

**A Short report on National Seminar on “Social Work in Mental Health” held on
24.3.2017 & 25.3.2017**

The UGC sponsored National Seminar on “Social Work in Mental Health” was organised on 24th March, 2017 and 25th March, 2017. A total number of 116 participants attended the seminar. The seminar was inaugurated by Dr.M.Ranganathan, Formal Professor of Psychiatric Social Work, NIMHANS Bangalore, Dr.J.Paranjothi Ramalingam, Formal Professor and Head, Department of Social Work, Sri Ramakrishna Mission Vidyalaya, Coimbatore and Amrita Vishwa Vidhyapeetham, Coimbatore delivered Presidential Address. The valedictory address was given by Prof.Dr.R.Kumar, Formal Director, Institute of Mental Health, Chennai. Sixty Six papers were presented by the experts in various topics related to mental health in a total of 6 sessions. At the end of the seminar, panel discussions were held with professionals and experts, suggestions were given by them and following resolutions were passed out.

- i. In order to decrease the addiction of social media and online games among the adolescents, they need to concentrate on their life skills and physical exercise so that their mental well being will get balanced.
- ii. Parents should understand the situation of their children, specifically children who undergo intellectual and developmental disability. The conversation and activities between parents and children should be healthy so that the self esteem between parents and children with developmental disability will move in a positive manner.
- iii. The reason that the old age people preferred/compelled to move to old age homes is because of conflict within the family and due to the psychological illness like anxiety, stress and depression which they are not able to cope up at the back end of their life. Hence the government and nongovernmental organisation should take steps to improve/introduce the innovative welfare schemes for the elderly people who are staying in old age homes, besides improvement in the infrastructure facilities, health and hygiene, periodical medical check up, etc.

- iv. The students who belong to 10th & 12th standard feel heavy to study their syllabus and their perception towards their studies and tuitions make them to dry out their mind. There is a chance for government to make/reduce the syllabus easy for the students who are about to attend public exams and the preparation and process of studying can be changed. Particularly activity based syllabus will provide in depth knowledge and understanding about the subject by the students. So that the students may have positive perception towards their study. Moreover it is suggested appointment of school social workers to provide counselling and career guidance not only to reduce the anxiety, stress and depression even suicide attempts, but also helpful for their career guidance.