



RAMAKRISHNA MISSION VIDYAMANDIRA

BOSE HOUSE CAMPUS

SCHOOL OF PSYCHOLOGY & PERSONALITY DEVELOPMENT

Presents

Two Days Conference on

Healing Mind

through

Treatment, Counselling, Psychotherapy

&

Art Based Therapy



Key Concept

Mental health goes beyond the absence of illness; it's about creating spaces for healing, self-discovery, and expression. While traditional treatments offer medical and psychological support, healing often requires deeper emotional engagement and creative exploration. Counselling bridges the gap between diagnosis and self-awareness.

Psychotherapy refers to techniques that help people change behaviors, thoughts, and emotions that cause them problems or distress. It is an umbrella term that describes treating psychological disorders and mental distress through verbal and psychological techniques.

Art-based therapy provides a transformative outlet, allowing individuals to express emotions through colors, movement, and rhythm. This creative process can access and heal emotions that conventional therapy may not reach. However, mental health care remains largely clinical, with creative approaches often seen as supplementary, and art therapy struggles to gain legitimacy.

To reimagine mental health, we must embrace a holistic approach that includes medical expertise, psychological support, and the freedom to create and express. Healing is personal, unpredictable, and cannot be reduced to a formula—it requires space for the mind to heal through movement, storytelling, silence, and creativity.



OUR RESPECTED SPEAKERS

Day - 1



Prof. (Dr) Nilanjana Sanyal

**Former HOD of Psychology
University of Calcutta
Psychoanalyst**



Dr. Jayanta Roy

**Senior Consultant in Neurology
Director of Stroke Program
(Institute of Neuroscience, Kolkata)**

**Honorary Professor
Ramakrishna Mission Vivekananda
Educational and Research Institute
(A Deemed University)**



Dr. Aditi Bandyopadhyay

**Asst Prof, Medical Physiology
WB University of Health Sciences
Hony Managing Trustee
SAMYA FOUNDATION
for Special Needs**



Dr. Amrita Panda

**Rehabilitation Psychologist
Founder & Managing Director
DeepRanjani Foundation**

OUR RESPECTED SPEAKERS

Day - 2



Prof. (Dr.) Anirban Ray

***HOD, Psychiatry
Jalpaiguri Govt Medical College & Hospital
Jalpaiguri, WB***



Shuktara Lal

***Drama therapist
counsellor, teacher***

The Seminar Invites Proposals For Paper on The Following Theme :

**Healing Mind through Treatment, Counselling,
Psychotherapy & Art Based Therapy**

Abstract Submission Guidelines

- Abstract, not exceeding 300 word, (only in English).
- complete paper should be submitted to :
 1. anushkadatta4223@gmail.com
 2. anushkadatta1999@gmail.com
- Last Date of Abstract Submission : **4th April' 2025**
- Please include a brief bio-note (100 words) with your submission.

Mode of Conference : Hybrid

Conference Dates & Time

18th April' 2025 & 19th April' 2025

11 am - 4:30 pm

Registration Details

Registration Fees for Paper Presentation :

Rs. 1000 only (for Students and Scholars)

<https://rkvmbosehouse.com/registration/event-registration/paper-presentation-students-and-scholars>

Rs. 1500 only (for faculty members)

<https://rkvmbosehouse.com/registration/event-registration/paper-presentation-faculty-members>

Registration Fees for Participation :

Rs. 800 Only (for event participation)

<https://rkvmbosehouse.com/registration/event-registration/event-participation>

The Registration Fees will cover the seminar kit and lunch (on both days) for all the participants.

Contact Us

(For Further Details)

8918796466 (WhatsApp)

6289905704 / 9330353357

Venue

**Ramakrishna Mission Vidyamandira | Bose House Campus
Rishra, Hooghly**

