

**WORLD CONGRESS OF PSYCHOLOGISTS  
WORKSHOP ON DEPRESSION MANAGEMENT**

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

**14-07-2021 : I day session topic : Depression Management**

**Chief Guest & Resource Person : Prof. BASAVARAJAPPA**

**Special Invitee : Prof. V. Suresh**

The Workshop started with by inviting the President of WCOP Prof. B.G. Reddy and other Core Committee Members and Executive Committee Members and other Participants by Asst. Secretary Ms. G. Anupama.

The WCOP President welcomed the Chief Guest and other dignitaries. Chairperson Prof. Basavarajappa and Special Invitee Prof. V. Suresh spoke then Chief Guest addressed the Participants and later proceeded to talk on Depression Management. He has covered the total sub-topics that what is depression, types of depression, symptoms of depression. He has covered what is depression management, depression management techniques, depression management guidelines, depression management strategies and depression management skills.

The programme ended with vote of thanks by Dr. Chinni Simon, Asst. Secretary of WCOP to the Chief Guest, Chairperson and Special Invitee.

## **15-07-2021 : II day session topic : Time Management**

**Resource Person : Prof. H.S. Ashok**

Ms. G. Anupama invited all the WCOP dignitaries and also the Resource Person by reading out the Resume of Prof. H.S. Ashok and further requested to talk on Time Management.

Prof. H.S. Ashok on what is Time Management, Time Management Importance, Time Management Definition, Time Management Techniques and Time Management Skills.

That day Workshop ended with vote of thanks by Prof. T.D. Vimala the Core Committee Member of the WCOP.

## **16-07-2021 : III day session topic : Time Management**

**Resource Person : Dr. Rahmi**

Ms. G. Anupama invited all the WCOP President, General Secretary, Treasurer and other Core Committee Members and Executive Committee Members and the Workshop Participants.

Ms. G. Anupama welcomed the Resource Person by reading out her Bio-data and requested further to talk on the topic.

Dr. Raahmi covered the Definitions of Time Management, Time Management at Home, Time Management at Offices, Time Management at Educational Institutions, Time Management Techniques, Time Management Skills and Advantages and Disadvantages of Time Management.

The workshop ended with vote of thanks by Dr. Chinni Simon, Asst. Secretary of WCOP.

**17-07-2021 : IV day**

**Resource Person : Prof. V. Ganesan**

**Chief Guest : Dr. Bala Radhakrishnan from Malaysia**

Workshop meeting started by inviting the WCOP President, Chief Guest of the day, the Resource Person and other dignitaries of WCOP and also the Participants.

Prof. B.G. Reddy, WCOP President welcomed the Chief Guest and Resource Person Prof. V. Ganesan and also welcomed the Participants.

Chief Guest Dr. Bala Radhakrishnan spoke on the importance of Depression and Depression Management.

Prof. V. Ganesan spoke on Depression and Depression Management. Finally he solved the Depression cases raised by the Workshop participants.

Finally the meeting ended with vote of thanks by Dr. Chinni Simon, She thanked the Chief Guest and Resource Person and also the Participants.