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**Prof. V. Ramchandram**

Head Dept. of Psychology, K.U

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on

**PROMOTING POSITIVE PSYCHOLOGY,  
MENTAL HEALTH AND WELL-BEING  
CHALLENGES AND OPPORTUNITIES**

**16-17<sup>th</sup> March, 2019**



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**DEPARTMENT OF PSYCHOLOGY**

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Positive psychology can contribute to greater emotional resilience, happiness and overall life satisfaction while also lowering stress levels. Mental health is a positive concept related to the social and emotional wellbeing of individuals and communities. Having good mental health, or being mentally healthy, is more than just the absence of illness; rather it's a state of overall wellbeing. Mental wellbeing refers to a positive state of psychological and emotional health; it indicates that a person is able to function cognitively and emotionally in a manner that is productive and fulfilling. Wellbeing is a multi-dimensional construct that involves more than just being in a good mood or feeling happy. In addition to

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## THE THOUSAND-PILLAR TEMPLE

The thousand-pillar temple built by Rudra Deva is the most important monument in Hanmakonda. Perched elegantly in the heart of the city, this temple is dedicated to Rudra, Vishnu and Surya. This temple was constructed by Rudra Mahadeva of the Kakatiya Dynasty in 1163 AD. The highly ornate workmanship on the doorway of the garbagruha, the artistry on the massive pillars and on the ceiling charms the devout and the tourist alike. The celebrated Nandi, a massive monolithic masterpiece of granite, is the main attraction here. Kalyana Mandapam, Part of the temple, is under renovation.

## THE BHADRAKALI TEMPLE

Situated atop a hillock between Hanamkonda and Warangal, it is one of the oldest Devi temples in this part. It is famous for the stone image of Goddess Bhadrakali. Eight-armed, with weapon in each hand, she is shown in an eye-catching posture, bestowing her benevolent blessings on all the devotees. Built in the days of the chalukyas, the temple is situated on the bund of a big Bhadri Tank, panoramic amidst the bare boulders atop the hill and the silent waters below.

The temple is believed to be built by King Pulakesi II of Chalukya dynasty around 625 A.D. to commemorate his victory over Vengi region of Andhra Desham. This can be observed from the square pillars used in the temple structure which were different from the circular pillars commonly used in the temples constructed by Kakatiyas who adopted Goddess Bhadrakali as their "Kula Devatha" giving preference to Her to other Goddesses. The lake was built later by Ganapathi Deva. A road leading to the temple was also added during that period.

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