



TECHNO INDIA NJR INSTITUTE OF TECHNOLOGY

Approved by AICTE & Affiliated to Rajasthan Technical University

www.technonjr.org

NJR Knowledge Campus, Plot-SPL-T, Bhamashah (RIICO) Industrial Area, Kaladwas, Udaipur - 313003 (Raj.)
Tel. : +91 2942650214-17 Fax :+91 2942650218, Email : technonjr@gmail.com, director@technonjr.org

Event Report on Mental Health Matters: Understanding Women's Unique Mental Health Challenges



TECHNO NJR
INSTITUTE OF TECHNOLOGY

Approved by AICTE Affiliated to RTU Kota



Accredited by NAAC



Session on

Mental Health Matters (Understanding Women's Unique Mental Health Challenges)

Speaker

Mr. Dr. Kamal Kishore Bishnoi

(Associate Professor)

Department of Surgical and Gastroenterology,
Geetanjali Medical College and Hospital,
Udaipur



2:00-4:00 PM



January 24, 2024



Seminar Hall, Techno NJR Knowledge Campus



/TechnoNJROfficial



<http://www.technonjr.org>

For Techno India NJR Institute of Technology

(B.S. Vyas)
Director



Speaker: Dr. Kamal Kishor Bishnoi

Venue: Seminar Hall

Date: 24/01/24

Time: 2-4 Pm

Introduction:

A seminar on the topic “Mental Health Matters: Understanding Women's Unique Mental Health Challenges” was held at the Seminar Hall on [Insert Date]. The session was led by **Dr. Kamal Kishor Bishnoi**, a renowned mental health expert and advocate for gender-specific healthcare awareness. The seminar aimed to shed light on the various mental health challenges women face, highlighting biological, social, and cultural factors that contribute to these issues.

Key Highlights of the Speech:

Dr. Bishnoi began by emphasizing the importance of mental health as a critical aspect of overall well-being, particularly for women. He presented compelling statistics about the higher prevalence of mental health disorders among women, stressing that conditions such as depression, anxiety, and PTSD disproportionately affect women due to various factors.

1. Biological and Hormonal Influences:

- Dr. Bishnoi explained how hormonal changes during puberty, pregnancy, postpartum periods, and menopause significantly influence women’s mental health.
- He discussed **postpartum depression** as a common yet underreported condition, affecting new mothers and often dismissed as “baby blues.”
- The impact of menopause on mental health was also covered, with the speaker highlighting mood swings, depression, and anxiety experienced by many women during this phase.

2. Social and Cultural Pressures:

- Dr. Bishnoi addressed the societal expectations placed on women to fulfill multiple roles—caregiver, professional, partner, and parent. He pointed out how this “superwoman” expectation can lead to chronic stress, burnout, and anxiety.
- He also brought attention to the impact of trauma, such as domestic violence and sexual abuse, on women's mental health, stressing the need for trauma-informed care.

3. Stigma and Barriers to Seeking Help:

- A significant part of Dr. Bishnoi’s speech focused on the stigma surrounding mental health, especially for women. He noted that many women feel hesitant to seek help for fear of being labeled as “too emotional” or weak.
- He urged society to break down these stigmas, emphasizing that mental health challenges are medical



conditions, not personal failings.

4. Call for Action:

- Dr. Bishnoi highlighted the importance of open conversations about mental health, encouraging both men and women to discuss these issues without fear of judgment.
- He advocated for better mental health services tailored to women's specific needs, including access to therapy and support groups for conditions like postpartum depression and trauma-related disorders.
- He concluded with a call to action, urging the audience to support mental health initiatives, promote self-care among women, and challenge societal norms that contribute to mental health struggles.

Conclusion:

The seminar concluded with an engaging Q&A session, where Dr. Bishnoi answered questions from the audience. Topics included strategies for coping with stress, how to support women experiencing mental health issues, and the need for policies that promote better mental health care for women.

Dr. Bishnoi's seminar was an eye-opening and educational event, providing valuable insights into the mental health challenges women face. His call for greater awareness, open dialogue, and gender-specific mental health care resonated with the audience, leaving a lasting impact.