



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (Autonomous), 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

Accredited by NAAC with "A+" Grade (4th Cycle) – An ISO 21001:2018 EOMS Certified Institution

Supported by DST - FIST

PG DEPARTMENT OF PSYCHOLOGY

ORGANIZED

WEBINAR

On

MENTAL HEALTH - A UNIVERSAL HUMAN RIGHT

27.01.2025

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(AUTONOMOUS)
Vaniyambadi, Tirupattur District - 637 751

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**Ivan Pavlov Association of the
PG Department of Psychology
Organizes
Webinar on**

**MENTAL HEALTH - A UNIVERSAL
HUMAN RIGHT**

Date : 27.01.2025

Platform : Zoom | Venue : Roop Rajat Block AV Hall

Time : 11.00 am to 12.30 pm

Resource Person



Ms. Arthy Sriram, M.Sc., Applied Psychology
Counselling Psychologist,
Ex - Treasurer - Chennai Counselor's Foundation
Treasurer - Indian Academy of Professional Supervisors,
Chennai.



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Marudhar Kesari Jain College
Vaniyambadi - 637 751

| | | |
|---|---|--------------------------------------|
| V. Dilip Kumar Jain President | Anand Singhvi Secretary | Dr. M. Inbavalli Principal |
| Dr. C. Asokan Dean, School of Life Sciences | Ms. M. Ayesha Sabeen HoD & Convener | |

AGENDA



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Vaniyambadi, Tirupattur District

IVAN PAVLOV ASSOCIATION OF THE PG DEPARTMENT OF PSYCHOLOGY

Organizes a

WEBINAR

On

MENTAL HEALTH - A UNIVERSAL HUMAN RIGHT

Date : 27.01.2025
Time : 11.00 a.m - 12.30 p.m
Venue : Roop Rajat Block - AV Hall
Platform : Zoom

Master of Ceremony: Ms. Jeevitha V & Ms. Kiruthika M - III B.Sc Psychology

AGENDA

Prayer & Tamil Thaa Vazhthu

| | | |
|------------------------------|---|--|
| Welcome Address | : | Ms. Srimathi, II B.Sc Psychology, MKJC |
| Felicitation | : | 1. Dr. M.Inbavalli Principal, MKJC 2. Dr.C.Asokan Dean, School of Life Sciences, MKJC |
| Resource Person Introduction | : | Ms.Manisha Devi B A, II B.Sc Psychology, MKJC |
| Resource Person Address | : | Ms. Arthy Sriram., M.Sc Applied Psychology Counseling Psychologist Ex Treasurer - Chennai Counselors Foundation Treasurer - Indian Academy of Professional Supervisors Chennai |
| Interactive Session | : | Students of Psychology |
| Feedback | : | Students of Psychology |
| Vote of Thanks | : | Ms. Avina Shree A P I B.Sc Psychology, MKJC |
| National Anthem | | |


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REPORT



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS), VANIYAMBADI



Activity Report

| | | | |
|------------------------------------|--|------------------------------------|-------------------------------------|
| Title | Mental Health - A Universal Human Right | | |
| Organized By | PG Department of Psychology | | |
| Type of Activity | Webinar | | |
| Level | Institutional | | |
| Date | 27.01.2025 | Time | 11.00 a.m to 12.30 p.m |
| Venue | Roop Rajat Block AV Hall | Mode | Hybrid |
| Resource Person Details | Ms. Arthy Sriram., M.Sc Applied Psychology., Counselling Psychologist, Ex - Treasurer, Chennai Counselor's Foundation Treasurer, Indian Academy of Professional Supervisors Chennai | | |
| Objective of the Webinar | To highlight the importance of recognizing mental health as a fundamental human right. To discuss the disparities in mental health access support different across different regions, cultures and socio - economic groups. To encourage the students to advocate for policies and programs that prioritize mental health as a part of universal healthcare. To provide tools and resources for individuals to safeguard their mental health. To encourage partnerships between governments, NGOs and communities to promote mental health as a human right. | | |
| Internal Participants Count | Students : 85 Faculty : 7 | External Participants Count | Students : - Faculty : - |

Summary

The PG Department of Psychology under the School of Life Sciences of Marudhar Kesari Jain College for Women (Autonomous), conducted Webinar on 'Mental Health - A Universal Human Right' on 27.01.2025 at Roop Rajat block AV hall through Zoom platform, between 11.00 a.m – 12.30 p.m. The program began with a prayer song followed by invocation to Mother Tamil.

Ms. Srimathi M of II B.Sc Psychology welcomed the gathering by proposing the welcome address. The Dean, School of Lifesciences, Dr.C.Asokan felicitated the gathering by highlighting the importance of mental health in our lives. Ms. Manisha Devi B A of II B.Sc Psychology introduced the resource person for the webinar. The session was then handed over to Ms. Arthy Sriram, Counselling Psychologist, Ex - Treasurer, Chennai Counselors Foundation, Treasurer, Indian Academy of Professional Supervisors, Chennai.

Ms. Arthy Sriram begun by defining the mental health, mental illness, human rights and explained why mental health is important and the various factors that contribute to mental health problems like biological factors, life experiences, family history etc. She also spoke on the challenges related to mental health like lack of awareness, financial resources, stigma, rise in severity etc.


The resource person also highlighted the various provisions and articles which highlighted the importance of mental health like National Mental Health Programme, Mental Healthcare Act, 2017, Kiran helpline, National Tele Mental Health Programme. She also insisted the students to prioritize their self care, to cultivate resilience by practicing gratitude, cultivating a positive mindset and by seeking professional help. The resource person then explained about the various ways and steps to improve one's mental health and the need for mental health in current scenario.

The students found the webinar to be very thought provoking, as they interacted with the resource person and got their queries cleared. They also registered their valuable feedbacks about the session. Ms. Avina Shree A P of I B.Sc Psychology then proposed the vote of thanks. The session came to an end by singing the National Anthem.

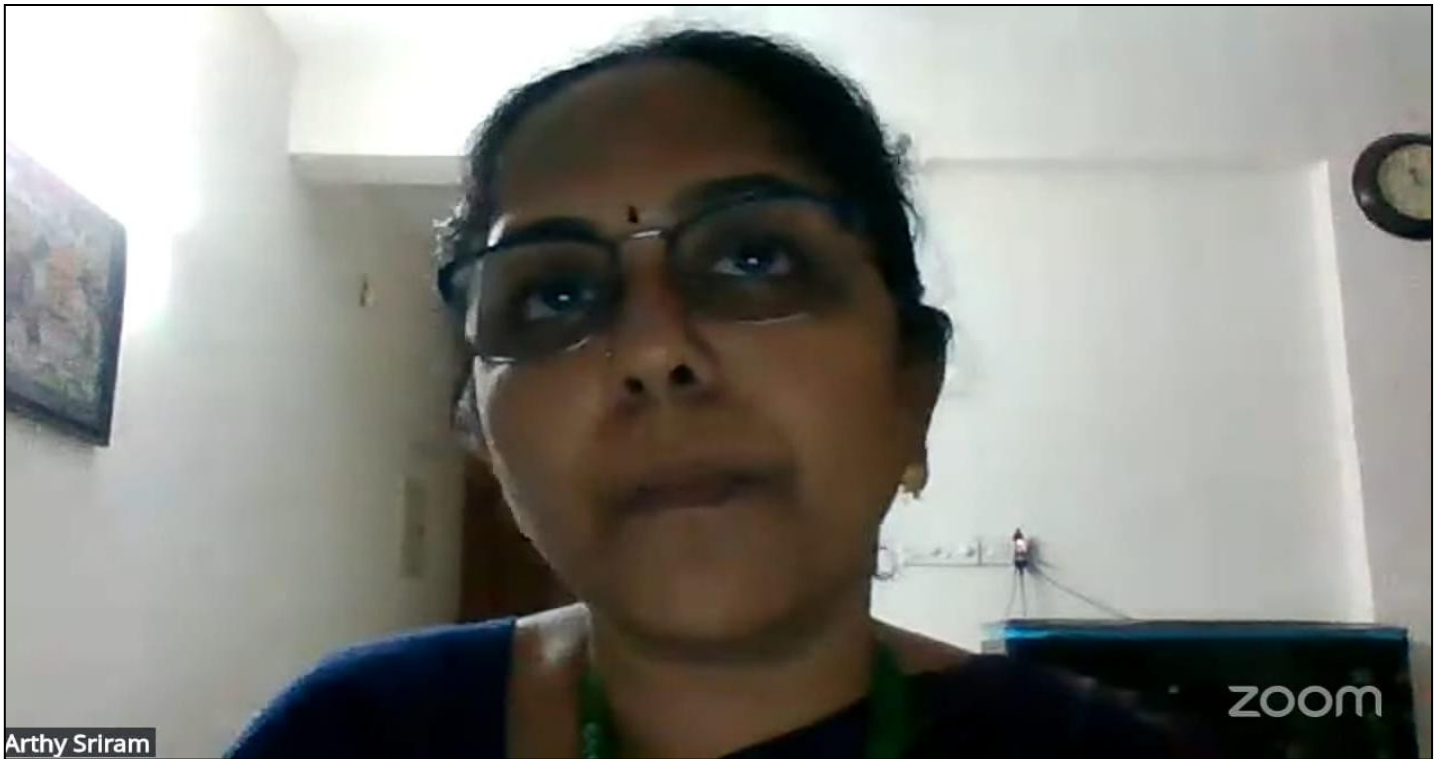
Outcome of the Webinar


1. The students gained a deeper understanding of the importance of mental health as a fundamental human right.
2. The session enabled students to reduce stigma and misconceptions about mental health within their communities.
3. The students gained insights into global mental health challenges and solutions, fostering a sense of shared responsibility and international solidarity.
4. The students were able to identify the gaps in current mental health policies and recommendations for improvement.
5. The students understood the need for integrating mental health awareness into workplaces, schools, colleges and communities.


Head/ Co Ordinator


Principal
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PHOTOS




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LEARN → ACT

Know how modern life affects mental health with new resources to navigate changing world

Build a coping toolbox so you can manage stress difficult, emotions, and challenging situations

ADVOCATE

Improve mental health for yourself, your friends and family, for your community.



YOUR MENTAL HEALTH MATTERS



4 Ms of Mental Health

1: Mindfulness



practice 10-15 minutes of deep breathing, express gratitude and appreciate nature

2: Movement



take a couple of fitness breaks for 10-15 minutes, go for a walk, bike ride, yoga, stretch

3: Mastery



try + master a new hobby or skill: cooking, gardening, learn a new language

4: Meaningful Engagement



volunteer, reach out to a friend, share a joke




Tirupathur, Tamil Nadu, India

Nh 179A, Vaniyambadi, Tirupathur, 635751, Tamil Nadu, India

Lat 12.627978, Long 78.603843

01/27/2025 11:11 AM GMT+05:30

Note : Captured by GPS Map Camera


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