



**VIT**  
Vellore Institute of Technology  
(Deemed to be University under section 3 of UGC Act, 1956)

**MANAM 2k24**

**PRIORITIZING MENTAL HEALTH**

**10th OCTOBER**

**Organised by**

**Department of Social Sciences**

**School of Social Sciences and Languages**

**Vellore Institute of Technology**

**Vellore**



**VELLORE INSTITUTE OF TECHNOLOGY (VIT)**

Vellore Institute of Technology (VIT) was founded in 1984 as Vellore Engineering College by the Chancellor Dr. G. Viswanathan. VIT attracts students from all the states of India and more than 51 different countries because of its academic excellence. In Engineering and Technology: 212th best in the World and 9th best in India (QS World University Rankings by Subject 2024), 10th best University, 13th best research institution and 11th best engineering institution in India (NIRF Ranking, Govt. of India 2024), 6th in India and 687th in the world (US News 2024) and NAAC Accreditation with A++ grade (3.66 out of 4).

**SCHOOL OF SOCIAL SCIENCES AND LANGUAGES**

Established as a distinct entity in 2009, the School of Social Sciences and Languages (SSL) employs innovative teaching methods and adopts interdisciplinary approaches to learning. The school helps students gain knowledge and skills that are required in the global market. It adheres to the highest standards in teaching-learning by employing innovative practices, ensuring excellence in research, and by adopting rigorous internal peer and student review. The school maintains an outstanding record of awards for excellence in teaching within the VIT community and in the broader higher education context. It is equipped with state-of-the-art laboratories and a team of 135 excellent faculty members with commendable research capabilities. The school offers the B. Com and MSW (Master of Social Work) programme, in addition to Ph.D. programmes in Commerce, Economics, Social Work, Tamil, English, Psychology, Sociology and Hindi.

**DEPARTMENT OF SOCIAL SCIENCES**

Department of Social Sciences was established at VIT in 2009 under School of Social Sciences and Languages, keeping in mind to develop capable citizens who are empowered with the knowledge, skills and attitudes to make informed and responsible decisions in a diverse and interdependent world. Moreover, it gives a necessary edge and paves the way for career prospects. The department offers courses on Social Sciences for UG programmes of both engineering and non-engineering disciplines to enable all learners to avail of opportunities across the globe. The courses are offered on Ethics and Values, Economics, Psychology, Sociology, Music, and History. The department also offers PG programme in Master of Social Work (MSW).

Currently, the department has 28 dedicated faculty members with excellent academic, research and corporate background.

**DEPARTMENT OF SOCIAL SCIENCES**

The department offers courses on Social Sciences: Economics, Psychology, Sociology, History, Political Science and Music for UG programmes of both engineering and non-engineering disciplines to enable students gain holistic development to avail career and entrepreneurial opportunities across the globe. The Postgraduate programme of Master of Social Work (MSW) was introduced in 2021 with specializations in Community Development, Medical and Psychiatry and Human Resource Management.

The Department also offers the following minor programmes:

- Minor in Economics
- Minor in Finance

In addition to these Ph.D. programmes in Economics, Psychology, Sociology, Social Work, History and Political Sciences are also offered.

**THEME OF THE POSTER EXHIBITION:**

The Poster Exhibition on 'Prioritizing Mental Health' is organized by the Department of Social Sciences, SSL. B. Tech and MSW (Master of Social Work) students will be exhibiting their posters on the theme of 'Prioritizing Mental Health' to commemorate World Mental Health Day on 10th October 2024.

With technological advancements and changing lifestyles, it is time to prioritize Mental Health. In a world of hustle and bustle, we don't realize that we haven't taken care of ourselves enough. It is time today to call this out. Pause, prioritize and put mental health first as a priority. Our mental health is most important. Participate in the various events organized by the Department of Social Sciences, SSL and make your heart bloom and spread the fragrance of happiness around you.



**Patron**  
**Dr. G. Viswanathan**  
**Chancellor**

**Mr. Sankar Viswanathan**  
**Vice President**

**Dr. Sekar Viswanathan**  
**Vice President**

**Dr.G.V. Selvam**  
**Vice President**

**Dr.V. S. Kanchana Bhaaskaran**  
**Vice Chancellor**

**Dr. Partha Sharathi Mallick**  
**Pro-Vice Chancellor**

**Dr.T Jayabarathi**  
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**Chairman**

**Dr. M. Manoharan**  
**Dean, School of Social Sciences and Languages**

**Co Chairman**

**Dr. V. Selvam**  
**Associate Dean, School of Social Sciences and Languages**

**Convener**

**Dr. Bangalore Morarji**  
**Head, Department of Social Sciences,**  
**School of Social Sciences and Languages,**  
**VIT, Vellore.**

**Department of Social Sciences  
School of Social Sciences and Languages  
Organizes**

**Programmes  
to commemorate  
World Mental Health Day  
on 10th October 2024**

**07.10.2024**      **Yoga 10 am @ CS Hall  
Seminar – Mindful Balance  
10 am @ TT725**

**08.10.2024**      **Velfie Contest**

**09.10.2024**      **Workshop – Mental Health  
10 am @ TT725**

**09.10.2024**      **Movie Screening  
5 pm @ TT725**

**10.10.2024**      **Mental Health Screening  
10 am @ Foodys**

**10.10.2024**      ***POSTER EXHIBITION  
11 AM @ FOODYS***



**It is time to Prioritize Mental Health**