



# **MADRAS SCHOOL OF SOCIAL WORK**

(An Autonomous Institution Affiliated to the University of Madras)

**DEPARTMENT OF SOCIAL WORK**  
**MASTER OF SOCIAL WORK PROGRAMME (SHIFT-II)**  
**PEGASUS STUDENT'S FORUM**

*in observation of*

## **WORLD MENTAL HEALTH DAY 2022**

*organizes a seminar on*

# **"MENTAL HEALTH AND WELLBEING"**



CHIEF GUEST

## **DR. EZHILAN NAGANATHAN M.D.**

MEMBER OF TAMILNADU LEGISLATIVE ASSEMBLY  
THOUSAND LIGHTS CONSTITUENCY (CHENNAI)



**11.10.2022**



**10.00 AM  
ONWARDS**



**MSSW,  
TAG AUDITORIUM**

## Programme Schedule (10:00 AM to 4.30 PM)

### Inaugural (10:00 AM to 11:00 AM)

Invocation	MSW Shift II - Choir
Welcome	<b>Dr. L. Janaki</b> , Assistant Professor, MSW (Shift II)
Introduction to the Seminar	<b>Dr. J. Damen Queen</b> , Program Head, MSW (Shift II)
Presidential Address	<b>Dr. S. Raja Samuel</b> , Principal, MSSW, Chennai
Chief Guest's Address	<b>Dr. Ezhilan Naganathan</b> M.B.B.S.,MD. Member of Legislative Assembly, Thousand Lights, Chennai
Vote of Thanks	<b>Ms. Nandita</b> President, Pegasus Students Forum

### Thematic Sessions (11:15 AM to 4:00 PM)

<b>SESSION 1</b> CULTURE AND MENTAL HEALTH IN GLOBAL SPACE	<b>Dr. Anna Rumia</b> , Ph.D. Psychotherapist Founder, Rumi Unlimited Mind Inspirations(RUMI)
<b>SESSION 2</b> MENTAL HEALTH IN DIGITAL SPACE	<b>Dr. E. Sivabalan</b> , MD Psychiatry Professor, Dept. of Psychiatry, SRM Medical College Hospital & Research Centre
<b>SESSION 3</b> STRESS MANAGEMENT & PSYCHOLOGICAL FIRST AID	<b>Ms. V. Lydia</b> , Psychiatry Social Worker NIMHANS, Bangalore

### Valedictory (4:00 PM to 4:30 PM)

Welcome	<b>Mr. P. Jesuin John Bose</b> , Assistant Professor, MSW (Shift II)
Chief Guest Address	<b>Dr. R. Subashini</b> , Dean, MSSW, Chennai
Vote of Thanks	<b>Mr. G. Ram Kumar</b> , Assistant Professor, MSW (Shift II)