

MADRAS SCHOOL OF SOCIAL WORK

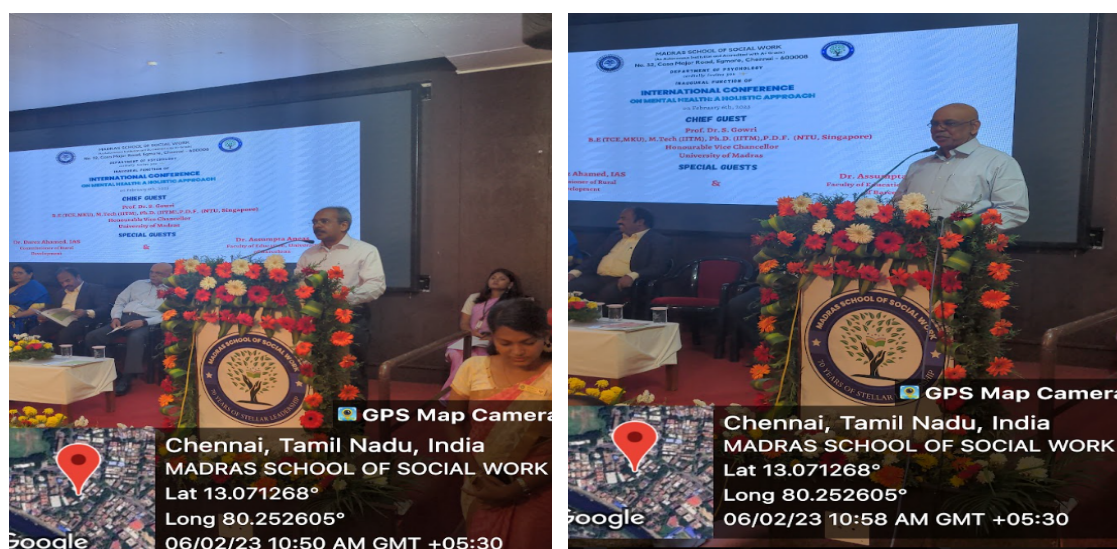
DEPARTMENT OF PSYCHOLOGY

INTERNATIONAL CONFERENCE

“MENTAL HEALTH: AN HOLISTIC APPROACH” (6TH - 8TH FEBRUARY 2023)

DAY 1 (06.02.2023)

INAUGURATION

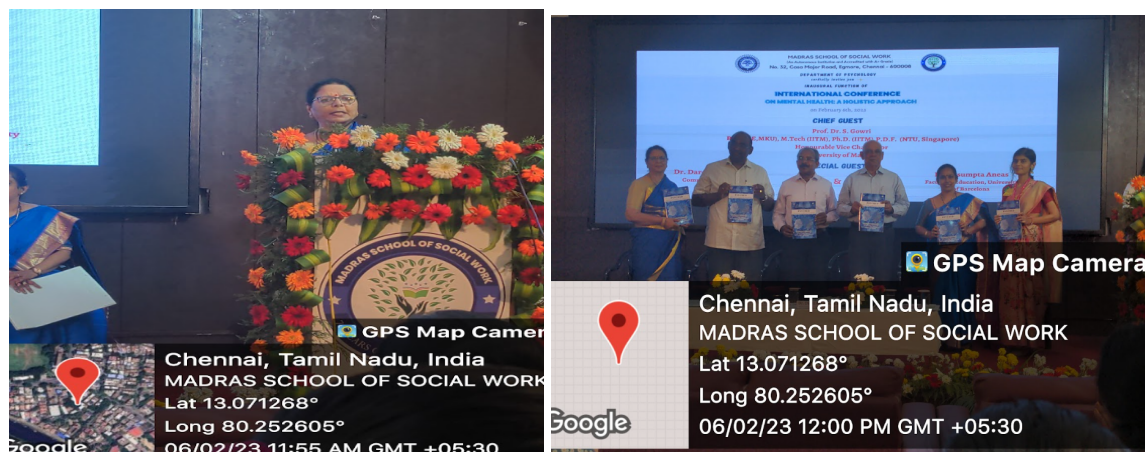


To commemorate the Platinum Jubilee Celebration, the department of Psychology conducted a three-day International Conference on the theme of “**Mental Health: A Holistic Approach**” from 6th February to 8th February 2023. The Well-being Centre sponsored the conference, and technical partners were Red Pond Educational and Psychological Rehabilitation and Yellow Pond Counseling Center. The conference was attended by participants from various colleges across India. The Welcome Address was given by the Principal Dr. Raja Samuel, who highlighted the importance and need for mental health awareness. The theme of the Conference “**Mental Health: A Holistic Approach**” was introduced by Dr. Subashree, Head of the Department of Counseling Psychology, and the Presidential address was by the Chairman Mr. K.A.Mathew I.A.S (Retd.). The Chief Guest of the program Prof. Dr. Gowri took over the session and highlighted the importance of

emotional and physical support in treating a patient. A short film **Nizhal** directed by the Professor was screened, which helped the students to learn more about a holistic approach to treating mental health.



Dr. Darez Ahmed, IAS the special guest of the occasion, spoke out about his personal experiences with psychiatric patients. Dr Subhashini, Dean, of Madras School of Social Work, introduced the recent project of the Centre for Excellence in Health Psychology and addressed the research grant collaboration with Chennai National Hospital. The Memorandum of Understanding for the research project was signed by Dr. Raja Samuel on behalf of MSSW and Dr. Suresh Kumar, General Manager of Chennai National Hospital.



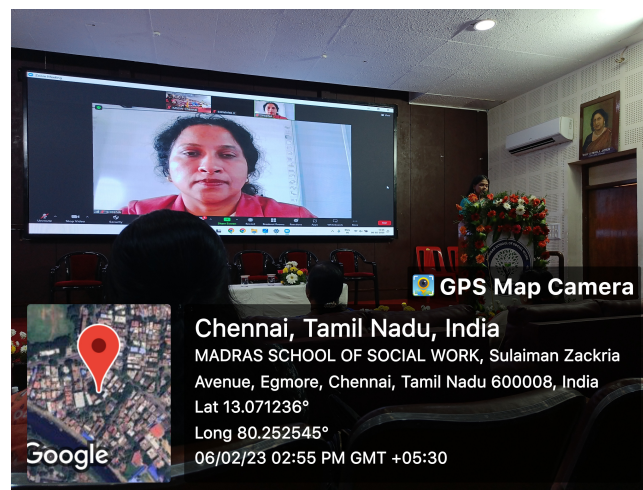
Mr. K L Mathew released the student-led magazine "**Psyched -Kaleidoscope of psychology**" on the occasion of the international conference, and the first copy was handed over to the Principal. Mrs. Ashwini, Assistant Professor of family counselling, introduced the next speaker, Dr. Assumpta Aneas from Spain, who joined via Zoom to render the Keynote Address. Dr. Hannah John, Program Head, the Department of Family Counseling, concluded the session with a vote of thanks.

SESSIONS

PROTECTION OF CHILDREN FROM SEXUAL OFFENCES BY DECRIMINALISING ADOLESCENTS FOR ROMANTIC RELATIONS

The first session of the conference was on "Protection of Children from Sexual Offences with Decriminalizing Adolescents for Romantic Relations." by Dr. K.C. George, Executive Director, of Kailash Satyarthi Children's Foundation. He gave a detailed explanation of the POCSO Act of 2012 to the audience.

GENDER ISSUES AND VIOLENCE



The next session was on the topic "Gender Issues and Violence" by Dr. Sheena Thomas, Head, Department of Education, The Bhopal School of Social Sciences who explained why some victims do not break the cycle of abuse and why others remain silent and speak out against violence.

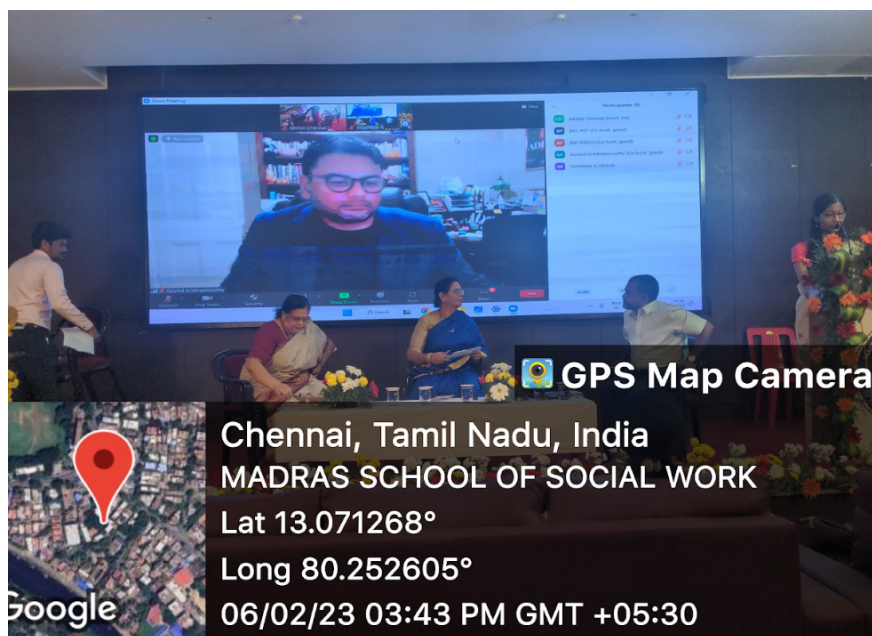
PANEL DISCUSSION



A panel discussion on various topics took place after the lecture given by Dr. Sheena Thomas. The members of the panel discussion are Dr. Giridhar, State Consultant for Inclusive Education Samagra Shiksha Government of Tamilnadu, Ms.Srividya Sudharson, Founder-Director, Transcend- Centre for Personal Excellence, Mrs. Mangala Jayachandran, NIOS Coordinator, Lady Andal Venkatasubbarao School, Dr. Govind Krishnamurthy, Senior Lecturer, University of Southern Queensland, Australia. The panel discussion was moderated by Dr.Subashini, Dean, of Madras School of Social Work.

The first speaker of the panel discussion was Dr.Giridhar who shared his view on the topic **‘Special Education a Holistic Approach.’** who mentioned how the teacher acts as a facilitator of learning, and teaching, including reasoning, should be infinite and concluded by highlighting the resources needed to achieve this holistic view, such as qualified teachers and counsellors, therapeutic aids, early identification, and appropriate intervention.

The second topic **‘Career Counselling in context – Career Planning and its Dynamics’** was discussed by Ms. Srividya Sudharson. She discussed how Indians plan their careers. She tells her experience on how she assists each child or individual personally in discovering their calling concerning pursuing a job.



Mrs. Mangala Jayachandran spoke next on the panel about **‘Alternative education to achieve greater equity and justice in society.’** Ma'am first defined alternative education and who can benefit from it, such as gifted students, children with special needs, children with health issues, children who are serious about sports or the arts, and so on.

Mr. Govind Krishnamoorthy, the panel's final speaker, joined the discussion via Zoom from Australia and discussed the topic **‘Trauma-informed behavior support for adolescent resilience building.’** Dr. Vaijayanti, Assistant Professor, Department of Counselling Psychology, then presented the panel members with a token of appreciation.

Career Opportunities for Psychology @ New Zealand :

The next session was on the topic **‘Career Opportunities for Psychology @ New Zealand.** The speaker of this session was Mr. Prince Kumar, Founder-Managing Director, EDEX GROUP; Board member, India-New Zealand Business Council (INZBC).

“Who and what lies at the heart of supervision?”:

The last session was led by Mr. A. Geetham and Ms. Diane Salters. The two speakers had a dialogue on “Who and what lies at the heart of supervision?” The session concluded with the audience clarifying their doubts with the speakers.

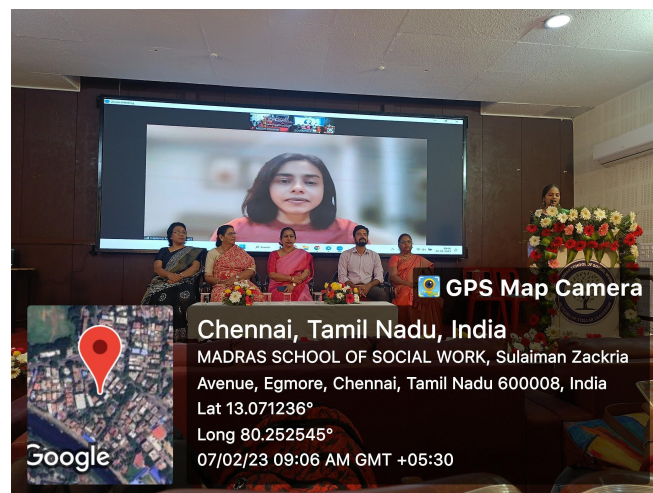


The first day of the international conference concluded with everyone standing for the national anthem, followed by a group photo of all the attendees.

DAY 2 (07.02.2023)

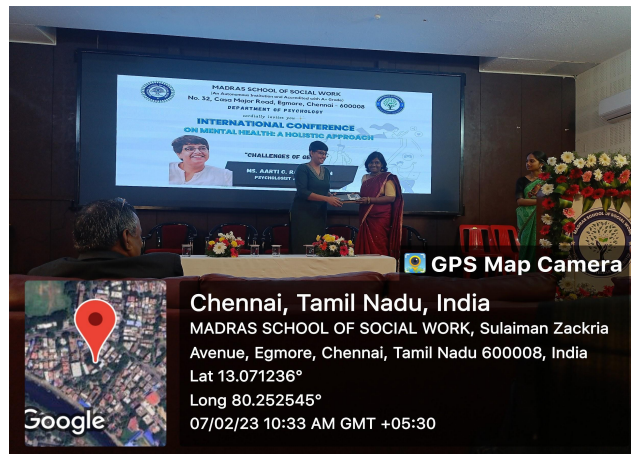
SESSIONS

MATERNITY MENTAL HEALTH



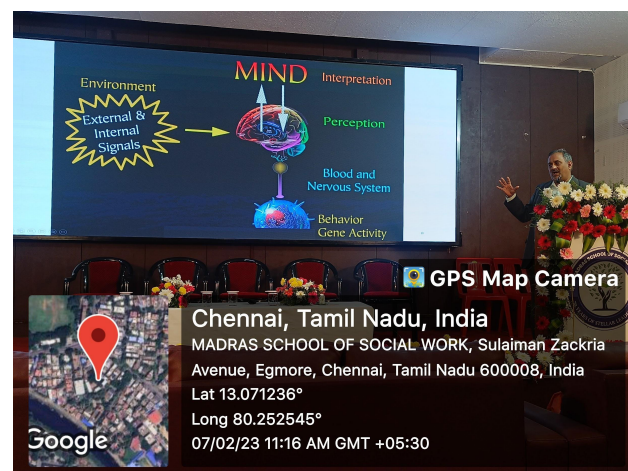
Dr. Mahima Muralitharann who joined us through online mode spoke about the topic **“MATERNITY MENTAL HEALTH”**. She highlighted how supporting maternal mental health has a community-wide as well as generational-level impact.

CHALLENGES OF GEN Z



The following enlightening session was on the topic **“CHALLENGES OF GEN Z”** by Ms. Aarti C. Rajaratnam, a leading psychologist, and author who has touched many lives through her work. She highlighted three main challenges faced by gen z- (i) avatar - (ii) Anxiety (iii) addiction.

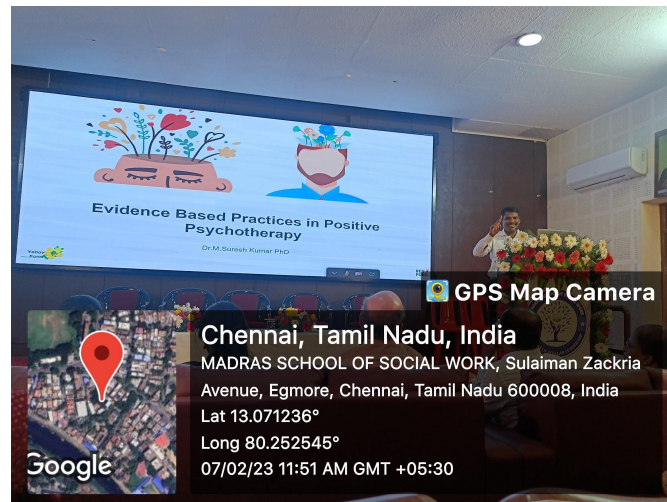
“INCLUSIVENESS AND MENTAL HEALTH FOR CORPORATES”



The next session was on the topic **“INCLUSIVENESS AND MENTAL HEALTH FOR CORPORATES”** by Mr. B. Natarajan, Founder of Sculpting Success - An Academy for Self Development, Chennai. He began by discussing corporate issues and understanding mental health issues that need attention by giving some political examples of Indira Gandhi’s assassination and a minister’s case in Odisha. He then reflected upon the question “how serious is the mental health issue?” for which he explained the statistical data found by a US survey. He concluded by suggesting some tips (Staying positive, expressing Gratitude,

Relaxation techniques, finding Purpose in life) that we as individuals can implement to address mental health issues.

EVIDENCE-BASED PRACTICES IN POSITIVE PSYCHOTHERAPY



The next speaker of the day who came to enlighten us with his knowledge was Dr. M. Suresh Kumar, Head, PG Department of Psychology, American College, Madurai. Dr. Suresh Kumar spoke about the topic **“EVIDENCE-BASED PRACTICES IN POSITIVE PSYCHOTHERAPY”**. He began by explaining what positive psychology is and what it focuses on. Positive psychotherapy primarily focuses on positive subjective experiences (happiness, fulfillment, and flow).

EMERGING NEED FOR CANCER CARE: PSYCHO-ONCOLOGY

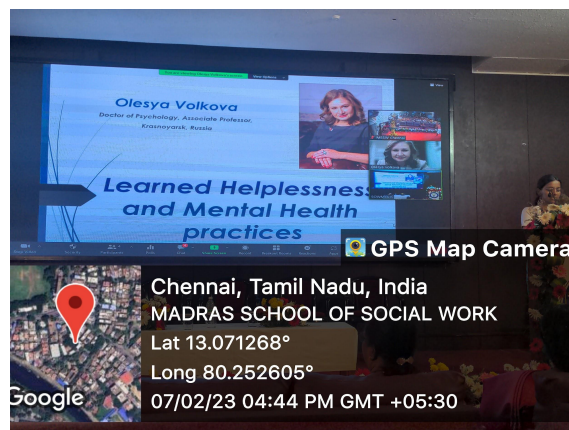


The next speaker, Dr. V Surendran is the Head of the Department of Psycho-oncology & Research Centre for Tobacco Control, Cancer Institute (WIA), Chennai. He explained a

very important point about how counsellors can work in cancer care, which he explained in terms of 3 levels of contribution- Prevention, Diagnostic, and Treatment.

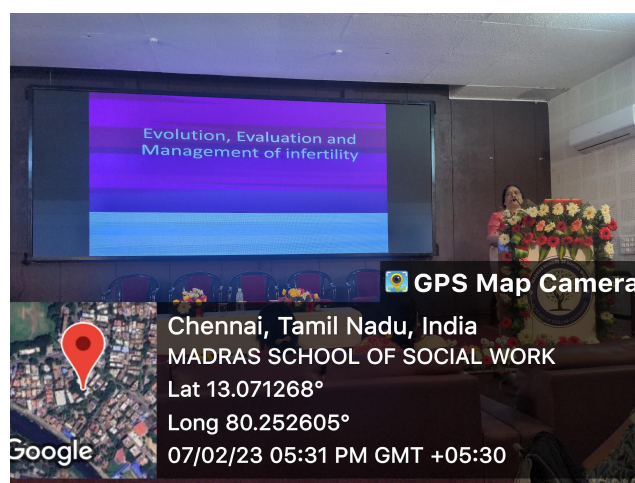
The session was followed by Luncheon. Then a Scientific paper presentation was held where students and professionals from various institutions and organizations had the opportunity to present their works.

LEARNED HELPLESSNESS AND MENTAL HEALTH PRACTICES



The next speaker of the day, Ms. Olesiya Volkova, an Associate Professor in Clinical Psychology and Psychotherapy Department, at Krasnoyarsk State Medical University, Russia joined us through zoom. She spoke about the topic “**LEARNED HELPLESSNESS**”.

INFERTILITY TREATMENT AND HIGH-RISK PREGNANCY



The final speaker of the day was Dr. S. Samundi Sankari, Founder- Chairperson,

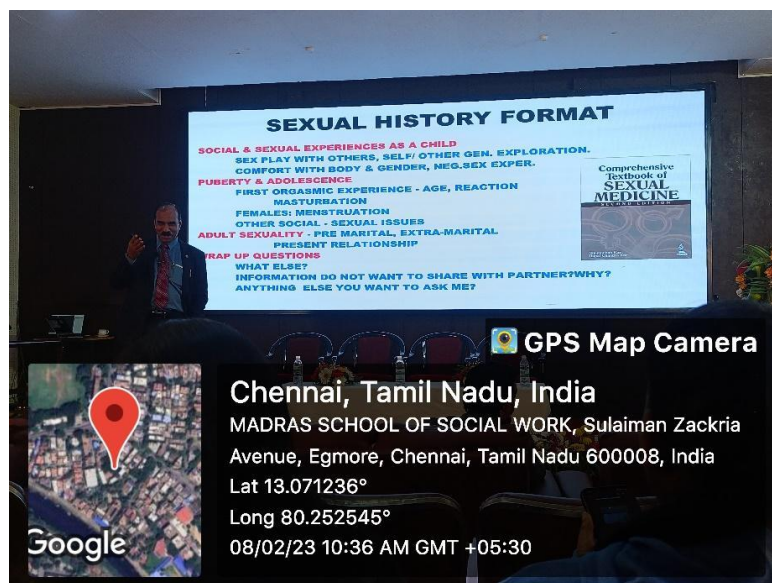
Srushti Fertility Hospital Pvt. Ltd. The topic of this session was on **“INFERTILITY TREATMENT AND HIGH-RISK PREGNANCY”**.

Cultural events followed the last session. Students enthralled the audience with different cultural performances each reflecting our Indian culture. The cultural events were followed by dinner for all participants, students, and staff members

DAY 3(08.02.2022)

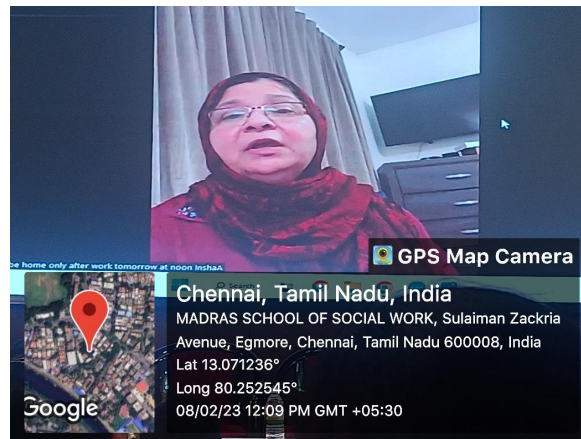
SESSIONS

SENSITISING THE IMPORTANCE OF SEX AND SEXUAL DYSFUNCTIONS IN MENTAL HEALTH



Our first speaker of the third saw, DR. T.S. SATHYA NARAYANA RAO, spoke about **“SENSITISING THE IMPORTANCE OF SEX AND SEXUAL DYSFUNCTIONS IN MENTAL HEALTH”**. He is the General Secretary of Indian Psychiatric Society who is also working as a Professor at JSS Medical College, Mysore. He highlighted the misconceptions of people about sex and spoke about sex abnormalities.

RECENT TRENDS IN FAMILY THERAPY

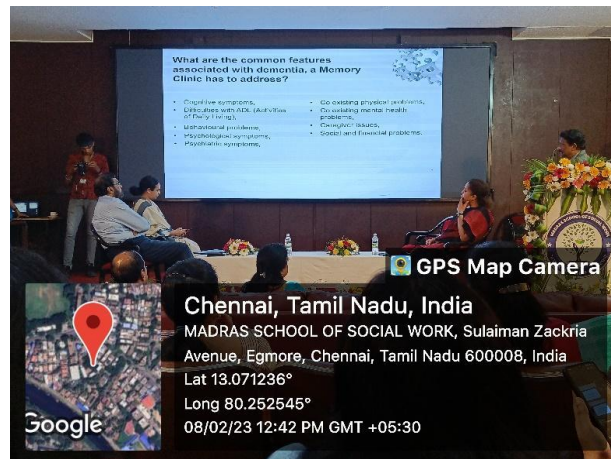


The following enlightening session was on the topic **“RECENT TRENDS IN FAMILY THERAPY”** by Dr. Shamshad Ahmed who joined us through online mode. She is a Licensed Professional Counselor at Building Blocks Family Counselling, Pooler, Georgia. She gave a brief introduction about “communication along with body languages and their types in a family or in a couple set up” She highlighted the importance of Communication.

SYMPOSIUM

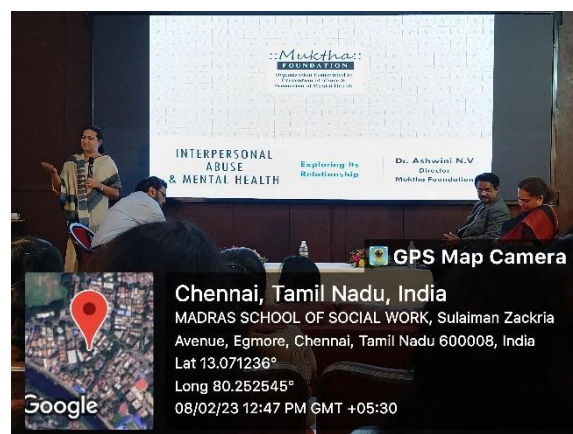
Followed by a symposium, at which several specialists deliver short addresses on a topic or on related topics.

GERIATRIC CARE AND CONCERNS IN NEW MILLENIUM FAMILY



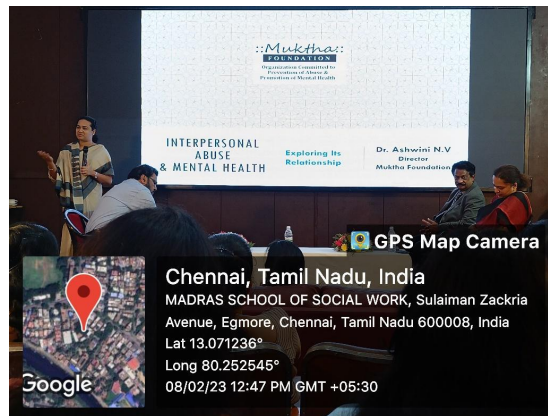
The next presentation is about “**GERIATRIC CARE AND CONCERNS IN NEW MILLENIUM FAMILY**” delivered by Dr. R Sathianathan a Senior Consultant Psychiatrist, He gave insight into who and how to take care of elderly people at home.

ABUSE PREVENTION FOR MENTAL HEALTH PROMOTION



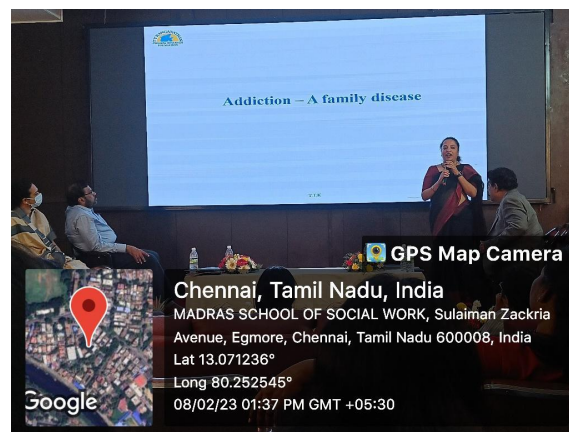
Followed by a most needed session “**ABUSIVE PREVENTION FOR MENTAL HEALTH PROMOTION**” presented by Dr. Ashwini NV, Founder – Director of Muktha. She differentiated between non-offending paedophiles and non-paedophilic sexual offenders. She concluded the session by presenting various Mental health interventions that can save many children and addressed adverse mental health consequences among survivors of child sexual abuse

MAGNITUDE OF FAMILY DYNAMICS AND DYSFUNCTIONS IN MENTAL HEALTH



The next session was handled by Dr. C, Ramasubramanian, Founder of MS Chellamuthu Trust and Research Foundation President, WAPR, on the topic “ **MAGNITUDE OF FAMILY DYNAMICS AND DYSFUNCTIONS IN MENTAL HEALTH**” He spoke about family dynamics and how it works, how interaction is very much important for both physical and psychological improvement and the importance of child's growth for an ideal family.

EFFECTS OF ADDICTION ON FAMILY



The next was on “**EFFECTS OF ADDICTION ON FAMILY**” addressed by Ms. Soumya Shankar Raman, Head of Therapy and Operations at TT Ranganathan Clinical Research Foundation. She spoke about how family unknowingly enables the addict to continue with the child’s inappropriate behavior. Finally, she taught how family members help their family member who is undergoing addiction and listed out various codependency traits.

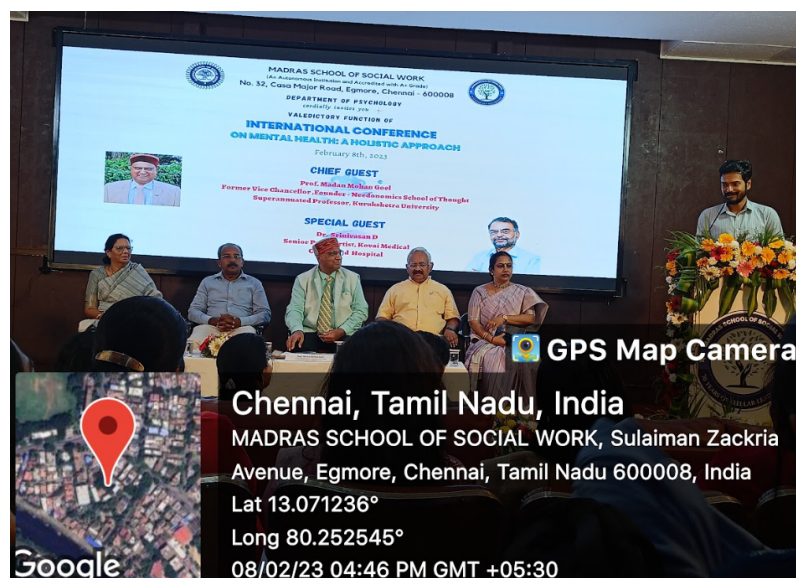
DESTIGMATISING MENTAL HEALTH CONCERNS

Followed by an interactive session handled by “Dr. Pricilla Sathianathan”. She talked about Madras Medical Clinic. It was an open discussion where the audience asked questions about how to handle the stigma related to mental health.

VALEDICTORY



The chief guest for the Valedictory ceremony was **the vice chancellor of Kurukshetra University**, Prof Madan Mohan Goel who passionately spoke about the importance of psychology and mental health in the nation. The best paper awards were distributed after his speech.



Later **Dr. Srinivasan**, senior psychiatrist, Coimbatore addressed the gathering. He talked about Group therapy and various psychiatry interventions for various mental health issues. The successful final day of the conference came to a patriotic end with everyone rising for the national anthem.