

<b>Programme No.</b>	04	<b>Topic of the Programme</b>	International Symposium on “ Mental Health and Psychological Wellbeing of Adolescents”
<b>Date</b>	30.09.2022	<b>Resource Persons</b>	Mrs.Guro Brakestad, Family Therapist, Stavanger, Norway.  Dr.Sivakkumar Kaliyamurthi, Teacher, Trainer, and Mental health Therapist

### **Objectives of the Programme**

To rebuild the character of adolescents for their mental health

To motivate the adolescents positive character traits for their psychological wellbeing

### **Activity Report**

Department of Social Work, Periyar Maniammai Institute of Science & Technology conducted an International Symposium on “ **Mental Health and Psychological Wellbeing of Adolescents**” on 30.09.2022 at Freud hall, PMIST.

Convener, Head of the Social Work Department, **Dr. A. Anand Jerard Sebastine** welcomed all the dignitaries and the participants for this hybrid mode International Symposium. He said that the present scenario of adolescents mental health and how they are facing problems in society.

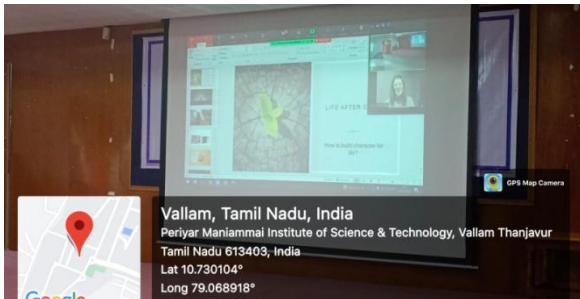
Professor **Dr. S. Velusamy** Vice-Chancellor of Periyar Maniammai Institute of Science & Technology presided over the programme. He spoke about how the Social Work Department pragmatically approaches mental health issues related to an individual, group and the community. He urged to students community to be maintained physical wealth and mental health.

**Mrs.Guro Brakestad**, Family Therapist, Stavanger, Norway rendered her speech on “**Life after COVID – How to Build Character**”. She explained important values of life, how to develop positive thought provoking dreams and Goals. She also motivated the adolescents to have unique skills in the society.

**Dr.Sivakkumar Kaliyamurthi**, Teacher, Trainer, and Mental health Therapist shared on “**Family Dynamics and Behaviour of Adolescents**”. He said that adolescents are playing a vital role in the growing society. They need to develop their leadership skill, and problem-solving

skills to cope with their distressed situation. He insisted that adolescents to spend quality time with family and friends strengthen their behaviour.

This event concluded with Organizing Secretary **Dr. S. Gnanaraj**, Assistant Professor, Department of Social Work, PMIST, Thanjavur professing a vote of thanks. Around 87 participants from various institutions and different countries took part and benefitted in this hybrid mode International symposium.



**Mrs.Guro Brakestad**, Family Therapist, Stavanger, Norway gave special address.



**Dr.Sivakkumar Kaliyamurthi**, Teacher, Trainer, and Mental health Therapist gave special address.

International Symposium on

**Mental Health and Psychological Wellbeing of Adolescents**



Date: 30.09.2022 | Time: 02.00 PM | Venue: Freud Hall, PMIST

Resource Person

**Mrs.GURO BRAKESTADI**  
Family Therapist, Stavanger, Norway.

Title

*"Life After COVID - How to Built Character?"*



Organized by  
DEPARTMENT OF SOCIAL WORK,  
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International Symposium on

**Mental Health and Psychological Wellbeing of Adolescents**



Date: 30.09.2022 | Time: 02.00 PM | Venue: Freud Hall, PMIST

Resource Person

**Dr.SIVAKKUMAR KALIYAMURTHI**  
Teacher, Trainer and Mental Health Therapist, Thanjavur.

Title

*"Family Dynamics and Behaviour of Adolescents"*



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## ACCREDITATIONS & RANKINGS



**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
(Deemed to be University)  
Established Under Sec. 3 of UGE Act 1956 - NAAC Accredited  
think • innovate • transform

International Symposium on

# Mental Health and Psychological Wellbeing of Adolescents

Date: 30.09.2022 | Time: 02.00 PM | Venue: Freud Hall, PMIST

## Programme Schedule

### Welcome Address

**Dr. A. ANAND JERARD SEBASTINE**

Associate Professor & Head  
Dept. of Social Work, PMIST

### Presidential Address

**Dr.S.VELUSAMI**

Vice Chancellor, PMIST.

### In the Presence of

**Dr. A.GEORGE**

Dean Academic, PMIST.

### Felicitation Address

**Lt.Col.Dr.P.VIJAYALAKSHMI**

Dean i/c - FHSM, PMIST.

### Resource Persons

**Mrs.GURO BRAKESTAD**

Family Therapist, Stavanger, Norway.

### Title

*"Life After COVID - How to Built Character?"*

**Dr.SIVAKKUMAR KALIYAMURTHI**

Teacher, Trainer and Mental Health Therapist, Thanjavur.

### Title

*"Family Dynamics and Behaviour of Adolescents"*

### Vote of Thanks

**Dr. S. GNANARAJ**

Assistant Professor, Dept. of Social Work, PMIST

### Blended Mode

Zoom Meeting Link : <https://us06web.zoom.us/j/82427074879?pwd=cGlqanZlQ2Z2NWlxMVVJYkQ1NEVYQT09>

Free Registration and E -Certificate will be provided for the participants.



Organizing Secretary

**Dr.S.GNANARAJ**

Assistant Professor,

Dept. of SOCIAL WORK , PMIST

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DEPARTMENT OF SOCIAL WORK ,

PMIST

Convener

**Dr.A.ANAND JERARD SEBASTINE**

Head, Dept. of SOCIAL WORK ,

PMIST



## ACCREDITATIONS &amp; RANKINGS

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**PERIYAR  
MANIAMMAI**  
INSTITUTE OF SCIENCE & TECHNOLOGY  
Dinduruli University  
Dinduruli, Dinduruli - 625 015  
Dinduruli • Dinduruli • Dinduruli

International Symposium on

# Mental Health and Psychological Wellbeing of Adolescents

Organized by

**DEPARTMENT OF SOCIAL WORK,  
PMIST**

Date: 30.09.2022 | Time: 02.00 PM | Venue: Freud Hall, PMIST

## PARTICIPANTS ATTENDANCE

S.No	Name	Department	Signature
1	B. Kanika	B.Sc B.Ed	Kanika
2	S. Zaitoon Bevi	B.sc. B.Ed	S. Zaitoon
3	M. Mahubari	B.Sc, B. Ed	M. Mahubari
4	S. Muthupriyadharsini	B.Sc, B. Ed	S. Muthupriya
5	S. Anwaraya	BSC, B.Ed	S. Anwaraya
6	S. Keerthana	BSC. B.ed.,	S. Keerthana
7	B. Sivagami	B.Sc B. Ed	B. Sivagami
8	G. Divya	B.SC B. Ed	G. Divya
9	K. Sivapriya	B.SC. B. Ed	K. Sivapriya
10	V. Pradheep Sankhi	B.SC B Ed	V. Pradheep



PARTICIPANTS ATTENDANCE

S.No	Name	Department	Signature
11	R. Parvathi	II - MSW	R. Parvathi
12	S. SATHYA	II - MSW	S. Sathya
13	J. ANUSUYA	MSW - II year	J. Anusuya
14	C. Ramya	II - MSW	C. Ramya 30/9/2022
15	R. SIVASANKAR	MSW - II YEAR	R. Sivasankar
16	S. ARTHI	MSW - II year	S. Arthi
17	K. Dhanya	MSW - II year	K. Dhanya
18	V. Guganya	MSW - II Year	V. Guganya
19	S. Aathikesavan	MSW - II year	S. Aathikesavan
20	D. SRINIVASAN.	MSW - II <sup>nd</sup> year	D. Srinivasan
21	N. Sathyaeselan	M.S.W II <sup>nd</sup> year	N. Sathyaeselan
22	R. Sabikala	M.S.K II <sup>nd</sup> year	R. Sabikala
23	Avijay	MSW II <sup>nd</sup> year	Avijay
24	G. Praveena	MSW I year	G. Praveena



PARTICIPANTS ATTENDANCE

S.No	Name	Department	Signature
25	M. Jeebin	MSW I <sup>st</sup> year	Jeebin
26	Magesh. V	MSW I <sup>st</sup> year	Magesh.
27	Leliya Deva Kumari . S	I MSW	Leliya
28	S. Kalairani	I MSW	s.kalairani
29	S. Fauzina	I MSW	s.f.
30	M. Ashwatharini	I MSW	M.A.
31	J. Jyotha.	I - MSW.	J. Jyotha.
32	J. Vishnu Bahavathi.	I - MSW.	J. Vishnu
33	P. Debaraj	I. MSW	P.D.
34	VETRI. K. K.	I MSW	V.K.K.
35	Hazal. z.k.,	I MSW	Hazal. z.k.,
36	Fathima Farveen. M	BSc. BEd	F.F.
37	A. Raj Bheerath.	B SC. B. Ed	A. Raj Bheerath
38	M. Thamizhwaran	B SC - B Ed	M. Thamizhwaran



PARTICIPANTS ATTENDANCE

S.No	Name	Department	Signature
39	A. Mohamed Hasim	B.S.c, B.E.d	Hasim
40	M. Ishwarya	B.sc, B.Ed	Ishwarya
41	R. Kavya	B.Sc. BEd.	R. Koz
42	R. DEEPAK KUMAR	Bsc. BEd	R. DEEPAK
43	S. VELMURUGAN	Bsc. BEd	S. Vel
44	Abhijit Haldare	BSc. BEd	Abhijit
45	B. Subathra	Bsc. BEd	B. Subathra
46	D. REEPAKA	Bsc. BEd	D. Reja.
47	Dr. M. chandra Kumar Palar	PP/RE	Dr. M. chandra Kumar

**International Symposium on “ Mental Health and Psychological Wellbeing of Adolescents”  
Participants List**

<b>S.No</b>	<b>Name</b>	<b>Full Name of the Institution / Organization (In Capital Letters)</b>	<b>Country</b>
1	Dr. S. GNANARAJ	PMIST	India
2	Dr. ANAND JERARD SEBASTINE	Department of Social Work, Periyar Maniammai Institute of Science and Technology, Vallam, Thanjavur	india
3	R.Sasikala	perriyar maniyammai institute of science and technology vallam	India
4	G.Ramya	Periyar maniammai institute of science technology	India
5	P.DHINESH KUMAR	SIGARAM DRUG AWARENESS COUNSELING AND RESCUING CENTRE	India
6	S. LEEMAROSE	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	Tamil Nadu
7	KISHORE KUMAR.R	THANTHAI HANS ROEVER COLLEGE	India
8	PORSELVI.R	PERIYAR MANIYAMMAI INSTITUTE of SCIENCE and TECHNOLOGY	Indian
9	MAGESH VIJAYAN	Magesh Vijayan	India
10	Aline Wilson	Govt Hospital	India
11	Muthukumar P	ARINGAR ANNA GOVERNMENT ARTS COLLEGE MUSIRI	India
12	Nisha. M	Adaikalamatha college	India
13	LIDIYA DEVA KUMARI S	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY	India
14	SAHANA R	PERIYAR MANIAMMAI DEMMED UNIVERSITY	India
15	S.AARTHI	PERIYA MANIYAMAI INSTITUTE OF TECHNOLOGY SCIENCE COLLEGE	India
16	Dr. S. PARAMESWARAN	Periyar Maniammai Institute of Science & Technology	India
17	VELMURUGAN S	PERIYAR MANIYAMMAI INSTITUTIONS OF TECHNOLOGY	India
18	J.Johnson Paul	ADAIKALAMATHA COLLEGE	India
19	SRINIVASAN.D	Periyar maniammai institute of science and technology	Indian
20	Dr.S. SUMATHI	THANTHAI HANS ROEVER COLLEGE(AUTONOMOUS)	India
21	BHARATH S	NEHRU ARTS AND SCIENCE COLLEGE	India
22	SIVASANKAR	Periyar maniammai institute of science and technology	INDIA
23	S.KALAIVANI	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
24	Guganya v	PERIYAR MANIYAMAI INSTITUTION OF SCIENCE AND TECHNOLOGY	INDIA
25	MOHANRAJ P	Nice	Tamil Nadu
26	RAGUVARMA	ST JOSEPH'S COLLEGE OF ARTS AND SCIENCE	India



27	SATHYA S	Periyar maniammai institution of science and technology	INDIA
28	P.DEBORAL	PERIYAR MANIAMMAI UNIVERSITY	Tamil Nadu
29	M Naresh	Srinivasa institute of engineering and technology	India
30	S.VISHNU BAHAVATH	PERIYAR MANNIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
31	Deepak Kumar	Periyarmaniammai institute of science and technology	INDIA
32	M. JERLIN	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
33	N.SATHIYASEELAN	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
34	S.SWETHA	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	INDIA
35	RAJ BHARATH	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	INDIA
36	VETRI K K	PMIST	India
37	HAZEL. Z. K.,	Periyar Maniyammai Institute for Science and technology	India
38	VELMURUGAN S	PERIYAR MANIAMMAI INSTITUTIONS OF SCIENCE AND TECHNOLOGY	India
39	FAUSTEINE . S	Periyar maniammai institute of science and technology	INDIA
40	M.ASHWATHARINI	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY	India
41	LEKSHMI RAJESH	NEHRU ARTS AND SCIENCE COLLEGE COIMBATORE	INDIA
42	M.THAMIZHVANAN	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
43	Albert Ripca roselin	Srinivasa institute of engineering and technology	India
44	PRIYANKA G	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
45	S. Kalaivani	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	Indian
46	MARY DAYANA S	PERIYAR MANIAMMAI SCIENCE AND TECHNOLOGY	India
47	DHIVYA	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
48	J.Anusuya	Periyar maniammai university	India
49	Aathikesavan.S	Periyar maniyammai institute of science and technology	Tamil Nadu
50	P.DHINESH KUMAR	SIGARAM DRUG AWARENESS COUNSELING AND RESCUING CENTRE	India
51	G.Divya	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	Tamil Nadu
52	AISWARYA.S	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India

53	Keerthana .S	Periyar Maniammai institute of science and technology	INDIA
54	SIVAGAMI.B	PERIYAR MANNIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
55	S DHIVYA	Thanthai Hans Roever College	India
56	S DHIVYA	Thanthai Hans Roever College	INDIA
57	NANDHINI B	THANTHAI HANS ROEVER COLLEGE	INDIA
58	NANDHINI.S	Nehru arts and science college	INDIA
59	G. S. RAJARAJAN	A BEST CARE FOUNDATION	India
60	T.Vikasini	Nehru arts and science college	India
61	Muthupriyadharsini .S	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India
62	MADHUVARSHINI	ANNA ADHARSH	India
63	HariKrishnan V. S	Nehru College of arts and science	India
64	P. JAI EDILBERT	PERIYAR MANIAMMAI INSTITUTE OF SCIENCE &TECHNOLOGY	India
65	SRUTHI. P	NEHRU ARTS AND SCIENCE COLLEGE COIMBATORE	India
66	JAIN ULAHANNAN	Nehru Arts and Science College, Coimbatore	INDIA
67	ASWATHY P D	NEHRU ARTS AND SCIENCE COLLEGE (AUTONOMOUS) COIMBATORE	India
68	ATHIRA P	NEHRU ARTS & SCIENCE COLLEGE COIMBATORE	INDIA
69	G.PIRUTHIVISELVAN	Sigaram drug awareness counselling &Rescuing center	India
70	MEGHNA JOSEPH	NERHU ARTS AND SCIENCE COLLEGE COIMBATORE	Indian
71	O BASITH	THANTHAI HANS ROEVER COLLEGE PERAMBALUR	India
72	JUSAINA k	NASC coimbatore	India
73	ANSHA V	NEHRU ARTS AND SCIENCE COLLEGE COIMBATORE	India
74	AMRITHA M	NEHRU ARTS AND SCIENCE COLLEGE	INDIA
75	VARNA P J	NEHRU ARTS AND SCIENCE COLLEGE	India
76	ALBY P BENNY	NEHRU ARTS AND SCIENCE COLLEGE COIMBATORE	India
77	APARNA. A. M	NEHRU ARTS AND SCIENCE COLLEGE	India
78	Dr.T.TAMIL KUMAR	Thanthai Hans Roever College (Autonomous)	India
79	CHAITANYA PAMPANA	SRINIVASA INSTITUTE OF ENGINEERING AND TECHNOLOGY	India
80	Dr. T. THANGADURAI	Thanthai hans roever college	India
81	DHANABAL K	PERIYAR MANIAMMAI INSTITUTE SCIENCE & TECHNOLOGY	India
82	G. PIRUTHIVISELVAN	Sigaram drug awareness counselling &Rescuing center	India
83	MERLIN JENEFER K	NEHRU ARTS AND SCIENCE COLLEGE	Indian
84	MARY DAYANA S	PERIYAR MANIAMAMMAI INSTITUTE OF SCIENCE AND TECHNOLOGY	India



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No.19

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PERIYAR  
MANIAMMAI  
INSTITUTE OF SCIENCE & TECHNOLOGY

International Symposium on

## Mental Health and Psychological Wellbeing of Adolescents

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DEPARTMENT OF SOCIAL WORK,  
PMIST

Date: 30.09.2022 | Time: 02.00 PM | Venue: Freud Hall, PMIST

### RESOURCE PERSON FEEDBACK

Happy to be part of a very well organised international symposium of a very useful and relevant topic.

I congratulate the PMIST and the department of social work for taking up this good work

Thank you for inviting me as a resource person and the warm hospitality

11/11/22  
Dr. Sivakumar K