



Union Christian College, Aluva

Accredited With A++ Grade By NAAC (5th Cycle)

Research and Post Graduate
Department of Psychology

**PROF. T. SIMON MEMORIAL
NATIONAL SEMINAR**



**THEME: ADDICTIONS & MENTAL
HEALTH**

5th & 6th September, 2024

VMA HALL



About Us

The Department of Psychology of Union Christian College, Aluva was established in 1965 as the first independent department in Kerala offering under graduate programme in Psychology by Dr. V. K. Alexander, the pioneering Clinical Psychologist in Kerala. The first Post graduate programme in Psychology under M. G. University was introduced in the department in 1999. The department regained its status as a research centre in its Golden Jubilee year in 2015. Since then, 8 Ph D s have been awarded from the department. At present the department is endowed with 144 students, 16 research scholars and 7 permanent faculty members and 1 lab assistant. A lineage of alumni placed in many vocations across the globe is the cherished asset of the department. Prof T Simon joined as a faculty member in 1966, served the department for 29 years and headed the department from 1976 to his retirement in 1995. Simon sir, as he is fondly called was a teacher with great integrity who influenced students with his behavior rather than advise. His objective analysis of problems and his efficient decision making abilities were appreciated by authorities, colleagues and students. Simon sir, who believed in exacting discipline with compassion continued to inspire his students even after his formal retirement. He entered eternal rest on 25th January 2023. With the generous support of his family, the department is initiating a seminar series as a tribute to our beloved teacher.

About the Seminar

This year, the first Prof. T. Simon Memorial National Seminar is organized on the theme 'Addictions and Mental Health'. Addiction is a chronic condition that can affect many aspects of life, including physical and mental health, relationships, academics and career. There are two main forms of addiction: substance use disorders and behavioral addictions. Substance use disorders include uncontrolled use of any psycho active substance and Behavioral addictions include uncontrolled engagement in any activity that's capable of stimulating brain's reward system. Addiction is a treatable and curable mental health problem. The prevalence and incidence of addictive behaviour among children and adolescents are increasing alarmingly. In this context this national seminar on 'Addictions and Mental Health' aims to sensitize the youth about the depth of the problem, its genesis and its devastating impact on life and society, its mitigation and prevention.

Programme Schedule

DAY 1 05-09-2024

Inaugural Session: 9.30am – 11am

Presidential Address: Prof. Dr. Mini Alice, (Principal, Union Christian College, Aluva)

Felicitation: Rev. Thomas John, (Former Head, Dept. of Psychology, Union Christian College, Aluva)

Inaugural Address: Shri. K. Lalji, (Former Deputy Commissioner of Police, Trivandrum City; Head, Security & Intelligence, Synthite industries, Kochi)

Felicitation: Dr. P. C. Wilson, (Former Head, Dept of Psychology, S. N. College, Kollam)

Reminiscence: Simon Sir's family members

Scientific Session I: 11.15am – 12.30pm

Brain behind Addictions: The Biological correlates and Clinical Interventions

Dr. Joann John (*Consultant Psychiatrist, Sacred Heart Hospital, Paynkulam, Thodupuzha*)

Scientific Session II: 1.30pm – 2.45pm

Personal Choice or Social Evil? The Legal Aspects of Addictive Behaviour.

Adv. Jaiby Paul (*Lawyer, High Court of Kerala*)

Interactive Session: 2.45pm – 3.45pm

Management of Alcoholism through Alcoholic Anonymous

Shri. M. M. Shaji (*District Rotaract Committee Chair, Ernakulam*)

DAY 2 06-09-2024

Scientific Session III & IV: 9.30am - 12.30pm

A Practical Approach to Addiction and its Treatment

Fr. Edward George (*Director & Clinical Psychologist, Santhula Trust Hospital, Koothattukulam, Ernakulam*)

Dr. Deepthi Krishnan (*Psychiatric Social Worker, Santhula Trust Hospital, Koothattukulam, Ernakulam*)

Paper Presentation Session: 1.30pm – 4.00pm

Chair Persons:

Dr. K. E. Leelamma, Former Head, Department of Psychology, Union Christian College, Aluva

Dr. Razeena Padmam, Former Director, School of Behavioural Sciences, M G University, Kottayam

Dr. Sukumaran P. S., Former Director, School of Behavioural Sciences, M G University, Kottayam

Dr. Milu Maria Anto, Associate Professor, Prajyoti Niketan College, Pudukad, Thrissur

Dr. Jaya A. T., Associate Professor, Prajyoti Niketan College, Pudukad, Thrissur

Valedictory Session: 4.00pm – 4.15pm

Resource Persons



Shri. K. Lalji, M A., B Ed., MBA., Former Deputy Commissioner of Police, Thiruvananthapuram. He has 29 years of service and has secured 200 good service entry. He was awarded Chief Minister's Police Medal in 2011. At present he serves as Head, Security & Intelligence, Synthite industries, Kochi



Dr. Joann John. MBBS (JSS Medical College, Mysore), MD Psychiatry (K. S Hegde Medical Academy, Mangalore). She is currently working as Consultant Psychiatrist at Sacred Heart Hospital, Thodupuzha and has over 10 years of experience in the area of mental health.



Fr. Edward George, M A., B D., M Phil Clinical Psychology (SRMC-RC). Fr. Edward has been the Director of Santhula Trust Hospital, Koothattukulam since 2009 and has over 20 years of experience in Clinical Psychology.



Dr. Deepthi Krishnan, M Phil Psychiatric Social work (NIMHANS), Ph D (MSU Baroda). She has been Working as a Mental health practitioner since 2007 and joined Santhula Trust Hospital in 2009. She is specialized in the management of multiple substance dependence.



Adv. Jaiby Paul, BA, LL.B , LL.M (Cochin University of Science and Technology) He has been practising as a Lawyer before the honourable High Court of Kerala and the Lower Judiciary for the past 25 years and presently he is appointed as a Settlement Officer. He was a former government pleader of the High Court of Kerala. He has published a book named "MADANELLU" and has released a documentary named "KHANANAM".



Shri. M. M. Shaji, BA, MDP (IITM Gwalior); CMD, Sazbiz India Pvt Ltd. He currently serves as District Rotaract Committee Chair Dist: 3204, Kasargod, Kannur, Kozhikode, Wayanad, Malappuram). He is a Rotary trainer and 20 years experience in connection with the recovering process of alcoholics through Alcoholic Anonymous.

Organizing Committee

Registration: Dr. Malini R

Hall Arrangement: Dr. Seena M Mathai

Programme: Dr. Neelima
Ranjith

Food & Accommodation: Ms. Syna
Soosan Abraham

Reception: Ms. Shema
Elizabeth Koor

Paper Presentations: Dr. Vidhya
Ravindranadan & Dr. Marikutty P J

Organizing Secretary

Dr. Marikutty P J
(9497369039)

Head of the Department

Dr. Vidhya Ravindranadan
(98469809616)