WORLD MENTAL HEALTH DAY 2014
AURA – Centre for counselling

World Mental Health Day was celebrated in Loyola College by AURA - the Centre for Counseling on 10th October 2014. The programme started with a prayer song. Prof. Yazhini delivered the welcome address followed by the presidential address of the Chief Guest Ms. Sanjeevana, Additional Director, Poverty Reduction Programme, Puduvazhvu Thittam, Govt. of India. She was very delighted to inform that our Government is going to implement policy on mental health. She spoke about social and mental challenges in rural areas, and also about creating awareness to the students. There was a Street play on Awareness about Mental Health, performed by the theatre team led by Prof. Kaleeshwaran, Director for Art and Literary services, Loyola College.

Dr. S. Thiru Vikraman, Psychiartist, spoke about “Living with Schizophrenia”, the Global theme of this year and about the general mental illness, types, psychosocial aspects and the ways to break the stigma. It was very informative to the students as he focused on addiction and its impact on students as a whole. He also emphasized on the total eradication of the stigma on mental health.

The programme ended with prize distribution to the winners of the competitions (Poetry, Photography and Poster Designing) held by AURA on the topic “Breaking the stigma on mental health” a week prior to the programme.