



CHRIST
(DEEMED TO BE UNIVERSITY)
NODAL OFFICE, TRIVANDRUM

ORGANISED BY

NODAL OFFICE

CHRIST (Deemed to be University)
Thiruvananthapuram, Kerala

Workshop

Mind Matters in Healthy Ageing

Target group: Students of UG/PG/ Individuals interested in healthy Ageing.

Every Saturday from
SEPTEMBER 25,
2021
05.00PM-07.00 PM /IST

Dr Sojan Antony
Consultant in Adult Psychiatry &
Associate Professor,
Department of Psychiatric Social Work,
NIMHANS, Bangalore

20 SEATS
10 HOURS

SESSIONS INCLUDE:

- # Human mind and human relationships
- # Our mind in different stages of life cycle
- # Healthy coping with difficult circumstances
- # Relaxation techniques
- # Self Care and Crisis Management



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This is an Initiative by Nodal Office , CHRIST (Deemed to be University).



Dr Sojan Antony

Dr Sojan Antony has completed MSW (Medical and Psychiatry Specialisation) from Mangalore University in 2005. He was a faculty member in SDM College Ujire from 2005 to 2006.

He was selected to M.Phil. in Psychiatric Social Work at NIMHANS as a Topper in a national level entrance in 2006. He completed M.Phil. in Psychiatric Social Work at NIMHANS with the Gold Medal in 2008. He completed his Ph.D. in 2012 from NIMHANS in the area of De-Addiction Services.

He worked as a consultant of Psychiatry at Narayana Hrudayalaya Hospital, Bengaluru from 2011 to 2014. He was also an Assistant Professor of Social Work at Christ (Deemed to be University), Bengaluru for 2015 to 2016.

He has been associated to National Institute of Social Defense as a trainer to Counsellors of De-addiction centres, spread across Kerala and Karnataka. His research and training focus on Promotion of Adult Mental Health and Healthy Ageing. He is a well known Stress Management trainer."

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