

District Mental Health Programme - Pudukkottai

From
Dr. A.Mala Selva Rani MD(Psy)
District Psychiatrist - Programme Officer
District Mental Health Programme
Pudukkottai

To
1) The Principal
Kings College of Engineering
Punalkulam
Pudukkottai

2) Assistant Director
District Skill Training Centre
Pudukkottai

Sir,

Sub: District Mental Health Programme (DMHP) - Pudukkottai - MANAM Programme - Training and Wellness session Series - on Promotion of Mental Health and wellbeing among Students - Installation of MaNaM Forum and Training Session at Kings College of Engineering in Pudukkottai District - on 04.10.2023 - regarding.

Ref: 1) MaNaM Program for Colleges, District Action Plan. dated:11.08.2023
2) Email from The Principal, Kings College of Engineering, Dated: 27.09.2023

R.No: 93/DMHP-PDKT/MANAM/2023 Dated: 30.09.2023

As per the reference cited, the installation of MANAM forum and Training on mental Health Promotion and Well-being of students has been scheduled to be conducted at Kings College of Engineering in Pudukkottai on **04th October 2023 at 10.00A M.**

In this regard, we request your support for the successful conduct of the training session on Mental Health Promotion and Wellbeing among students at Kings College of Engineering in Pudukkottai District.

Thank You

Yours Sincerely,

A. Mala Selva Rani

Copy submitted to:

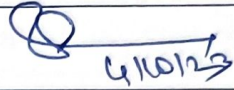
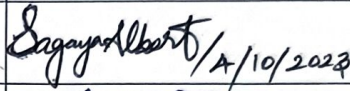

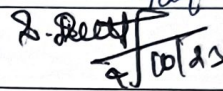




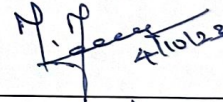
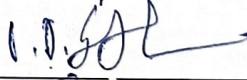
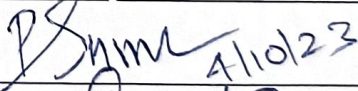



1) The Joint Director of Medical and Rural Health Services, Pudukkottai

ENGINEERING COLLEGE

Name of the college: 8211 Kings College of Engineering, Punalkulam,
Pudukkottai District. 613303

Constitution of MANAM FORUM (Faculty Members)

Date: 4/10/23

Sl. No	Members	Name of the faculty with Designation	Sign
1.	Principal / Vice-Principal	Dr.S.Sivakumar / Vice Principal	 4/10/23
2	BE(Civil) - 1 person	Mr.A.Sagaya Albert Asst.Professor	 4/10/2023
3	BE(Computer Science)	Ms.K.Abinaya/ Asst.Professor	 4/10/23
	ME(Computer Science)	Ms.B.Bavithra/ Asst.Professor	 4/10/23
4	BE(Electronics and Communication)	Mr.T.Jeyaseelan Asst.Professor	 4/10/23
	ME(Electronics and Communication)	Ms.U.Jeyamalar Asst.Professor	 4/10/23
5	BE(Electrical and Electronics)	Mr.S.Naveen Prakash Asst.Professor	 4/10/23
	ME(Electrical and Electronics)	Ms.P.Thirumagal Asst.Professor	 4/10/23
6	BE(Mechanical)	Mr.M.Melwin Jagadeesh Sridhar/Assistant Professor	 4/10/23
	ME(Mechanical)	Dr.P.P.Shantharaman/ Asso.Professor	 4/10/23
7	Hostel warden (Boys)	Dr.P.Saravanan	 4/10/23
	Hostel warden (Girls)	Dr.T.Shanthi	 4/10/23
8	College administration	Ms. S.Bavani	 4/10/23
	Office	Ms.S.Satiya	 4/10/23


SPOC
Dr.T.Pushparaj

STUDENTS AMBASSADOR NAME LIST – ENGINEERING COLLEGE

Name of the college: 8211- Kings College of Engineering, Punalkulam,

Pudukkottai District. 613303

Constitution of MANAM FORUM (Students)

Date: 4/10/23

Sl.No	Degree with Branch	Year	Name of the Student	Sign
1	B.E Civil	1 st year	1.S.Lakshmi Priya	Lakshmi Priya. S
			2.P.Renga Pandian	P.P.Rengapandian
		2 nd year	1. K.Abinayasri	K. Abinayasri
			2.S.Vijay	S. Vijay
		3 rd Year	1.J.Mohamed Riyas	J. Mohamed Riyas
			2.G.Sindhu	G. Sindhu
		4 th Year	1. G.Bharath	B. Harabharath
			2.S.Sneha	S. Sneha
2	B.E Computer Science	1 st year	1. R.Dakshna	R. Dakshna
			2.B.Prasana	B. Prasana
		2 nd year	1. G.Rasika	G. Rasika
			2.B.Harish Sriram	B. Harish Sriram
		3 rd Year	1.S.Hari prasath	S. Hari prasath
			2.B.M.Nithyasri	B. M. Nithyasri
		4 th Year	1.V.Aswin	V. Aswin
			2.D.Parkavi	D. Parkavi
3	ME Computer Science	2 nd year	J.Selva Geetha	J. Selva Geetha
4	B.E Electronics and Communication	1 st year	1. K.Lokesh	K. Lokesh
			2.M.Vanamadevi	M. Vanamadevi
		2 nd year	1. D.Kiruthika	D. Kiruthika
			2.R.Suriyanarayanan	R. Suriyanarayanan
		3 rd Year	1. V.HariniLakshmi	V. HariniLakshmi
			2. V.Krishnamoorthy	V. Krishnamoorthy
		4 th Year	1. S.Suruthi	S. Suruthi
			2. .Sivasethumathavan	S. Sivasethumathavan

5	M.E Electronics and Communication	2 nd year	R.Ramya	R. Ramya		
6	B.E Electrical and Electronics	1 st year	1. U.Gousic Raja.U	U.Gousic Raja		
			2.S.Bhuvaneshwari	S. Bhuvaneshwari		
		2 nd year	1. V.Jestina Shiney	V. J. Shiney		
			2. M.G.Ponnagarasan	M.G. Ponnagarasan		
		3 rd Year	1. V.Veeraselvan	V. Veeraselvan		
			2.K.C.Gayathri	GAYATHRI.K.C		
		4 th Year	1.P.Gushendra Prasath	P. Gushendra Prasath		
			2.R.Kanimozhi	R. Kanimozhi		
7	M.E Electrical and Electronics	2 nd year	N.Premalatha	N. Premalatha		
8	B.E Mechanical	1 st year	1. D.Devadharshan	D. Devadharshan		
			2.M.Santhosh	Santhosh.M.		
		2 nd year	1. M.Prabu	M. Prabu		
			2.P.Santhosh Priyan	P. Santhosh Priyan		
		3 rd Year	1. A.Siva	A. Siva		
			2.A.Alex	A. Alex		
		4 th Year	1.K.Jegan	K. Jegan		
			2.S.Balaji	S. Balaji		
			M.E Thermal	2 nd year	S.Arulmozhi	— AB —

B.E CIVIL

4th year

J. kirthulcasri

J. kinf.

T. Pushparaj 4/10/22

SPOC

Dr.T.Pushparaj



MANAM PROGRAMME REPORT

Academic Year 2023-2024 (Odd Semester)

Tamil Nadu Chief Minister M K Stalin launched the **Mananala Nallaatharavu Mandram (MaNaM)** Scheme on December 22, 2022. This is regarded as an initiative of the State government concerning the mental health of college students by providing psychological support.

Tamil Nadu government puts forward the MaNam initiative for the psychological health of college students. The plan aims to prevent suicidal tendencies among the youth. Further, it targets to resolve mental health issues faced by the young generation across the state.

District Mental Health Programme (DMHP) Pudukottai is the authorised centre to conduct training programme for all colleges in the district. MANAM Programme focus the students and staff by providing Training and Wellness session series on promotion of mental health and wellbeing among students.

MaNaM Initiative Objective

The MaNaM scheme is determined to prevent mental health problems and suicidal tendencies among college students. Health Minister Ma Subramaniam stated that the main objective is to deal effectively with mental health issues in all colleges available across the State.

Talking about the MaNaM programme, peer counsellors would be assigned to identify students with problems of mental distress and other serious psychological conditions. Moreover, such students will be given full psychological support.

The medical health support forum is also initiated to train college students to attend to mental health patients in a righteous way.

Additionally, a team will be working on the matter which comprises professors and 2 students from each class to be set up in each college. In the first stage, the MaNaM scheme will be implemented in all the state medical colleges and then will eventually be

initiated in Engineering and arts colleges. Also, MaNaM helpline number is 14416. Efforts are to be made in order to upgrade the IMH to a top-ranking Institute of Mental Health and Neuro Sciences across the nation.

MaNam Program at Kings

Installation of MaNam forum and training session was inaugurated in first year smart class room, Kings College of Engineering, Pudukottai on 04.10.2023. 43 students and 15 staff members were participated from our college and involved in various activities in the MaNaM Training programme. Dr.R.Karthik Deivanayagam M.B.B.S district Psychiatrist, DMRMGH, Pudukkottai and his team gave the training for the students and staff.

The welcome address was given by Dr.T.Pushparaj, HOD/Mechanical Engineering, Kings College of Engineering with a warm welcome and pleasant speech which was given a introduction about the MaNaM Programme. Dr.J.Arputha Vijaya Selvi, Principal, Kings College of Engineering, Pudukottai gave small introduction about the MaNaM programme and introduce the training team of Dr.R.Karthik Deivanayagam.

In the first session Dr.R.Karthik Deivanayagam clearly explained the objectives of the MaNaM forum. He explained the internal and external factors that affect the mental health of the youth communities and also how to manage different issues in and around the present environment.

In the second session he explained the various stresses, causes and its effects. He explained how the stresses affect the mind concentration and body health. He gave the tips to handle the stress and also train the small exercise to relive the body stresses. Students actively participated in the session, raised their doubts and get the clarifications. Dr.R.Karthik Deivanayagam gave small reward to the students who gave the valuable answers. Each trained staff and students effectively act as MaNam ambassadors, in future to identify the stressed students and helping the students by giving counselling and also getting appointment from mental health centre for external counselling. The ambassador of the student and staff member phone number and email address was collected by Dr.R.Karthik Deivanayagam team.

At the end of the session the students gave positive feedback and the staff gave the suggestion for improvement of this programme. Really a wonderful experience for the students and staff members.



Welcome address was given by **Dr.T.Pushparaj, HOD/Mechanical Engineering, KCE.**



Dr.J.Arputha Vijaya Selvi, Principal, KCE, distributed MaNaM student ambassador batch.



Dr.R.Karthik Deivanayagam, District Psychiatrist, DMRMGH (Nodal officer of the district mental health programme), Pudukottai and his team giving the Training.



Student ambassadors involving various activities with trainers

Finally, Vote of thanks was given by Dr.T.Shanthi, Professor/ECE, Kings College of Engineering. The MaNaM Programme successfully came to an end which provided a resource platform as a knowledge and awareness hub to all the students with excellent support from the management, Principal and all others who have directly or indirectly helped in organizing this programme.

T. Shanthy
12/10/23

SPOC

T. Shanthy
12/10/2023

PRINCIPAL