



**GOVERNMENT ARTS COLLEGE FOR WOMEN (AUTONOMOUS)
PUDUKKOTTAI**

COLLEGE MENTAL HEALTH AMBASSADOR CLUB

College Mental Health Ambassador Club was inaugurated in our College on 13.02.2020. Our district collector Ms.P.UmaMaheswari inaugurated the club and inaugural address. Dr.Karthick Deivanayagam explained about the functioning of the Ambassadors club. In continuation with that, A mental health message was posted to the Faculty community every thursday to give counselling measures to Students.

**College Mental Health Ambassadors Club
Sensitisation & Awareness Program**

Govt Arts College for Women (Autonomous), Pudukkottai
in association with District Counselling Centre, Pudukkottai invite
you for the sensitisation program for College
Mental Health Ambassadors and awareness program on
Women's Mental Health at Assembly Hall,
Govt Arts College for Women's, Pudukkottai
on 13.02.2020 (Thursday) 10.30 AM onwards

Tmt. P.UMA MAHESWARI IAS.,
District Collector, Pudukkottai
has kindly consented to deliver the Presidential Address
in the presence of

Dr. M.Chandrasekaran M.B.B.S., D.O.,
Joint Director
Medical and Rural Health Service,
Pudukkottai

Tmt. Dr. B.Buvaneswari M.Com., M.Phil., Ph.D.,
Principal
Govt. Arts College for Women,
Pudukkottai

All are welcome

Dr. R.Karthik Deivanayagam M.B.B.S., D.P.M., F.H.M.,
District Psychiatrist, Pudukkottai.

DMHP

**தமிழ்நாடு அரசு
மக்கள் நல்வாழ்வுத்துறை**

மனநல வியாழன் செய்தி 27.02.2020

**வட்டார ஆரம்ப சுகாதார நிலையங்களில்
மனநல புறநோயர் பிரிவு செயல்படுகிறது.**
மாதம் ஒருமுறை மனநல சிறப்பு மருத்துவர் வருகிறார்.
பயன்பெறுவீர்! நலம் பெறுவீர்!!

திருமதி.ப.உமா மகேஸ்வரி இஆப
மாவட்ட ஆட்சித் தலைவர்

மரு. ம.சந்திரசேகரன் D. Ortho. **மரு.ரெ.கார்த்திக் தெய்வநாயகம்**
இணை இயக்குனர், மாவட்ட மனநல மருத்துவர்
மருத்துவப்பணிகள்

மாவட்ட மனநல திட்டம், புதுக்கோட்டை { MHP PUDUKKOTTAI



The Hindu (English Daily) 14.02.20

Mental health to be given thrust in schools, colleges, says official

Clubs planned to create awareness



Collector P. Uma Maheshwari at a mental health education seminar and sensitisation programme for College Mental Health Ambassadors in Pudukottai on Thursday.

STAFF REPORTER
(Pudukottai)
 The District Mental Health Office and the Department of Health and Family Welfare organised a mental health education seminar and sensitisation programme at Government Arts College for Women here on Thursday.

The programme was a step towards setting up of mental health clubs and normalising conversations on mental health.

Speaking to *The Hindu*, District Mental Health Officer R. Karthik Deivanayagam said the initiative had been introduced on a pilot basis. "Mansanaal Vyavahar is observed as all primary health centres, taluk and district hospitals. We are aiming to regularise the conversation on mental health. At present, the duration of untreated illness is long. Delay in treatment leads to reduced response levels," Dr. Deivanayagam said.

Superstitious beliefs con-

tributed to impede mental health and the number of individuals seeking out scientific therapies to treat mental health illnesses needed to be increased.

Collector P. Uma Maheshwari took part in the event and encouraged students to make use of the services available. "There is a 24x7 helpline, 9442907686, for rendering guidance and support to students. Mental Health Clubs will be started in all government colleges and schools with heads of the institutions, heads of departments and hostel wardens as members," she said.

Formation of the club was the step towards organising awareness programmes on stress management, rendering assistance and peer counselling. "We are making an effort to eliminate the perception of stigma in discussing mental health. The programme will soon be extended to private institutions," Dr. Deivanayagam said.