

WORLD MENTAL HEALTH DAY SEMINAR

ON

“BUILDING RESILIENCE AND ENHANCING MENTAL HEALTH”



09.10. 2021

ORGANIZED BY

SOCIAL WORKERS' ASSOCIATION FOR STAFF AND STUDENTS (SWASS)

P.G. & RESEARCH DEPARTMENT OF SOCIAL WORK

LOYOLA COLLEGE (AUTONOMOUS) CHENNAI-34

INVITATION



PG & Research Department of Social Work
Loyola College (Autonomous), Chennai - 600034.

WORLD MENTAL HEALTH DAY SEMINAR

BUILDING RESILIENCE AND ENHANCING MENTAL HEALTH

RESOURCE PERSON

Thiru. D Kotteswara Rao
Assistant Director, SCARF (India),
Member, State Mental Health Authority (SMHA).
Government of Tamil Nadu.

October 09•Saturday•2021

Time : 11.00 AM - 12.00 PM

Google Meet Link•<http://meet.google.com/sng-rhgy-ejd>

INTRODUCTION

“Mental Health is not a destination, but a process. It’s about how you drive, not where you’re going”

- Noam Shpancer

On 9th October 2021, the PG and Research Department of Social Work (Shift 1) organized a seminar on account of World Mental Health Day. The programme was aimed at spreading awareness regarding mental health issues and building resilience among people especially the youth and enhancing their mental health. The topic of the webinar was “***BUILDING RESILIENCE AND ENHANCING MENTAL HEALTH***”. The resource person for the day was Mr D Kotteswara Rao, Assistant Director- Community Outreach, SCARF (Schizophrenia Research Foundation) Chennai. The session started at 11.00 AM and the first- and second-year students of Shift 1 of the Department attended the seminar both in online and physical mode respectively. The programme was hosted by Ms Reena CH Momin, a 1st-year student.

PARTICIPANTS

The first and second-year postgraduate students of the social work Department, at Loyola College participated in the event.

EVENT’S PROCEEDINGS

The speaker started the session by giving a comprehensive definition of Health and mental health. He presented research studies to show the prevalence of mental health issues to be 70 % among the youth. Tamil Nadu and Puducherry hold the top position as states with high percentage of suicide attempts. Chennai has the highest number of suicides among children aged below 10 years. The concerns of the youth in today’s context were elaborated and its link to mental health concerns and derailment was clearly explained. Factors contributing to stress, its implications on mental health and ways to effectively handle stress was elaborated.

The concept of resilience, its nature and tips to foster it was elaborated. Three mantras for enhancing resilience and building positive mental health were Positive Thinking, Healthy Food Habits and Physical exercises.

CONCLUSION

This seminar brought out the importance of seeking help and normalizing help-seeking behaviour. The problems fester when in isolation and aloneness. When we seclude ourselves with our emotions, we give them a cold, dark corner in which to grow into monsters. Thus, expressing oneself to the right source and building up our resilience to withstand and cope with the problems is necessary in this changing world. With this thought, the session came to an end with the final address delivered by Rev Dr Louis Arockiaraj S.J, HoD, and vote of thanks by Ms Joe Vensila.

SNAPSHOTS


