



**ONLINE WEBINAR ON
“MENTAL HEALTH IN AN UNEQUAL WORLD”**

13.10.2021

BACKGROUND & OBJECTIVE

Health and Hygiene club, Kings College of Engineering organized an online webinar on “**MENTAL HEALTH IN AN UNEQUAL WORLD**” on 13.10.2021. World Mental Health Day is observed on 10th October every year. This day tries to create awareness about mental health issues. Surveys suggest that around 14% of the population or 1 out of 7 individuals suffer from a psychological disorder. Mr.S.Ambalatharasu, AP/S&H and Mr.M.Balaji, AP/civil were the organizers of the webinar. Due to the pandemic situation, the webinar was conducted through Google meet platform (<https://meet.google.com/onq-numm-eop>).

INAUGURAL SESSION

The webinar commenced online at 11:00 AM. Mr.S.Ambalatharasu, AP/S&H, hosted the webinar. He briefed about the webinar theme and reason for choosing the topic. Mr.M.Balaji, AP/Civil, delivered the welcome address. Dr.R.Suresh, AP/S&H, Department of mathematics introduced the resource person **Dr.R.Karthik Deivanayagam, District Psychiatrist-Program Officer, District Mental Health Programme, Pudukkottai**. He elaborated the qualification and work experience of the resource person.

WEBINAR SESSION

The webinar was handled by **Dr.R.Karthik Deivanayagam, District Psychiatrist-Program Officer, District Mental Health Programme, Pudukkottai**. He highlighted the most common mental health disorders are depressive disorders, anxiety disorders and substance abuse. About 50 million individuals in India suffer from depressive disorders and an equal number of people suffer from anxiety disorders.

Exercise is also known as an effective stress buster. Around 30-40 minutes of exercise per day, half of it vigorous does wonders for our body and mind. Adding meditation to these routines calms down the mind. Social connectivity and interactions also help immensely. Sharing and venting can be activities that take out half the stress out of the equation. So, connect with people, learn to be firm about impossible tasks and take care of your body through regular exercise. These can help an individual to sail through. However, when needed, do not shy away from asking for help.

He also discussed about

- ❖ Society
- ❖ Unequal Society
- ❖ Inequalities
- ❖ Rich Poor Divide
- ❖ Women Liberation
- ❖ Community Psychiatry

KINGS COLLEGE OF ENGINEERING **Mental Health in an Unequal World**

1 / 56 84%

மருத்துவம் - மக்கள் நல்வாழ்வுத் துறை
உலக மனநல தினம், அக்டோபர் - 10
“சமத்துவமற்ற உலகில் மனநலம் பேணுதல்”
மாவட்ட மனநல திட்டம் - புதுக்கோட்டை.

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DMHP PDKT

10th Oct WORLD MENTAL HEALTH DAY

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COMMUNITY PSYCHIATRY

- ✓ Responsibility to a Population
- ✓ Treatment close to patients home
- ✓ Continuity of Care
- ✓ Comprehensive Services
- ✓ Multi-Disciplinary team approach
- ✓ **COMMUNITY PARTICIPATION**

Caplan and Caplan

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10th Oct WORLD MENTAL HEALTH DAY

KINGS

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WOMEN LIBERATION



பெண்களிடம்
'கரண்டியைப் பிடுங்கி விட்டு
புத்தகம் கொடுத்தால் போதும்'
தந்தை பெரியார்.

Educational liberation
Psychological liberation

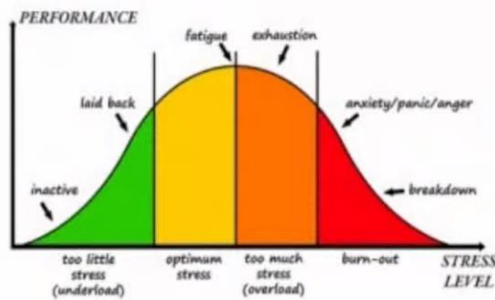
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STRESS CURVE



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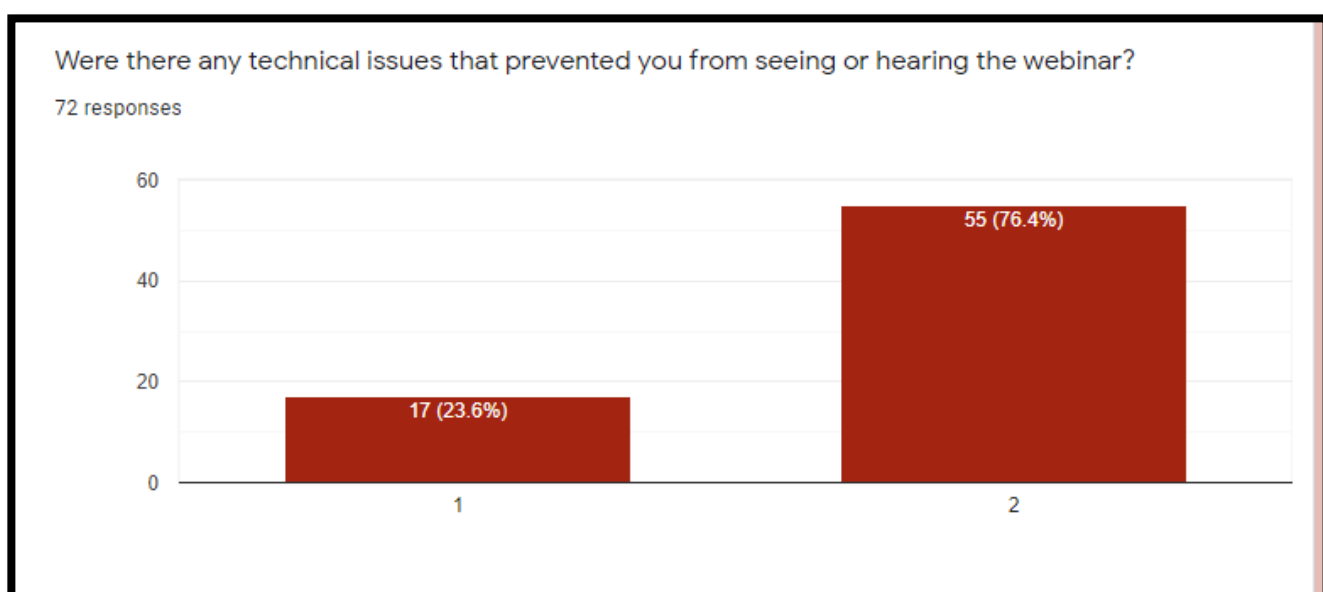
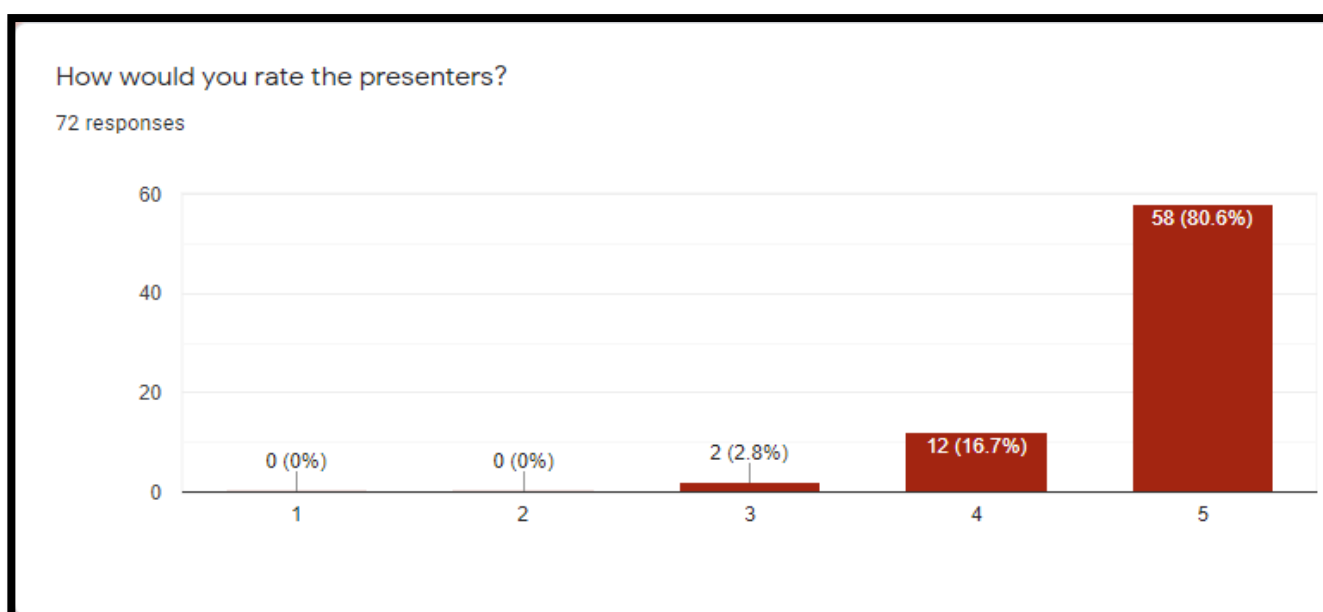


WEBINAR SESSION

VALEDICTORY SESSION

At the end of the webinar, the session was concluded with vote of thanks. Dr.S.Udayakumar, AP/S&H, Department of chemistry delivered the vote of thanks. He expressed his sincere thanks to the participants for their interest. He heartily expressed his sincere gratitude to the Management, Principal, Vice Principal, Staff members and the students for their extended support. Finally he concluded by appreciating the organizers for their passionate efforts with which they carried out the difficult task of making the webinar a grand success.

FEEDBACK FROM THE PARTICIPANTS



OUTCOME

Participants gained knowledge about the power of digital health to improve awareness, prevention and depressive disorders, anxiety disorders and substance abuse on world mental health day 2021 and also gave very good feedback at the end of the webinar. All the Participants showed interest to attend our future webinars too. The recorded version of the webinar was streamed in our college YouTube channel, as per the request of the participants to share the contents (https://www.youtube.com/watch?v=5c9hXxLwr_M)

PARTICIPANT'S SUMMARY

NO. OF PARTICIPANTS		TOTAL PARTICIPANTS
STUDENT	FACULTY	
100	50	150

COORDINATOR

PRINCIPAL