



NewsKonnnect

THE OFFICIAL BI-MONTHLY NEWSLETTER OF
MS CHELLAMUTHU INSTITUTE OF MENTAL HEALTH AND REHABILITATION
MADURAI



FROM THE PRINCIPAL'S DESK

PROF. G. GURUBHARATHY



It gives me great happiness to welcome you to our maiden issue of Newskonnnect. Through this newsletter, we intend to share with you who we are and what we do in the field of mental health.

We are a premier specialty educational institute working in the field of mental health since 2008. We are striving toward

developing compassionate, competent, and committed human resources in the field of mental health. We have a well-qualified and competent faculty team that has helped us to deliver focused learning opportunities to our students.

Our academic programs are designed such that the students have a blend of participatory learning and clinical experience. Our systematic internship opportunities have always been an attractive feature for students pursuing experience in the field of mental health. The institute is geared towards strengthening our research programs and start the academic year with our new students.

This e-newsletter would help us to stay connected with you, share information about our events, programs, and our success stories.

Have a pleasant read.

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WELLNESS LANTERN

Promoting Wellness for Better Living

Personal and workplace wellness is a universal pursuit that is imperative for individual and corporate productivity. With growing health issues and unrealistic competitive dynamics among people, wellness is becoming a fading phenomenon. Lack of wellness among people is greatly felt in the rising levels of anxiety, depression, lack of sleep, demotivated workforce, poor diet, health issues, and many other problems that hamper people’s effectiveness.

Wellness programs have now become the essential channels for improving the physical and psychological well-being of people.

What do we do?

MS Chellamuthu Institute of Mental Health and Rehabilitation provides professional wellness services to cater to the specific needs of the people, both at individual and group levels. Our team of experts provides enrichment programs, tailor-made training programs, short-term courses, and personalized counseling services that are aimed at bringing about transformation in people.

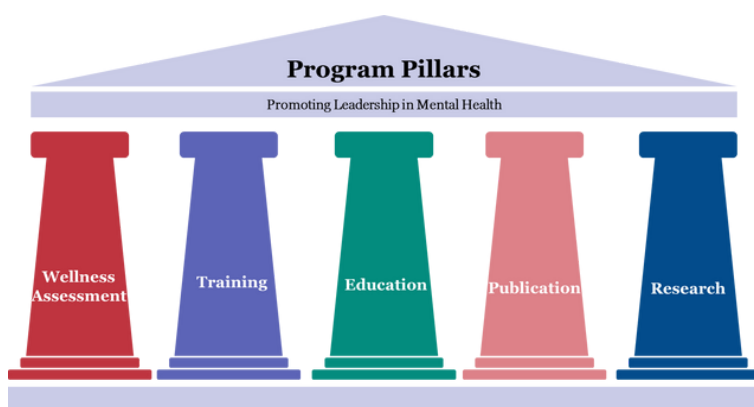
Our primary aim is to ensure that every individual who comes to us with a problem is engaged in the problem-solving process and thereby ensures sustainable wellness at home, the workplace, and the community.

Vision

To be a premier institute beyond borders in providing wellness services for the wholesome transformation of individuals

Mission

Transform human life by promoting holistic wellness through education, training, research and consultancy.



ARTICLE OF THE ISSUE

THE ART OF SELF APPRECIATION

MS. PRINCY HANNAH

Assistant Professor, MSCIMHR

Though people fall short of keeping score of their strengths regularly, research studies keep mentioning the significance of self-love and self-appreciation time and time again to lead a psychologically healthy lifestyle. Therefore, it is not only important to be aware of and acknowledge the way we are treating ourselves, but also to learn to appreciate the turtle moves we make on top of it all.

It's not easy to talk about hope when you feel utterly hopeless and dejected, you know? It's not easy to talk about the beauty of love when you have your heart broken; Holding all those shattered pieces of your identity, pressing on them harder, and trying to talk about self-love and self-reliance will be a great contradiction. Sometimes making sense of yourself is a hassle, maybe the hardest struggle! It's not easy choosing to speak life when you're met with emotional dead ends over and over again. It's not easy to talk about smiles and laughter or happiness when you have a despondent smile embedded in your soul due to a series of unpleasant experiences; It's not easy to talk about stretching wings and soaring high above and beyond the skies when you could barely feel your broken wings. It's not at all easy to talk about hope when all you could see is every reason to not hope for anything good. Sometimes it's not easy to get a tight grip on your life when death screams a welcoming anthem in your ears.

If you're cuddling with confusion but still not choosing to surrender, know that is your gallantry! You must know how much strength it takes to hold on. Just to hold on. Count and appreciate your strengths. No, Not that strength of fighting your battle but your strength of never giving up!



"THE MORE YOU KNOW YOURSELF, THE MORE PATIENCE YOU HAVE FOR WHAT YOU SEE IN OTHERS"
ERIK ERIKSON

TEACHER TALKS



TURNING OBSTACLES INTO OPPORTUNITIES

MRS. SAADHVI NIRMAL

Assistant Professor, MSCIMHR

We are often misguided by the assumption that someone's success is determined by their intelligence. Success is not just determined by one's intelligence, but it is also dependent on how capable an individual is to persevere in times of adversity.

The concept of AQ was proposed by Dr. Paul Stoltz. Adversity Quotient (AQ) is a score that measures the ability of a person to deal with adversities in life. It is also known as the "science of resilience". Stoltz categorized people into 3 types based on their level of adversity quotient: The Quitters, who quit quickly and never try to overcome the obstacle, The Campers, who are willing to try to an extent but are scared of having a negative experience, and The Climbers, who are ready to do all it takes to achieve success.

The core dimensions of the adversity quotient are - the degree to which he/she perceives control and ownership over the event and the degree to which he/she perceives that the event impacts other areas of their life and the duration of the impact.

Using the LEAD tool even the Quitters and Campers can learn how to be Climbers in life.

L - Listen to your reaction to the situation. Acknowledge the change.
E - Explore the situation using the core dimensions of adversity.
A - Analyze the evidence and find the degree of control.
D - Do something. Get into action and try to gain control.

Using this tool, an individual can navigate unforeseen circumstances with minimal losses and make an individual more able to adapt to change.

SPOTLIGHT

MORE THAN WORDS

MS. KAVIYA RAMESH

Assistant Professor, MSCIMHR

If asked - "What do you think is one of the greatest abilities of humankind?", how many of us would consider the development and use of language?

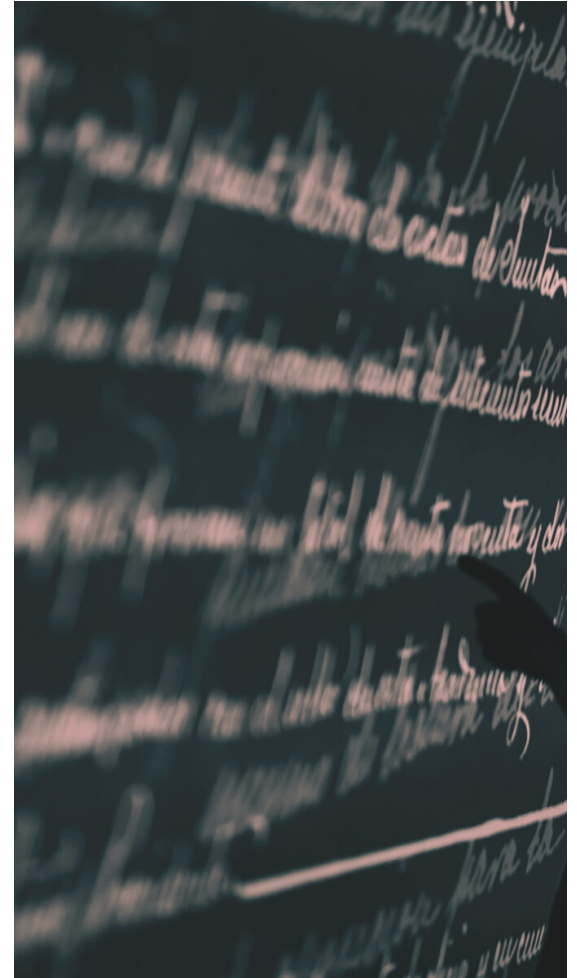
Language is often treated as just a medium of communication - which of course it is. But, language is much more than that. It facilitates the exchange of information and ideas with one another, whether it be spoken aloud or written in ink. And it is also able to trigger emotions, imagination, and action. The way people think and feel about the world is directly influenced by their use of language. Let us consider the effect that words can have on our emotions. Labeling an emotion as and when it is felt helps in processing and constructing the particular emotion.

Does this mean that words, just like images and smells can cause a person to re-experience an event? Studies show that words that are emotionally charged can be as influential as images in recounting experiences and bringing about change in our emotions. For example, consider this quote by Arundhati Roy - "If you are happy in a dream Does that count? The happiness, does it count?"

Though the words used seem positive, what is the overall effect this quote has on us? What does it say about Arundhati Roy?

Research has shown that the descriptive language used can influence our emotions and our perceptions of the person using it. How does this help in our daily life?

Informs us to use words that give a sense of positivity. This will make sure that the people involved in the conversation experience a healthy interaction and encourage them to use words that are positive as well. It increases our chance of being liked by others and by ourselves. Choosing to describe a situation in positive words can change the way we approach a situation. Therefore, be mindful about the language we use in our daily interactions as it has the power to dictate our emotions.



STUDENT'S CORNER

TESTIMONIAL

PANDI MEENA, II MSC - APPLIED PSYCHOLOGY, MSCIMHR



"Being a student at MSCIMHR has been a surreal experience. I completed my PG in this institute. I learned so many things here. Apart from academics, I also got exposure to different settings related to the field of psychology. I got an opportunity to be a part of the helpline volunteer in Speak2us where I learned about the counselling process. With this opportunity, I felt like I was a completely different person gaining more confidence and realizing my ability to do things on my own, face the world, take on challenges, and to always keep smiling. I learned statistics through my research project. I got the opportunity to do my internship at Ahana hospital, Bodhi campus, and Shristi campus. Through these opportunities, I gathered information about the patient's situation and learned how to handle the patient effectively. The staff of MSCIMHR are awesome, they treat me like a friend and gave suggestions to improve my academic performance and also to improve myself."

TESTIMONIAL

LAVANYA, II MSC - APPLIED PSYCHOLOGY, MSCIMHR

"MSCIMHR In my opinion it is the best Institute in Madurai where every student gets an equal chance to learn. It is a platform that enlightened me with knowledge, skills and experience through webinars, certificate courses and other programs. I got an opportunity to do my internship at Ahana hospital, bodhi campus, and MI Home. This has allowed me to develop confidence to be the person who I am today. The dedication, support and motivation of each staff is remarkable and enables students like me to achieve our dreams. I am thankful to our staffs and the management for their help and support. I feel very proud to say I am an alumnus of MSCMHR."



ACTIVITIES UPDATE

Prof G Gurubharathy and Dr. M Kannan **facilitated training on Appreciative Auditing** for the Internal auditors of Thanga Mayil Jewellers Private Limited, Madurai on April 27, 2022.

Prof G Gurubharathy, Dr. M Selvi, and Dr. M Kannan facilitated a **two-day training on Mental Health** (April 25 and 26, 2022) for the teachers of Fairlands School, Cumbum.

A **Workshop on Prevention of Substance Use among Youths** was conducted on May 4 and 5, 2022 for the faculty members from different colleges in and around Puducherry. This program was organized by the Department of Social Work, Pondicherry Central University.

Training on the Art of Helping was done for the Supervisors of Loyal Textile Mills Limited, Kovilpatty.

The teachers of KVT Matriculation School, Madurai were given **training on Behaviour Management** by Prof G Gurubharathy on June 7, 2022. Around 50 teachers attended the training.

Supporting CSI SEVA , Chennai in conducting the program on Gender harmony in Church and Society. A team of experts from the Institute are **facilitating the online sessions** attended by the women volunteers from the dioceses in South India.

Provided **technical support** to Madurai Kamaraj University, Madurai in conducting the Training on Psychological First Aid for the Program Officers of NSS of the affiliated colleges of the University. This capacity building project is supported by the Department of Revenue and Disaster Management, Government of Tamilnadu.

Refresher training on Police wellbeing was conducted for the Police personnel of Madurai City. Around 3000 police personnel attended the training organized between



Thiru. T. Senthilkumar, IPS, Commissioner of Police, Madurai City, addressed the participants at the Refresher Training on Police wellbeing. Also Seen are the Deputy Commissioners and Dr. C. Ramasubramanian, Founder MS Chellamuthu Trust and Research Foundation

UPCOMING EVENTS

July 11 & July 12

[Training on Appreciative Mindset](#) for the faculty members of Sri Adi Chunchanagiri Women's College, Cumbum.

July 13 & July 14

[Skills-building training for the volunteers of Speak2us](#) mental health helpline. Dr Rajaram Subbian, Executive Director, Basic Needs India, Bengaluru will be facilitating the sessions.

July 16

[Training on Behavior Management](#) for the teachers of Green Apple Kids School, Aruppukottai, Virudhunagar District.

SPEAK2US



Speak2us is a mental health helpline that offers non-judgmental listening services and emotional support to people in psychological distress (including suicidal ideation, trauma, and mental breakdowns). It was launched by M.S. Chellamuthu Trust and Research Foundation in association with the HCL Foundation, and Madurai Corporation. It is confidential, free of charge, and is available seven days a week from 9 am to 6 pm.

The trained volunteers help the callers by:

- Providing guidance through crisis situations
- Educating about the various mental health issues
- Giving informational support

People who may need additional support will be referred to the mental health professionals for further management.

The volunteers are mentored by Dr. Rajaram Subbian, Executive Director, Basic Needs India, Bengaluru.

Anyone in distress can contact the helpline at:



Helpline Number: 93754 93754



MS Chellamuthu Trust and Research Foundation (MSCTRF)

MS Chellamuthu Trust and Research Foundation, Madurai is a non-profit organization founded in the year 1992 with the mission of promoting mental health through holistic mental health care, affordable and accessible to all.

The lived experience of caring for a brother with mental illness and the resulting stigma and discrimination experienced by his family, and the dire need for mental health services in India motivated Dr. C. Ramasubramanian to take up this initiative of founding the Trust.

The core interventions of the Trust are - mental health literacy, treatment, institution, and community-based rehabilitation, livelihood promotion, human resources development in the field of mental health, and mental health advocacy.

The team of committed and experienced psychiatrists, psychologists, social workers, paramedical staff, and support staff in administration ensure that people have access to quality mental health care.

Being the recipient of National, State, and District awards for Best Institution, the Trust is marching strongly in addressing the mental health concerns of the people.



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- Contact: +91-9629911356
- Address: No: 7, 5th St, Lake Area, Mattuthavani, Madurai - 625107 Tamil Nadu, India



MS CHELLAMUTHU INSTITUTE OF MENTAL HEALTH AND REHABILITATION

(The HRD initiative of MS Chellamuthu Trust and Research Foundation, Madurai)



ABOUT US

MS Chellamuthu Institute of Mental Health and Rehabilitation is a premier educational institution founded in the year 2008 and strives toward developing compassionate, competent, and committed human resources in the field of mental health. The institute is one of its kind, promoted by pioneers in the field of Mental Health care in Tamil Nadu.

The programs offered by the institute are aimed at giving the best learning and clinical experience to our students. The institute has a team of competent and well-qualified staff with a blend of professional and academic experience. The institute has gained a name as a specialty institute in mental health in Tamil Nadu and takes pride in providing experiential learning and research opportunities for our students.

PROGRAMS OFFERED

ADMISSIONS OPEN FOR 2022

Research Programs	PG Programs	PG Diploma Programs	Certificate Programs
<ul style="list-style-type: none"> 1 Ph.D in Psychology 2 Ph.D in Social Work 	<ul style="list-style-type: none"> 1 MSc in Applied Psychology 2 MSc in Counselling & Psychotherapy 3 MSW in Mental Health 	<ul style="list-style-type: none"> 1 Mental Health 2 School Counselling 	<ul style="list-style-type: none"> 1 Basic Counselling Skills 2 School Counselling 3 Psychopathology Psychosocial Therapies

COLLABORATING UNIVERSITIES



Madurai Kamaraj University



Alagappa University



Tamil Nadu Open University

ACADEMIC INFRASTRUCTURE



Excellent clinical infrastructure



Library with an exemplary collection of books and journals



Virtual Studio



Fully furnished student friendly classrooms



FACULTY PROFILE

Get to know more about your faculty members!



Prof G Gurubharathy

Principal

Prof G Gurubharathy is the Principal of MSCIMHR. He has more than 30 years of experience in teaching Social Work. He is one of the leading Mental Health trainers and is a consultant for various community based mental health projects.



Dr. Kannan M

Director of Research

Dr. Kannan M is a very passionate Researcher who has his MPhil (Social Work) from TISS, Mumbai, and Ph.D. (Social Work) from Madurai Kamaraj University. He has provided Research Guidance for MSW, M.Phil. and Ph.D. Scholars and approximately over 500 students have benefitted from his guidance.



Dr. Janet Vasantha Kumari

Director of Counselling

Dr. Janet Vasanthakumari has done her Ph.D. in Social Work from Madurai Kamaraj University. She has 7 years of teaching experience in the field of Social Work.



Dr. Anthea Washington

Professor and Dean (Academics)

Dr. Anthea Washington holds a Ph.D. in Social Work from Madurai Kamaraj University and has specialized in Personnel Management & Industrial Relations in her post-graduation. She holds an MBA in Education Management from Alagappa University. She has over 25 years of experience in higher educational institutions in the field of HR and professional development.



Dr. M Selvi

Consultant Clinical Psychologist

Dr. M Selvi did her MPhil (Clinical Psychology) from Kasturba Medical College, Manipal, and Ph.D. (Clinical Psychology) from the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru. She has 7 years of clinical practice along with rich teaching experience.



Dr. R Selvi Kumari

Consultant Clinical Psychologist

Dr. R Selvi has her MPhil (Clinical Psychology) and Ph.D. from the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru. She has 7 years of clinical practice along with rich teaching experience.



Dr. Veerabalaji Kumar

Associate Professor

Dr. Veerabalaji is a Homeopathic Doctor with a Ph.D. in Psychology from Bharathiyar University, Coimbatore. He has more than 10 years of clinical experience and more than 15 years of training and teaching diversified students.



Ms Saadhvi Nirmal

Assistant Professor

Ms. Saadhvi Nirmal has completed her MSc in Applied Psychology from Women's Christian College, Chennai and MPhil in Psychology from University of Madras, Chennai. She has done intensive research on Career Plateau of employees, Emotional Intelligence and Parenting Styles.



Ms Kaviya Ramesh

Assistant Professor

Ms Kaviya Ramesh has completed her Post Graduation in Counselling Psychology at Madras School of Social Work. She is enthusiastic about working with the youth and has conducted several training sessions for children. Her passion lies in teaching and counselling the younger generation.



Ms A Princy Hannah

Assistant Professor

Ms A Princy Hannah has completed her Post Graduation in Counselling and Psychotherapy at Lady Doak College, Madurai. She has done intensive research on Emotional flexibility and on the effect of Self-compassion and Compassion on Openness to diversity. Author of Anbukkalai, Tamil translation of million-sold self-help book 'The Art of Loving'.



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CAREFACTORY

Carefactory supports the mental health initiatives of MS Chellamuthu Trust and Research Foundation (MSCTRF), a pioneer in the field of community psychiatry, vocational rehabilitation, and mental health services for over 25 years.

Carefactory was started in 2008 to provide psychosocial rehabilitation for people with mental illness to prepare them to face life with confidence and be self-reliant. The residents or members of their families are taken through a meaningful journey from vocational training to being given employment at Care Factory. Like many renowned social enterprises, Care factory is socially innovative and has been recognized for thinking outside the box while providing some of the community's most vulnerable population a fair go.

CareFactory focuses on alleviating unemployment in pockets of disadvantaged target groups with mental illness. It gives young people and their families, the chance to get vocational training, gain employability skills and build workplace confidence. Trainees also receive support to overcome any other personal challenges that may have held them back in the past.

CareFactory Crafts, CareFactory Cleaners, and CareFactory Bakes are some of the key initiatives. Today, you can find the products of CareFactory in several outlets in Tamil Nadu, India, including all major supermarkets.



Visit Care Factory Shop

+91-97917 26833, +91-96292 26833

www.carefactory.co

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MS CHELLAMUTHU INSTITUTE OF MENTAL HEALTH AND REHABILITATION



(The HRD initiative of MS Chellamuthu Trust and Research Foundation, Madurai)
The Collaborative Institution of ALAGAPPA UNIVERSITY, Karaikudi

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- MSW Mental Health

NON - SEMESTER

- PG Diploma in Mental Health
- PG Diploma in School Counselling

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