

SEMINAR – MENTAL HEALTH & WELL BEING

DATE: 04/03/2022

RESOURCE PERSON:

MR.K.KALEESWARAN [Founder & Managing Director of Ookkam Foundation]

MR.M.THILAK [Project Coordinator of Ookkam foundation]

The Department of Social work Organised a Seminar on the topic “Mental Health and Well-Being” in collaboration with Ookkam Foundation. The program started with the Inauguration. Our principal in-charge Dr.V.Hemalatha Madam addresses the gathering.

Mr.M.Kaleeswaran [Founder & Managing Director of Ookkam Foundation] and Mr.M.Thilak [Project Co-coordinator of Ookkam foundation] sensitized the students about Eight Dimension of Well-being (i.e) Environmental Well-being, Physical well-being, Financial Well-being, Social Well-being, Intellectual well –being , Occupational Well-being , Spiritual Well-being and EBT . He also gave awareness on how each dimension mould an individual personality.

The Students from Social Work Department and Visual Communication Department are the beneficiaries of this seminar. In continuation of this program Sapling Plantation was done in the college premises.



