy note on the entertainers. THE FORUM Secretary, Mr. Arun Chandhok, introduced the Speaker by emphasising the special interest areas including counselling, training, and meditation. He also appreciated the founder of ONEIRIC which helped more than 6,000 people in their journey to personal growth.

Ms. Sampoorna initiated the presentation by stressing the importance of physical and mental health. The Psychologist said that the rapid development and institutionalisation of a specific health issues, has been one of the most visible of current trends in the social and behavioural sciences. She also informed that the mind and the body are more and more considered to be inter-dependent

and mutually influencing entities. The Psychologist listed several reasons for the range of emotions caused by shock, anger, sadness, fear, bitterness, nightmare and unforgettable qualities. The Speaker suggested simple ways of relieving from the negative emotions by breathing technique, meditation, yoga, bathing and by enjoying art, music and dance. She concluded her worthy and excellent presentation by saying that health psychologists have been particularly concerned with the relationship between personality, stress and vulnerability in

health, the identification of behavioural risk factors, the development of self-management strategies and the nature of reactions to medical problems.

Mr. R. Naraynan, Vice-President, proposed vote of thanks and paid encomium for the pleasing, pleasant, and valuable presentation.

Mr. D. Ramalingam presented the memento to the Chief Guest. ●

A report by V. S. Raman

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Vice-President Ramalingam presenting a memento to Guest Speaker, Ms. Sampoorna