



**NIRMALA COLLEGE OF PHARMACY,
MUVATTUPUZHA**

**Affiliated to Kerala university of Health sciences Thrissur
Approved by Government of Kerala, AICTE and PCI,
New Delhi**

**Managed by: Nirmala Education Society (Reg .no.ER.928/2001). Under Catholic
Diocese of
Kothamangalam.**

WOMEN CELL

**REPORT ON MENTAL HEALTH DEVELOPMENT
PROGRAMME**

Date and Time	16/11/2019, 10 am
Venue	College auditorium, Nirmala College of Pharmacy
No of students participated	110
Resource Person	Dr. Sooryamol V S

Women cell committee has organized a mental health awareness program for all the students and women faculty on Nov16, 2019 Saturday at 10.00 AM at Nirmala College of Pharmacy, Muvattupuzha. The program was specifically meant for the students as well as college faculties to gain awareness on the importance of mental health keeping in view the heavy burden of mental illness in the community, and the absolute inadequacy of mental health care infrastructure. The main objective of the year was focused on “SUICIDE PREVENTION”. The program was headed by Dr. Sooryamol V.S, Medical Officer, Seethalayam and Ms.Nivea Jerome, the clinical psychologist of Seethalayam, Muvattupuzha.

The session started with a prayer song by Ms. Aneena Wilson and Ms. Sneha Susan Joshy. The inaugural address was given by Dr.Manju Mariya Mathew, Principal of Nirmala College of Pharmacy, Muvattupuzha. Dr.Sooryamol V. S has started the session by giving a digital presentation on Seethalayam units in Kerala. Followed by this was mental awareness class by Ms.Nivea Jerome which was helpful in inculcating a positive attitude among students. After the session the guests were presented with a memento as a guest of honour .Brochure was distributed. Vote of thanks was given by Ms. Anitta Thomas. The session ended at 4.00 PM with National anthem. The session was very informative and productive.





Pic 01: Mental Health Development, Dr. Sooryamol V.S, Medical Officer, Seethalayam and Ms. Nivea Jerome, the clinical psychologist of Seethalayam, Muvattupuzha.



Pic 02: inaugural address was given by Dr. Manju Mariya Mathew, Principal of Nirmala College of Pharmacy, Muvattupuzha.





Pic 03: mental health awareness program for all the students and women faculty



Pic 04: Dr. Sooryamol V.S, Medical Officer, Seethalayam





Pic 05: Ms.Nivea Jerome, the clinical psychologist of Seethalayam, Muvattupuzha.



Pic 06 & 07: distribution of memento by Dr.Manju Mariya Mathew, Principal of Nirmala College of Pharmacy, Muvattupuzha.



