



**DEPARTMENT OF SOCIAL
WORK OBSERVES
WORLD SOCIAL WORK DAY**



BUEN VIVIR

Shared future for
transformative change

Guest:

HELENA SELVAKODI



20 th MARCH 2024



1st MSW CLASSROOM

WORLD SOCIAL WORK DAY

Date: 20.03.2024

Venue: Nallamuthu Gounder Mahalingam College, Pollachi

INTRODUCTION

On the 20th of March 2024, in the First MSW classroom, attendees were privileged to have Ms. Helena Selvakodi as the chief guest. Ms. Selvakodi delivered an insightful session shedding light on psychometrics and its relevance in understanding mental health issues like depression and phobias.

The chief guest elaborated on the diverse applications of psychometrics in various domains, including education, clinical psychology, human resources, and personality assessment. Psychometric tests help in evaluating cognitive abilities, personality traits, career interests, and emotional intelligence. They provide valuable insights for personal development, career planning, and recruitment processes.

Moving forward, Ms. Selvakodi delved into the topic of depression. She elucidated that depression is a common mental health disorder characterized by persistent sadness, loss of interest or pleasure, feelings of worthlessness or guilt, disturbed sleep or appetite, and poor concentration. Depression can significantly impair an individual's functioning and quality of life if left untreated. Ms. Selvakodi highlighted the importance of early identification and intervention in managing depression effectively.

Additionally, the session touched upon phobias, which are intense and irrational fears of specific objects, situations, or activities. Ms. Selvakodi explained that phobias can cause significant distress and impairment in daily functioning. Common types of phobias include fear of heights (acrophobia), enclosed spaces (claustrophobia), and social situations (social phobia). Psychometric assessments can aid in diagnosing specific phobias and developing appropriate treatment plans, such as exposure therapy and cognitive-behavioral techniques.

CONCLUSION

In conclusion, Ms. Helena Selvakodi's session provided valuable insights into the realm of psychometrics and its applications in understanding mental health issues like depression and phobias. Attendees gained a deeper understanding of how psychometric assessments can contribute to personal and professional development, as well as the importance of early intervention in addressing mental health concerns. The session served as a reminder of the significance of promoting mental well-being and fostering a supportive environment for individuals facing psychological challenges.

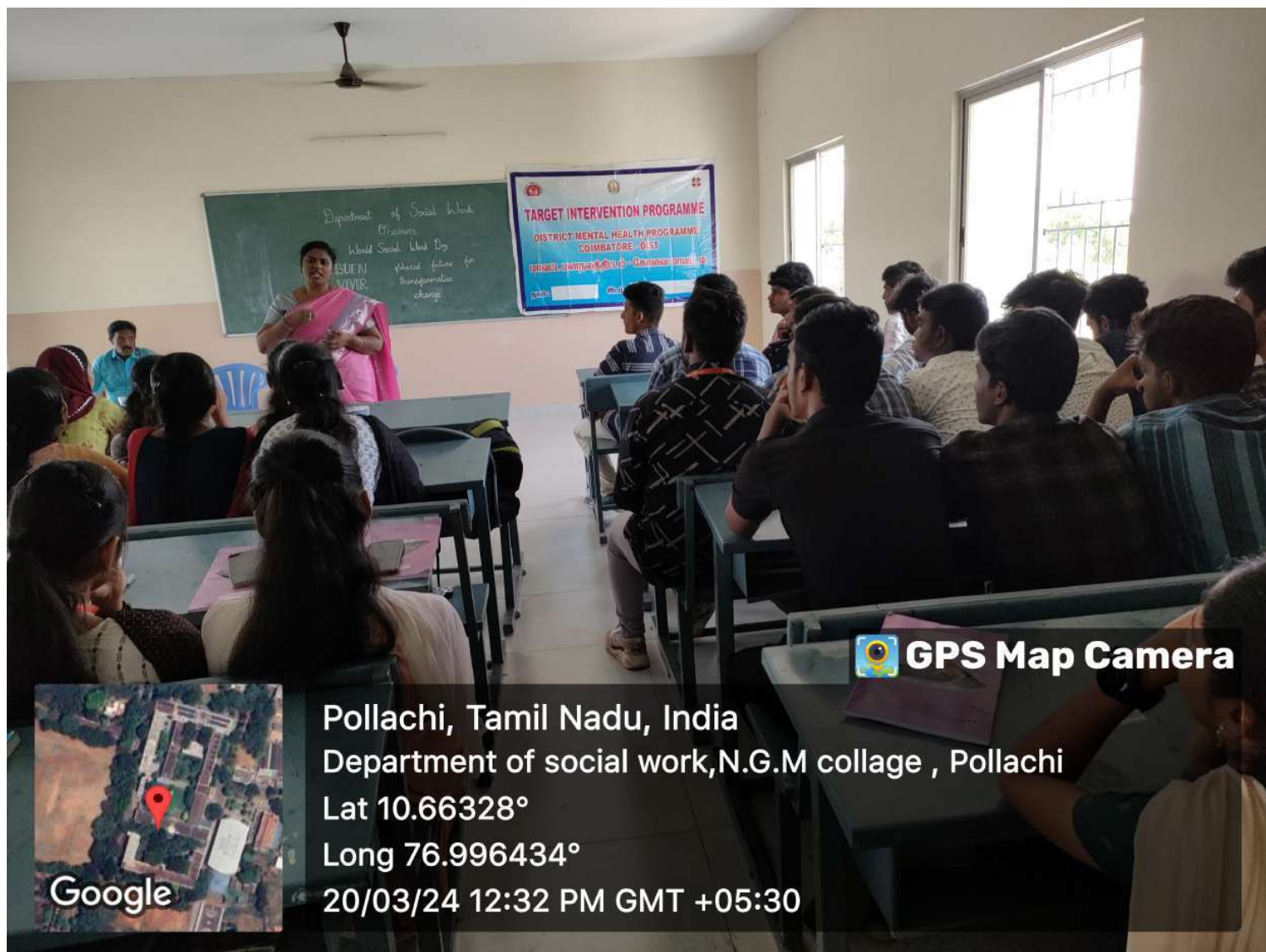




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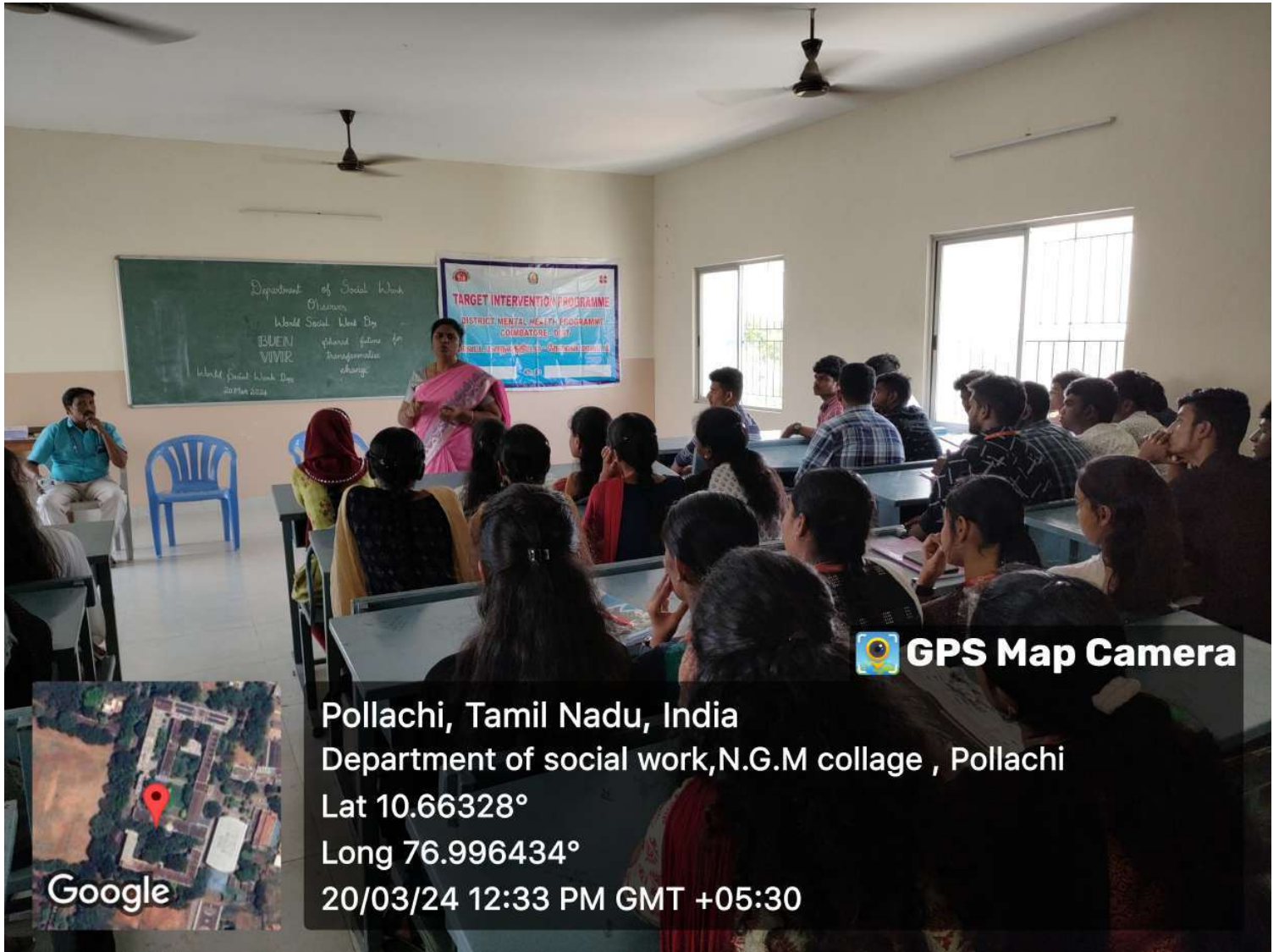
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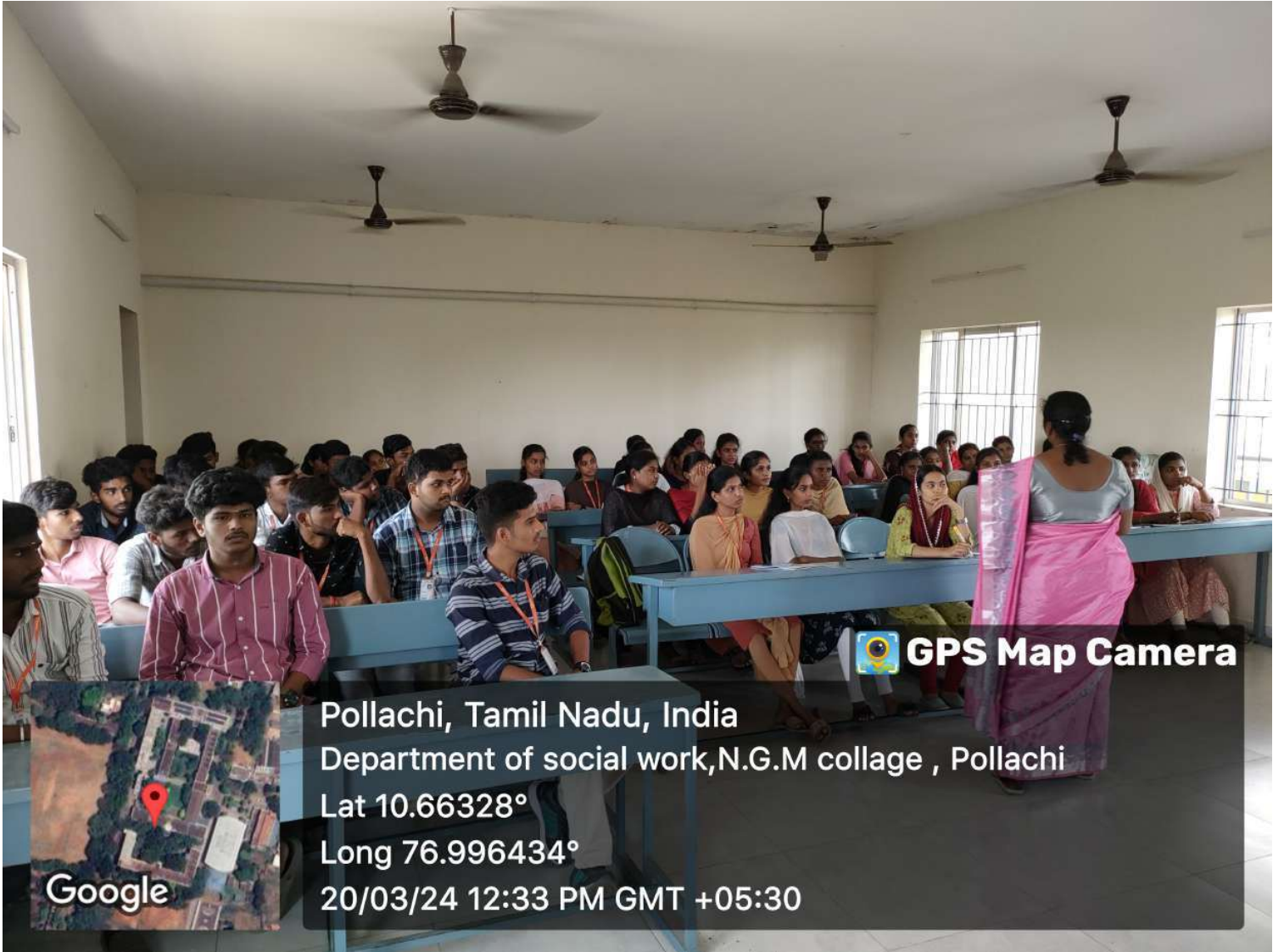


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NALLAMUTHU GOUNDER MAHALINGAM COLLEGE, POLLACHI

DEPARTMENT OF SOCIAL WORK
OBSERVES
WORLD SOCIAL WORK DAY

Date: 20.03.2024

Venue: I-MSW

LIST OF PARTICIPANTS

S.NO	REG.NO.	NAME	DEPARTMENT	SIGNATURE
1	23-CT-05	M. Paritharajaperumal	Bsc. CT (DI)	M. Paritharajaperumal
2	23-CT-07	T. Jaya balaji	BSC - CT - (DI)	T. Jaya
3	23-CT-21	V. VIKRAM	BSC - CT - (DI)	V. Vikram
4	23-CT-15	K. RAJUL	BSC-CT-(DI)	K. Rajul
5	23-CT-11	S. MAHESHWARAN	BSC-CT-(DI)	S. Maheshwaran
6	23-CT-12	N. Manoj kumar	BSC-CT-(DI)	N. Manoj
7	23-CT-20	S. Varadha kumar	BSC-CT-(DI)	S. Varadha
8	23-CT-10	M. Kanthikeyan	BSC-CT-(DI)	M. Kanthikeyan
9	23-CT-14	M. Parameshwaran	BSC-CT-(DI)	M. Parameshwaran
10	23-CT-01	Ajay Kumar. T	B.Sc - CT - (DI)	Ajay Kumar. T
11	23-CT-17	R. Santhosh Kumar	B.Sc. CT - (DI)	R. Santhosh Kumar
12	23-CT-16	Sanjay. S	B.Sc. CT - (DI)	Sanjay. S
13	23-CT-19	B. K. Subashkeshian	B. Sc. CT (DI)	B. K. Subashkeshian
14	23-CT-51	R. k. siva priya	CT	R. k. siva priya
15	23-CT-47	V. Safana	CT	V. Safana
16	23-CT-36	A. Fathima Thameem	CT	A. Fathima Thameem
17	23-CT-23	V. Abhinaya su	CT	V. Abhinaya su

S.NO	REG.NO.	NAME	DEPARTMENT	SIGNATURE
18	23-CT-34	F. Dhanushmathi	computer Technology	F.Dhy
19	23-CT-45	B. SATHI	Computer technology	B. Sath
20	23-CT-27	M. Anshaya	computer technology	M. Anshaya
21	23-CT-46	N. Ramya Krishnan	computer Technology	N. Ramya
22	23-CT-56	M. Thirudina	computer Technology	M. Thirudina
23	23-CT-28	Arbina Khatun	Computer Technology	Arbina
24	23-CT-50	M. Sarveshini	Computer Technology	M. Sarveshini
25	23-CT-33	Dhanushmathi T.S	Computer Technology	Dhanushmathi T.S
26	23-CT-38	K.M. Deepika	Computer Technology	K.M. Deepika
27	23-CT-58	Kanitha V	" "	Kanitha V
28	23-CT-41	Mahalakshmi - C	" "	Mahalakshmi
29	23-CT-29	Barisyalakshmi - V	" "	Barisyalakshmi
30	23-CT-24	P. Abinayasi	" "	P. Abinayasi
31	23-BW-03	P. Ganesh prasad	BSW	P. Ganesh
32	23-BW-06	B. Pereswarani	B-S-W	B. Pereswarani
33	23-BW-08	V. Dinesh kumar	BSW	V. Dinesh
34	23-BW-01	S. Bhavani	BSW	S. Bhavani
35	23-BW-04	N. Pradeep Kumar	B.S.W	N. Pradeep
36	23-BW-08	G. Ganitha	B-S-W	G. Ganitha
37	23-BW-09	Vishnu S	BSW	Vishnu S
38	23-BW-12	Kanishka S	BSW	Kanishka S
39	23-BW-13	Madhu Pri	BSW	Madhu Pri
40	23-BW-04	A. Jackson Daniel	BSW	A. Jackson
41	23-CT-26	R. Akila	CT	R. Akila
42	23-CT-42	K. Mohana	CT	K. Mohana
43	23-CT-44	R.M. Nitya Sree	CT	R.M. Nitya

S.NO	REG.NO.	NAME	DEPARTMENT	SIGNATURE
44	23-CT-35	R. B. Dharshana	CT	R. B. D.
45	23-CT-31	R. Phithiraiselvi	CT	R. Phithiraiselvi
46	23-CT-37	Hemavarshini. C	CT	Hema
47	23-CT-39	Kalavani. M	CT	Kalai
48	23-CT-43	T. Mahanavalli	CT	Mahanavalli
49	23-CT-52	R. Sivapriya	CT	Sivapriya
50	23-CT-54	M. Sri Varini	CT	Sri Varini
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COMPUTER TECHNOLOGY.

23-CT-33

Dhanushmathi T.S

Feed back:

நான் சுவாகன் குடுத்த உரை பேச்சில்

நான் எப்படி பல Personality என்கிற தெரிந்து-

கொண்டேன். எந்த இடத்தில் எப்படி நடந்து

கொண்டேன் என்கிற தெரிந்துகொள்.

எ.கா: (மாண்புமிகு கதை)

சுவாகன் 4 types Personality பற்றி

கொண்டேன். எனக்கு useful a

கொண்டேன் இந்த மனநலப்பகுதியை

(Mental Health care) அவர்கள் கொடுத்த

மிக்க நன்றி!

Dhanushmathi T.S.

M. Thrishna (23-CT-56)

The program is
useful to how do build
a mental health in very
strongly thank you for conducting
the program to BSH

Thrishna. 10/6.

Sanjay 23-CT-11

The social work day
is very useful to the college
students. We have learnt many
useful messages from the program.

Thaking You

Sanjay

M. Parameshwaran

B.Sc. CT (D1)

23. CT-14

Very usefull to the students ...

This Program very usefully to collage students and this Parents and this relations .

M. Paramesh

22-CT-05 - Hariharapriyan.

It is very useful to our mental health.
By attending this session, we gather lot of
information about our mental health. The session
is based on teenage mentality, so it is very
useful. Thank you for this session.

Signature

M. Hariharapriyan

Name : R. Chi-Thiraiselvi

Reg no : 23-CT-31

Feed Back:

The class conducted about 'Mental Health' was very helpful. It provides knowledge about mental awareness. It creates an awareness of Psychiatric Disorders. Especially for the problems in affair and Love. Thanks for giving such a wonderful class. It helps to treat the issues in this Adrenaline Period.

R. Chi-Thiraiselvi

~~1/11~~

R. Suguna devi .

23-CT-55.

The class was good . We can able to learn more things . It is very helpful for our mental health . Thanks for your suggestion . It will be helpful for our future . Thankyou.

Suguna devi.

M. Sarveshini (23-CT-50)

The awareness program was very effective and useful for the students we attended. Such programs gives a clear explanation of our mental health and its effects.

M.S.

Arbina Khatun. A (23-CT-28)

The social work - Mental
health awareness is very useful.
It felt the self love is
very important and how
we increase that.

Thank you

AK

23-CT-51 - R.K. SivaPriya.

As we have attend the seminar at 12.15pm to 1.30pm regarding mental health. It is very useful to our future mental health. By listening this session, we realize ourselves and our mind of state. Through this session, we got lot of knowledge about stress and depressions. It is very useful to our teenage mental health. Thank you for this session.

R.K. S
Signature

Lamya Krishnan C23-CT-46)

The program is
useful to how do build
a mental health in
very strongly thank you
for that giving opportunity.

N. Pandey.