

Loyola College (Autonomous)

Chennai - 600 034

World Mental Health Day 2016

WHO website states “World Mental Health Day is observed on 10th October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.” The theme for this year is **Psychological First Aid.**

Loyola Counselling Center (LCC) which strives to promote mental health among the student population of Loyola College commemorates World Mental Health Day every year since its inception and this year was no exception. Since the Pooja holidays fall on 10th October, the commemoration was held on 13th October 2016.

Program proceedings

Morning Session

This session was held from 11:45 am to 1:15 pm and Dr. R. Subhashini, Dean, Madras School of Social Work, was the Chief Guest and addressed the students on the designated theme of Psychological First Aid and Dr. G. Gladston Xavier, Head of Department, Social Work, Loyola College gave the presidential address.

During the question and answer sessions, the participants who were from the departments of Sociology and VISCOM enthusiastically interacted with the panelists and had their queries answered.

Afternoon Session

For the session that was conducted from 2:45 pm to 4:15 pm, Dr. Sheela Julius, HOD, Department of Applied Psychology, Rajiv Gandhi National Institute of Youth Empowerment, was the Chief Guest and had an interactive session with the students on the theme given by WHO for this year.

The audience comprised of the third year under graduate students from the departments of BBA, VISCOM, Commerce, B.Com (Corporate) and Economics. This meeting was presided by Dr. Fatima Vasanth, Deputy Principal, Loyola College.

Moments captured during the morning session



Dr. G. Gladston Xavier, Head of Department, Social Work, Loyola College, delivering the presidential address



Ms. Yazhini welcoming the Guests of Honor



The Chief Guest addressing the students on the theme "Psychological First Aid"



A student interacting with the panelists during the Q & A session



Panelists answering a query posed by a student



A student receiving a gift as a token of appreciation for his active involvement in the session





Portion of students' gathering from the departments of Sociology and VISCOM

Visuals taken during the afternoon session



Dr. Sheela Julius interacting with the students



Dr. Fatima Vasanth, Deputy Principal, delivering the presidential address



Panelists taking a question from the audience



The view of the participants who were in attendance for this session



Students who actively participated during the sessions were acknowledged

Banners and TV displays

There were two banners which were installed within the campus and a power point presentation on the theme “Psychological First Aid” was displayed via TV across the campus.

