



AQAR 2021-22

### 3.6.3 & 3.6.4 Extension activities

**Programme No:128**

**Programme Title : Mental health in unequal world- Seminar**

**Conducted by :THAVANISH**

**Participation :59**

**Date : 07-11-2021**

The seminar on the theme mental health in unequal world was conducted on 13th October 2021 from 1:30 to 4:30 with an aim to create a deep awareness on the same. This program was conducted on Fr Jose Thekkan Memorial Seminar Hall, the session was mainly focused on highlighting the disparities regarding accessibility to mental health care facilities and the social stigma experienced by those suffering from a mental disease and how often it makes them reluctant to seek professional help. The session commenced with a welcome speech by Sayooj Jeevan. The presidential address was given by DR. Robinson P (Assistant professor, Chemistry department, IQAC coordinator) and the program was inaugurated by Shri. C. Chandrababu (Executive director, NIPMR). DR. Remya briefed about the theme, followed by a felicitation speech by Mrs. Deepa Sundareswaran. Dr Sushant Sarang (Assistant professor occupational therapy, KEM Hospital) give a detailed session on occupational therapy and in between an impactful Mime performed by the students of undergraduate students of occupational therapy, NIPMR. A panel discussion was also taking place, which helped to dispel some of the existing misconceptions about mental illness and its treatment and how they are being treated. Mrs. Anna Daniel (assistant professor college of occupational therapy, NIPMR) moderated the panel discussion. Mrs. Deepa Sundareshwaran , Dr Srilakshmi , Mr. Bright . C Jacob, Ms Jesni.C were the members of the panel discussion. Finally, a mini movie was presented which was done by the Undergraduate students of Occupational therapy, NIPMR. The session was concluded by a Vote of thanks by Angel Maria John. Posters were designed & shared out maximum and also ascertained the entries inclusive for all the colleges. Majority of the listeners were invited from Social work and Psychology departments of the Christ college as it would be academically & socially beneficial for them. Remaining listeners were the volunteers of Thavanish. Also, the cash prizes for the winner of poster making and slogan making competitions were arranged.



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THAVANISH CHRIST COLLEGE

**CREATING AND ENABLING ENVIRONMENT FOR THE DISABLED; A RIGHT BASED FRAMEWORK.**

November 8 | 3:00 pm

Speaker:  
**Shri. C Chandrababu**  
Executive director NIPMR



[YouTube](#) / Christ College

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Christ College, Irinjalakuda



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**thavanish\_christ\_college** Thavanish Christ College organized a seminar on disability friendly environment led by Thavanish, a social service organization at Christ College on the rights of children with disabilities and the need to implement them. Conducted a seminar about this. Thavanish Staff Coordinator Prof. at the program started by singing Unnimaya Prayer Geetham by Thavanish



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