



BON SECOURS COLLEGE OF EDUCATION

NAAC Re accredited 'B++' grade

Affiliated by Tamil Nadu Teachers Education University, Chennai

Vilar Bypass Road, Thanjavur – 613 006

Mental Health Awareness Program – 2024



BON SECOURS COLLEGE OF EDUCATION

Affiliated to Teachers Education University, Chennai
Nationally Re-Accredited by NAAC with "B++" Grade
Recognised under 2(f) of UGC act 1956
Vilar Bypass, Thanjavur-613006



Awareness Programme on

MENTAL HEALTH

Organized by
National Service Scheme (NSS), BSCE.

Date : 14.05.2024
Time : 01.00 pm
Venue : Conference Hall



Dr. J. Jayamurugavel, MBBS, MD, DA, FCD, FIPM,
(Fellow pain medicine)
Consultant Pain Physician,
Shree Pain Clinic,
Thanjavur.

Will be the chief Guest

Dr. K. A. Antonysamy,
Principal,
BSCE,
Will preside.



Rev. Sr. Sandanamary,
Administrator,
BSCE,
Words of benediction.

Looking forward your gracious presence

By,

Management, Principal, NSS (PO) /Volunteers, Teacher Educators,
and Pre Service Teachers

AGENDA

- Tamil Thai Vazhthu
- Prayer Song
- Words of God
- Welcome address
- Honouring
- Presidential address
- Chief guest address
- Vote of thanks
- Hum of Nation



Bon Secours College of Education

Nationally Re-Accredited by NAAC with B⁺⁺ Grade

Vilar By-pass Thanjavur-613006

MENTAL HEALTH AWARENESS PROGRAM – 2024

“Mental health....is not a destination, but a process.

It’s about how you drive, and not where you’re going.”

Date: 14.05.2024

Objective:

Raising awareness about the mental health continuum reduces the problems associated with mental illness; promote help seeking behaviors and emotional well-being practices through the education and outreach events.

Program:

The awareness program was conducted on 14.05.2024. The program started with the invocation of Mother Tamil followed by the prayer song and the words of God. The welcome address was given by Ms. A.M. Kaviya, Pre-service teacher B.Ed., first year. The program was presided by Dr. K. A. Anthony Sami, Principal, Bon Secours College of Education, he addressed the gathering and shared his views on mental health, how we think, feel, and act. He also stated that mental health helps to determine how we handle stress, relate to others and make healthy choices.

The chief guest of the day was Dr. J. Jayamurugavel, MBBS, MD, DA, FCD, FIPM. He shared his views on mental health and physical health with which all factors that affect our mental health in our daily life and how to stay mentally strong with the mental strength improvement. He also spoke about the prevention and the ways to be mentally healthy. The program came to an end with the vote of thanks by Ms. R. Lokeshwari, Pre-service teacher B. Ed., first year followed by the hum of the nation.

Prepared by
Dr. V. Vidhya
NSS Program Officer,
BSCE.

Mental Health Programme





Thanjavur, Tamil Nadu, India

Q523+55M, Anna Nagar, Thanjavur, Tamil Nadu 613004, India

Lat 10.750251°

Long 79.153187°

14/05/24 01:33 PM GMT +05:30