

MADRAS SCHOOL OF SOCIAL WORK

PG DEPARTMENT OF PSYCHOLOGY

TNOU SEMINAR - 11.10.2022

Registration Fees: Rs. 100/-

Gpay/Phonepay/Netbanking/NEFT

A/c.No: 6083526895,

IFSC Code: IDIB00S004

The Participant will be provided with kit, refreshment and e-certificate

Name:

Department:

College/Institution:

Address:

Mobile No:

E.Mail:

Signature

Online Registration:



The last date for the registration is 10th October 2022. All the participants are requested to confirm their participation through online registration on or before 10th October 2022. The registration fee is Rs. 100/ per participant.

Tentative Programme Schedule

Technical Sessions

S.No	Title of the Session	Time
1.	Mental Health and Sustainable Development	11-12.30 p.m
2.	Coping with Workplace Stress and Managing Work-Life Balance	2.00-3.30 p.m
3.	Mental Disorder among Children- Eliminating Social Stigma	3.30 -4.30 p.m

Organizing Committee

Prof. M.V. Sudhakaran, Director, SOSS,TNOU.

Ms. J.Renee Arathi, SOSS, TNOU

Dr.N.Saravankumar, SOSS, TNOU

Dr.D.Thirumalraja, SOSS, TNOU

Dr. R. Subhashini, Dean, MSSW

Dr. Sathyamurthy, MSSW

Dr. Subasree, MSSW

Dr. Damen Queen, MSSW

Dr. Thirumagal Rajam, MSSW



TAMIL NADU OPEN UNIVERSITY
School of Social Science
&
Madras School of Social Work
Chennai - 08



Jointly Organize
One Day National Seminar
ON

**MENTAL HEALTH
&
WELL BEING**

DATE: 11.10.2022

VENUE: CONVOCATION HALL
5TH FLOOR, ACADEMIC BUILDING, TNOU,
577, ANNA SALAI, SAIDAPET, CHENNAI



The PG Department of Psychology, Madras School of Social Work in collaboration with the School of Social Science, Tamil Nadu Open University organised a one-day seminar on **“Mental Health & Well Being”** on 11th October 2022 in the Convocation Hall, Academic Building, TNOU, Chennai. Thiru. R. Girirajan, Member of Parliament- Rajya Sabha presided over the chief guest and Prof. K. Rathnakumar, Registrar TNOU consented to be the keynote speaker.

The program began energetically with an invocation ceremony marked by singing of Thamizh Thai Vazhthu and the auspicious Kuthu Vilakku or Annam Lamp. Dr MV Sudhakaran, Director, School of Social Sciences, TNOU gave the welcome address to set tone for the day following which all dignitaries on the stage were facilitated with bouquet, shawl and momentos. Dr Raja Samuel, Principal, Madras School of Social Work, gave the felicitation address where he emphasised on the importance of fostering positive mental health.

The keynote address was delivered by honourable Prof K. Rathnakumar who spoke about how mental health is an important topic yet neglected and which requires nourishment from the society. He enlightened the audience about the risk factors for mental health across lifespan and on the need to create healthy habits as well as healthy social climate for better mental health. Professor encouraged all of the budding psychologists in the audience to implement their learnings and serve as role models.

Dr V. Subhashree, Head of the department, PG Department of Psychology, Madras School of Social Work, introduced the esteemed chief guest Thiru R Girirajan giving the audience a brief glimpse into the tall accomplishments of the chief guest. The esteemed chief guest touched on all the aspects of mental health and wellbeing in his inaugural address comprehensively with his eloquent speech. He affirmed that human growth is impossible without mental growth, suggesting there is no use of physical health if one is not mentally

healthy, thereby throwing light on the mind-body relationship. The speaker condemned the social stigma attached to mental health and motivated everyone to open up about struggles. The audience was educated on various risk factors for mental health and policy initiatives taken by the honourable state government to combat the same during the session. The minister encouraged the budding psychologists to be the ambassadors of change and reach the unreached.

After the tea break, everyone assembled back to participate in an extremely power packed and interactive session by Dr Sunil Kumar, Founder, Mind Zone, Chennai on the topic- "Coping with workplace stress and managing work life balance". Dr Sunil began by discussing past year's annual themes of the world mental health day to introduce the theme for 2017 which was Mental Health at Workplace. The speaker explained about the massive economic cost of mental health issues and how it has been neglected. He characterised work to be a social determinant of personality and wellbeing. People work not only for money but also for a sense of accomplishment thereby making the work environment extremely crucial. Dr Sunil said that the work place environment is dynamic and susceptible to changes. If an employee does not adapt to it or if the environment is hostile it leads to exacerbating stress and on the other hand a safe work environment promotes morale and motivation. The speaker concluded the session by teaching the audience some grounding techniques of mindfulness and encouraged them to work on interventions for workplace stress management.

The post lunch session began around 2.30 pm by the screening of a short film called "Thamarai" Which outlined the negligence that the society has in raising a special child.

Afterwhich, the director of the film, Mr. Ravi Subramaniyan interacted with the audience, he collected feedback and criticisms from the audience and gave necessary explanations to them queries.

After the interactive session, Dr.C. Anbudurai, Psychiatrist, gave a lecture on "Mental health

and Sustainable Development" where he highlighted the importance of sustainable development.

The Valedictory Ceremony:

Welcome address of the valedictory session was given by Dr. N. Saravanakumar, followed by Ms. Renee Arathi giving the summary report of the day, she recollected all important events of the day.

Dr. R. Subhashini, Dean, Madras School of Social Work, gave the felicitation speech which was followed by Prof K. Rathnakumar giving the valedictory address and Dr. Subasree, HOD, Department of counselling psychology, Madras School of Social Work, giving the Vote of thanks.

The gathering dispersed after raising for the National anthem