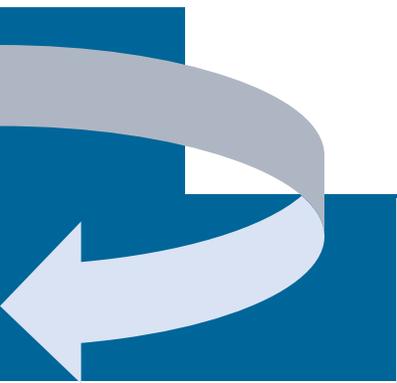


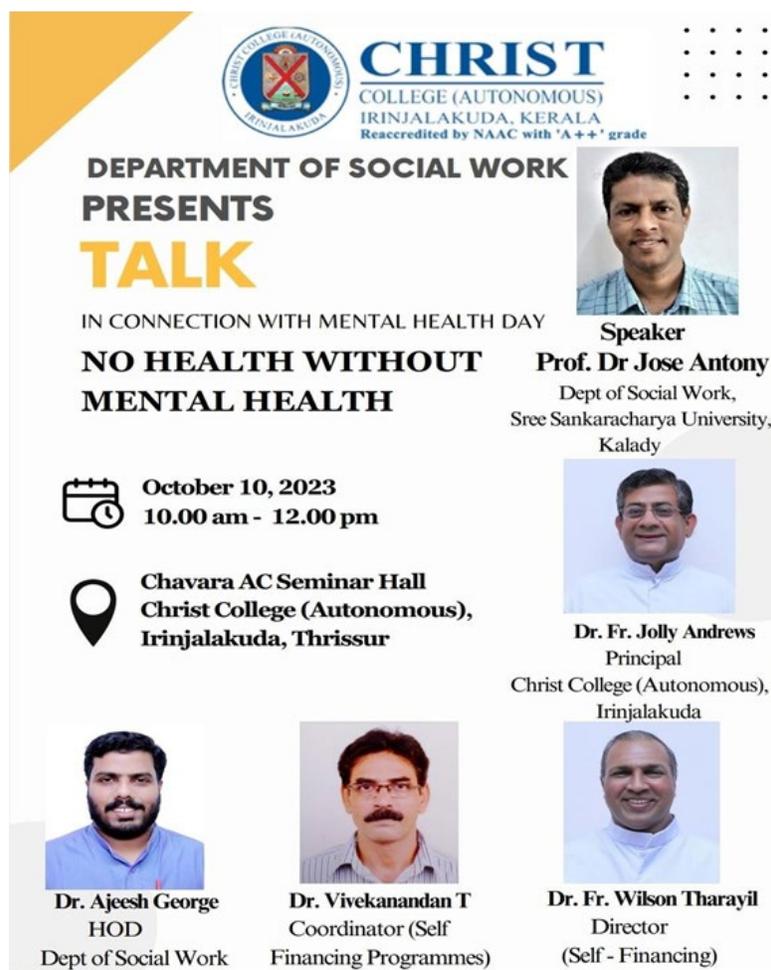


# Mental Health Day -Talk

**Organised by** : Career Guidance & Placement Cell  
**Date** : 12/8/2022  
**No. of students attended** : 55  
**Venue** : Dr. Jose Thekkan Seminar Hall  
**Resource Person** : Ms. Adeela C  
**Topic** : Basic tips on Article Writing



A talk was organized on mental health day by Department of Social Work, Christ College (Autonomous), Irinjalakuda. Sree Shankaracharya Sanskrit University, Kalady Social Work Department HOD Prof. Dr. Jose Antony take the session on mental health. The welcome speech was delivered by Ms. Reni K. Mani Asst. Prof Department of Social Work. The meeting was chaired by Dr. Ajeesh George HOD Social Work Department and was inaugurated by Dr. Fr. Wilson Tharayil Director of Self- Financing and Mr. Saijith N. S. Asst. Prof. Department of Social Work felicitated over the function. Mrs. Rosemol Dany A. delivered vote of thanks.



The poster features the Christ College logo and name at the top, followed by the text 'DEPARTMENT OF SOCIAL WORK PRESENTS TALK'. Below this, it states 'IN CONNECTION WITH MENTAL HEALTH DAY' and 'NO HEALTH WITHOUT MENTAL HEALTH'. The date and time are listed as 'October 10, 2023, 10.00 am - 12.00 pm'. The location is 'Chavara AC Seminar Hall, Christ College (Autonomous), Irinjalakuda, Thrissur'. Three speakers are featured with their photos and titles: Prof. Dr. Jose Antony (Speaker), Dr. Fr. Jolly Andrews (Principal), and Dr. Fr. Wilson Tharayil (Director). The HOD and Coordinator are also listed at the bottom.

**CHRIST**  
COLLEGE (AUTONOMOUS)  
IRINJALAKUDA, KERALA  
Reaccredited by NAAC with 'A++' grade

**DEPARTMENT OF SOCIAL WORK  
PRESENTS  
TALK**

IN CONNECTION WITH MENTAL HEALTH DAY  
**NO HEALTH WITHOUT  
MENTAL HEALTH**

**October 10, 2023**  
10.00 am - 12.00 pm

**Chavara AC Seminar Hall**  
Christ College (Autonomous),  
Irinjalakuda, Thrissur

**Speaker**  
**Prof. Dr Jose Antony**  
Dept of Social Work,  
Sree Sankaracharya University,  
Kalady

**Dr. Fr. Jolly Andrews**  
Principal  
Christ College (Autonomous),  
Irinjalakuda

**Dr. Fr. Wilson Tharayil**  
Director  
(Self - Financing)

**Dr. Ajeesh George**  
HOD  
Dept of Social Work

**Dr. Vivekanandan T**  
Coordinator (Self  
Financing Programmes)



# Christ College (Autonomous), Irinjalakuda

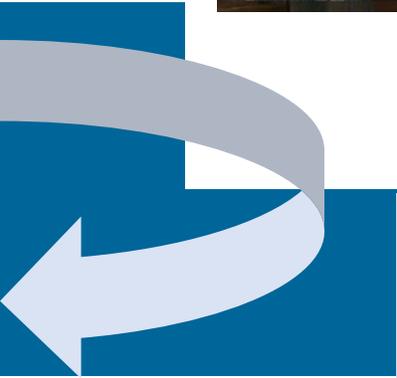
*It's okay not to be okay all the time*

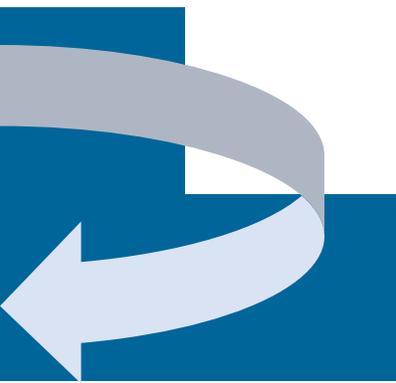
## Department of Social Work Mental Health Day Talk



	Programme schedule
Welcome Speech	: Ms. Reni K. Mani Asst. Prof. Department of Social Work Christ College (Autonomous), Irinjalakuda
Presidential Address	: Dr. Ajeesh George HOD, Department of Social Work Christ College (Autonomous), Irinjalakuda
Inauguration	: Dr. Fr. Wilson Tharayil Director Self- Financing programmes Christ College (Autonomous), Irinjalakuda
Felicitation	: Dr. Vivekanandan T. Coordinator, Self-Financing programmes Christ College (Autonomous), Irinjalakuda
Vote of thanks	: Mrs. Rosemol Dany A. Asst. Prof. Department of Social Work Christ College (Autonomous), Irinjalakuda

## PHOTOS





## ATTENDANCE

Christ College (Autonomous), Tirujatakalu  
Department of Social Work

Programme Name: BSW Date: \_\_\_\_\_

SL NO.	Name of Participants	Department	Signature
46	Gautham Kanchana	BSW	[Signature]
47	Justin Taison		[Signature]
48	Isabella Nishy		[Signature]
49	Nishu		[Signature]
50	Naras		[Signature]
51	navanith		[Signature]
52	Dana		[Signature]
53	Ganesh Saji		[Signature]
54	Ananya		[Signature]
55	Dri Kanchana		[Signature]
56	Suathy		[Signature]
57	Anshudara		[Signature]
58	Aakudya		[Signature]
59	Shrithyath Suathy		[Signature]
60	Mangalika varma		[Signature]
61	Malavika		[Signature]
62	Ananya. P.s		[Signature]
63	Aulita		[Signature]
64	Dhruva		[Signature]
65	Anvika		[Signature]
66	Ashu		[Signature]
67	Shreyya		[Signature]
68	Amita		[Signature]
69	Deen Maniya		[Signature]
70	Hilva		[Signature]
71	Sana		[Signature]

## OUTCOME

1. It helps trainees to recharge emotionally and reduce stress, which can be particularly beneficial for their well-being.
2. It helps trainee to organize a program.
3. Trainees can use this time to reflect on their mental health and implement strategies for ongoing self-care.