



## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

Affiliated to the University of Madras | An ISO 9001:2015 certified Institution  
Mogappair West, Chennai-600 037

AQAR  
2023-24

### **7.1.7 ACTIVITIES CONDUCTED BY THE DEPARTMENT**

#### **PG DEPARTMENT OF SOCIAL WORK ORGANIZE PROGRAM FOR MENTAL WELLNESS INVITATION**



## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE



Approved by Govt. of Tamil Nadu & Affiliated to the University of Madras  
An ISO 9001:2015 Certified Institution, Managed by the Malankara Syrian Catholic Trust.  
Let Your Light Shine

### **PG DEPARTMENT OF SOCIAL WORK**

ORGANIZES WORKSHOP ON

## **'MIND YOUR MIND'**



### **Dr. LAKSHMINARAYANAN K**

B.H.M.S, M.S.W, Facilitator-The Art Of Calming, Trauma Informed,  
Somatic Awareness, Breath Work, Sleep Expert, Mental Health

Date : 17 July 2023 Time : 11.00 AM - 12.30 P.M

Venue : Rev.Fr.K.C. GEORGE HALL

**Ms. RAMIYA .K.S**  
STUDENT CONVENOR

**Ms. L.S. SUGAPRIYANKA**  
STAFF CONVENOR

**Dr. M. SUDHA**  
HEAD OF THE DEPARTMENT

**Dr.G.GAYATHRY**  
VICE PRINCIPAL SHIFT -1

**Dr.R.SRIKANTH**  
PRINCIPAL

**Rev.Fr.MATHEW PALLIKUNNEL**  
SECRETARY

#### **MGC THANKS CHENNAI**

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Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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### PROGRAM SCHEDULE

**RESOURCE PERSON** -Dr. Lakshminarayanan. K B.H.M.S | M.S.W | Facilitator-The Art of Calming | Trauma Informed | Somatic Awareness | Breathwork | Sleep Expert| Mental Health

**TIMING-** 10.45 AM-12.30 PM

**VENUE-** Fr.K.C.George

#### **SCHEDULE**

Prayer song

Welcome address

Felicitation by Dr.Srikanth – Principal

Session

Vote of Thanks

**AIM OF WORKSHOP-** Awareness and Education, Understanding Trauma: Promoting Coping Skills, Creating a Supportive Environment, Encouraging Self-Care, Building Resilience, Knowledge and Skill Enhancement: Reducing Stigma, Promoting Long-term Mental Wellness.

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### REPORT

The Department of Social Work organized a workshop titled "Mind Your Mind" for the second-year students on July 17th, 2023. The workshop was conducted by Dr. Lakshminarayan, a mental health provider, who served as the resource person for the event. During the workshop, he shed light on the crucial topic of trauma and the significance of addressing it appropriately. Dr. Lakshminarayan also delved into the various stages of trauma, emphasizing the importance of understanding stress as more than just a psychological phenomenon.

One of the key points he highlighted was the significance of proper breathing and quality sleep in the healing process from stress and trauma. These aspects play a vital role in restoring one's mental well-being. The workshop aimed to create awareness among the students about mental health and to provide them with tools to cope with and manage stress and trauma effectively.

By organizing this workshop, the Department of Social Work aimed to equip the students with essential knowledge and skills to care for their mental health and to promote a supportive environment for those facing psychological challenges. The insightful session facilitated a better understanding of the complexities of trauma and offered valuable insights into the path towards healing and resilience.

#### OUT COME OF WORKSHOP

- **Awareness and Education:** The workshop raised awareness among second-year students about the importance of mental health, specifically focusing on trauma.
- **Understanding Trauma:** The workshop enhanced participants' understanding of trauma as a psychological phenomenon, going beyond surface-level perceptions.
- **Promoting Coping Skills:** The workshop provided attendees with practical tools and coping strategies to effectively manage stress and trauma.
- **Creating a Supportive Environment:** The workshop fostered a supportive environment within the student community for individuals facing psychological challenges.
- **Encouraging Self-Care:** The workshop encouraged participants to prioritize their mental health by practicing self-care.
- **Reducing Stigma:** The workshop diminished the stigma surrounding mental health issues, particularly trauma.
- **Promoting Long-term Mental Wellness:** The workshop contributed to the long-term mental wellness of the participants.

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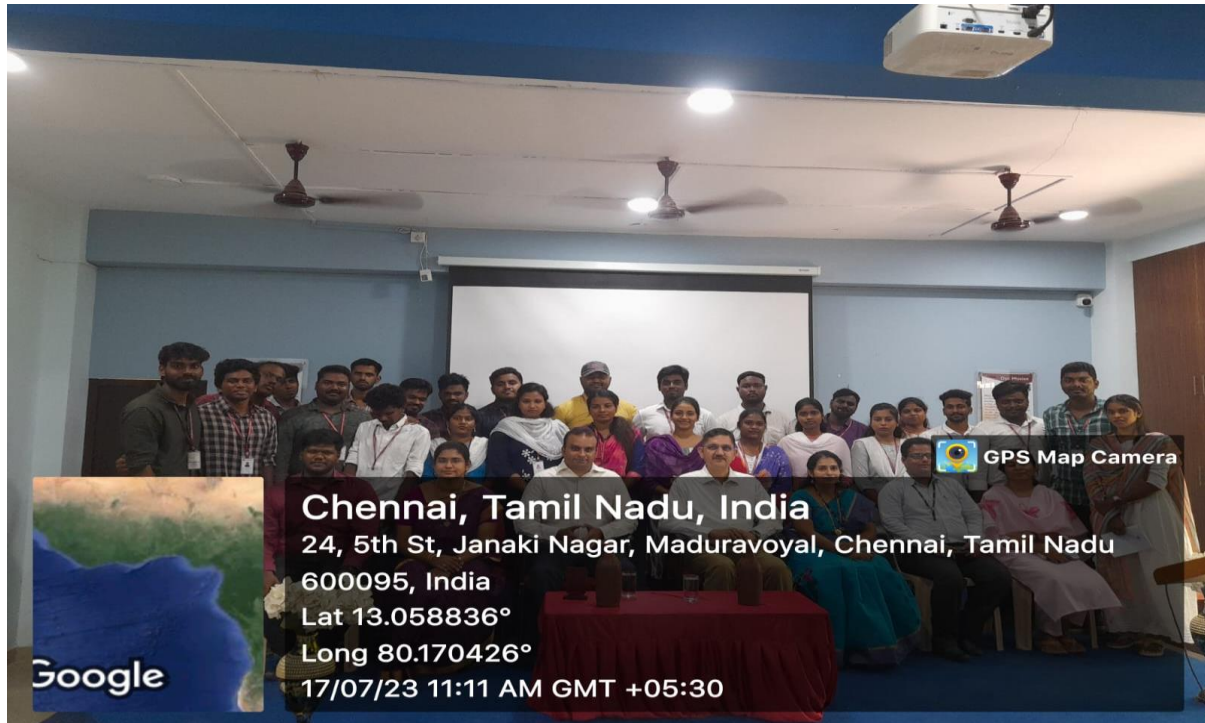


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### PHOTOS



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