



## INVITATION

Pasumpon Muthuramalinga Thevar College, Usilampatti  
P. K. M. Youth Development Charitable Trust, Usilampatti  
And  
M. S. Chellamuthu Trust and Research Foundation, Madurai  
Jointly Organize

### Mental Health Orientation Programme for College Teachers



Dr. C. Ramasubramanian

Dear Everyone!

Chief Justice of India Honourable N.V. Ramana in his recent address at Vivekananda Institute of Human Excellence says, "Young minds are usually the most reflective and young hearts, the most reactive. These emotions can often be moulded to achieve greatness, but the greater challenge in this path is the ability to differentiate between right and wrong choice. Only the unadulterated minds and pure hearts form the backbone of our nation."

Yes, our educational system should aim at a balanced growth of the individual. It should insist on both knowledge and wisdom. It should not only train the mind, but also bring grace into the heart of humans. Counselling helps accomplish this goal. As mentors and counselors, we, the teacher, are the backbone of all Higher Education Institutions (HEIs), who ensure better outputs and high employability for the students. We see mentoring and counseling as academic programs where we meet students once a while and inquire about his/her health and studies in general. Do we accompany them? Do we have time to understand them? Do we really know what is counseling or mentoring? Here is a chance to mould ourselves to become better mentors and counselors.

Mental health includes our emotional, psychological and social well-being. It affects the way we think, feel and act. It helps determine how we deal with stress, how we interact with each other, and how we choose our choices. It is important at every stage of life since childhood and adolescence through adulthood. According to the World Health Organization (WHO), mental health is "a state of well-being in which the individual (1) realizes his or her own abilities, can (2) cope with the normal stresses of life, can (3) work productively and fruitfully, and is able to (4) make a contribution to his or her community." This state of well-being has plummeted in the recent months due to COVID-19 pandemic situations. Reports project that students are experiencing different types of psycho-social stresses. In this context, psychological counseling becomes an important curing mechanism of the stresses for all student community.

This orientation is organized by us with the support of our teachers to promote academic excellence and emotional well-being among students. Dr. C. Ramasubramanian is a leading psychiatrist in Madurai and the State Nodal Officer for the Police Mental and Welfare Program. He is the founder of the M. S. Chellamuthu Trust and Research Foundation. The Foundation was established in Madurai in 1992 and has been providing numerous services to people with additional mental health problems, turning to psychiatrists who work with the Foundation when they need additional support. The Foundation recently launched the upgraded Speak2us Mental Help Centre in order to give advice to many people.

As second and third year undergraduate students and all postgraduate students have started coming to college premises since the 1<sup>st</sup> of September after a long hiatus, our college is taking every step to protect their mental health. Most colleges plan to prioritize non-academic sessions and self-reflection activities. The emotional feedback of the students is always important. We give them hope by saying that we are together. In the classroom they see fun through self-reflection and discussion activities. In this context, the Dr. C. Ramasubramanian team is coming to our college on 28.09.2021 to deliver three speeches on three different topics. This orientation is designed for our college teachers, and we firmly believe that our teachers will be good mentors to our students who need help and proper guidance. This orientation programme is arranged in collaboration with M. S. Chellamuthu Trust and Research Foundation, Madurai, P.K.M. Youth Development Charitable Trust, Usilampatti and Pasumpon Muthuramalinga Thevar College, Usilampatti.

Let's together train the next generation of knowledge creators and disseminators, equip them with a broad repertoire of skills and dispositions, and progressively improve results for students.

We invite all of you to attend this one day orientation programme.

With warm regards,



Valandur P. Pandian  
Secretary



Dr. O. Ravi  
Principal



Pasumpon Muthuramalinga Thevar College, Usilampatti  
P. K. M. Youth Development Charitable Trust, Usilampatti  
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## Mental Health Orientation Programme for College Teachers

### Programme

Date : 28.09.2021  
Place : Meeting Hall

Time: 10.00 am

### Inaugural Session

#### Tamil Thai Valthu

Welcome Speech	:	<b>Dr. R. Ponnuram</b> , M.A., B.L., M. Phil., Ph.D., Legal Cell / Co-ordinator
Inaugural Address	:	<b>Dr. O. Ravi</b> , M.Sc., M.Phil., Ph.D., Principal
Presidential Address	:	<b>Valandur Mr. P. Pandian</b> , B.A., Secretary, Kallar Kalvi Kazhagam
Special Address	:	<b>Pulavar Thiru. Chinnan Ayya</b> , President, P.K.M. Youth Development Charitable Trust
Keynote Address	:	<b>Dr. C. Ramasubramanian</b> , M.B.B.S., M.D., D.P.M., Ph.D., Founder, M.S. Chellamuthu Trust and Research Foundation Senior Consultant Psychiatrist, Ahana Hospitals

### Technical Session - 1

Time: 10.15 to 11.00 am



Topic	:	<b>"Concept and Importance of Mental Health"</b>
Speaker	:	<b>Dr. C. Ramasubramanian</b> , M.B.B.S., M.D., D.P.M., Ph.D., Founder, M.S. Chellamuthu Trust and Research Foundation, Senior Consultant Psychiatrist, Ahana Hospitals

Time: 11.00 to 11.10 am Interaction / Feedback

Time: 11.10 to 11.25 am Tea Break

### Technical Session - 2

Time: 11.25 to 12.10 pm



Topic	:	<b>"Habits that promote Mental Health"</b>
Speaker	:	<b>Dr. M. Kannan</b> Director-Research, M.S. Chellmuthu Trust and Research Foundation

Time: 12.10 to 12.20 pm Interaction / Feedback

### Technical Session - 3

Time: 12.20 to 01.05 pm



Topic	:	<b>"Behaviour Management"</b>
Speaker	:	<b>Prof. G. Gurubharathy</b> Principal M.S. Chellmuthu Institute of Mental Health and Rehabilitation

Time: 01.05 to - 01.15 pm Interaction / Feedback

Vote of Thanks	:	<b>Mrs. R. Indhu Priyadharshini</b> M.Sc., M.Phil., Assistant Professor / Mathematics
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#### National Anthem

Master of Ceremony	:	<b>Dr. R. Margaret Karunya</b> M.A., M.Phil., Ph.D., Assistant Professor / English
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