

BEST PRACTICE 2

WOMEN HEALTH AND WELLNESS

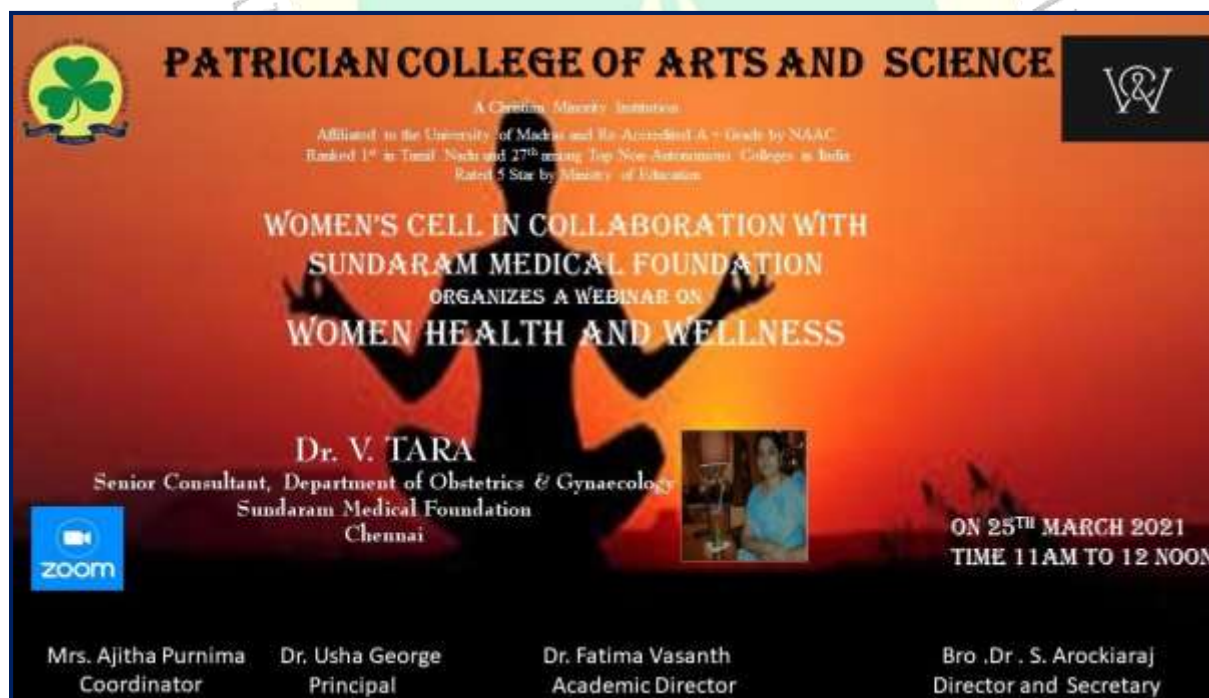
WOMEN'S CELL

To commemorate International Women's Day, the Women's Cell of Patrician College of Arts and Science in collaboration with Sundaram Medical Foundation conducted a webinar for students and staff. Participants were invited from Hindustan College of Arts and Science.

The program began with a prayer by Ms. Pamila Dorathy, I BCA(B), followed by a welcome address and introduction of the Resource Person by Mrs. Ajitha Purnima, Asst. Prof., Department of Computer Applications and Coordinator of Women Cell. The program was felicitated by Dr. B. Meena, Vice Principal, Shift I.

The session was taken by Dr. Tara, Senior Consultant, Sundaram Medical Foundation. The session focused on the importance of Women Health in the current world. After the session, the students interacted with the Resource Person clarifying their doubts.

Vote of Thanks and feedback of the session was done by Dr. Sasikala, Asst. Prof., Department of Management.



PATRICIAN COLLEGE OF ARTS AND SCIENCE
A Christian Minority Institution
Affiliated to the University of Madras and Re-Accredited A+ Grade by NAAC
Ranked 1st in Tamil Nadu and 27th among Top Non-Autonomous Colleges in India
Rated 5 Star by Ministry of Education

**WOMEN'S CELL IN COLLABORATION WITH
SUNDARAM MEDICAL FOUNDATION
ORGANIZES A WEBINAR ON
WOMEN HEALTH AND WELLNESS**

Dr. V. TARA
Senior Consultant, Department of Obstetrics & Gynaecology
Sundaram Medical Foundation
Chennai

**ON 25TH MARCH 2021
TIME 11 AM TO 12 NOON**

zoom

Mrs. Ajitha Purnima
Coordinator

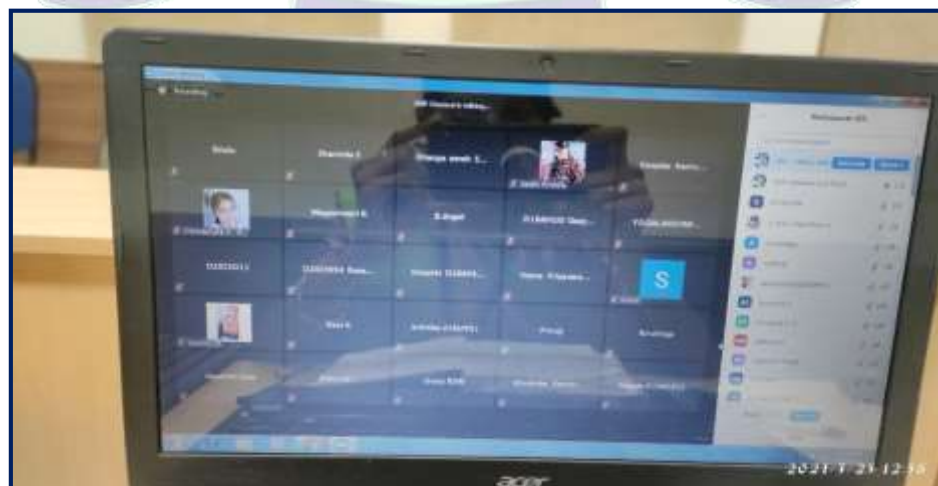
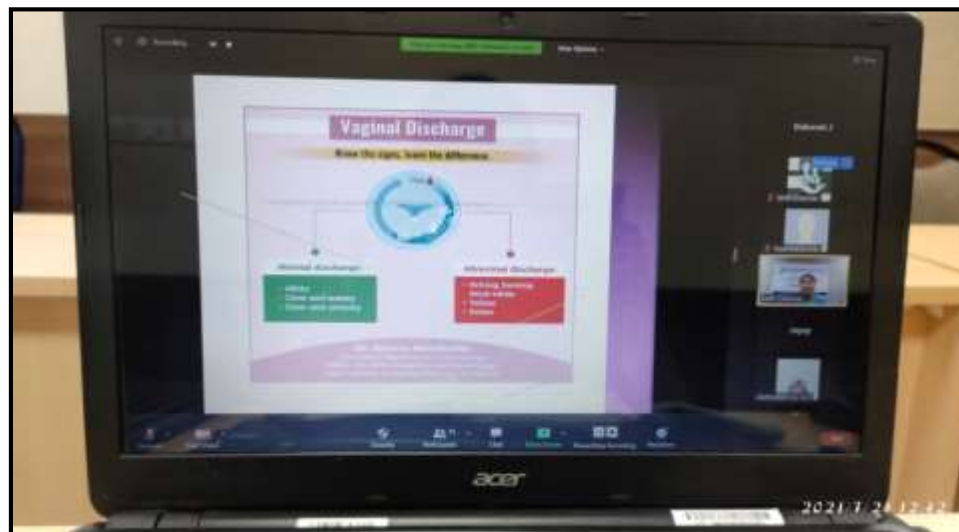
Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S. Arockiaraj
Director and Secretary

INVITATION

WEBINAR PHOTOS





Women's Cell in Collaboration with Sundaram Medical Foundation

Thursday, March 25th 2021

Timing: 11am to 12 noon

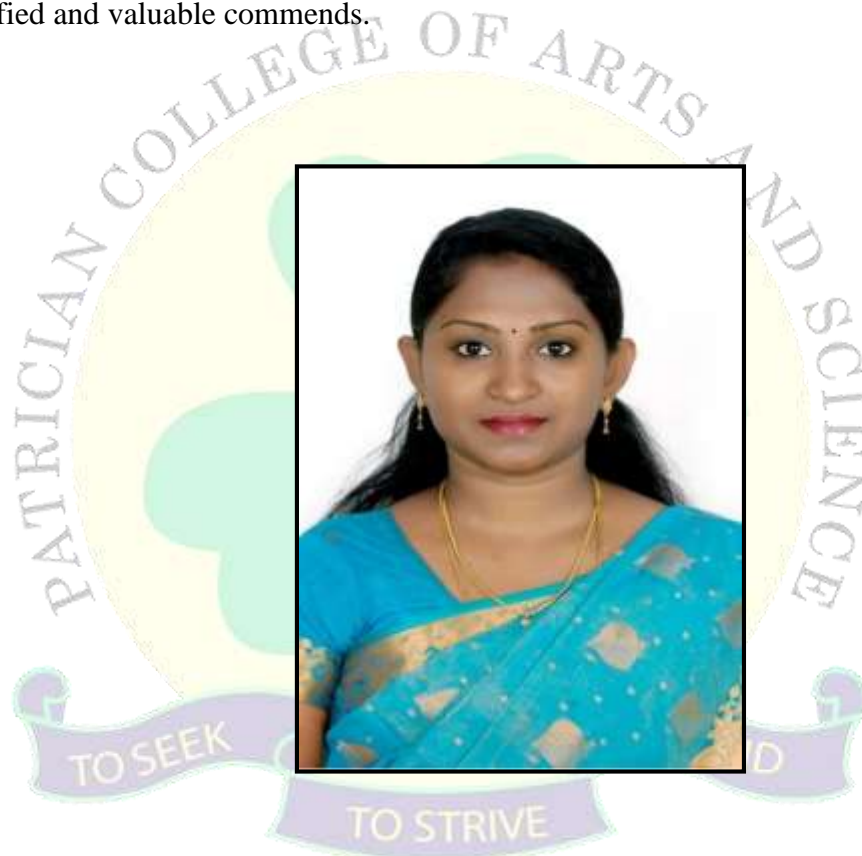
Platform: Zoom

Program Schedule

- Prayer – Pamila Dorathy, Student
- Welcome Address &
Introduction of Resource Person – Mrs. Ajitha Punima, Asst. Prof.
- Felicitation – Dr. Meena, Vice Principal, Shift 1
- Special Talk on – Dr. Tara, Senior Consultant,
Women Health and Wellness Department of Obstetrics & Gynaecology
Sundaram Medical Foundation
Chennai 50
- Vote of Thanks – Dr. Sasikala, Asst. Prof.

Programs conducted by Department of Physical Education to cater to the Mental Health of the Stakeholders

The Department of Physical Education organized live workshop webinar on Yoga for Healthy Life – Stay Fit held on 23rd May 2020 at 4.00pm. The resource person of the event is Yoga Acharya Ms. S. EZHILARASI of Founder Director of Yogalaya Health Care Institute, Vadapalani, Chennai. The total number of registration was 258 and participated 100 members all the participation got the participation e - certificate. The program was overall very nice during the lock down period how to fit our body with the Asana, Pranayama and yogic exercises with asana to demonstrate with clear explanation all the participant very much satisfied and valuable comments.



Ms. S. EZHILARASI, Founder Director, Yogalaya Health Care Institute

Department of Physical Education Organized Online FDP on Women Fitness

PATRONS

Rev. Bro. Johnson Rex Dhanabal
Director & Secretary

Dr. Fatima Vasanth
Academic Director

Dr. Usha George
Principal

Dr. Meena (Shift - I)
Dr. Arakumary Geetha Rufus (Shift - II)
Vice Principals

CONVENORS

Mr. Arulmurugan M
Physical Director
Cell: 98419 29819

Prof. Daniel Felix Joseph Chaithe
IQAC Coordinator

ORGANISING SECRETARIES

Dr. Sathiyavathi P
Physical Director
Cell: 90035 19373

Prof. Kalarajesan C
Assistant Professor
Cell: 96886 60939



**7 DAYS NATIONAL LEVEL
FACULTY DEVELOPMENT
PROGRAMME
ON
WOMEN FITNESS**

17th - 23th June, 2020

ORGANIZED BY
DEPARTMENT OF PHYSICAL
EDUCATION IN
ASSOCIATION WITH IQAC



REGISTRATION DETAILS
Registration Fees: Rs. 150

Account Details:
A/c Name : Patrician College Empowerment Cell
A/c No : 67020010009445
Bank : Union Bank of India
IFSC : UBIN0667021
Branch : St. Michael's Academy

(Note: Payment Screenshot should be submitted while submitting registration form)

Registration Link: <https://forms.gle/8333333333333333>

E-Certificate will be provided

CONTACT
Department of Physical Education,
Patrician College of Arts & Science,
Gandhi Nagar, Adyar, Chennai,
Tamil Nadu 600 020
E-Mail: admission@patriciancollege.ac.in
www.patriciancollege.ac.in

ABOUT OUR COLLEGE

Patrician College of Arts and Science, established in 2001, is a Christian minority co-educational self-financing institution affiliated to the University of Madras. It was instituted by the Brothers of St. Patrick, a congregation established by Bishop Daniel Delany on 2nd Feb 1808, in Ireland. Our College has been accredited 'A' grade by NAAC. Which is 1st Ranked in Tamil Nadu and 27th in India among Non-Autonomous Colleges. The College offers 13 Undergraduate, 6 Post Graduate and 2 M.Phil. Programme in two shifts. The college is headed by Rev. Bro. Johnson Rex Dhanabal, Director and Secretary under his leadership there are 140 committed teaching faculty and 3100 students.



ABOUT OUR DEPARTMENT

The department of Physical Education has been an intrinsic part of the college since its inception in the year 2001. Sports and games is an integral part of the curriculum and the college provides intensive coaching for various sporting events. The college has adequate facilities and competitive standard sports equipment's for the students. The Sports Day conducted annually is a mega event to recognize and appreciate the laurels brought by sports persons to college.

ABOUT FDP PROGRAMME

The Programme aims to bring together academicians, researchers and industry professionals from all over the world especially women to lead a safe and healthy life. The highlight of the programme is to enlighten women on women welfare and self-reliance. This FDP will help participants to have better understanding about the anxiety and fear caused by COVID 19 and way to overcome them.

OBJECTIVES

- To bring awareness on women health and various health issues faced by women.
- To educate women to overcome various sports injuries.
- To help them identify various factors regarding mental health of women.
- To identify the roles and responsibilities of women during COVID 19.
- To improve their fitness and to educate them on continuous nutritional intake.
- To bring about empowerment of women.
- To promote the practice of yoga to stay healthy.

Note

- THE MODE OF CONDUCTING THE PROGRAMME AND THE LINK WILL BE SENT TO YOUR MAIL THE DAY BEFORE THE PROGRAMME STARTS.
- E-CERTIFICATE WILL BE PROVIDED TO THE PARTICIPANTS AFTER SUBMISSION OF SEVEN DAYS FEEDBACK FORM.
- LIMITED SEATS ARE AVAILABLE. HENCE FIRST-COME-FIRST-SERVE-BASIS.
- PARTICIPANTS ARE REQUESTED TO JOIN WHAT'S APP GROUP FOR FURTHER COMMUNICATION.

PROGRAMME SCHEDULE

Timing 11.00 am - 12.00 Noon

Day 1 17-06-2020
TOPIC: WOMEN HEALTH ISSUES



DR. GRACE HELINA
Professor & Head
Department of Exercise Physiology
Tamil Nadu Physical Education and Sports University
Chennai

Day 2 18-06-2020
TOPIC: WOMEN AND SPORTS INJURIES



MR. C.MANOJ
Physiotherapist
Tamil Nadu Physical Education and Sports University
Chennai

Day 3 19-06-2020
TOPIC: WOMEN AND MENTAL HEALTH



DR. SHAHIN AHMED
Professor Sports Psychology
Department of Sports Management and Sports Psychology
& Sociology
Tamil Nadu Physical Education and Sports University
Chennai

Day 4 20-06-2020
TOPIC: RESPONSIBILITIES OF WOMEN DURING COVID19



DR. J. VIJAYATHILAGAM
Assistant Commissioner
Department of Civil Supplies and Consumer Protection
Chennai

Day 5 21-06-2020
TOPIC: FITNESS AND NUTRITION NEVER STOP MOVING



DR. P.UMA DILLIRAJ
Guest Lecturer
Department of Exercise Physiology
Tamil Nadu Physical Education & Sports University
Chennai

Day 6 22-06-2020
TOPIC: WOMEN EMPOWERMENT



PROF. MUMTAZ BEGUM
Professor, Head & Dean
School of Education
Pondicherry University, Pondicherry

Day 7 23-06-2020
TOPIC: YOGA FOR HEALTH



DR.V.VALLI MURUGAN
Assistant Professor
Department of Physical Education
Bharathiar University
Coimbatore

TO STRIVE

7 days National Level Online Webinar for Faculty Development Program on Women Fitness from 17th July to 23rd July 2020.

The Department of Physical Education in association with IQAC organized 7 days National Level online webinar Faculty Development Program on Women Fitness from 17th July to 23rd July 2020. The program schedule timing was 11.00am to 12.00 Noon.

DAY – 1 / 17.06.2020, Topic: Women Health Issues. The Resource Person is **Dr. Grace Helina**, Professor & Head Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai.



Dr. Grace Helina, Professor & Head, Exercise Physiology and Biomechanics,
Tamil Nadu Physical Education and Sports University

DAY – 2 / 18.06.2020 Topic: Women and Sports Injuries. The resource person is **Mr. C.Manoj**, Physiotherapist, Tamil Nadu Physical Education and Sports University, Chennai



Mr. C.Manoj, Physiotherapist, Tamil Nadu Physical Education and Sports University.

DAY – 3 / 19.06.2020, Topic: Women and Mental Health. The resource person is Ms. Shahin Ahamed, Professor, Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai.



Ms. Shahin Ahamed, Professor, Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai..

DAY – 4 / 20.06.2020, Topic: Responsibilities of Women during Covid19. The resource person for the day is **Dr. J. Vijayathilagam, Assistant Commissioner,** Department of Civil Supplies and Consumer Protection, Chennai



Dr. J. Vijayathilagam, Assistant Commissioner, Department of Civil Supplies and Consumer Protection, Chennai.

DAY – 5 / 21.06.2020, Topic: Fitness and Nutrition Never Stop Moving. The resource person for the day is **Dr. P.UMA DILLIRAJ M.Phil, Ph.D, Exercise Physiologist**, Tamil Nadu Physical Education and Sports University, Chennai.



Dr. P.UMA DILLIRAJ M.Phil, Ph.D, Exercise Physiologist, Tamil Nadu Physical Education and Sports University, Chennai.

DAY – 6 / 22.06.2020, Topic: Women Empowerment. The resource person for the day is **Prof. MUMTAZ BEGUM, Professor, Head & Dean**, School of Education Pondicherry University, Pondicherry – 605 014



Prof. MUMTAZ BEGUM, Professor, Head & Dean, School of Education Pondicherry University, Pondicherry

DAY – 7 / 23.06.2020, Topic: Yoga for Health. Dr.V.VALLI MURUGAN; Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore-641046



Dr. V. VALLI MURUGAN; Assistant Professor, Department of Physical Education, Bharathiar University, Coimbatore.

The total number of registrations and participants were 103 members. All the participation got the participation e - certificate. The participants ranged from all over the India. Participants from 14 states, 2 Union territory, and TWO participant from Oman (Muscat) Country. The overall feedback was useful for participants during the lock down period to stay physically and mentally fit.

DETAILS OF THE PARTICIPANTS

OMAN	MUSCAT-2
INDIA	TAMILNADU-52
	ANDHRA PRADESH-11
	MAHARASHTRA-6
	KARNATAKA -5
	ASSAM-4
	RAJASTHAN -4
	UTTARAKHAND-3
	TELANGANA-3
	KERALA-2
	WEST BENGAL-2
	ODISHA-2



	MIZORAM -1
	TRIPURA-1
	PUNJAB-1
UNION	PONDICHERY-3
TERRITORY	DELHI-1
TOTAL	103





CONSOLIDATED FEEDBACK FOR 7 DAYD FDP O N WOMEN FITNESS

7 Day National Level Faculty Development Programme on Women Fitness - Consolidated Feedback Form

84 responses

[Publish analytics](#)

Personal Details

Your Name (in full)

84 responses

Dr. A. KIRUBA JEBASEELI

Dr. M. KALAICHEZHIAN

Neelam Sharma

R KANI

S.Sravan Kumar

E.Natraj Moorthy

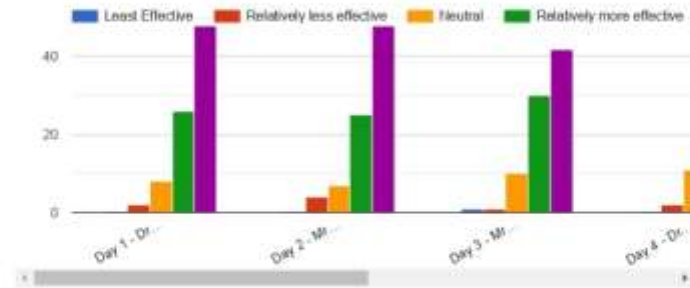
S V RAMANA POLAVARAPU

Saraswati Bisht

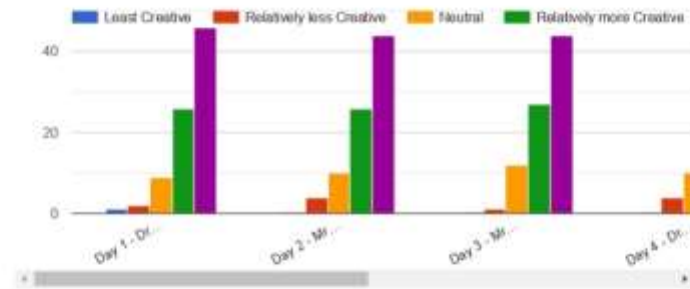
M SATYA VANI

Consolidated Feedback

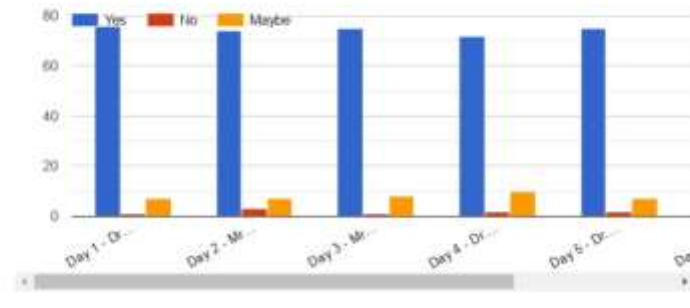
Was the resource person able to convey the session content effectively?



Was the resource person creative in his/her presentation?



Were you able to clearly understand all the information that was presented in the webinar?





Any technical problems faced during the webinar? If yes, please describe

84 responses

No

no

NO

No

Networking problem some time

Excellent

Sometimes network issues that's it

Yes

In between some disturbance thats it.

Give a short feedback about the webinar.

84 responses

Nice

Very useful

Good

Good

Session more timing during the days

It's was excellent and useful session

Super

Excellent workshop on women fitness good initiation

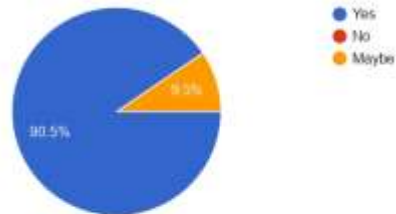
Its good and knowledgeable





Would you like to participate in further webinars and online sessions conducted by us?

84 responses




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Google Forms



Department of Psychology

Report on Patrician-LonePack MoU 2020-2021



26 MAR 2021
TAMIL NADU
Dr. Senthil kumaran
Chennai

9TAB 115298
S. AYATH BASHA
STAMP VENDOR
L.NO.3 / 33 / 2000
No: 43, SEETHAMMAL ROAD
TEYNAMPET, CHENNAI - 18
Phone: 9841640594

Memorandum of Understanding (MOU)

1. Parties:

This MOU is executed between "Patrician College of Arts and Science" (herein referred to as "College"), address - Railway Station, 3, Canal Bank Road, Gandhi Nagar, Behind Kotturpuram, Adyar, Chennai, Tamil Nadu 600020 and

"LonePack", 5/39, Thiruvalluvar Nagar Main Road, Keelkattalai, Chennai, Tamil Nadu - 600117

and executed on 26-03-2021.

2. Purpose:

The purpose of this MOU is to put down the terms and conditions under which "LonePack" and "College" will work together to conduct the services mentioned under Section 4- Services / Support and to put down the process to be followed between the two parties to this MOU.



3. Tenure of MOU:

- (a) This MOU is effective from the date on which it is signed by the Authorities/Head/Director/Managing Director of both the participating organizations to this MOU.
- (b) This MOU shall remain in full force and effect for a period of one year from the date of signing of this MOU.
- (c) Both the parties to this MOU shall decide whether to renew or terminate or amend any of the terms and conditions of this contract within the due date to the MOU and necessary communication to the effect be exchanged by both the parties, before the due date to this MOU.
- (d) This MOU may be terminated by mutual consent, with a thirty-day written notice, which shall be delivered by email / notice sent by Registered Post, mailed to the address listed above.

4. Services / Support

"LonePack" shall provide following support that includes but is not limited to the activities listed below,

- Training along with Learning Management System support to students for completing the "LonePack Buddy Sensitisation course" for providing basic emotional/ mental health support
- Practical exposure to peer-to-peer mental health support systems as volunteers on "LonePack Buddy".
- Volunteering opportunities across research, content and marketing teams.
- Training to conduct outreach programs and mental health workshops for adolescents and young adults.

Most of the training programs and volunteering opportunities shall be facilitated via online forums, including the LonePack website and LonePack Buddy App. However, certain activities may also be conducted on-ground, subject to the consent and availability of the selected students. Selection of students for volunteering opportunities will be subject to standards set by LonePack. All decisions regarding the training and assessing of students prior to providing opportunities shall be taken by the LonePack Team. LonePack reserves the right to terminate the volunteering agreement with a specific volunteer in case of violation of the honour code or failure to meet the requirements of the activity. E-certificate/ Letter of Completion will be provided to the participants after completion of the activities.

"College" shall provide the following support that includes but is not limited to the activities below,

- Supervision/ Advisory support for research activities and overall guidance for LonePack activities, in particular for those involving student volunteers
- Active engagement / participation of students in the volunteering activities
- Communication of the college requirements in timely manner
- Timely feedback on the overall quality of the services

5. General Provisions:

A. Amendments:

Either party may request changes to this MOU. Any changes, modifications, revisions or amendments to this MOU which are mutually agreed upon by and between the parties to this CONTRACT shall be incorporated by written instrument and effective from the date signed by both the parties to this MOU.

**B. Applicable Law:**

This is a legally non-enforceable MOU.

C. Non-Disclosure:

Both parties agree to adhere to a strict "Non-disclosure of any information Agreement" shared across as part of this MOU. The terms and conditions of this MOU and all other financial & other information is strictly confidential.

"College" & "LonePack" agree not to make the terms of this MOU Public. Any information herein shared as part of the Agreement is also strictly confidential and shall not be reused / disclosed without valid consent from the other party.

D. Severability:

Should any portion of this MOU be judicially determined to be illegal or unenforceable, the remainder of the MOU shall continue in full force and effect, and either party may renegotiate the terms affected by the severance.

E. Financials / Commercial

There will be no exchange of monetary benefits

6. Signatures:

In witness whereof, the parties to this MoU through their duly authorized representatives have executed this MoU on the days and dates set out below, and certify that they have read, understood and agreed to the terms and conditions of this MoU as set forth herein.

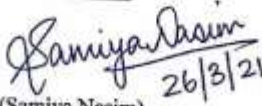
The effective date of this MoU is the date of the signature last affixed to this page.

For Patrician College of Arts and Science,


Academic Director 26/3/21

Date: 26/03/2021

For LonePack,


(Samiya Nasim)
Secretary 26/3/21

Date: 26/03/2021





About LonePack - <https://www.lonepack.org/>

LonePack is an NGO based in Chennai that strives to shatter the stigma that surrounds mental health issues, and their main goal is to start more open dialogue about mental health in a safe and inclusive environment. Run by a group of driven individuals, LonePack has set out to make a difference in society by de-stigmatising, and creating more awareness towards mental health issues and form a strong community of supportive and understanding individuals to help us with our goal.

About the MoU

Date of signing: 26.03.2021

The purpose of the MoU is to form a collaborative relationship wherein students can gain experience across research, content writing and emotional support skills through voluntary activities. While the department can support in providing resources that the organisation may need with respect to manpower and knowledge expertise for their projects.



LonePack Buddy - <https://lonepack.org/app/home> - is a peer-to-peer emotional support platform run by LonePack that provides a safe, anonymous and text-based support through volunteers (called “Listeners”) trained by the organisation.

LonePack Buddy Training Report

Dates: 30/05/2021 - 06/06/2021

Batch: PG 2020-2022

Facilitator: Ms. Divya. C

As a part of the Patrician-LonePack MoU, LonePack Buddy training was provided to interested students and based on their performance during assessment, students were onboarded as “Listeners” for a minimum duration of 3 months

An orientation programme was conducted for all students on 29/05/2021 regarding the MoU, the LonePack Buddy platform and training for volunteers hosted on the platform.

Out of the 26 students in the batch, 6 students enrolled for the training course. This was a one-week, self-paced, online training programme designed to develop sensitised listeners proficient in basic helping skills and psychoeducation. Out of the 6, 3 students had completed the course and 1 student successfully passed all assessments and was selected to be a listener on LonePack Buddy.

Students who registered

Sl.No	Name	Roll number
1	Wiselyn Kiruba. M	E20PYP026
2	Ameera	E20PYP003
3	Vimal A	E20PYP025
4	Lakshmi.S	E20PYP013
5	Sweta Ramakrishna	E20PYP023
6	Iyer Maya Ravichandran	E20PYP010

Students who completed the course successfully

Sl.No	Name	Roll number
1	Iyer Maya Ravichandran	E20PYP010



2	Vimal A	E20PYP025
3	Ameera	E20PYP003

Students selected as Listeners on LonePack Buddy

Sl.No	Name	Roll number
1	Vimal	E20PYP025

Vimal has volunteered on LonePack Buddy from June 2021 to October 2021 and has had 8 conversations on the platform since with high user satisfaction rating (>3) for his conversations (as reported by the organisation)



Registered under the Tamil Nadu Societies Registrations Act, 1975

www.lonepack.org
engage@lonepack.org

To whomsoever it may concern,

It's my pleasure to write that the services of Vimal have been found satisfactory during his stint of volunteering with LonePack.

Vimal joined us as a volunteer in June 2021. He worked as a "Listener" on our LonePack Buddy project till October 2021. His role included providing anonymous, empathetic listening and support to those who reached out when they needed someone to talk to. They were able to adequately provide support to people they were connected with.

His work ethic and interest was well appreciated by everyone in the team.

It was a pleasure to have Vimal on our team and we wish him best of luck in his future endeavours.

Best,



Siddhaarth Sudhakaran
Treasurer
The LonePack Society
26 January 2022

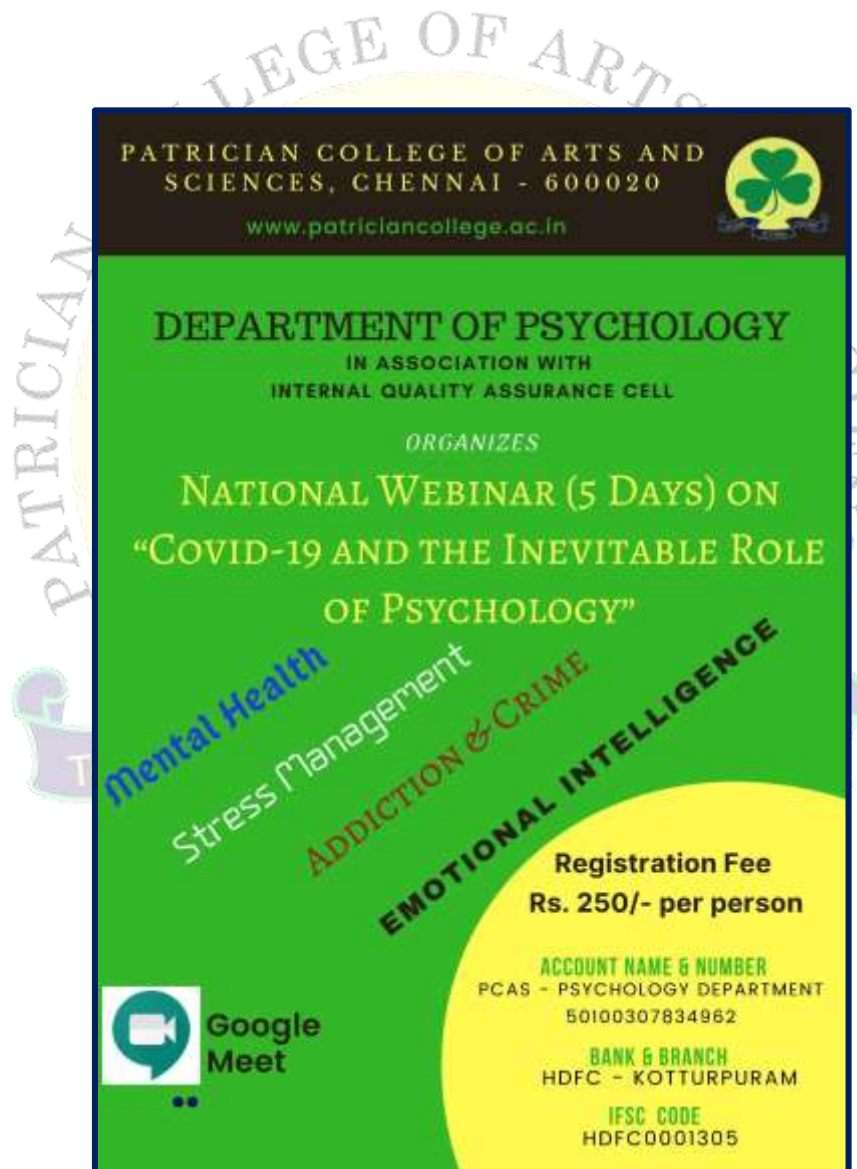
DEPARTMENT OF PSYCHOLOGY

WEBINAR REPORT

Name of the Programme: COVID - 19 and the inevitable role of Psychology

Objectives of the Programme: To help individuals improve their mental well-being by sensitizing them about its importance during the wake of the COVID - 19 pandemic

Invitation:



The poster is for a National Webinar organized by the Department of Psychology at Patrician College of Arts and Sciences, Chennai. It features a green background with a yellow banner at the bottom. The text is in white and yellow. The top section includes the college's name, address, and website. The middle section states the webinar's title and topics. The bottom section provides registration details, including a fee and bank information. A Google Meet logo is also present.

PATRICIAN COLLEGE OF ARTS AND SCIENCES, CHENNAI - 600020
www.patriciancollege.ac.in

DEPARTMENT OF PSYCHOLOGY
IN ASSOCIATION WITH
INTERNAL QUALITY ASSURANCE CELL
ORGANIZES
NATIONAL WEBINAR (5 DAYS) ON
"COVID-19 AND THE INEVITABLE ROLE
OF PSYCHOLOGY"

Mental Health
Stress Management
ADDICTION & CRIME
EMOTIONAL INTELLIGENCE

Registration Fee
Rs. 250/- per person

ACCOUNT NAME & NUMBER
PCAS - PSYCHOLOGY DEPARTMENT
50100307834962

BANK & BRANCH
HDFC - KOTTURPURAM

IFSC CODE
HDFC0001305

Google Meet

Programme Schedule:



The poster is for a 5-day national level webinar. It features a yellow background with a green central area containing text. At the top is the NAAC logo. The text is organized into five days, each with a topic and a speaker. At the bottom, contact information is provided. A large, faint watermark 'PATRICIAN OF SCIENCE' is visible across the poster. At the very bottom, a purple banner contains the text 'TO SEEK TO FIND TO STRIVE'.

DAY 1 (22/06/2020)
PRIORITISING MENTAL HEALTH OF STUDENTS
Dr.Suresh Kumar, Assistant Professor of Psychology,
American College, Madurai

DAY 2 (23/06/2020)
STRESS MANAGEMENT
Mr.Elayaraja, Counselling Psychologist,
Kavithalaya Counselling Centre, Chennai

DAY 3 AND 4 (24 & 25/06/2020)
ADDICTION AND CRIME
Mrs.Mary Helan, Counsellor, TTK Hospital, Chennai

DAY 5 (26/06/2020)
**EMOTIONAL INTELLIGENCE
AS MIND SANITIZER AND GRACE MASK**
Dr.Krishna Bhatt, Ex Army, Assistant Professor of
Psychology, Kristu Jayanti College, Bengaluru

Contact
Dr. Magaveera Nagappa K - 9944148147
Ms. Pavithra L.N. - 9884095808
Mr Senthil Kumaran J - 9500630594
Dr. Ilakkiya L - 9840157874

TO SEEK TO FIND TO STRIVE

Report of the Programme

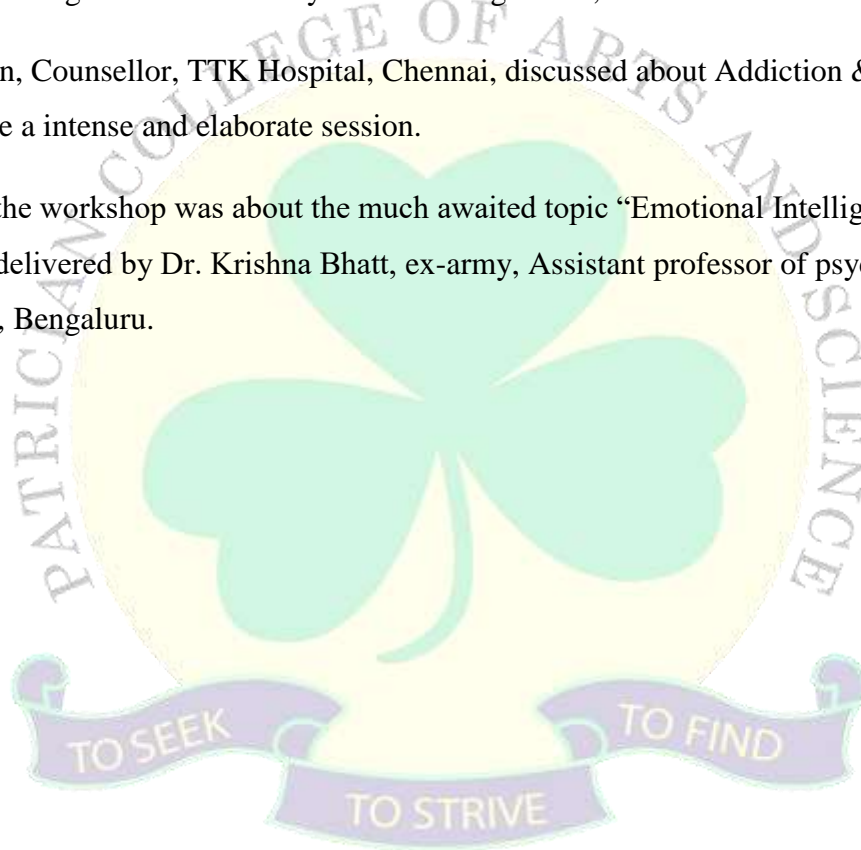
The Department of Psychology in association with internal quality assurance cell has organized a 5 day National level webinar on “**COVID -19 AND THE INEVITABLE ROLE OF PSYCHOLOGY**”. The webinar took place from 22/06/2020 - 26/06/2020. The registration fee per individual is Rs.250/- and the webinar happened via google meet.

The chief guest for the first day 22/06/2020 of the program was Dr. Suresh Kumar, Asst. Professor of Psychology, American College, Madurai and he spoke on the topic “Prioritizing mental health of students.”

The second day 23/06/2020 was about Stress management and the resource person was Mr. Elayaraja, counselling psychologist from kavithalayaa counselling centre, Chennai.

Mrs. Mary Helan, Counsellor, TTK Hospital, Chennai, discussed about Addiction & Crime for 3,4th day...It was quite a intense and elaborate session.

The last day of the workshop was about the much awaited topic “Emotional Intelligence as mind sanitizer & grace mask” delivered by Dr. Krishna Bhatt, ex-army, Assistant professor of psychology Kristu jayanthi college, Bengaluru.

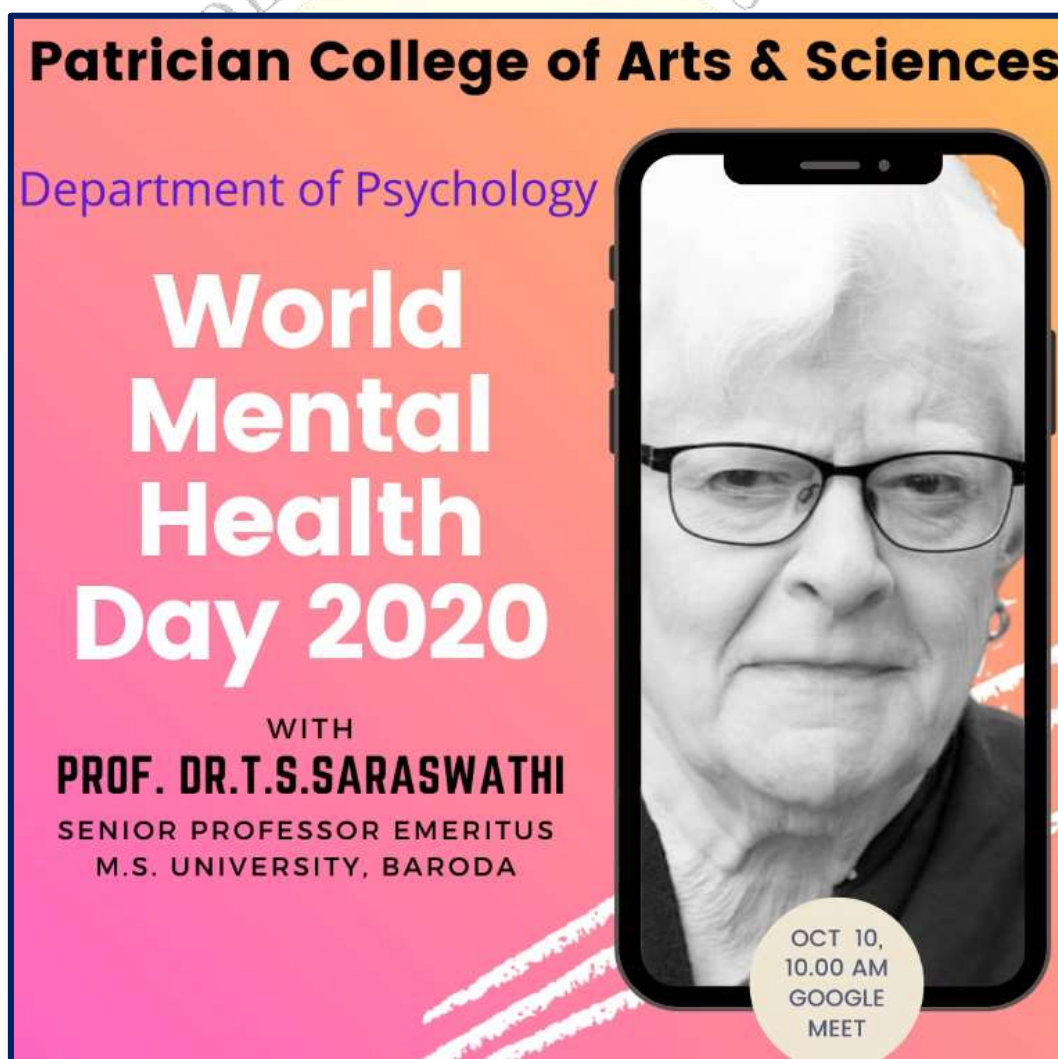




DEPARTMENT OF PSYCHOLOGY

WEBINAR ON “MENTAL HEALTH FOR ALL”

On 10th October 2020, the Department of Psychology observed World Mental Health Day 2020. The occasion was coupled with the inauguration of Insight the departmental association. A special talk was given by Prof. Dr. TS Saraswathi, Senior Professor Emeritus, M.S. University, Baroda. The slogan for the day was Mental Health for All! Greater Investment – Greater Access. Everyone, Everywhere. Intradepartmental competitions were also conducted on the same day to commemorate the occasion.

INVITATION






PATRICIAN COLLEGE OF ARTS AND SCIENCE
Affiliated to the University of Madras & Accredited 'A' Grade by NAAC.
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

Department of Psychology

Celebrates


World Mental Health Day - 2020
Mental Health for All!
Greater Investment - Greater Access.
Everyone, Everywhere



**Inauguration of
Insight -
Psychology
Association**

**Welcoming the
Freshers**

**Intra-Departmental
Competitions**



CHIEF GUEST
PROF.DR. T.S. SARASWATHI
Senior Professor Emeritus,
M.S. University, Baroda

10/10/2020
10.00 AM

***Mental Health for All!
Greater Investment - Greater Access.
Everyone, Everywhere***

Schedule of Events

Thamizh Thaaai Vaazhththu

Prayer

Welcome Address

Introducing the Chief Guest

Chief Guest's Message

~

INAUGURATION OF INSIGHT

Psychology Association

~

WELCOMING FRESHERS

~

INTRA-DEPARTMENTAL COMPETITIONS

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Vote of Thanks


National Anthem

DEPARTMENT OF SOCIAL WORK


VIRTUAL CONFERENCE ON CO-CREATIVE POSITIVE AND SUSTAINABLE URBAN DEVELOPMENT

On 25th July 2020, as a part of the National Virtual Conference on Co-creating Positive and Sustainable Urban Environment, the 5th session was on Physical and Mental Health during which Dr. Anita Victor, Medical Officer and Acting Medical Superintendent, Reynolds Memorial Hospital, Washim, Maharashtra, addressed the students and faculty participants covering the aspects related to physical and mental health within the purview of a sustainable environment in an urban setting


INVITATION



PATRICIAN COLLEGE OF ARTS AND SCIENCE
 A Christian Minority Institution
 Affiliated to the University of Madras & Accredited "A" Grade by NAAC
 Ranked 1st in TN & 27th Among The Top Non-Autonomous College in India
 3, Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600 020, Tamil Nadu



Department of Social Work
in Collaboration with




WORLD VISION INDIA

Organizes a National Virtual Conference on






CO-CREATING A POSITIVE & SUSTAINABLE URBAN ENVIRONMENT

INAUGURAL ADDRESS



Dr. Fatima Vasanth
ACADEMIC DIRECTOR
PATRICIAN COLLEGE OF ARTS & SCIENCE

TECHNICAL SESSION MODERATORS

	<p>SESSION: URBAN AND CHILD LABOUR</p> <p>Dr. Helen Sekar SENIOR FELLOW V.V GIRI NATIONAL LABOUR INSTITUTE</p>	<p>Date: 24.07.2020 Time: 10:00 AM - 12:00 PM</p>
	<p>SESSION: FAMILY WELL BEING</p> <p>Dr. Poongkodi MBBS, MRC Psych (UK) CONSULTANT ADULT, CHILD ADOLESCENT PSYCHIATRIST, BEHAVIOURAL COUNSELLOR FORMER CONSULTANT IN MANCHESTER(UK)</p>	<p>Date: 24.07.2020 Time: 02:00 PM - 04:00 PM</p>
	<p>SESSION: MIGRANTS AND LIVELIHOOD</p> <p>Dr. Debolina Kundu, Professor NATIONAL INSTITUTE OF URBAN AFFAIRS (NIUA)</p>	<p>Date: 25.07.2020 Time: 10:00 AM - 12:00 PM</p>
	<p>SESSION: HEALTH (PHYSICAL AND MENTAL HEALTH)</p> <p>Dr. Anita Victor MEDICAL OFFICER & ACTING MEDICAL SUPERINTENDENT, REYNOLDS MEMORIAL HOSPITAL, WASHIM, MAHARASHTRA</p>	<p>Date: 25.07.2020 Time: 02:00 PM - 04:00 PM</p>
	<p>Dr. Kalyani Gopal PRESIDENT- ELECT, DIV 12- SOCIETY FOR CLINICAL PSYCHOLOGY, AMERICAN PSYCHOLOGICAL ASSOCIATION, MID-AMERICAN PSYCHOLOGICAL AND COUNSELING SERVICES, PC.</p>	

Date: 24th & 25th July 2020
Time: 10:00 AM to 12:00 PM &
02:00 PM to 04:00 PM

Platform : Google Meet
Registration link : <https://forms.gle/vn72Vdp23jhsABbaLE>

Dr. Sindhu Sivan
Head, Dept of Social Work

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S. Arocklaram
Director & Secretary



PROGRAMME SCHEDULE

DAY 1 - 24th July 2020

Time	Inaugural Session	
10:00 AM to 10:30 AM	<i>Prayer</i>	<i>Peter</i> II MSW Patrician College of Arts & Science
	<i>Welcome Address</i>	<i>Ms. Usha Jose</i> Associate Professor Department of Social Work Patrician College of Arts & Science
	<i>Inaugural Speech</i>	<i>Dr. Fatima Vasanth</i> Academic Director Patrician College of Arts & Science
	<i>Key Note Address</i>	<i>Mr. Madhav Bellamkonda,</i> CEO & National Director, World Vision India
Time	Panel Discussion	Panel Moderators
10:30 AM to 12:00 NOON	PAPER PRESENTATION <i>Urban and Child Labour</i> 1. Mr. Francis Dhivakar 2. Bro. John Clinton 3. Ms. Jothi Sharma	<i>Dr. Helen Sekar</i> Senior Fellow V.V Giri National Labour Institute
	Felicitation of the Moderator	<i>Dr. Anjana</i> Senior Director, Special Projects, World Vision India
02:00 PM to 04:00 PM	PAPER PRESENTATION <i>Family well being</i> 1. Ms. Kalaimani Thomas 2. Ms. Angeline Nivedha 3. Ms. Aishwarya Gopinath	<i>Dr. Poongodi Bala MBBS, MRC Psych (UK)</i> Consultant Adult, Child Adolescent Psychiatrist, Behavioural Counsellor Former Consultant in Manchester (UK)
	Felicitation of the Moderator	<i>Ms. Clara Raphael</i> Head, My City Initiative, World Vision India,



DAY 2 - 25th July 2020

Time	Panel Discussion	Panel Moderators
10:00 AM to 12:00 NOON	PAPER PRESENTATION <i>Migrants and livelihood</i> 1. Ms. Anne Carolin 2. Ms. Shrivanthi Rekha 3. Mr. Giffin Jose	Dr. Debolina Kundu, Professor National Institute of Urban Affairs (NIUA)
	Felicitation of the Moderator	Dr. Anjana Senior Director, , Special Projects, World Vision India
02:00 PM to 04:00 PM	PAPER PRESENTATION <i>Health (Physical and Mental Health)</i> 1. Mr. Jijo Joy 2. Ms. Mukshita Y. Dhurugadharia 3. Ms. Tanya Stephanie Monteiro	Dr. Anita Victor Medical Officer & Acting Medical Superintendent, Reynolds Memorial Hospital, Washim, Maharashtra Dr. Kalyani Gopal President- Elect, Div 12- Society for Clinical Psychology, American Psychological Association, Mid-American Psychological and Counseling Services, PC.
	Felicitation of the Moderator	Ms. Reena Rachel Assistant Professor Department of Social Work Patrician College of Arts & Science

Time	Valedictory Session	
4.00 PM to 4.30 PM	<i>National Virtual Conference Report</i>	Ms. Divya.J Assistant Professor Department of Social Work Patrician College of Arts & Science
	<i>Valedictory Speech</i>	Mr. Jomon Baby Group Director- Operations World Vision India
	<i>Vote of Thanks</i>	Dr.Sindhu Sivan Head Department of Social Work Patrician College of Arts & Science

Organised by: - Department of Social Work, Patrician College of Arts & Science and World Vision India.