

Report on **Language Sensitivity and Stigma**

Event: Language Sensitivity and stigma Time (duration): 3:00p.m. to 5:00p.m. Day: Thursday Department: Psychology Guests: Dr. Itisha Nagar and Dr. Sanjana Seth Conveners: Dr. Garima Kumar and Dr. Harinder M Sandhu The panel discussion on 'Language, Sensitivity and Stigma' was organized by IQAC and the Psychology department of Mata Sundri College for Women,.

Principal Prof (Dr.)Harpeet Kaur welcomed the guest speakers Dr. Itisha Nagar and Dr. Sanjana Seth. Dr Sanjana, a psychologist and a psychotherapist, specializes in child, adolescents and adult mental issues and life skills training. She introduced the session explaining language sensitivity and also talked about implicit-explicit communication along with examples of her enriched experiences. Dr. Itisha, an academician and a mental health advocate was the next speaker. She highlighted the insensitive and sexist words used for females, based on the work they do, habits they have, personality, dressing style/appearance, etc. She also talked about normalization versus trivialization of mental illness and the importance of personal preferences for being addressed. This was followed by a 25minute panel discussion facilitated by Gursheel and Parneet. There was a discourse about how to apply these learnings to daily life. The psychologists successfully captivated the attention of the audience which led to a chat box filled with questions and appreciation. Heartfelt concluding remarks were delivered by Dr. Lokesh Kumar. The event was a success with 157 attendants