

SRI C ACHUTHA MENON GOVERNMENT COLLEGE, THRISSUR
PG AND RESEARCH DEPARTMENT OF PSYCHOLOGY

PRIORITISE MENTAL HEALTH IN WORKPLACE

In observance of World Mental
Health Day



15 October 2024



10:00 am



Seminar hall , Science block



Ms.Niji Vijayan N

Consultant Clinical
Psychologist, Dept of
Psychiatry, Amala Institute
of Medical Sciences,
Thrissur

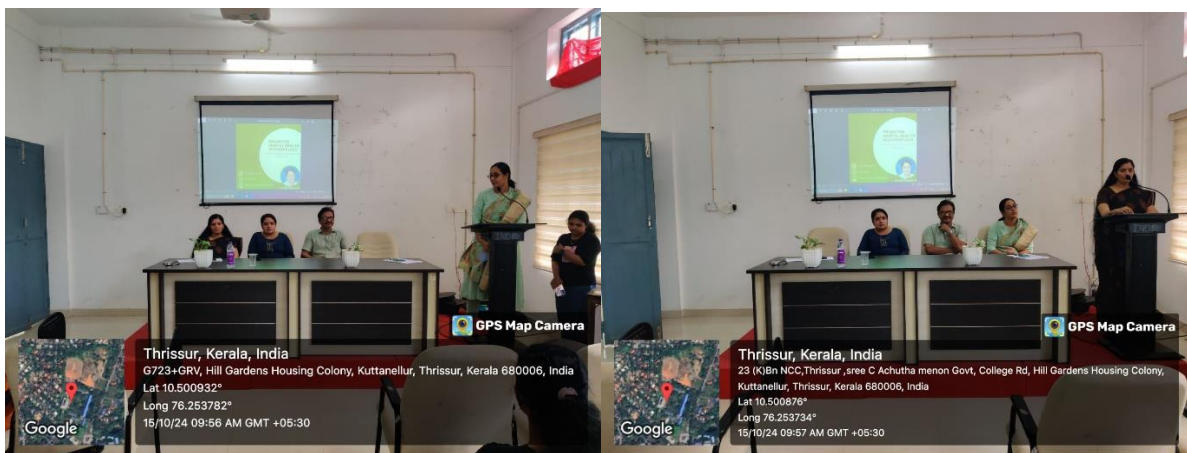
Sri C Achutha Menon Government College, Thrissur

Department of Psychology

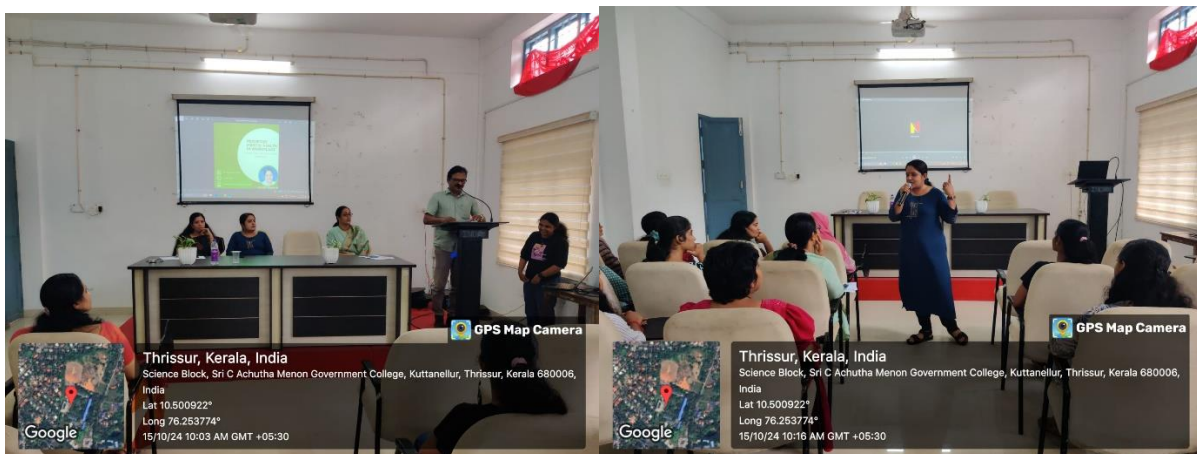
Prioritise Mental Health in the Workplace

Date: 28 October 2024

In observance of World Mental Health Day, Sri C Achutha Menon Government College, Thrissur, held a program titled "Prioritise Mental Health in the Workplace" on 15 October 2024. Organized by the Department of Psychology, the event took place in the Seminar Hall of the Science Block from 10:00 AM to 12:30 PM. The program aimed to address the importance of mental health in professional settings, focusing on fostering supportive and resilient workplace environments.



The session was anchored by Sreelakshmi Rajan, a postgraduate psychology student, who introduced the theme and purpose of the event. Ms. Vani M, Assistant Professor in the Department of Psychology, opened the program with a welcome speech, emphasizing the need for open discussions on mental health in workplaces to help reduce stigma and support employee well-being. Following the welcome, Mr. Vijayan PK, Vice Principal, officially inaugurated the event, highlighting the college's commitment to mental health awareness and education.



The presidential address was given by Dr. Sujisha TG, Head and Associate Professor of the Department of Psychology, who underscored the importance of mental health support for both academic and professional success, and the proactive role that educational institutions can play in spreading this awareness. The keynote address was delivered by the Chief Guest, Ms. Niji Vijayan N, Consultant Clinical Psychologist from the Department of Psychiatry at Amala Institute of Medical Science, Thrissur. In her speech, Ms. Vijayan discussed “Mental Health Priorities in the Workplace,” offering practical strategies for managing stress, enhancing resilience, and promoting a culture of mental wellness at work.



The event concluded with a vote of thanks from Ms Anuradha, Undergraduate student of Psychology, who extended her gratitude to all speakers, organizers, and attendees for their contributions in making the program a meaningful initiative. The session effectively reinforced the significance of prioritizing mental health to foster balanced, productive, and compassionate workplace environments.