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INSTITUTE OF SCIENCE & TECHNOLOGY
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**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**
(DEEMED TO BE UNIVERSITY)

**DEPARTMENT OF EDUCATION &
DEPARTMENT OF SOCIAL WORK**

Jointly organizes the

WORLD MENTAL HEALTH DAY 2019

Date : 10-10-2019

Time : 2:00pm

***Venue: Michio Kakku Hall
(Education Block)***

You are Cordially Invited...



Faculty of
Engineering
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WORLD MENTAL HEALTH DAY 2019

(FOCUS ON SUICIDE PREVENTION)

Programme Schedule

Date : 10-10-2019

Time : 02:00 p.m

- Mozhi Vazhthu*** : B.Sc.B.Ed Students
- Welcome address*** : Ms. Abirami M., II Year MSW
- Introductory Address*** : **Dr.A. Anand Jerard Sebastine,**
Associate Professor and Head,
Director-CHILDLINE 1098
- Presidential Address*** : Dr.K.Mohanasundaram,
Professor and Head, Department of Education
- Students Address***
- Chief Guest Address*** : **Dr. Arudhra Gopalakrishnan,**
Consultant Psychiatrist
Sowmanasya Hospitals and Institute of Psychiatry
- Vote of Thanks*** : Ms.S. Chinnamani, I Year MSW Student
- National Anthem** : B.Sc.B.Ed Students



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WORLD MENTAL HEALTH DAY 2019

Report

The Department of Education and The Department of Social work of Periyar Maniammai Institute of Science and technology and Sowmanasya Insitute of Science and Technology, Tiruchirapalli have jointly orgained 28th World Mental Health Day titled “BE THE LIGHT” under the theme SUICIDE PREVENTION at the Seminar Hall of Education Block, Periyar Maniammai Institute of Science & technology on 10th October,2019.

The welcome address was delivered by Ms. Abirami M, II year MSW student and the Introductory address was delivered by **Dr.A. Anand Jerard Sebastine, Associate Professor and Head, Director-CHILDLINE 1098**. Followed by his speech, Dr.K.Mohanasundaram, Professor and Head of Department of Education delivered the presidential address.

A shortfilm tiled “THE LAST SECOND” was screened and the students enjoyed watching the short film. Various activities such as speeches were delivered by Ms. Sathyapriya and Ms. Poonthalir and Hand drawings were displayed and discussed by Ms. Sujitha and Ms. Riyashri, Students of Department of Education on Suicide Prevention. The events were so interactive and interesting.

The observance was graced by **Dr. Arudhra Gopalakrishnan, Consultant Psychiatrist in Sowmanasya Hospitals and Institute of Psychiatry** as Guest of Honour. Speaking at the event, **Dr. Arudhra Gopalakrishnan** said that mental health should be treated with utmost care to live a healthy and prosperous lives and she also said that conflicts in the interpersonal relationships of the individual plays vital role in the Mental Health of a person and the role of parents and teachers in handling the mental health problems of children. The observance aims at raising awareness on preventing suicide through proper counselling and extending help to those in need.

The Programme concluded by taking a simple “**BE THE LIGHT**” pledge for suicide prevention which was read by Ms. Revathi. R, II Year MSW. Vote of Thanks was delivered by Ms.S. Chinnamani, I Year MSW Student. The Programme was organised by Mrs.Abirami. M, II Year MSW. 60 students plus staff participated and benefited in this event.



Student addressed in the programme



Students addressed in the programme

Hod - Education