



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI
(A Project of Sri Marudhar Kesari Jain Trust)

Recognised u/s 2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University

Re-Accredited by NAAC with "A" Grade An ISO 9001:2015 Certified Institution



DEPARTMENT OF PSYCHOLOGY ORGANIZED WEBINAR ON
"MENTAL HEALTH TODAY" ON 12.10.2020

INVITATION

DEPARTMENT OF PSYCHOLOGY
Invites you to

Webinar on

MENTAL HEALTH TODAY

Date: 12.10.2020 & Time: 10.30 AM to 12.00 PM

Resource Person

Dr. EMILDA JUDITH EZHIL RAJAN

Associate Professor Clinical Psychology
Saveetha College of Allied Health Science, Chennai.

Live in :

No Registration Fees

Registration Link : <https://docs.google.com/forms/d/e/1FAIpQLSe0Keyd61zpsOday9Ry8FW1-ubiDjII4ZaBHPk91U9GfSaNIA/viewform>

Youtube Link : <https://www.youtube.com/channel/UC9KoldTRG7B-TKYeysGer0g>

Sri C. Lickmichand Jain
Secretary

Dr. M. Inbavalli
Principal

Ms. B. Sakthimala
Asst. Prof & Convenor

Ms. Blessy Ann Varughese & Ms. G. Sheeba
Asst. prof & Coordinators

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Marudhar Kesari Jain College
for Women
Vaniyambadi - 635 751

AGENDA



Marudhar Kesari Jain College for women, Vaniyambadi

Department of Psychology

Agenda

One Webinar on Mental Health Today

Prayer song

Welcome Address: Ms.Ms.Blessy Ann Varughese

Felicitation: Dr.C,Nithiya, Head PG& Research Department of Commerce


Introducing the chief guest: Ms.Ms.Blessy Ann Varughese

Guest speaker : Ms.Emilda Judith Ezhil Rajan, Associate Professor, Department of Clinical psychology, Saveetha college of Allied Health science, Chennai.

Vote of thanks: Ms.G,Sheeba

National anthem




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MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

DEPARTMENT OF PSYCHOLOGY ORGANIZED WEBINAR ON “MENTAL HEALTH TODAY” ON 20.10.2020



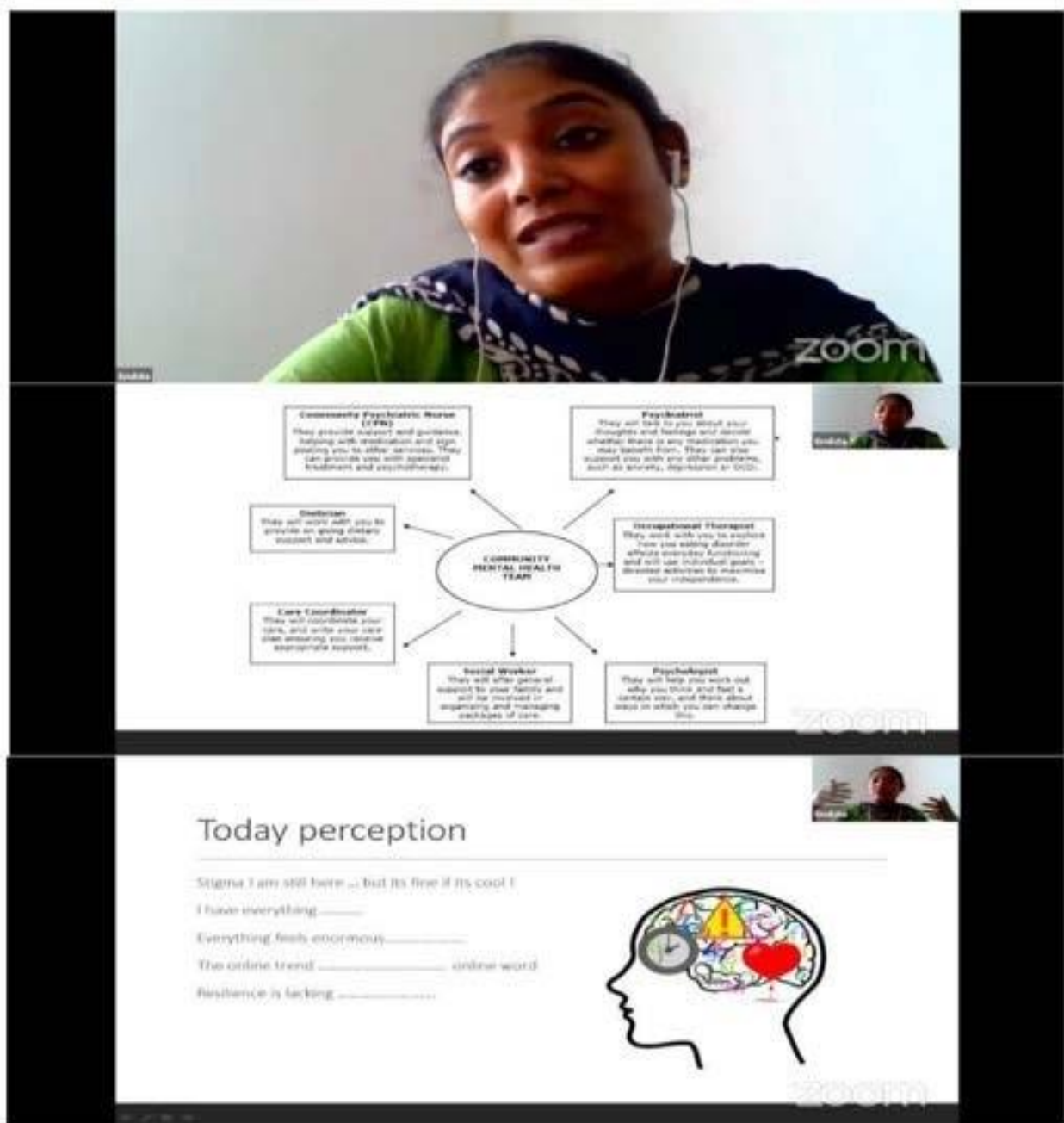
REPORT

The program was hosted by Ms. G. Sheeba A/P, Welcome address given by Ms. Archana A/P, felicitation was given by Dr. Nithya. The program was started on the topic of Awareness on Mental Health and the resource person was Ms. Emilda Judith Ezhilrajan, A/P. The talk has started by giving awareness and knowledge on Mental Health. She clearly explained about how people get the psychological issues and measure to cure the illness of the issues and also the difference between the psychologist and psychiatric. With that she shared about the mental health questionnaire to get more knowledge about to gain good mental health. The session was end by vote of thanks. Around 290 students were participated in this webinar.

Head of the Department

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PHOTOS



Community Mental Health Team

- Community Psychiatric Nurse (CPN)**
May provide support and guidance, helping with medication and signposting you to other services. They can provide you with specialist treatment and psychotherapy.
- Dietician**
They will work with you to provide an eating plan, support and advice.
- Case Coordinator**
They will coordinate your care, and write your care plan ensuring you receive appropriate support.
- Social Worker**
They will offer general support to your family and will be involved in organising and managing packages of care.
- Psychiatrist**
They will ask to you about your thoughts and feelings and decide whether there is any medication you may benefit from. They can also support you with any other problems, such as anxiety, depression or OCD.
- Occupational Therapist**
They work with you to explore how your eating disorder affects everyday functioning and will set individual goals - directed activities to maximise your independence.
- Psychologist**
They will help you work out why you think and feel a certain way, and think about ways in which you can change this.

Today perception

- Stigma I am still here ... but its fine if its cool I
- I have everything _____
- Everything feels enormous _____
- The online trend _____ online word
- Resilience is lacking _____



M. Kesari
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