



NewsKonnnect

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



FROM THE PRINCIPAL'S DESK

PROF. G. GURUBHARATHY



Let me wish you all a Happy New Year 2023! May this new year bring us all good cheer, progress, and well-being. Yes, we all need to be strengthened mentally to achieve the new goals we have set this year and seed the desires of our hearts. We had talked about mental health for all being a global priority last year. Let us continue to work towards it

and remember that mental health is all about nourishing a positive relationship with our neighbors, community, and most importantly our children. Children's mental health is of paramount importance in the years to come, as they remain exposed to life stressors and countless challenges. Cultivating mental fitness molds children to brace any situation in life with confidence and helps them to feel good and happy about themselves. It is our duty to provide the right environment for our children for helping them to develop emotionally, mentally, and physically. It is essential that we, as parents, teachers, or well-wishers show the path to our children for enjoying mental well-being through building loving relationships and providing nourishment for their minds and body. Let us create and embrace a happy environment for the mental health of children! I pray that you may all have a fantastic year with the Almighty's blessings. Have a good read!

INSIDE THE ISSUE

[FROM THE PRINCIPAL'S DESK - 1](#)
[ARTICLE OF THE ISSUE - 2](#)
[THE SCOOP - 3](#)
[PERSPECTIVE - 4](#)
[SPOTLIGHT - 5](#)
[TAKE A MINUTE - 6](#)
[NOTEWORTHY - 7](#)
[MY STORY - 8](#)
[THE VIEW - 9](#)
[CHAMPION OF MENTAL HEALTH - 10](#)
[STUDENT'S CORNER - 11](#)
[INTERFACE - 12, 13](#)
[ACTIVITIES UPDATE - 14](#)
[UPCOMING EVENTS - 15](#)
[SPEAK2US - 16](#)
[WELLNESS LANTERN - 17](#)
[INFORMATION ABOUT US - 18](#)

ARTICLE OF THE ISSUE

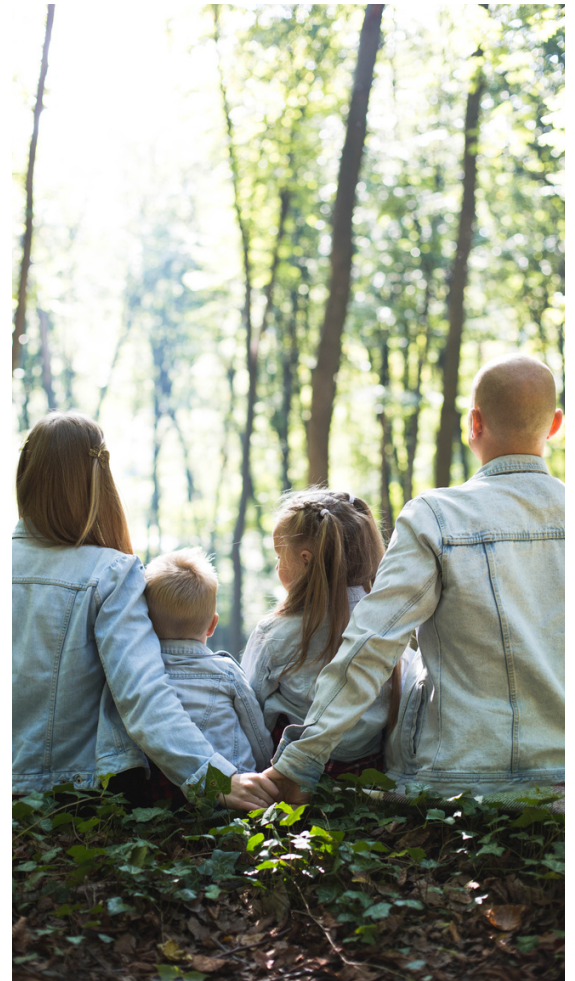
CHILDREN - THE IMPETUS OF OUR LIFE

DR. S.M. POORNACHANDRA

BHMS, M.Sc. (C&P)

Children's mental health is the dire need of parents, families, schools, and undoubtedly the future of any society. It is based on what children see, hear, conceive, and understand that they form a concept within themselves about life, opportunities, situations, values, beliefs, and humanity. Naturally, they travel on the path paved by their understanding. Children get excited at the smallest of things and set their hearts on what makes them happy. It is the duty of parents to acknowledge the needs of their children and respond to their feelings and emotions in the right manner. The approach that parents and society take has a tremendous impact on the mental health of children. Parents need to engage in gently correcting their children for their mistakes and share an unconditional love for children's mental health and strength.

Children of this electronic era hold a different view of parental duties. The expectations and boundaries of children have changed now. The concept of discipline and freedom have taken a different perspective as compared to two or three decades back. Dealing with the current generation is quite a task. The present Gen Z and Gen Alpha have skyrocketed in their intelligence and awareness, and they are easily carried away by the communication network and social feeds. As much as their knowledge has grown, their minds have become much more tender and fragile. Their mental strength is becoming a concern. It is time to give serious thought to our role as parents, teachers, and elders. Let us work together for the sake of our children.



THE SCOOP

MAKING AN ART WITH BROKEN PIECES

Ms. Reeja Riyas, Education department, Modern College of Business and Science, Oman



A society, where children are being supported in their upward slope, and parents are being protected in their downward slope seems to have been ideal and well-balanced. In contrast to that recent studies show above 80% of the population of our country is going through stress and anxiety. Is our generation not resilient to stressors?

Anyone who works with children and young people has a strong desire to keep them safe from harm. However, we are aware that we cannot protect them from every danger or difficulty they may encounter in the present or the future. Therefore, we want young minds to be able to handle change and stress and recover from whatever life throws at them. One of the most important goals of a parent or teacher or guardian must be to develop independent and self-reliant people.

We learn to be resilient through experience, it is not an elusive innate quality. Additionally, through this experience, children learn how to prevent problems like depression, anxiety, and other emotional problems, more importantly, to bounce back from all these problems. Two main pillars of resilience are Engagement and Awareness. Engagement is how we connect with others.

Children can practice processing their experiences and learn new coping mechanisms when they have open, trustworthy conversations with others, such as parents, teachers, and siblings.

Awareness is the capacity for introspection. Children can learn this skill, and parents should encourage them to do so. Problem-solving and coping skills also enhance resilience.

We can raise resilient kids and spot any mental health issues early on if we are warm, responsive, and supportive parents. We can strive for a positive healthy environment for our children without creating a bubble for them. Building resilience is an ongoing process, not an end goal.

“If your heart is broken, make art with the pieces.” — Shane Koyczan

PERSPECTIVE

CHILDREN'S MENTAL HEALTH - A SERIOUS MATTER

DR MICHAEL ANGELO DUCA PERERA

Senior Lecturer, College of Engineering,
National University of Science and Technology,
Sultanate of Oman



As we strive to be physically, socially, and emotionally healthy, let us also do our best in being mentally healthy. A mentally healthy person is able to cope with life stresses which results also in having good relationships and making sound contributions to his community. This also means that he can work productively by realizing his optimum potential.

Mental health should be the concern of not only adults but also children. Children who start to be mentally healthy from childhood are likely to achieve certain developmental and emotional milestones. This also enables them to acquire healthy social skills and leads them to cope well when faced with certain problems.

People from all walks of life have learned a lot from the covid pandemic which stunned the world in the last quarter of 2019. Children alike had to shift paradigms. Children who used to spend more time outdoors had to be confined within the four corners of their homes for weeks and months. Classes had to shift to online mode enabling them to be less social and more self-centered. As we anticipate our children to be the next leaders of the land, proper guidance and direction from us should start from home and be enhanced by the school and society to which they belong. This serious matter shouldn't be taken lightly but rather of prime importance because children's mental health matters as much as adult's. As Kate Middleton puts it, "A child's mental health is just as important as their physical health and deserves the same quality of support."

SPOTLIGHT

MENTAL HEALTH OF CHILDREN

VR. RAMKUMAR

Psychotherapy Trainer and Counselor

Mental health is an essential part of children's overall health and has a complex interactive relationship with their physical health and their ability to succeed in school, at work, and in society. Both physical and mental health affects how we think, feel, and act on the inside and outside. Mental health is important throughout childhood from prenatal considerations through transitions to adulthood.

For instance, an overweight young boy who is teased about his weight may withdraw socially and become depressed and may be reluctant to interact with others, which further contributes to his poorer physical and mental health. These issues have long-term implications on the ability of children to fulfill their potential and consequently affect their overall well-being.

Take, for example, a boy named Bobby who is being physically abused by his father and often acts out aggressively at school. His behavior is a natural reaction to the abuse, but his behavior may also mark the beginning of an undiagnosed conduct disorder. His teachers simply see him as a troublemaker and continually punish his behavior. Later, Bobby drops out of school as a teenager because he finds it a harsh environment, and leaves home to fend for himself. He has trouble holding down a job because Bobby often clashes with his coworkers due to his behavior. He starts indulging in alcohol as a self-medication and gets arrested a couple of times for drunkenness. By the time Bobby receives a proper diagnosis of his conduct disorder and substance abuse, he is in his 30s and his mental health problems have become deeply entrenched. This will require extensive therapy, which Bobby probably cannot afford without a proper job or health insurance. Things could have been very different if Bobby was referred to a psychologist in his childhood for early diagnosis, and effective treatment and possibly prevented substance abuse.



TAKE A MINUTE

EAT, BREATHE, & LIVE LIKE MESSI!

P. SUNDARRAJ

Head, Dept. Of Resource & Development, MMH&RC



Being mentally healthy during childhood means a lot of things. It implies reaching developmental and emotional milestones, learning healthy social skills as well as having the ability to deal with problems. Mental healthy children have the confidence to face life adversities and bounce back without being scared psychologically or emotionally. On the other hand, children with a poor mental health struggle to handle their emotions and behavior, leading to distress and challenging situations. But with proper care, any child can be helped to come back to the normal stream of life, or like Messi, become a champion too.

For example, Lionel Messi was diagnosed with Growth Hormone Deficiency (GHD) at the age of eleven, but after beating all barriers, he turned into a football hero. In fact, there are claims that Messi has Asperger's syndrome which makes him interact differently with the world. Nevertheless, Messi became a world celebrity. We can help bring many such heroes into our world.

Ways to promote mental health among children

1. Practise a daily routine: We need to encourage children to have a set schedule for each activity such as eating, sleeping, or playing. Having a daily routine helps children to develop a healthy lifestyle
2. Skill development: Soft skills training, road/home safety skills, constructive leisure time activities, social media skills, decision-making, and communication skills aid in positive mental health.
3. Independent living - Small everyday tasks can help children build their confidence. (room cleaning, purchasing, self-cooking etc)
4. Creative tasks - Creative and innovative activities are valuable tools to help children tackle their daily stress and anxieties.
5. Protection from external threats: Child abuse / cyber threats / social media addiction needs to be identified early for intervention. We need to keep in mind these simple things for promoting children's mental health.

NOTEWORTHY

INVESTING IN GOOD MENTAL HEALTH IN TODDLERS

DR. ANNIE PRIYADHARSHINI

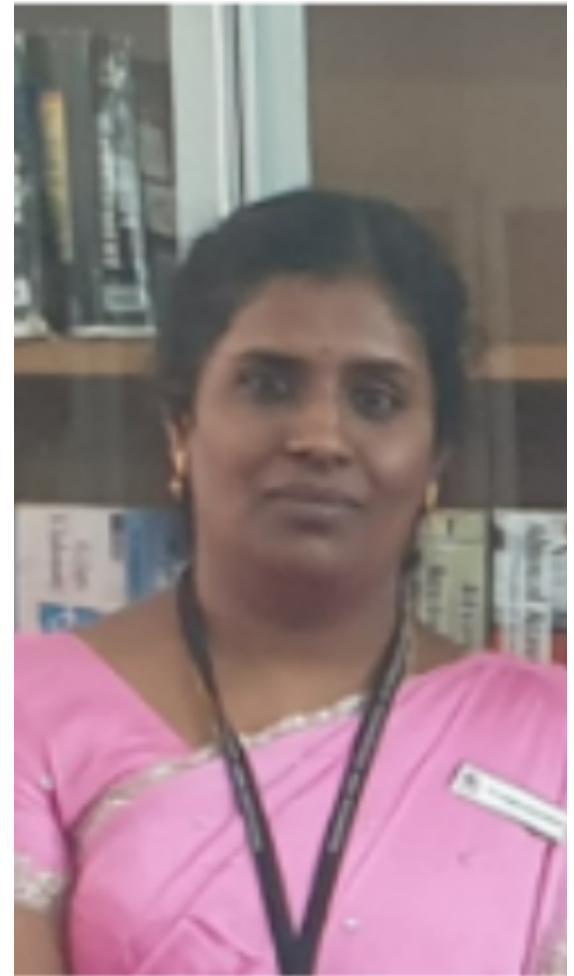
Asst. Prof. Dept. of Mgt Studies, KITS

Good mental health is important from the very early stages of child development. The well-being of toddlers/young children depends on sound mental health provided from childbirth, as it helps them to develop positive relationships and relate effectively with the environment. Even toddlers have their own life challenges and if they are not addressed rightly, it might affect their mental health. The challenge is different when it comes to a single child at home, particularly for a toddler or young child.

An only child expects a very close relationship with his/her parents, especially from his/her mother. They can be very rigid at times and may express their stubbornness in various ways such as throwing/breaking toys, refusing to eat, or brooding in a corner for long hours. On the other hand, the young child might try to be independent and do things just to draw the attention of others or might simply want to impress his/her parents. Truly, it needs maturity and patience on the part of parents to understand the toddler's/young child's mindset. As parents, we should not express anger or impatience in dealing with difficult young children.

We need to understand that the child is trying to communicate something. We need to be aware that we are the world to our toddlers or young child and therefore create a loving and healthy environment for them to ensure their well-being. We need to give our time and attention when the child is exhibiting a testing behavior, and give them emotional strength in all situations.

Providing a loving home, a home that builds healthy relationships and emotional security for the child is what matters most in developing the mental health of young children. Providing a sweet, loving home is an investment; an investment that would nurture the well-being of our children.



MY STORY



QUALITY FAMILY TIME WITH THE CHILDREN FOR ENHANCED AND SUSTAINABLE MENTAL HEALTH AND WELL-BEING

S. SANTIAGO,
INDEPENDENT DEVELOPMENT COUNSULTANT,
MADURAI

In the past few years of my profession, I have had the opportunity to meet children and teachers in different public schools. On interacting with the teachers, I was dismayed to know that the behavior of the students was highly discouraging, and teachers feared mending their classroom behaviour as they came to school under the influence of alcohol. In my recent interviews with parents, several parents complained that their children have taken to drugs and alcohol during the pandemic and lockdown. They showed various behavioural issues such as depression, mood swings, withdrawal symptoms, anxiety, and so on.

Most times, the mental health and well-being of children are considered just behavioural issues and there is a lack of awareness among families and the public. It is only in recent years that the importance of mental health care is increasingly recognized and there is greater involvement of the government in integrating it into the health care system like the District Mental Health Project. Similarly, the involvement of private organizations is growing and is to be appreciated.

Reports reveal that nearly 9.8 million children in India need professional intervention for mental health care. Undoubtedly, children in need of mental health services should have access to professional intervention. Further, much could be done at the familial and school levels. Quality family time spent with the children is recommended. Parents need to show concern, love, and respect for their children and listen to their experiences whenever possible. Likewise in schools, the class teacher can set aside an exclusive period for quality class time at least once a week and encourage students to express and share their feelings and relationships with parents, relatives, or friends and exchange insights. These simple practices would enhance the mental health and well-being of children and help in providing early referral and access to professional intervention if needed.

THE VIEW

WHAT NOT TO DO AS A PARENT...

DR. KAVITHA RAJARAM

Clinical Psychologist, Pathologist, Speak2us Quality Monitoring member

All of us are aware of a million things to do as a parent but we forget what not to do as a parent for bringing up physically, mentally, emotionally, and intellectually strong children.

Nevertheless, we all have that million-dollar question; "AM I A GOOD PARENT?".

No doubt, we try hard to be good parents. But what are the things that we shouldn't be doing as parents? Well, here are a few things that I would like to share:

- Do not be overly permissive or controlling and try to do helicopter parenting, blaming comparing, body-shaming, or stereotyping our children
- Do not be a poor role model; never should we ask them to do things, rather we need to show them how to do them.
- Don't be afraid to say "NO" and don't give too many choices in life
- Do not publicly humiliate, scold or physically abuse them
- Never reveal their secrets or personal things to others without their consent
- Don't always make decisions for them or be too quick to rescue them from problems
- Don't avoid having hard or uncomfortable discussions with them
- Do not be afraid to apologize if you know that you are wrong; Remember that you are not always right or know everything
- Do not be inconsistent when you expect certain kinds of behaviours from children; give a structure to their life and set boundaries
- Never redirect your anger or frustration onto children
- Do not take push them into areas that they are not interested in or set unrealistic goals for them
- Do not hesitate to appreciate your children or to learn new things from children
- Don't stop expressing your love to them – either physically, verbally, or emotionally
- Never utter generalized statements like "You Always...You Never..."

Above all do not self-doubt your parenting skills. Rather grow along with your children to do better each day!



CHAMPION OF MENTAL HEALTH

LT. DR. R. PARTHASARATHY

Father of Life Skills Education in India

Dr. R. Parthasarathy is someone who changed the face of psychiatric social work in India. Hailing from a small town, Arani in the Thiruvanamalai District of Tamil Nadu, Dr. Parthasarathy, having completed his Master's in Social Work at Madras University joined the psychiatric social work fraternity at the NIMHANS in Bangalore. There began his journey in mental health. He came out as a first-rank holder with distinction in the 2-year Diploma course in Psychiatric Social Work at NIMHANS and subsequently completed his Ph.D. in 1986 at Bangalore University.

While interacting with children in and around the areas, he was enthused to do something for their mental health and education. He strongly believed that for a child to attain academic excellence, he or she needs to have a healthy mind. As early as in 1977, he formulated a series of concepts to be taught to teachers for helping children cope with academic and other requirements. He insisted on activity-based learning as opposed to traditional learning. His style of pedagogy helped teachers gain an arsenal of information, and communication materials to engage with the children, which reflected in the children's marks and overall mental health. This was subsequently structured to be followed as a Student Enrichment Programme at NIMHANS. The life skills programmes that Dr. Parthasarathy initiated almost reflected the strategies put forward later by the United Nations, for life skills education. Dr. Parthasarathy, who can be called the father of life skills education in India is a simple, spiritual, and down-to-earth man and is an icon in the field of community mental health too. He was one of the team members in the ICMR and WTO-funded study in psychiatry and mental health; the team which revolutionized the way people thought about mental illness.

This iconic man has more than 250 publications to his credit and has guided several scholars. He has helped establish several professional bodies, developed curriculums, trained and educated thousands, and is much more than a professional. He is a role model who has inspired and molded many lives and stays in our hearts.



STUDENT'S CORNER

ART

B. LOGESHWARI
STUDENT, MSCIMHR



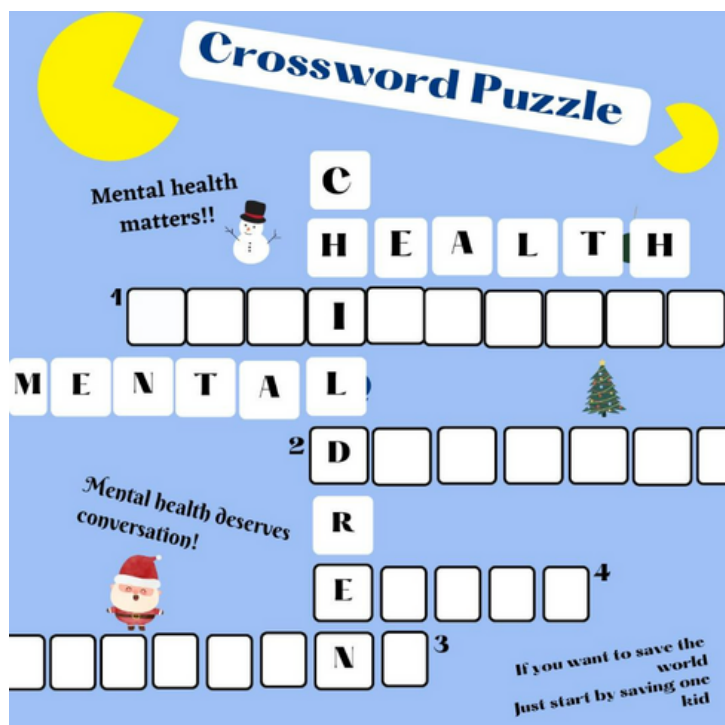
WORD STOCK

K.U.VAISHNAVI
STUDENT, MSCIMHR



CROSSWORD

P. DHARANI
STUDENT, MSCIMHR



Clues for the crossword:

1. The ----- of parents can affect their interactions with children. (Left to right)
2. ----- can lead to a lack of love and care for children. (Left to right)
3. ----- children might lead to trauma for them. (Left to right)
4. Parental ----- can affect the child's mental health. (Right to left)

ANSWERS:
1. Addiction
2. Divorce
3. Bullying
4. Abuse

INTERFACE

SUDOKU

V.K. SUDHARSHANA, STUDENT MSCIMHR

AHH, THE FEELING OF SATISFACTION YOU GET AFTER COMPLETING A SUDOKU



INTERFACE

INTROSPECT

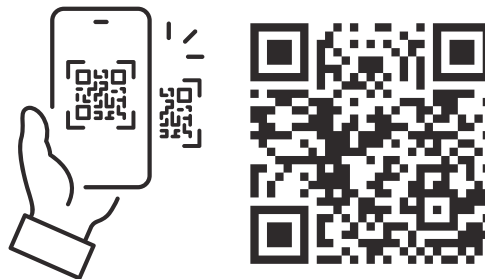
LEARN MORE ABOUT YOURSELF

The MBTI is loosely based on concepts by psychiatrist Carl Jung, but has since been developed by Katharine Cook Briggs and her daughter Isabel Briggs Myers.

Jung's hypothesis was that humans have four cognitive functions (thinking, feeling, sensation and intuition), and that each of these functions had an extravert and introvert orientation, resulting in eight dominant functions. The MBTI is based on these eight hypothetical functions, and Briggs and Myers developed these into 16 different personality types.

The validity of Myers-Briggs Type Indicator has faced a lot of criticism. It is not used in psychosocial practice and many of the studies that endorse the MBTI are unscientific. So the Myers-Briggs Type Indicator is by no means a scientific analysis of your personality, keep that in mind. But it is a great tool for self-reflection.

To know your personality type, scan the QR code and fill the form below:



ASK THE EXPERTS

If you have any questions related to mental health, psychology, psychiatry and need expert help. Drop your questions at

kaviya.mscimhr@gmail.com

Your question will be answered by the experts here at
MS Chellamuthu Trust and Research Foundation.
The answers will be published in the next issue.

ACTIVITIES UPDATE

Prof. G.Gurubharathy and Dr.M.Kannan **facilitated the “BPCL Inaugural and Needs & Concerns meeting”** on 2nd November 2022 for 35 Corporation School HMs & Teachers at Thiagarajar College of Preceptors.

Ms.Saadhivi Nirmal, gave **a talk on ‘Overview of Psychotherapy’** on 16th November for 150 undergraduate psychology students at Thiagarajar College of Arts & Science

A **Training on Appreciative Intelligence was conducted by Happy Schooling Team** for 206 school teachers from the Madurai Corporation schools, at the Thiagarajar College of Preceptors on 17, 18, 22,23 & 24th November 2022. The training was facilitated by Prof. G. Gurubharathy and Dr. M. Kannan.

“Training on Mental Health Literacy for Teachers” was conducted for 50 school teachers on 21st November 2022 under the BPCL project at Sethupathi Higher Secondary School and facilitated by Prof. G. Gurubharathy and Dr. M. Kannan.

Ms.Saadhivi Nirmal gave a talk on **“Identifying Signs and symptoms of Child Abuse and Child Neglect”** on 1st December for Educational Department officials and Teachers at Tamil Nadu State Judicial Academy, Chennai.

Prof. G. Gurubharathy and Dr.M. Kannan conducted **a 3-day “Appreciative Living” training** from 8 to 10 December 2022 for Police Personnel.

Prof. G. Gurubharathy **conducted 2-day training on “Leadership Development”** on 16th and 17th December 2022 for Functional Heads of MSCTRF.

Certificate course on “Basic Counselling Skills” organized by MS Chellamuthu Institute of Mental Health and Rehabilitation was conducted from 15th December to 31st January 2023.

Dr. Priy B Dwivedi from the Sultanate of Oman **facilitated a “Mendeley Reference Manager” training** on 11th January 2023 for 34 Ph.D. Scholars, M.Sc. Students & Institute Staff.



UPCOMING EVENTS

February

3 days training program on "Resilience Building" will be conducted between 8th and 10th February 2023 as a part of "Celebrate Life, Live Joyfully" Project for 11th and 12th students.

February

3 days training program on "Life Skills" will be conducted between 22nd and 24th February 2023 as a part of "Celebrate life, Live Joyfully" project for 8th and 9th students.

February

Phase 2 of the training program on "Basic Counselling Skills" for teachers will be conducted in the month of February.

February

A session on "Acceptance and Commitment Therapy" will be conducted by Dr.Veerabalaji on 19th February, 2023. It will be open to public.

February

A Certificate course on Community Mental Health for students of M.O.P Vaishnav College for Women, Chennai is in progress.

March

A session on "MBTI" will be conducted by Dr. Prakash in the month of March.

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.

HAPPENINGS

Skill building workshop for mentors of the helpline took place on Dec 10 and Dec 11, 2023.

Batch 4 requirement is in progress.



Helpline Number: 93754 93754

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.

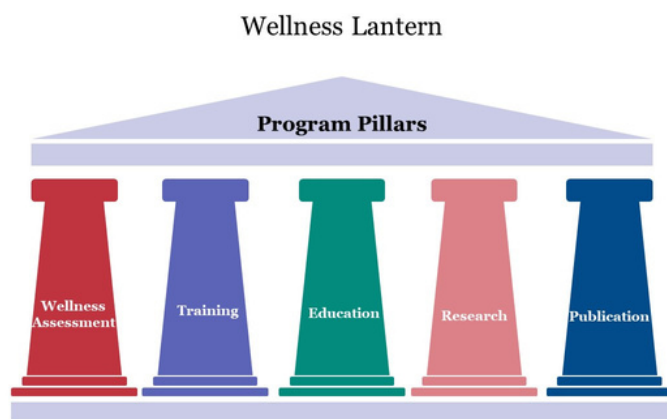
Our primary aim is to ensure that every individual who comes to us with a problem is engaged in the problem-solving process and thereby ensures sustainable wellness at home, the workplace, and the community. We provide this through domains promoting school, corporate, family wellness and assessment center.

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





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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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

Research Programs	PG Programs	PG Diploma Programs	Certificate Programs	COLLABORATING UNIVERSITIES
<ol style="list-style-type: none"> 1 Ph.D in Psychology 2 Ph.D in Social Work 	<ol style="list-style-type: none"> 1 MSc in Applied Psychology 2 MSc in Counselling & Psychotherapy 3 MSW in Mental Health 	<ol style="list-style-type: none"> 1 Mental Health 2 School Counselling 	<ol style="list-style-type: none"> 1 Basic Counselling Skills 2 School Counselling 3 Psychopathology <p>Psychosocial Therapies</p>	 Madurai Kamaraj University  Alagappa University

ACADEMIC INFRASTRUCTURE



Excellent clinical infrastructure



Library with an exemplary collection of books and journals



Virtual Studio



Fully furnished student friendly classrooms



Tamil Nadu Open University



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 around 3 decades 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 more than 10 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 more than 10 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 Prasanthi

Assistant Professor

Ms A.Prasanthi has completed her M.sc in Applied Psychology from Women's Christian College, Chennai and M.Phil in Guidance and Counselling from Mother Teresa Women's University, Kodaikanal. She has conducted career guidance sessions to school students. She is more interested in working with adolescents.



Ahana Hospitals

HOSPITALS AHANA HOSPITALS AHANA HOSPITALS AHANA HOSPITALS AHANA HOSPITALS AHANA HOSPITALS

Alcohol / Drug De-Addiction



Emergency
Psychiatry Services



Psychological Assessments
Psychotherapy & Counselling



Stress & Lifestyle
Management



Career Guidance



Marital Therapy



Behaviour Modification / Treatment
for Children & Adolescents



Telepsychiatry

experience
the
exceptional
care



1ST NABH
CERTIFIED
NEURO PSYCHIATRIC
HOSPITAL IN SOUTH INDIA

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📍 K.K. Nagar Branch : Ahana Hospitals, No. 611, K.K. Nagar, Madurai - 625 020, Tamilnadu.

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GANDHI NAGAR | K.K. NAGAR | RESIDENCY | MANAGIRI | ACUTE CARE | ELAMANUR



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

611, K.K Nagar, Madurai 625020

SPEAK2us

Mental health helpline

Conversation matters... every voice matters...



SPEAK2us:

Empower callers by creating a safe supportive compassionate space that offers an opportunity to speak about their distress and be heard with empathy and respect.

SPEAK2us offer:

- Crisis support
- Education on mental health issues
- Information support



How it functions?

The service is offered through phone calls. A person in psychological distress can make a call and seek for help and support.

Our Services are:

- Confidential
- Respecting the privacy of the callers
- Free of charge



For assistance



93754 93754

INVITING YOUR CONTRIBUTIONS!

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