



**SYMBIOSIS COLLEGE OF NURSING**  
**SEMINAR ON**  
***Skilling on Psych test - “Me and My Client”***



**PREAMBLE**

Psych test is a process of testing that uses a combination of techniques to help arrive at some hypotheses about a person and their behavior, personality and capabilities. Psychological assessment is also referred to as psychological testing, or performing a psychological battery on a person.

Psychological tests are formalized measures of mental functioning. Most are objective and quantifiable; however, certain projective tests may involve some level of subjective interpretation. This concept helped SCON to visualize a Seminar on Psych test.

This Seminar will provide a platform for students, faculty and staff nurses about current advancement in Psych test. The seminar will prepare the healthcare team members to cater self and client needs in the psychiatric, community settings and hospitals

The interaction and skill demonstration by eminent resource persons will enrich a great deal of Knowledge, Attitude and Skills among the delegates.

**Objectives:** The delegates will be able to:

- enrich his/her Knowledge, Attitude and Skills on recent trends and updates in Psych test
- describe mental well-being and coping ways for mental health
- illuminate on emotional resilience
- perform self-analysis on emotional resilience
- demonstrate Psych test and mind up activities



# SYMBIOSIS COLLEGE OF NURSING

## Symbiosis International (Deemed University), Pune

(Established under section 3 of the UGC Act, 1956 vide notification No.F.9-12/2001-U3  
Government of India)

**Re-Accredited by NAAC with 'A' grade**

**Department of Mental Health Nursing**

**SEMINAR ON**

***Skilling on Psych test - "Me and My Client"***

**Date: January 30, 2020**

**Day: Thursday**

**Venue – FoHS Auditorium**

### **PROGRAMME SCHEDULE**

<b>Time</b>	<b>Event</b>	<b>Speaker</b>
8:00 AM - 9:00 AM	<b>Registration</b>	
9:00 AM - 11:00 AM	Psych test - recent trends and updates	<b><i>Ms. Deepika Patil</i></b> Clinical Psychologist, MIMH, Pune
11:00 AM - 11:20 AM	<b>Inaugural Ceremony</b>	
11:20 AM - 11:30 AM	<b>Tea Break</b>	
11:30 AM - 12:30 PM	<b>Activity Session on Mental Health Wellness</b>	
	Managing Mental Wellbeing	<b><i>Dr. Sharadha Ramesh,</i></b> Director SCON
	Salutogenic approach in Positive Mental Health	<b><i>Dr. Sheela Upendra</i></b> Assoc. Professor, SCON
	Know your Resilience	<b><i>Mrs. Sheetal Barde</i></b> Asst. Professor, SCON
	Mind-up activities	<b><i>Mrs. Leeja Rajan</i></b> Tutor, SCON
12.30 PM - 1:00 PM	<b>Valedictory Function, Certificate Distribution &amp; Feedback</b>	