

REPORT OF ONE-DAY SEMINAR ON MENTAL HEALTH

The Department of Psychology at Vimala College (Autonomous) in collaboration with Vaidyaratnam Ayurveda Hospital, Ollur, organized a one-day seminar on the topic "Mental Health: The Universal Human Right." This event was held in commemoration of World Mental Health Day, on October 10, 2023. The seminar commenced at 9:00 AM with an invocation to seek divine blessings and was compèred by Powell Pious, a student from S5, BSc Psychology.

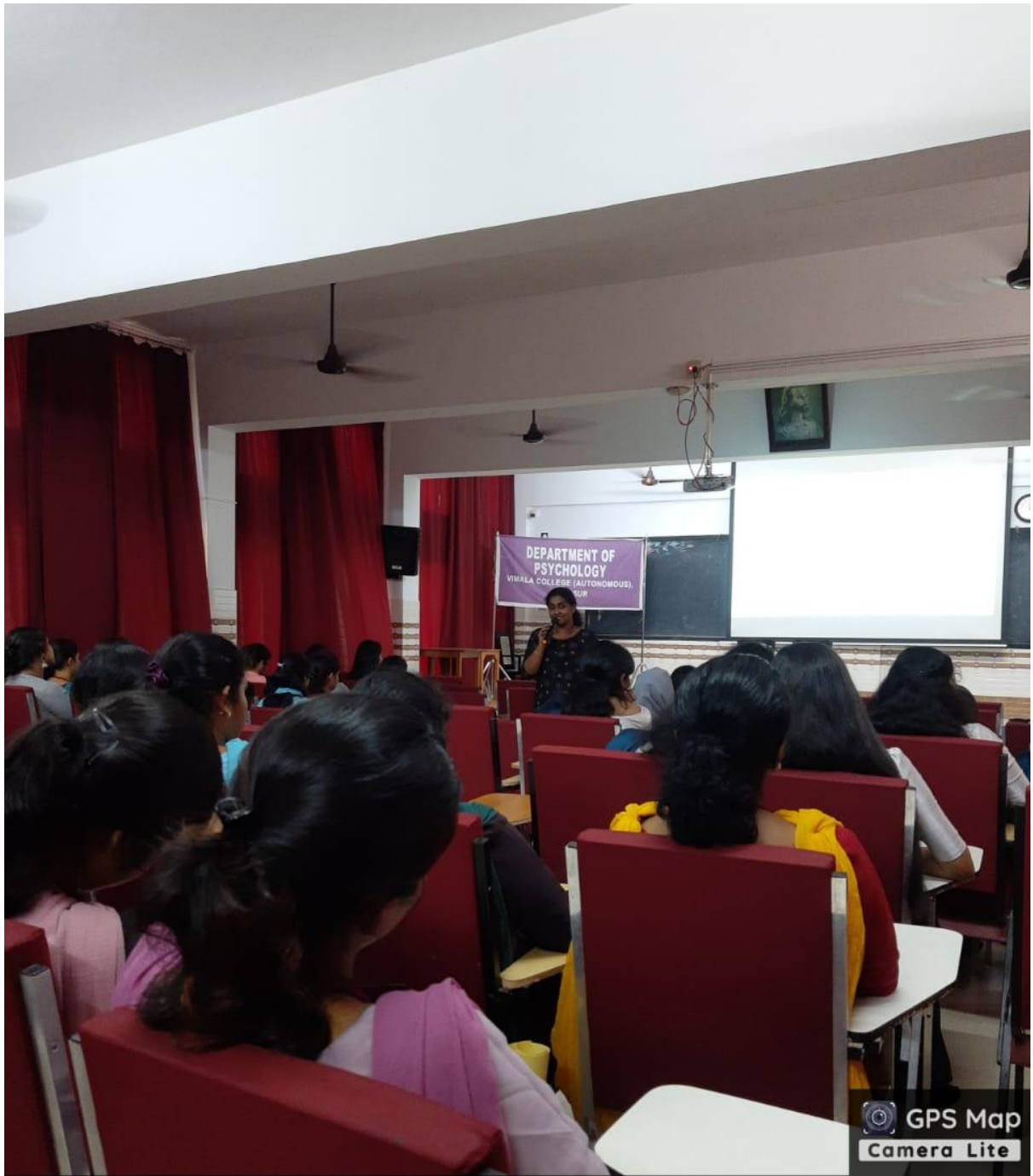
The event was graced by the presence of Dr. Sr. Beena Jose, the College Principal, who delivered the presidential address, emphasizing the importance of mental health in the modern world. Her speech set the stage for a day filled with insightful discussions. Following the presidential address, Dr. Sinto. P. Anto, Head of the Department of Psychology, extended a warm welcome to the attendees, expressing gratitude for their participation. The formal inauguration was done by Mr. Joe Markoy, Chief Operating Officer of Vaidyaratnam Ayurveda Hospital, Ollur. In his keynote address, he expounded on the topic, "Speak to Your Mind," highlighting the profound connection between mental health and overall well-being.

Subsequently, the first technical session, "Ayurvedic Support in Mental Health Care," was presented by Dr. Adithya K.S, an esteemed Ayurvedic physician. Dr. Adithya's presentation provided valuable insights into the traditional Ayurvedic approach to mental health and holistic well-being. She emphasized the importance of balancing one's physical, mental, and spiritual aspects for optimal mental health. Her session provided valuable insights and was well received by the attendees. It concluded with a gracious vote of thanks by Miss. Aparna Suresh, acknowledging the valuable insights shared.

The second session commenced with a warm welcome from Miss. Shreya Sundar, the Association Secretary. Subsequently, Miss. Aswathi Prasad, a distinguished Consultant Clinical Psychologist at Niyama Digital Healthcare Pvt. Ltd. and an esteemed alumna of Vimala College, took the stage. Miss. Prasad delved into the seminar's central theme, "Mental Health: The Universal Human Right," presenting her insights with a contemporary perspective. Her presentation underscored the vital importance of acknowledging mental health as an inherent and universal human right.

The event concluded at 2:30 PM with a vote of thanks by Irene Grace, the Joint Secretary, expressing gratitude to the speakers, participants, and coordinators for their contributions to the seminars's success.





GPS Map
Camera Lite

H63G+CX2, Adiyara, Mannumkad, Ramavarmapuram, Thrissur, Kerala 680631, India

Latitude
10.5535038°

Longitude
76.2276324°

Local 01:08:35 PM
GMT 07:38:35 AM

Altitude 20 meters
Tuesday, 10.10.2023



GPS Map Camera

Thrissur, Kerala, India
H63G+CX2, Adiyara, Mannumkad, Ramavarnapuram, Thrissur, Kerala 680631, India
Lat 10.55359°
Long 76.227697°
10/10/23 10:44 AM GMT +05:30



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