

**INTERNATIONAL WEBINAR  
ON**

**YOUNG MINDS MATTER:  
TOWARDS THE MENTAL HEALTH  
&  
WELL-BEING OF YOUTH**

**29TH & 30TH JUNE 2020**

**THE WEBINAR AIMS TO PROVIDE:**

**AN UNDERSTANDING OF THE MAJOR PSYCHOLOGICAL  
ISSUES AMONG YOUTH  
EARLY IDENTIFICATION AND INTERVENTION STRATEGIES  
WITH AN AIM TO BUILDING STRONG YOUNG MINDS  
METHODS TO PROMOTE HEALTHY RELATIONS BETWEEN  
TEACHERS AND THEIR STUDENTS**

**WHO CAN  
PARTICIPATE:**

**TEACHERS,  
STUDENTS**

**&**

**PARENTS**



**CLICK HERE TO REGISTER  
OR  
SCAN QRC**



**REACH US :**

**9443434972 & 9486025434  
workshop@wptcpdy.in**

**CO-ORDINATORS:**

**DR. J GANDHI MOHAN  
DR. K BHUVANESHWARI**

**IITB Remote Centre (RC1400)**

**Women's Polytechnic College, Puducherry  
in association with**

**Department of Psychology**

**Kasthurba College for Women, Puducherry**



**29TH JUNE 2020  
11.15AM TO 11.30AM**



**KEYNOTE ADDRESS**

**SHRI. A. ANBARASU, I.A.S.  
DEVELOPMENT COMMISSIONER-CUM-  
SECRETARY TO GOVERNMENT  
GOVT. OF PUDUCHERRY**

**29TH JUNE 2020  
11.30AM TO 12.30PM**

**LET'S KEEP TALKING: RAISING  
AWARENESS OF YOUNG PEOPLE'S WELL  
- BEING FROM A MENTAL HEALTH  
PERSPECTIVE**



**MS. SASHA RUTH BIPIN,  
B.A.(HONS) PSYCHOLOGY AND SPECIAL &  
INCLUSIVE EDUCATION. M.SC. PSYCHOLOGY  
MEMBER OF THE BRITISH PSYCHOLOGICAL SOCIETY  
ENGAGEMENT OFFICER, UNITED KINGDOM**

**29TH JUNE 2020  
3.00PM TO 4.00PM**

**EMANCIPATION FROM ADDICTION  
- ROLE OF STUDENTS AND  
TEACHERS**



**DR.P.ARUL VARMAN, M.D.(PSYCHIATRY)  
ASSISTANT PROFESSOR  
DEPARTMENT OF PSYCHIATRY  
INDIRA GANDHI MEDICAL COLLEGE AND  
RESEARCH INSTITUTE, PONDICHERRY, INDIA**

**30TH JUNE 2020  
11.30AM TO 12.30PM**

**MENTAL HEALTH AND WELL-BEING:  
AN OVERVIEW OF MOOD DISORDERS  
IN YOUNG PEOPLE**



**DR.BIPIN RAVINDRAN,  
M.B.B.S, MRCPSYCH(LONDON), DGM(LONDON)  
CONSULTANT PSYCHIATRIST  
NATIONAL HEALTH SERVICE,  
UNITED KINGDOM**

**30TH JUNE 2020  
3.00PM TO 4.00PM**

**PROMOTION OF STUDENTS' MENTAL  
WELL-BEING - ROLE OF TEACHERS**



**MR.S.SARAVANAN, M.PHIL.  
ASST.PROF. OF CLINICAL PSYCHOLOGY  
DEPT. OF PSYCHIATRY  
PONDICHERRY INSTITUTE OF MEDICAL SCIENCES  
PONDICHERRY, INDIA**