

**WORLD CONGRESS OF PSYCHOLOGISTS  
WORKSHOP ON BEHAVIOURAL THERAPY**

**WCOP President : Prof. B.G. Reddy**  
**WCOP Secretary : Prof. R. Subashini**  
**WCOP Treasurer : Prof. V. Suresh**

We have conducted a program on behavioral therapy from 5.7.2021 To 8.7.2021

Dr Anupama Asst. secretary,. Wcop has welcomed today's workshop participants and Chief guest and patron and hero of the day Prof. Vedagiri Ganesan sir. Chair person of the day was Professor Radheshyam. She also welcomed a President Professor B Govind Reddy and General secretary Subhashini madam, treasurer Prof. Suresh sir. Professor Krishnamurthy sir was special invitee for this day.

Dr Anupama for the introduced the president of the world Congress of psychologists Prof. B. G. Reddy, who has joined as a lecturer in SV University in 1985 and grows up to various positions including the Director University.

Later Prof. B. G. Reddy sir president WCOP has welcomed today's chief guest Prof. Vedagiri Ganesan sir to continue the proceedings. Coordinators of this workshop are Dr. Sandhya and Dr. Anupama. Dr Anupama has introduced the general secretary Dr Subhashini. Further she introduced the secretary Professor Suresh, who was a professor in Annamalai University. Dr. Sandhya has introduced the chief guest.

Professor Radheshyam who is having more than 35 years of experience in teaching psychology. Prof. Radheshyam recalled his three meetings with Prof. Vedagiri Ganesan sir in his opening remarks. Dr. Sandhya coordinator of this workshop has given a detailed introduction of the Prof. Vedagiri Ganesan sir before starting the workshop. He has four decades experience. Prof. Vedagiri Ganesan sir has explained and answered various cases presented to him, instantly and also clarified some of the the cases like breathing in and breathing out for speeding up the breath and later developing the fatigue and relaxing and some measuring and insecurity scale and another case on career and the sense of guilt by 27 years old bachelor and after this Dr Sanjay welcomed Prof. A.R Krishnamurthy another special invitee to give his closing remarks.

Various cases are listed below, briefly, which are discussed in these four day workshop.

1. 12 years old aggressive boy, beating mother
2. 65 year old Healthy man social and legal problem with his wife
3. 40 year old woman showing body parts, objected by her own son and daughter
4. 6 year old girl, feel of guilt, suspect her mother

5. 25 year old boy, pharmacy student problem, suggested with slow breathing exercise
6. Psychologists themselves, after coming home, like removal of raincoat, set aside all the professional things and sit calm , for some time, to come into family life.
7. Prevention of autism, ADHD, in children cause is mentioned as unhappy life during their womb life. Family therapy is suggested, to have healthy children.
8. Paradoxical intention technique suggested to 45 year old man having spasm problem in throat and shoulders after eliminating medical issues.
9. 24 year married woman, pulling her hair, may have suicidal tendency and to be treated accordingly. Naomi Campbell became the first Black woman to appear on the cover of French Vogue, was referred in this regard, by Prof. Vedagiri Ganesan sir.
10. Practice of Behavior Therapy by Joseph Wolpe, a text book was suggested, when one participant asked to refer.
11. Having no friends to a B.Tech second year student is a problem, for his suicidal tendency.
12. 38 year woman, having OCD of frequent bathing, was asked to see Krishnaveni movie and learn.
13. Sir advised alcoholic addicted to take help of AA group.
14. Removing the Irrational fear of a spider, is well explained.
15. The causes of IBS were explained as acidity caused due to anxiety.
16. Phobias may be removed by slow breath in and out method.

Dr Subhashini General Secretary, Executive members, Core committee members of the WCOP and active participants Dr Vanaja, Meenakshi, Muthalaxmi, Geetha Devi, Pallavi, Dr. Mallika and Dr Jayan Namboodri. Dr Nagendra Thaguna was the VIP for the valedictory function, who represents SOUTH EAST ASIA spoke and appreciated the effort made by WCOP in organizing such workshops.

Finally, **T. Sanjeev Kumar** has proposed **vote of thanks**, on the valedictory day on the fourth day, who thanked Dr. Sandhya and Dr. Anupama. Prof. Vedagiri Ganesan sir , Prof. A.R Krishnamurthy Prof. B. G. Reddy