

## SRM INSTITUTE OF SCIENCE AND TECHNOLOGY

Deemed to be University u/s 3 of UGC Act, 1956)

### SRM COLLEGE OF PHYSIOTHERAPY

*Workshop on*

## NURTURING THE LEARNERS' MENTAL HEALTH

#### RESOURCE PERSON

**DR. ARUL SARAVANAN. R, M.D, D.P.M**

PROFESSOR AND HEAD

DEPARTMENT OF PSYCHIATRY, SRM MCH & RC



16 December, 2022



9 AM to 12 PM



Sports Lab, Fifth floor,  
SRM College of Physiotherapy



Participants: Post Graduate Students

#### ORGANIZING CHAIRMAN

**PROF. T. S. VEERAGODHAMAN**  
DEAN

#### ORGANIZING SECRETARY

**PROF. SARAVANA HARI GANESH .M**  
PROFESSOR

#### CONVENOR

**Ms. SHANMUGA PRIYA . R.P**  
ASSISTANT PROFESSOR

## PROGRAM SCHEDULE

9:00 AM - 9:10 AM – Inauguration  
Welcome Address  
by  
Prof. T. S. Veeragoudhaman, Dean

9:10 AM - 10:00 AM – Session 1  
(Emotional well-being and academics)  
Dr. Arul Saravanan. R.

10:00 AM - 11:00 AM – Session 2  
(The Impact of Exercise on Mental Health)  
Prof. Saravana Hari Ganesh

11:00 AM - 11:15 AM – Tea Break

11:15 AM - 11:50 AM – Session -3  
(Workshop- Life skills)  
Prof. Saravana Hari Ganesh. M  
Ms. Shanmuga Priya R. P

11:50 AM - 12:00 PM – Valedictory  
Vote of Thanks  
by  
Mr. T.N. Suresh, Vice Principal