

PROGRAMME AGENDA

10.00 AM - 11.00 AM	INAUGURAL Dr. Ezhilan M.B.B.S., MD. Member of Legislative Assembly, Thousand Lights, Chennai
11.00 AM - 11.15 AM	BREAK
11.15 AM - 12.15 PM	SESSION - 1 - CULTURE AND MENTAL HEALTH IN GLOBAL SPACE Dr. Anna Rumia, Ph.D. Psychotherapist Founder, Rumi Unlimited Mind Inspirations (RUMI)
12.15 PM - 01.00 PM	SESSION - 2 - MENTAL HEALTH IN DIGITAL SPACE Dr. E. Sivabalan, MD Psychiatry Professor, Dept. of Psychiatry, SRM Medical College Hospital & Research Centre
01.00 PM - 02.00 PM	LUNCH
02.00 PM - 04.00 PM	SESSION - 3 - STRESS MANAGEMENT & PSYCHOLOGICAL FIRST AID Ms. V. Lydia, Psychiatry Social Worker NIMHANS, Bangalore
04:00 PM - 04.30 PM	VALEDICTORY

PEGASUS FACULTY COORDINATORS

Dr. L. Janaki
Assistant Professor

Mr. G. Ram Kumar
Assistant Professor

CONVENER

Dr. J. Damen Queen
Program Head, MSW (Shift II)

PATRON

Dr. S. Raja Samuel
Principal, MSSW, Chennai

CONTACT DETAILS

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MADRAS SCHOOL OF SOCIAL WORK

(An Autonomous Institution Affiliated to the University of Madras)



PEGASUS
STUDENTS FORUM

DEPARTMENT OF SOCIAL WORK
MASTER OF SOCIAL WORK PROGRAMME (SHIFT-II)

PEGASUS STUDENT'S FORUM

in observance of
World Mental Health Day 2022
organizes a seminar on

"MENTAL HEALTH AND WELLBEING"

11th Oct 2022, MSSW TAG Auditorium

#mentalhealthsupport
#pegasusmentalhealth



MADRAS SCHOOL OF SOCIAL WORK (MSSW)

The institution was established in 1952 and is located at No. 32, Casa Major Road, Egmore, Chennai-08. It is an Autonomous Institution affiliated with the University of Madras and NAAC accredited with Grade A+ in 2021. The college was founded by Ms. Mary Clubwala Jadhav under the auspices of the Madras State Branch of the Indian Conference of Social Work (renamed the Indian Council of Social Welfare) and the Guild of Service (central). The College has been rated the Best College for Social Work Education in South India and one of the top four Social Work Institutions in India from the survey conducted by India Today.

MASTER OF SOCIAL WORK PROGRAMME (SHIFT - II)

The Master of Social Work Programme (Shift - II), Department of Social Work at the Madras School of Social Work was started during the academic year 2007. It aims to impart quality education for the all-round development of professional social workers through a value-added, market-driven & indigenously relevant course in the fields of Human Resource Management, Community Development, & Medical Psychiatric Social Work. The two-year course is focused on providing the students with sound theoretical knowledge along with skills that will enable them to bring about change in the overall quality of life of individuals and communities. A blend of both classroom learning and a variety of fieldwork components facilitates the application of theory to practice and prepares the students in this era of competitive workforce. The strong culture, vibrant atmosphere and robust curriculum help the students to be creative and prepare to excel in today's demanding work environment. As part of Pegasus Student's Forum initiative, the department frequently organizes seminars, conferences and other related academic programs.

SEMINAR ON MENTAL HEALTH & WELLBEING

World Mental Health Day is marked every year on 10th of October to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues. Every year since 2013, the World Health Organization (WHO) has organized a global campaign for World Mental Health Day. The World Federation for Mental Health (WFMH) announced the theme for World Mental Health Day 2022, which is 'Make Mental Health for All a Global Priority'.

WHO estimates that more than 25% are affected with stress and depressive disorders during the COVID-19 pandemic. This has caused a disruption in the mental health services and widened the treatment gap for mental health conditions. Further, stigma and discrimination continue to be a barrier to social inclusion and access to the right care. Raising awareness and mobilizing efforts in support of mental health is the need of the hour in addressing the current situation. This seminar will provide an opportunity for all the stakeholders working in the area of mental health to come together to recognize the progress in this field and to be vocal about what we need to do to "Make Mental Health for all a Global Priority".

SEMINAR OBJECTIVES

- To provide a platform to understand the significance of mental health and wellbeing.
- To gain a hands-on experience in stress management and psychological first aid
- To emphasize the significance of mental health in the emerging global space.

STUDENTS, RESEARCH SCHOLARS, PRACTITIONERS & ACADEMICIANS
are welcome to be part of this seminar

REGISTRATION DETAILS

Registration Fee: Students - ₹100 & Others - ₹150

Registration Link: shorturl.at/fHMTW

Mode of Payment: GPAY (73389 58026)

WORKING LUNCH & CERTIFICATES WILL BE PROVIDED TO THE PARTICIPANTS