



University of Mysore
Department of Studies in Social Work
in association with
District Mental Health Programme
District Health and Family Welfare Department
Mysuru District
organising One Day Workshop on



Mental Health
for the Faculty Members on the occasion of
World Mental Health Day

Date: 28.10.2021
Time: 10 AM to 1.15 PM

Venue: BM Sri Auditorium,
University of Mysore,
Manasagangothri, Mysuru

Inauguration by: Prof. G. Venkatesh Kumar

Professor & Chairman

DoS in Psychology

Dean, Faculty of Science and Technology

University of Mysore, Manasagangothri,

Mysuru

Guests: Dr. Prasad H K

District Health & Family Welfare Officer

District Health &

Family Welfare Department

Nazarbad, Mysuru

Dr. Manju Prasad M S

District Mental Health Programme Officer

District Health & Family Welfare Department

Nazarbad, Mysuru.

Resource Person : **Dr. Bharath D. U, Psychiatrist**
District Mental Health Programme
District Health and
Family Welfare Department,
Nazarbad, Mysuru

Presided by : **Dr. Jyothi H P**
Associate Professor & Chairperson
DoS in Social Work
University of Mysore,
Manasagangothri, Mysuru.

Presence : **Dr. Chandramouli**
Associate Professor
DoS in Social Work
University of Mysore,
Manasagangothri, Mysuru

Note:

Registration Fee: Rs.100

We request the participants to bring Bank Account Number and IFS Code (IFSC) of the bank.

Contact No : 9480732053 / 6362610215

All are Welcome

A report on the one-day workshop on "Mental Health for the faculty members on the occasion of World Mental Health day"

Date: 28 October 2021
Time: 10 am to 1.15 pm

Venue: BM Sri Auditorium
University of Mysuru
Manasagangothri, Mysuru

The world mental health day is celebrated on the 10th of October 2021, the theme for 2021 being: **"Mental health care for all: let's make it a reality"**. The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted. To understand the discourses better, The University of Mysore, Department of Studies in Social Work, in Association with District Mental Health Programme, District Health and Family Welfare Department Mysuru District, Had organised a one- day workshop on **"Mental Health for the faculty members on the occasion of World Mental Health day"** on the 28th of October 2021.

The programme began with a formal invocation prayer, which was led by Ms. Raksha and Team-students for Social work department. The welcome address was given by Dr. Chandramouli, Associate professor, 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 Prof. G. Venkatesh Kumar, Professor & Chairman, DoS in Psychology, Dean, Faculty of Science and Technology, UoM, Manasagangothri, Mysuru. The speech invoked the gathering's attention of the new fourth monkey added to the Gandhian depiction of three monkeys not only see, hear and speak but also need for good and health thoughts and how mental health is affected by negative thoughts and stress.

The chief guest Dr. Prasad HK, District Health and Family Welfare Officer, District Health & Family Welfare Department, Nazarbad, Mysuru, addressed the gathering and congratulated the University of Mysore and DoS Social Work Manasagangothri for the association with the District Health & Family Welfare Department and for hosting the workshop also he extended his support for the future events and to nurture the association.

The presidential address was given by Dr. Jyothi HP, Associate Professor and Chairperson, DoS in social work, UoM, Manasagangothri, Mysuru. Who invited each of the participants and members and oriented the need for mental health during the current post pandemic adjustments, specially to the faculties who were adapting to online and now getting back to offline and balancing our deliverance of subject matter to the students. She wished a happy learning to all present and to take advantage of the workshop.

The formal inauguration ceremony was wound up with vote thanks casted by Dr. Gangadhar, Guest faculty, DoS in social work, UoM, Manasagangothri, Mysuru. Who personally and on behalf on the DoS in social work, UoM, Manasagangothri, Mysuru thanked each of the guests, our honourable Vice Chancellor, Registrar, Chairperson, faculty members, Scholars and Non-teaching staff, media persons and students for all the support.

The event was also graced by Dr. Bharath D U, Psychiatrist, District Mental Health Programme, District Health & Family Welfare Department and also Dr. Manju Prasad MS District Mental Health Programme Officer, District Health & Family Welfare Department, Nazarbad, Mysuru

The second phase of the event **workshop on "Mental Health for the faculty members on the occasion of World Mental Health day"** was led by Dr. Bharath D U, Psychiatrist.

The workshop began with understanding few commonly used mental health related terms, like anxiety, léthargy, fatigue, sadness, crying, negative thoughts, sleeplessness, too much sleep, doubt, hallucination, behaviour issues, fear, shyness etc. All these issues are very commonly seen in our colleagues, family members, spouses and relatives. We consider them normal occurrences but these behaviour on degree of extremeness when they continue even after 15 days.

Sadness prolonged will lead to depression, in this also severe and extreme level leads to suicidal tendency. The causes like death, financial loss can affect a person, may be a week or 10 days anything which goes beyond 15 days, months together is a warning bell and needs medical care, more specifically mental health care. Alcoholism or substance abuse follows the same cycle, which can be helped with medication and counselling.

A very relevant question was asked which was the main point of the workshop "what is stress" after different opinions and discussion we were asked to note down specific points as to "what are the sources of stress?" - Environmental, Interpersonal, intrapersonal, Physiological etc.

no generic statements but specific points. The ways to handle stress – REMOVE | CHANGE | ACCEPT was discussed and we were asked to mark the listed sources with these three and understand how we remove it, change it and accept it to delay better with our self. Problem Solve and Set achievable goal, time management, communicate and connect better.

6 "P" Rule – Praise Profusely in Public and Punish Poorly in Private.

Feedback from the participants

Dr. Dr. Chandramouli, Associate professor, our professor shared that a lot of myths and misconceptions were cleared and the workshop was an eye opener for relevant concepts, and he thanked Dr. Bharat and his team.

Dr. Rekha, Guest Faculty also shared that she has been a person suffering with Anxiety from past 15 years along with medication and counselling she has been working well. But after being part of the workshop she will explore the new accept and change attitude and will further seek the free government counselling camp help through the District Mental Health Programme Officer, District Health & Family Welfare Department. She thanked the organisers for a well though workshop.

The workshop was concluded with presentation of mementos to Dr. Bharat and his team from District Mental Health Programme Officer, District Health & Family Welfare Department, Mysuru, also followed by lunch. The workshop was attended by 100 participants, who had registered by paying Rs. 100, a folder containing a flyer on mental health and session at various location, note pad and pen was given to each participants. A certificate of participation from the University of Mysore, also signed by District Health & Family Welfare Department, Mysuru was distributed. A TA/DA of Rs. 400 will be transferred to the attending participants from the District Health & Family Welfare Department, Mysuru.

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transferred to the attending participants form the District Health & Family Welfare Department,
Mysuru.



ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಕಾರ್ಯಸೌಧ,
ಕ್ರಾಫರ್ಡ್ ಭವನ, ಮೈಸೂರು

ವಿಷಯ: ಬಿ.ಎಂ.ಶ್ರೀ ಸಭಾಂಗಣವನ್ನು ಉಪಯೋಗಿಸಿಕೊಳ್ಳಲು ಅನುಮತಿ ನೀಡುವ ಬಗ್ಗೆ.
ಉಲ್ಲೇಖ:1. ಅಧ್ಯಕ್ಷರು, ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು ಇವರ
ಪತ್ರ ಸಂಖ್ಯೆ : PGSW/1160/2021-22 ದಿನಾಂಕ: 07-10-2021.
2. ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಆದೇಶ ದಿನಾಂಕ: 16-10-2021

ಆದೇಶ ಸಂಖ್ಯೆ:ಜಿಎಲ್1/655(A)/2015-16 ದಿನಾಂಕ: 18ನೇ ಆಕ್ಟೋಬರ್ 2021

ಮಾನ್ಯ ಕುಲಪತಿಗಳ ಅನುಮೋದನೆ ಮೇರೆಗೆ, ಅಧ್ಯಕ್ಷರು, ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು ಇವರು ದಿನಾಂಕ: 28-10-2021ರಂದು ಹಮ್ಮಿಕೊಂಡಿರುವ "ವಿಶ್ವ ಮಾನಸಿಕ ಆರೋಗ್ಯ ದಿನದ" ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಮಾನಸಗಂಗೋತ್ರಿಯ ಬಿ.ಎಂ.ಶ್ರೀ ಸಭಾಂಗಣವನ್ನು ಈ ಕೆಳಕಂಡ ಷರತ್ತುಗಳನ್ವಯ ಉಚಿತವಾಗಿ ಉಪಯೋಗಿಸಿಕೊಳ್ಳಲು ಅನುಮತಿ ನೀಡಲಾಗಿದೆ.

ಷರತ್ತುಗಳು:

1. ಕಾರ್ಯಕ್ರಮದ ಸಂದರ್ಭದಲ್ಲಿ ಸಭಾಂಗಣದ ಪೀಠೋಪಕರಣ ಮತ್ತು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಆಸ್ತಿಗೆ ಹಾನಿ ಉಂಟಾಗದಂತೆ ಮೇಲ್ವಿಚಾರಣೆ ವಹಿಸುವುದು ಹಾಗೂ ಸಭಾಂಗಣದ ಸ್ವಚ್ಛತೆಯನ್ನು ಕಾಪಾಡುವುದು ಮತ್ತು ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ ಭತ್ತಿಪತ್ರಗಳನ್ನು ಕಟ್ಟಡದ ಯಾವುದೇ ಸ್ಥಳದಲ್ಲಿ ಅಂಟಿಸಿ ಕಟ್ಟಡವನ್ನು ವಿರೂಪಗೊಳಿಸಬಾರದು, ಧ್ವನಿವರ್ಧಕಗಳನ್ನು ಬಳಸಿ ತರಗತಿಗಳಿಗೆ ತೊಂದರೆಯುಂಟು ಮಾಡಬಾರದು.
2. ಕೋವಿಡ್-19 ಸಾಂಕ್ರಾಮಿಕ ರೋಗ ಹರಡುತ್ತಿರುವ ಸಂಬಂಧ ಸರ್ಕಾರವು ಹೊರಡಿಸಿರುವ ಆದೇಶ ಮತ್ತು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಹೊರಡಿಸಿರುವ ಸುತ್ತೋಲೆಯಲ್ಲಿನ ಮಾರ್ಗಸೂಚಿಗಳನ್ವಯ ವೀಕ್ಷಣೆಯನ್ನು ನಡೆಸುವುದು.

ಕುಲಸಚಿವರಿಂದ ಕರಡು ಅನುಮೋದಿಸಿದೆ

ಆದೇಶದ ಮೇರೆಗೆ

ಉಪ ಕುಲಸಚಿವ(ಸಾಮಾನ್ಯ)

18/10

ಇವರಿಗೆ:

1. ಅಧ್ಯಕ್ಷರು, ಸಮಾಜಕಾರ್ಯ ಅಧ್ಯಯನ ವಿಭಾಗ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು
2. ನಿರ್ದೇಶಕರು, ಕುವೆಂಪು ಕನ್ನಡ ಅಧ್ಯಯನ ಸಂಸ್ಥೆ, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು.
3. ಕಾರ್ಯಪಾಲಕ ಅಭಿಯಂತರರು, ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಇಂಜಿನಿಯರಿಂಗ್ ವಿಭಾಗ, ಮೈಸೂರು.
4. ಆಡಳಿತಾಧಿಕಾರಿಗಳು, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು
5. ಭದ್ರತಾ ಅಧಿಕಾರಿಗಳು, ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು
6. ಕುಲಪತಿ/ಕುಲಸಚಿವರ/ಅಧಿಕಾರಿಯವರ ಆಪ್ತ ಸಹಾಯಕರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು.
7. ಅಧೀಕ್ಷಕರು(ಸಾಮಾನ್ಯ-1), ಆಡಳಿತಶಾಖೆ, ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು
8. ಕಛೇರಿ ಪ್ರತಿ-emmrcc

21/10/21

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21/10/21







DoS Social work, Manasagangothri, Mysuru