

Name of the Event -Mindscales of Her: Exploring Literature, Women and Psychiatry

Category – Workshop

Organizing Unit- Department of English, in collaboration with IQAC, RKSMVV

Resource Person- Dr. Soumitra S. Datta, Consultant Psychiatrist, Tata Medical Center and Visiting researcher, University College London

Date – 26.11.2024

Venue- Room No. 8

Time- 11:15 AM

No. of participants: 30

Brief Description of the event – A thought-provoking and interactive workshop titled “Mindscales of Her: Exploring Literature, Women and Psychiatry” was organized by the Department of English and IQAC, RKSMVV on 26th November 2024. The workshop was conducted by the distinguished speaker, Dr. Soumitra S Datta, Consultant Psychiatrist, Tata Medical Center and Visiting Researcher, University College London. The event explored the intersections of literature, women’s mental health and psychiatry. The event also witnessed an active participation of students from other colleges, such as Bhairab Ganguly College, and East Calcutta Girls’ College, creating a scope for diverse academic exchange.

The session began with a poster presentation by students of RKSMVV on Charlotte Perkins Gilman’s “The Yellow Wallpaper”. The poster showcased the students’ interpretations of the story, focusing on its depiction of psychological distress, societal constraints and the protagonist’s descent into psychosis.

Dr. Datta commenced his session with a discussion on early signs of mental illness and then moved on to talk briefly about the different types of mental illnesses. His discussion predominantly focussed on postpartum depression. He further elaborated on its psychological impact on women, commenting on its nuanced reflections in literature. The session concluded with strategies for managing emotional reactions to fiction, emphasizing the therapeutic value of literature while cautioning against over-identification with characters.

Program Outcome -The interactive approach effortlessly incorporated common misconceptions related to mental illness and everyday problems into academic discussion. The interdisciplinary workshop was an immersive experience for the students, as they made pertinent questions, which helped them to learn more about the theoretical aspect as well as the literary text.

Flyer

