



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

**Affiliated to Bharathidasan University
Tiruchirappalli**

Accredited with A+ by NAAC (4th Cycle)



**STUDENTS' EXNORA, MANASA CLUB & INSTITUTION'S INNOVATION
COUNCIL JOINTLY ORGANIZE**

ONE DAY INTERNATIONAL CONFERENCE

IN COMMEMORATION WITH WORLD MENTAL HEALTH DAY

ON THE THEME

**"GLOBAL PERSPECTIVES ON MENTAL HEALTH: ADVANCING
AWARENESS AND ACTION FOR WORLD MENTAL HEALTH DAY"**

CHIEF GUEST



DR. I. JAYARAJ

**SOUTH EAST ASIA - COORDINATOR
ACEM INTERNATIONAL
NEW DELHI**



DR. ARE HOLEN M.D., PH. D.

**PROFESSOR OF BEHAVIORAL MEDICINE
NORWEGIAN UNIVERSITY OF SCIENCE AND
TECHNOLOGY
FOUNDER - ACEM SCHOOL OF YOGA, NORWAY.**



EXN. P. MOHAN MCA., MSW., MSC(PSY)

**FOUNDER OF YOUTH EXNORA INTERNATIONAL
CHAIR PERSON - CHILD WELFARE COMMITTEE, TRICHY
FORMER MEMBER OF TN COMMISSION FOR
PROTECTION OF CHILD RIGHTS .**



DR. R. MAHESH

**FOUNDER
ARAM PSYCHIATRY HOSPITAL
TIRUCHIRAPPALLI
TAMILNADU, INDIA**



DR. K. SATHISH KUMAR

**SENIOR ASSISTANT PROFESSOR
DEPARTMENT OF TAMIL
KALAI KAVIRI COLLEGE OF FINE ARTS
TIRUCHIRAPPALLI, TAMILNADU, INDIA**



DR. S. RAHINI

**ASSISTANT PROFESSOR - III
SCHOOL OF MANAGEMENT
SASTRA DEEMED UNIVERSITY
THANJAVUR,
TAMILNADU, INDIA**



**9th OCTOBER, 2024
9.45 a.m**



VIDYAGANAPATHY HALL

All are Cordially Invited

PROGRAMME

PRAYER SONG

STUDENTS

Department of Music.

WELCOME ADDRESS

Dr. A. MULLAI

Staff Advisor Students' ExNoRa
Associate Professor
Department of Computer Science
Seethalakshmi Ramaswami College
Tiruchirappalli, Tamilnadu, India.

INAUGURAL ADDRESS

Exn. P. MOHAN

Chair Person - Child Welfare Committee,
Trichirappalli District
Chief for Bench of Ist Class Judicial Magistrate
Former Member of TN Commission Child
Protection Rights, Tiruchirappalli, Tamilnadu,
India.

PRESIDENTIAL ADDRESS

Dr. M. V. ALLI

Principal
Seethalakshmi Ramaswami College
Tiruchirappalli, Tamilnadu, India.

SPEAKER I

Dr. R. MAHESH

Founder Aram Psychiatry Hospital
Tiruchirappalli, Tamilnadu, India.

**TITLE: EQUIP YOURSELF TOWARDS
WORKPLACE WELLNESS**

SPEAKER II

Dr. K. SATHISH KUMAR

Senior Assistant Professor
Department of Tamil
Kalai Kaviri College of Fine Arts
Tiruchirappalli, Tamilnadu, India.

TITLE: WALK WITH ECO NOT WITH EGO

LUNCH BREAK

12.30 p. m TO 1.30 p. m.

SPEAKER III

Dr. S. RAHINI

Assistant Professor – III
School of Management
Sastra Deemed University, Thanjavur,
Tamilnadu, India.

**TITLE: SPIRITUAL INTELLIGENCE AND
STRESS MANAGEMENT**

SPEAKER IV

Dr. ARE HOLEN M.D., Ph.D.

Professor of Behavioral Medicine
Norwegian University of Science and
Technology,
Founder – ACEM School of Yoga, Norway.

TITLE: STRESS AND DESTRESS

VALIDICTORY ADDRESS

Dr. S. SHANTHI

Self-Financed Section I/c
Associate Professor
PG and Research Department of Chemistry
Seethalakshmi Ramaswami College
Tiruchirappalli, Tamilnadu, India.

VOTE OF THANKS

Ms. C. ANITHA

Manasa Club Coordinator
Assistant Professor
Department of Home Science
Seethalakshmi Ramaswami College
Tiruchirappalli, Tamilnadu, India.

NATIONAL ANTHEM

STUDENTS

Department of Music.