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Institute of Management Studies (YIMS)
Ezhakkad, Mundur, Palakkad - 678631, Kerala.

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Affiliated to the University of Calicut & Managed by the Diocese of Palghat

Faculty Development Program

Report

2021-22



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Ezhakkad(PO), Mundur, Palakkad(Dt.)
Kerala, India, Pin-678 631



7-Day National Faculty Development Programme

Mental Health: Matrices and Horizons

Organized By: PG Department of Psychology
Event Dates: 4th October 2021 – 12th October 2021
Report Date: 13th October 2021

The 7-Day National Faculty Development Programme (FDP) on "Mental Health: Matrices and Horizons," organized by the PG Department of Psychology in association with IQAC, YIMS, brought together educators from across the nation to explore the multifaceted dimensions of mental health. The programme aimed to empower faculty members to better understand, identify, and address mental health challenges in educational institutions.

Objectives

- To enhance awareness about the continuum of mental health and mental illness among faculty.
- To equip educators with strength-focused mentoring strategies.
- To foster a holistic understanding of mental well-being in global and Indian contexts.
- To learn prevention techniques for mental health concerns like self-harm and suicide among students.

Programme Structure and Resource Persons

Each day featured a distinguished expert who provided profound insights into mental health topics:

1. **Day 1:**

Speaker: Dr. Sherin Lee Thomas, Asst. Professor, Dept. of Psychology, Indian Institute of Psychology and Research, Bangalore.

Key Highlights: Importance of reducing stigma, increasing access to healthcare, and supporting individuals in coping with life's challenges.

2. **Day 2:**

Speaker: Dr. Pramod Chandran, BHMS, MA, M.Sc (UK), MBA (UAE).

Key Highlights: Insights into anxiety and depression as prevalent conditions and the role of alternative therapies like homeopathy in managing mental health.

3. **Day 3:**

Speaker: Rev. Dr. Job Padayattil, Clinical Counseling Psychologist.

Key Highlights: Integration of spirituality in mental health practices for addressing issues like low confidence and fear.

4. **Day 4:**

Speaker: Dr. Geomy G Chakkalakkudy, Asst. Professor, Dept. of Psychiatry, Jubilee Mission College & Research Institute, Thrissur.




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Key Highlights: Understanding the diagnosis, treatment, and prevention of mental and emotional health disorders.

5. **Day 5:**

Speaker: Dr. Anumod Kakkassery, MD (Ayurveda), Managing Director, Mariyan Ayurveda, Thrissur.

Key Highlights: Ayurvedic perspective on mental health focusing on the balance of life energies (doshas) and stress management.

6. **Day 6:**

Speaker: Dr. Kanak Soni, Medical Coordinator, Patanjali Wellness, Haridwar.

Key Highlights: Naturopathic approaches to mental health, emphasizing holistic treatments for the mind, body, and spirit.

7. **Day 7:**

Speaker: Prof. (Dr.) C. D. Sebastian, Professor, Dept. of Humanities and Sciences, IIT Mumbai.

Key Highlights: The connection between physical and mental health, promoting a "sound mind in a sound body" philosophy.

Key Highlights and Insights

- The programme addressed mental health from various perspectives, including psychology, spirituality, alternative medicine, and holistic wellness.
- Topics ranged from the stigma surrounding mental illness to practical approaches for maintaining mental well-being.
- Insights from psychology, psychiatry, Ayurveda, naturopathy, and spirituality enriched participants' understanding of mental health.
- The focus on integrating physical health, mental resilience, and spiritual well-being emphasized a holistic view of mental health.
- Participants learned strategies for identifying and addressing anxiety, depression, self-harm, and suicide among students.
- The importance of strength-focused mentoring and mindful practices was highlighted as essential tools for fostering student well-being.

Program Evaluation

- Feedback was collected from participants after each session to ensure continuous improvement and measure the programme's impact.
- Participants lauded the engaging content and insightful presentations delivered by the esteemed resource persons.
- The sessions fostered a highly interactive environment, encouraging educators to share their experiences, challenges, and perspectives on mental health.
- The diverse topics covered resonated with the participants, providing practical insights and actionable strategies for addressing mental health issues in academic settings.




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- E-certificates were awarded to all participants on the final day, recognizing their active participation and successful completion of the programme.

Outcome

The programme successfully achieved its objectives, as participants gained:

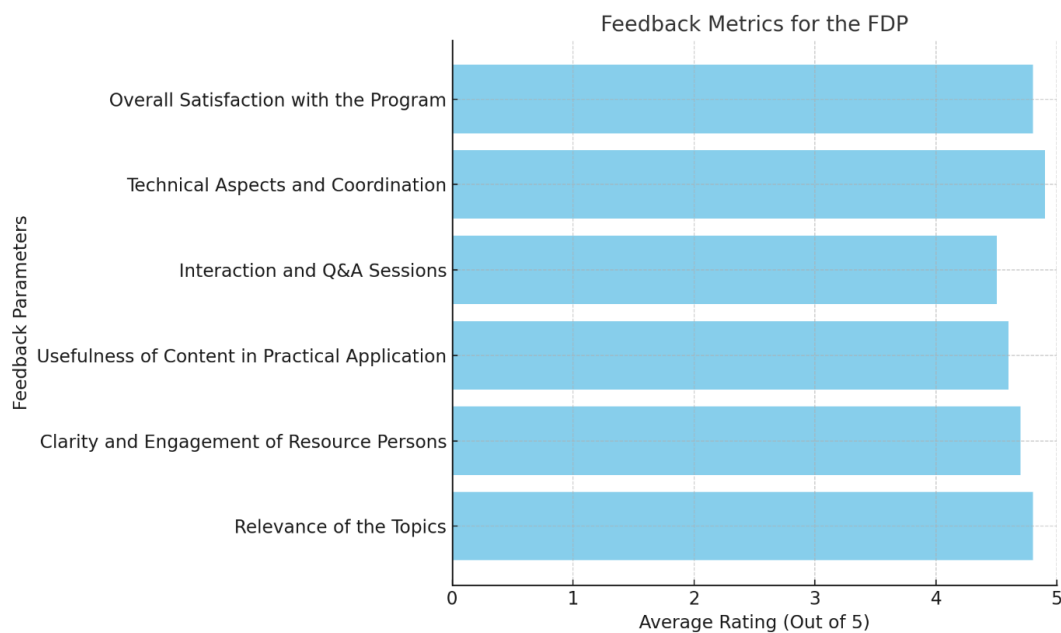
- Awareness of mental health challenges in the Indian and global contexts.
- Practical tools for strength-focused mentoring and mental health support.
- Insights into preventative strategies for mental health issues, including suicide prevention.

Feedback Analysis

Participants commended the engaging sessions, diverse topics, and resource persons' expertise. The FDP concluded with positive feedback, affirming its value in enhancing educators' mental health knowledge and practices.

Feedback Matrices

1. Relevance of the Topics
2. Clarity and Engagement of Resource Persons
3. Usefulness of Content in Practical Application
4. Interaction and Q&A Sessions
5. Technical Aspects and Coordination
6. Overall Satisfaction with the Program




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Participant Testimonials

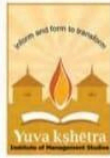
- *"The FDP was a transformational experience. The blend of psychological, spiritual, and alternative approaches to mental health expanded my understanding and provided actionable strategies I can implement in my teaching and mentoring practices."*
- *"Each session was enlightening and gave me insights into recognizing and addressing mental health challenges in students. The focus on strength-based mentoring was particularly impactful."*
- *"The interactive sessions and the expertise of the resource persons made this programme truly enriching. The emphasis on reducing stigma and adopting strength-focused approaches resonated deeply with me. Kudos to the organizers for such a well-rounded initiative."*

Conclusion

The 7-Day National Faculty Development Programme on "Mental Health: Matrices and Horizons" successfully equipped educators with practical tools and holistic insights to address mental health challenges in academic settings. By integrating diverse perspectives, the programme empowered participants to foster resilience, reduce stigma, and support students effectively. Participants praised the engaging sessions, expert speakers, and actionable strategies, making the FDP a valuable initiative by IQAC, YIMS, toward promoting mental well-being in education.




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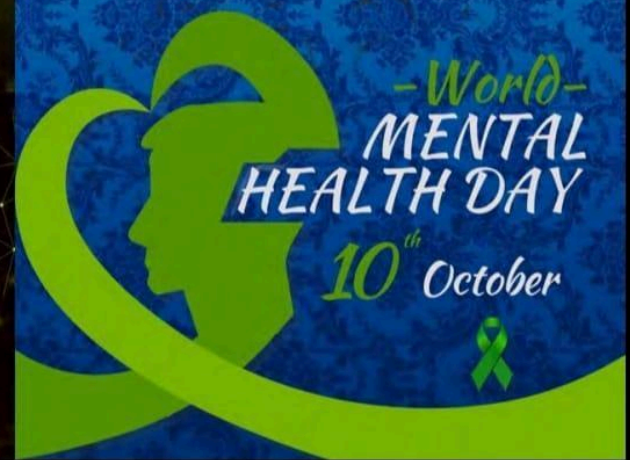
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**FACULTY
DEVELOPMENT
PROGRAMME ON
“MENTAL HEALTH:
MATRICES AND HORIZONS”**



4th October to 12th October 2021

**Organised By:
PG DEPARTMENT OF PSYCHOLOGY**
In Association with
IQAC, YIMS



-World-
**MENTAL
HEALTH DAY**

10th October



ABOUT THE COLLEGE

Yuvakshetra Institute of Management Studies (YIMS) is a premier professional training institute and arts and science college situated in the lush surrounding of the beautiful village named Ezhakkad in Mundur Panchayath of Palakkad District in Kerala. It is affiliated to the University of Calicut and managed by the Catholic Diocese of Palakkad under the Yuvakshetra Charitable Trust. It is one of the most rapidly expanding and developing educational institutes in South India. The name 'Yuvakshetra' is a compound word made up of two Sanskrit words 'Yuva' meaning "Youth" and 'Kshetra' meaning "Meeting Place" and "Holy Place". Yuvakshetra is the meeting place of young people where their minds and characters are moulded in such a way that they turn out to be professionals with ethics and valuable citizens of this great nation.



ABOUT THE DEPARTMENT

The Department of Psychology was established in the year 2015 with full intake of 24 students. The Department routinely conducts seminars, workshops, official talks and classes successively for the benefit of students and faculties. Along with the rigorous training in theoretical and pure Psychology at B.Sc level, it provides highly applied training. The Department is also equipped with full fledged Lab and Library facilities. The subjects are handled by well qualified and experienced faculties. The Department's activities also extend to the community through its outreach programmes, where people come and seek carrier guidance, counseling and psychotherapy. It also undertakes research-oriented programs.

ABOUT THE FDP

The prospective participants are academicians, faculties, and research scholars. The core objective of this FDP is to enable the academicians, faculties and research scholars with conceptual understanding about Mental Health and essential skills for enhancing quality of life.

SESSIONS

October 4th 2021	TOPIC Mental Health: Psychosocial Perspectives	 Dr. Sherin Lee Thomas Assistant Professor, Department of Psychology, Indian Institute of Psychology and Research (IIPR), Bangalore
October 5th 2021	TOPIC Mental Health in Homeopathy	 Dr. Pramod Chandran BHMS; MA; M.Sc, UK; MBA, UAE; Recipient, FCDO Scholarship, UK;
October 6th 2021	TOPIC Mental Health and Spirituality	 Dr. Fr. Job Padayattil Clinical Counselling Psychologist, Life Member, APA & APECA, Indian Human Rights Protection Mission (National



October 7th 2021	TOPIC Mental Health and Psychiatry	 Dr. Geomy G Chakkalakkudy MBBS, MD (Psychiatry) Assistant Professor, Department of Psychiatry, Jubilee Mission Medical College & Research Institute, Thrissur, Psychiatrist, TIMHANS Hospital, Thrissur
October 8th 2021	TOPIC Mental Health in Ayurveda	 Dr. Anumod Kakkassery MD(Ay) Managing Director and Chief Physician Marian Ayurveda, Thrissur
October 11th 2021	TOPIC Mental Health in Naturopathy	 Dr. Kanak Soni BNYS, MD, Medical Coordinator, Patanjali Wellness, Haridwar
October 12th 2021	TOPIC Mental Health: Sound Mind in a Sound Body: Indian Perspectives	 Prof. (Dr.) C. D. Sebastian Professor, Department of Humanities and Social Sciences, Indian Institute of Technology, Mumbai

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Organising Committee

Rev. Dr. Mathew George Vazhayil
Director, YIMS

Dr. Tomy Antony
Principal, YIMS

Rev. Dr. Lalu Olikkal
Vice Principal, YIMS

Dr. Fr. Gimmi Akkattu CST
Head, Dept. of Psychology,
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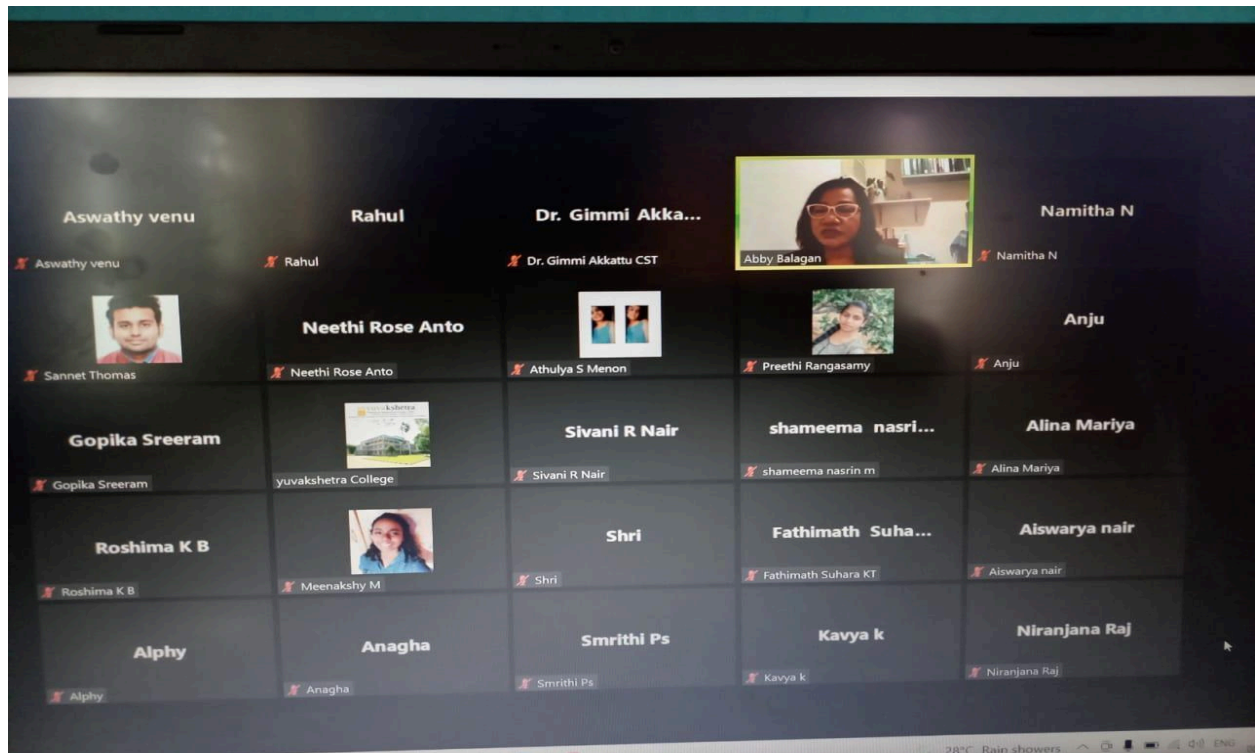
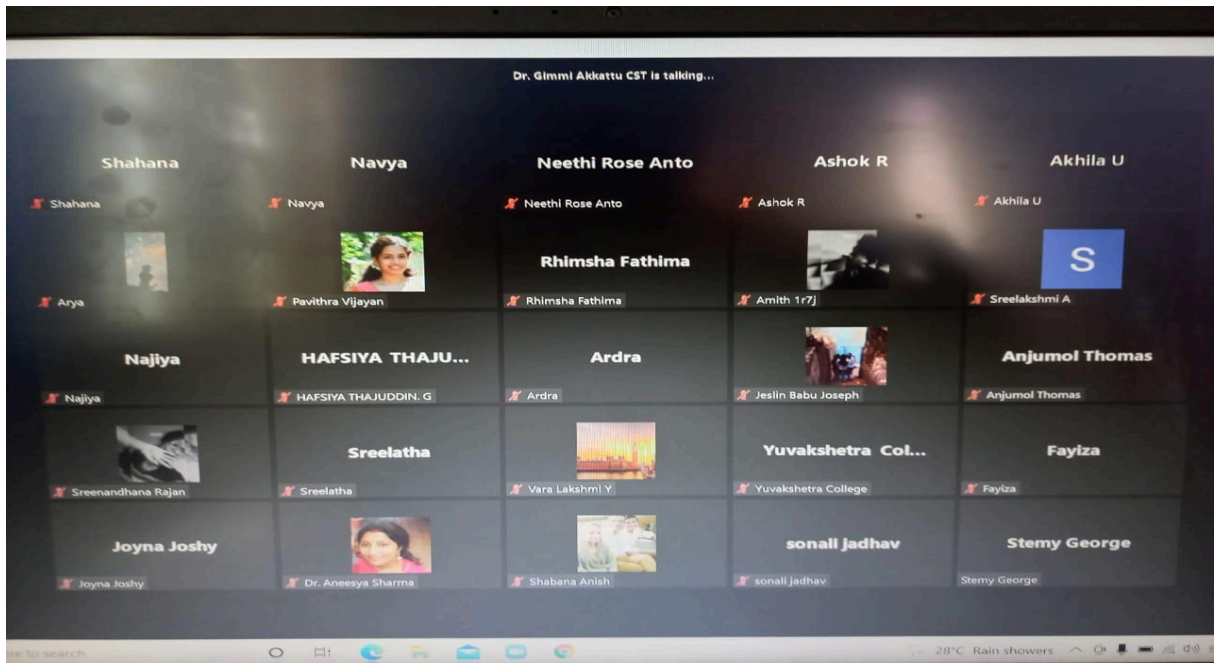
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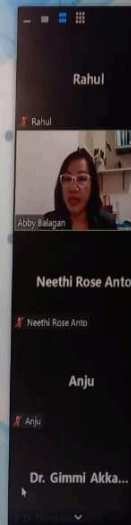




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Objectives:

- To discuss the nature of CQR as a method of scientific inquiry.
- To explain its theoretical underpinnings.
- Discuss how the method is applied.
- Explain how the data is analyzed.
- Identify its strengths and weaknesses.




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What is a Research Design?

- The plan, structure, and strategy of investigations to answer the research question
- A blueprint for conducting the study that maximizes control over factors that could interfere with the validity of the findings
- It is a clearly defined structure within which the study is implemented



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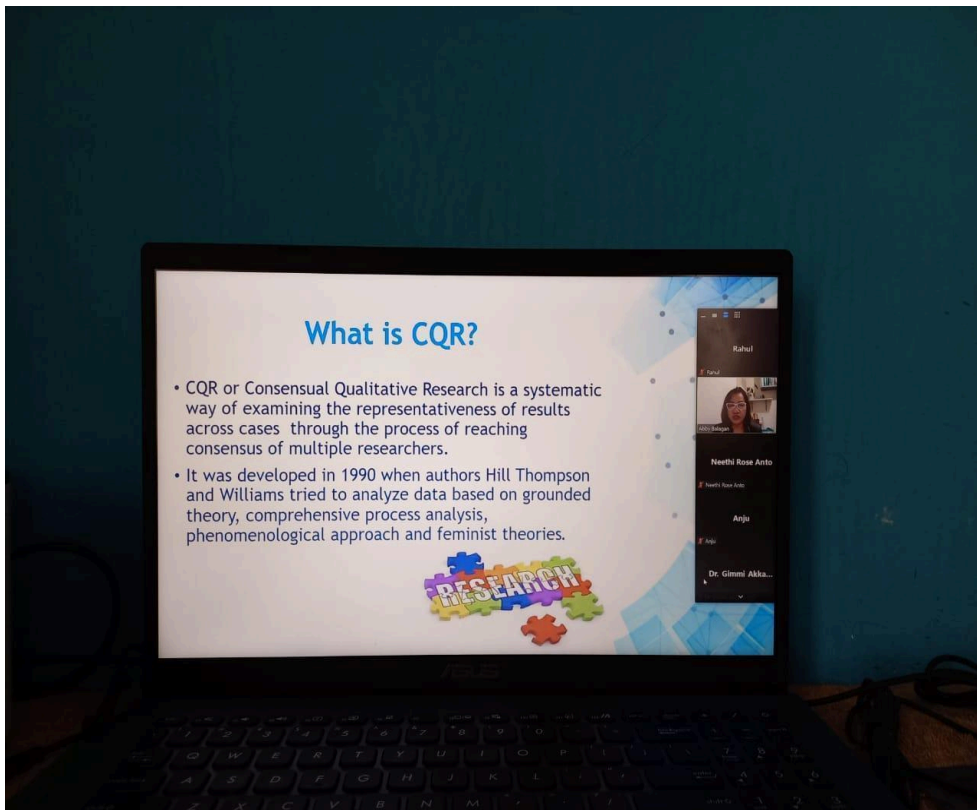


Mr. Raghavendra Prasad Shetty

Assistant Professor, Department of Psychology, School of Arts
Humanities and Social Sciences, REVA University, Bengaluru, Karnataka

Topic : "Research Designs for Advanced Research"

Organised by PG Department of Psychology



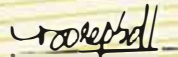
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Certificate of Participation

This is to certify that

Dr. Reneela P., Asst. Professor, YIMS

has participated in the 7-Day Faculty Development Programme on "Mental Health: Matrices and Horizons" organised by IQAC, YIMS, held from 04/10/2021-12/10/2021.



Rev. Dr. Joseph Olikkalkoonal
Vice Principal, YIMS



Dr. Tomy Antony
Principal, YIMS



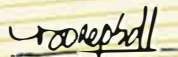
Rev. Dr. Mathew George Vazhayil
Director, YIMS

Certificate of Participation

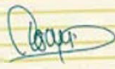
This is to certify that

Mr. Sreeraj M.K., Asst. Professor, YIMS

has participated in the 7-Day Faculty Development Programme on "Mental Health: Matrices and Horizons" organised by IQAC, YIMS, held from 04/10/2021-12/10/2021.



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Vice Principal, YIMS



Dr. Tomy Antony
Principal, YIMS



Rev. Dr. Mathew George Vazhayil
Director, YIMS




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LIST OF PARTICIPANTS

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2	Dr. Indu T K	Assistant Professor	Geography
3	Dr. Gimmy	Assistant Professor	Psychology
4	Dr Joseph Olikkalkoonakl	Assistant Professor	English
5	Dr. Joseph Varghese	Assistant Professor	Management
6	Dr. Matilda Danny	Assistant Professor	Commerce
7	Dr. Ramachandran	Assistant Professor	Geography
8	Dr. Raneela P	Assistant Professor	Chemistry
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40	Mr. Sannet Thomas	Assistant Professor	Psychology
41	Mr. Sinuraj P R	Assistant Professor	Hotel Management
42	Mr. Sreekumar K	Assistant Professor	Language
43	Mr. Sreeraj M K	Assistant Professor	Commerce
44	Mr. Vinod M R	Assistant Professor	Hotel Management
45	Mr. Vishal Johnson	Assistant Professor	Language



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