

World Mental Health day Celebrations – 10th October 2018

Preamble:

Yoga mainly emphasize on the concept of holistic health, which includes the physical, emotional, social, mental and spiritual aspects of well-being, as envisioned by World Health Organization (WHO). Mental health is nothing but a state of well-being in which every individual, realizes his or her own potential, able to cope up with the normal stresses of life, can work productively and fruitfully and is able to make a significant contribution to community (WHO).

As all of us are aware that, world mental health day is celebrated on October 10th every year. Therefore, JSSINYS has taken an initiative with the support of JSS Mahavidyapeetha, Mysore to commemorate mental health day Oct'10 2018, by organizing one day seminar cum Exhibition (Application of Naturopathy and Yoga on Mental Health). Also, as a part of mental health day, the virtual program on “Yoga for mental health” was organized with NIMHANS Integrated Centre for Yoga (Dept of Telemedicine) support scheduled on Oct 12th, between 2.00 & 4.30Pm at JSSINYS.

Organizing Chairman: Dr.Naveen G H (PRINCIPAL, JSSINYS)

Organizing Secretary: Dr. Jincy and Dr. Vibhas

Aims and objectives of the Program

- To create awareness about Yoga and mental health among faculties and students
- To create awareness on “Evidence based Yoga and Naturopathy on mental health ” among faculties and students
- To exhibit creative skills of students

Seminar cum Exhibition on October 10th 2018

Participants: Teaching faculty,
BNYS students

Venue: Multipurpose Yoga Hall

Sl.No	Time	Activities	Chief guest/ Guest of Honour/Speaker
1	09.30 am	Invocation	Ms. Kirthiga IV BNYS Ms. Amudhavarshini III BNYS Ms. MonishaSaravanan III BNYS
2	09.35 am	Lighting the lamp	Dignitaries
3	09.40 am	Welcome Address	Dr.Vibhas. K Asst. Professor
4	09.45 am	Presidential Address	Dr. Naveen. G. Halappa Principal cum CMO JSSINYS, Coimbatore
5	09.50 am	Address by Chief Guest	Dr.DuraipandiArunachalam Ph. D (NIMHANS) HCPC (UK), BACP (UK) International Mental Health consultant &Trainer
6	09.55 am	Certificate Distribution	Chief Guest
7	10.05 am	Vote of thanks	Dr.Sharmila. G.S Asst. Professor
8	10. 10am	Yoga demonstration	III BNYS
9	10.15 am	Lecture	"Overview on Psychiatric disorders" Dr.DuraipandiArunachalam

10	11.00 am	Lecture	“Management of Psychiatric disorders through Yoga and Naturopathy” Prof.Dr. Naveen. G. Halappa
----	----------	---------	---

11.30 am onward : **“The blissful mind”–Exhibition**

Posters & models on trending psychological disorders & its management

Venue : Lecture Hall 1 & Board Room

Participants : Students of II BNYS, III BNYS, IV BNYS

Judges : Prof. Dr. Naveen. G. Halappa

Dr. JincySundaran

Dr. Dinesh. S. A

World Mental Health day – 10th October 2018 Seminar cum Exhibition

Inaugural function

Mental health is becoming the challenging and uprooting crisis in the haphazardly growing technological world. On October 10th 2018, as part of World Mental Health Day, JSSINYS organized an internal seminar cum exhibition for the students and faculty members.



The Program started by 10.00 am at the multipurpose yoga hall. Ms. Aswathika and Ms. Venkatalakshmi of III BNYS were the Masters of Ceremony. The invocation with a prayer song was sung by our students (Ms. Kirthiga, Ms. Amudhavarshini, Ms. Monisha Saravanan). Dr.Vibhas K, Asst. Professor welcomed the dignitaries. The program was inaugurated by lighting the lamp



by the dignitaries. The Presidential address was given by Prof.Dr. Naveen G. Halappa, Principal, JSSINYS who outlined the activities for the day. This was followed by the Chief Guest address by Dr.DuraipandiArunachalamPh.D (NIMHANS), HCPC (UK), BACP (UK), International Mental Consultant and Trainer, Natchiyar Mind Care who rendered his wishes for the program. The inaugural function concluded with the vote of thanks by Dr. Sharmila G. S, Asst. Professor.

Seminar

The first lecture session was by Dr. Duraipandi Arunachalam on the topic **“Overview of Psychiatric Disorders”** with the focus on problems related to adolescence as our participants were students from all the batches of BNYS. The session was very interactive and was very useful to our students. The psychological management of the current brooding psychological issues were highlighted and the students were very receptive and asked many questions in this regard. The session went on for an hour.



The next session was by Prof. Dr. Naveen. G. Halappa, on the topic Management of Psychiatric Disorders through Yoga and Naturopathy. This was really a mind opening session as the students were able to get an overview of how Naturopathy and Yoga could be inculcated in treating mind related problems in an evidence based scientific way. The talk boosted the confidence levels of students in treating psychological illnesses.

Certificate Distribution



Certificates for the students who had participated in the Yoga competition and the Guinness world record event held at Mahabalipuram, Chennai were distributed by the Chief guest and our Principal. Dr. Selva Meenakshi who was the co-ordinator for this event announced the names of the winners and the participants.

Exhibition

An exhibition ‘The Blissful Mind’ was organized in which students were encouraged to make posters and models on trending psychological disorders and its management.

There were about 27 topics including depression, ADHD, phobia, etc., with more than 70 participants.

Dr. Naveen G. Halappa, Dr. Jincy Sundaran and Dr. Dinesh judged the exhibited models and posters based on the concept, creativity and presentation by the participants. After scrutiny by the judges the prizes were declared.

The winners were as follows:

SNO	Year	Prize	Winners	Theme
1.	IV year	I	Gokulvani & Co	ADHD
2.		II	Meghala & Co	Fearless feminist
3.	III year	I	Khushboo & Co	Hallucinations
4.		II	Madhumitha. V & Co	Free Radicals
5.	II year	I	Athiray & Co	Phobia
6.		II	Bharath Balu & Co	Narcissistic personality
7.	II year	Consolation	Poovizhi & Co	Bullying

The exhibits were displayed for two days for visit by guests, parents and inpatients.

Few exhibits

