

Name of the Seminar

Mental health for Athletes

Organized by

Dept of Psychology, GHBC

Date and Duration

15TH March,2023

Resource Person(s)

Dr. Juliet Lalremmawii Ralte

Prof. Zothanzami

Sponsorship

Khatla TBL Basketball Club

In Collaboration with

Khatla TBL Basketball Club

Number of Participants

30



Managing the pressure of competing is something all athletes in all sports face. For athletes, the swings from their highs and lows seem bigger than in other scenarios – the satisfaction and joy when you win versus the heartbreak and disappointment if you lose. As a result, mental exhaustion and other mental health issues can become more prevalent, especially at higher levels of competition .

The main objective of organizing a programme of this kind is to impart knowledge among the players, of the best means of dealing with such stresses and issues. The participants would learn – to focus on what they need to do in taking care of their physical health, to learn to confide and talk through things with friends, family and experts, to set realistic goals, etc

The Programme

- It was a lively and interesting session with the participants sharing their personal experiences. The resource person, Dr. Juliet Lalremmawii stressed the need for working as a one unit to be the winning team. Basketball being a team game requires the participation of the team members in their own roles to enhance each players as a support systems in scoring points. There is no space for individual glory but feelings of team spirit is what enhances the scores.
- Systematic breathing technique is required in playing a productive game. The workshop's preliminary task was to teach players the technique.
- Each player needs to be confident in their capacity and the role they play in the team. Neuro-linguistic Programming (NLP) method was used in the building of confidence.
- Understanding the physiology of anger is important in controlling anger. Anger management session was conducted.



Outcome

