



UNIVERSITY OF MYSORE

Department of Studies in Social Work

Manasagangothri, Mysuru

Social Work Students Forum - 2022-23

One Day Workshop on

"HOW IMPORTANT IS MENTAL WELLNESS TO YOU?"

Resource Persons

Biju Kumar
CEO
Transform Happily

Susma Varadaraj
COO
Transform Happily

Sheeca Ganapathy
Therapists
Transform Happily

Maria Veeresh
Therapists
Transform Happily

Anna Chatterjee
Therapists
Transform Happily

Presence

Dr. Chandramouli
Associate Professor
Department of Studies in Social Work
University of Mysore, Manasagangothri, Mysuru

Date : 06/04/2022

Place : Seminar Hall, Department of Studies in Social Work

Time : 11 am to 2 pm

Manasagangothri, Mysuru

Dr. Jyothi H.P.

Chairperson

Department of Studies in Social Work
University of Mysore
Manasagangothri, Mysuru

Faculty Members, Staff, Research Scholars and Students

A report on the one-day workshop on “How important is Mental Wellness to You” for MSW Students Manasagangothri Mysuru Collaboration with Transform Happily

Date: 06 April 2022

Time: 10 am to 2 pm

Venue: Seminar Hall, Department of studies in social work, University of Mysore
Manasagangothri, Mysuru

Mental health and psychosocial wellbeing are one of the most neglected areas in our country. The National Mental Health Survey (2016), reports almost one hundred fifty million citizens of our country needing care and support for their mental health wellbeing. Additionally, it was discovered that between seventy to ninety percent of these people failed to receive early, timely and quality intervention. According to World Health Organization (WHO) the self-harm rates in the adolescent age group are found in the highest numbers at a global level. Emotional stress and other concerns are a major contributing factor for most of the physical illnesses. Mental healthcare providers like psychiatrists, clinical psychologists, counselors and allied professionals agree that early intervention can prevent many future mental health conditions. Therefore, it is important to have widespread awareness to address the mental health challenges faced by students. Counselors are specifically trained to handle behavioral and emotional challenges faced by children and adolescents. They are attuned to understand the struggles of students. Teachers also receive practical training in child development. The University of Mysore, Department of Studies in Social Work, in Association with Transform Happily foundation, Mysuru, Had organized a one- day workshop on “**How important is Mental Wellness to You**” on the 06th of April 2022.

The programme began with a formal invocation prayer, which was led by Ms. Asha and Team-students for Social work department.

The welcome address was given by Ms. Smitha, 1st year Student DoS in social work, UoM, Manasagangothri, Mysuru. All the dignitaries on the dais and off the dais, the faculty community, research scholars, members of the media and non-teaching staff were welcomed to the gathering. As a token of recognition each guest on the dais was given a small book on literature.

The formal inauguration of the workshop was facilitated through the watering of plant, the inaugural address was delivered by Mr. Biju Kumar, CEO Transform Happily Foundation. The speeches invoked about a brief introduction on transform happily foundation, his experience on collaboration with other institutions and explained about mental wellness how they work with people in order to get happiness. Further, the programme was accomplish by Mrs. Archana, Admin, with Anna Chatterjee, Therapists, Transform Happily foundation addresses the MSW students about the importance of Mental wellness mental health concern like stress, anxiety, bullying, learning disability, and/or alcohol and substance abuse. A large number of students do

not receive the attention and care they need because of the prevalent stigma associated with mental illnesses.

Second session by Ms. Sheeca Ganapathy, Therapists, Transform Happily foundation enlightened on “Self Care”, “Self Love” and “ Self awareness” and Laughter therapy aims to get people laughing in both group and individual sessions and can help reduce stress, make people and employees happier and more committed, as well as improve their interpersonal skills. Further, the team of Transform happily conducted the “Role Play” regarding the family therapy, Individual emotions and generational gap.

Third session by Ms. Maria Veeresh Therapists, Transform Happily foundation conducted the session on Art therapy with all the students, Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship. She made the students to draw a pictures of the both Positive and Negative feelings of them. She told the students to express their feelings (if they are comfortable) few students shared their positive as well as negative feelings.

Feedback from the participants

Dr Jyothi H.P, Chairperson, DoS in social work Manasagangothri, Uom shared her gratitude to the team of transform happily foundation and Social work department again wants to collaborate with them be supposed to organize one more programme.

Dr. Dr. Chandramouli, Associate professor, our professor shared his feelings with his personal experience on mental health and the workshop was an eye opener for relevant concepts, and he thanked Mr. Biju Kumar and his team.

The workshop was concluded with Vote of thanks by Ms. Sanjana 1st year MSW student, to all the team members of Transform Happily Foundation, Teaching, Non Teaching staff and all students.









