



MES COLLEGE ERUMELY

COUNSELLING CENTRE & DEPARTMENT OF PSYCHOLOGY

In association with

CDC

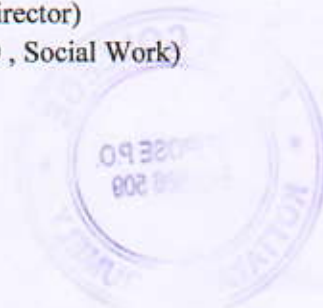
Organised a talk on

“Covid-19 & Mental Health”

16th February, 2022, 11.00 AM to 12.00 PM

Organising Committee

Ms. Ayrin Peter (counselling centre coordinator)
Ms. Darly A G (CDC director)
Dr. Samseer R H (HoD , Social Work)



Prof. (Dr.) ANIL KUMAR S.
PRINCIPAL
MES COLLEGE ERUMELY



MES COLLEGE ERUMELY

Affiliated to Mahatma Gandhi University
MES College P O Kerala, South India
www.meserumelycollege.ac.in

Counselling Centre, Dept of Psychology & MSW together with CDC
in association with District Mental Health Program

Jointly Presents

Talk on COVID-19 & MENTAL HEALTH



Resource person-
Mr. Manu Abraham
Counsellor, Dept. Of Mental Health
General Hospital Kottayam

ON: 16-02-2022
TIME: 11.00 AM TO 12:00 PM
AT: SEMINAR HALL

Ms. Ayrin Peter
Counselling centre &
Asst.Prof. Dept of Psychology

Dr. Samseer RH
HoD, Msw

Ms. Daryl A G
CDC Director

Mr. Muhammed Akram
Student Coordinator, Counselling Centre



(Dr.) ANIL KUMAR S.
PRINCIPAL

Organizing Committee

16th February, 2022, 11:00 AM to 12:00 PM

Program Schedule

DATE : 16-02-2022

TIME : 11.00 am-12.00 pm

Prayer

Welcome speech. : Milan Roy (Student, Dept of psychology)

Introductory speech : Dr. Samseer R H

Presidential address : Darly A G (CDC Director)

Resource person : Mr. Manu Abraham (Counsellor, Dept. Of Mental Health, General Hospital, Kottayam)

Vote of thanks : Muhammed Akram (Student Coordinator)

National Anthem



Prof. (Dr.) A. K. KUMAR S.
M.F.S. ERUMELY

TECHNICAL SESSION



REPORT

The talk on "Covid-19 & Mental Health" for all students and faculties of MES college erumely, was conducted on 16/02/2022 by Counselling centre & Department of Psychology in association with CDC, MES college, erumely.

Resource person:

Mr. Manu Abraham (Counsellor, Dept. Of Mental Health, General Hospital, Kottayam)

Date & Time:

16th February , Wednesday

11.00 AM-12.00 PM

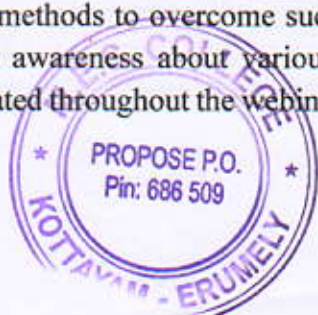
INTRODUCTION

The talk commenced with a silent prayer followed by the welcome speech from Milan Roy(student, Dept. of Psychology).In the presidential address, Ms. Darly A. G (CDC Director), enlightened everyone the need and relevance of being educated regarding the mental health practices during the pandemic Covid-19. Social work HoD, Dr.Samseer R H , felicitated for a nice and fruitful session ahead.

Totally 20 Participants including Faculties and Students of MES College, Erumely participated in this Programme. The participants asked their questions and the programme ended up with a vote of thanks by Muhammed Akram (Student coordinator, counselling centre).Students exhibited a keen understanding and eagerness throughout the sessions . The session was very informative and fruitful for the students.

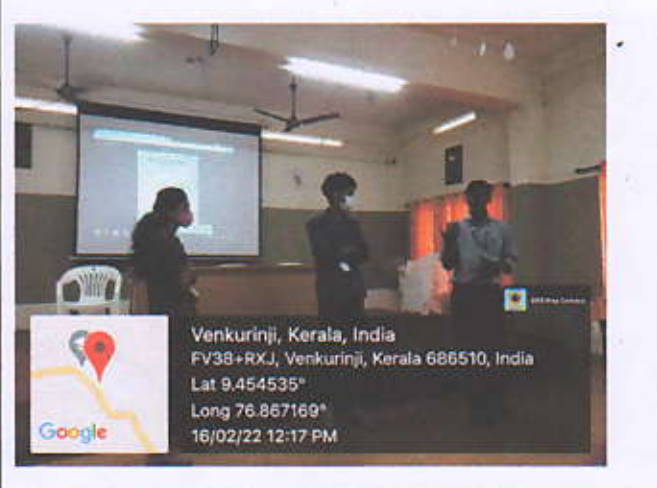
TECHNICAL SESSION

The technical session on "Covid -19 & Mental Health" Talk was delivered by the resource person, Mr. Manu Abraham. The talk is conducted in a Session. He then gives us an idea regarding some of the unnoticed areas of mental health conditions during the pandemic . He explained various methods to overcome such scenarios. Also she enlightened listeners' interest to have an in-depth awareness about various scientific procedures regarding the same. Students actively participated throughout the webinar. This session was very informative and useful for the students.



PARTICIPATION LIST

Aadhila P Navas	Juhi Sara Varghese
Aayisha Yoonus	Muhammed Akram
Amna M Azeez	Nithya K
Athulya Anilkumar	Pranav M Sajan
Chanjal Abraham Thomas	Jishitha M Nair
Fathima Marjan	Meera Thomas
Grizel D' Silva	Milan Roy



Anil Kumar S.

Prof. (Dr.) ANIL KUMAR S.
 PRINCIPAL
 COLLEGE ERUMELY