



DEPARTMENT OF SOCIAL WORK MERCY COLLEGE PALAKKAD

In Association with

UNNAT BHARAT ABHIYAN REGIONAL
COORDINATING INSTITUTE IIT PALAKKAD

'Mental Health in an Unequal World'

Resource Person

Dr. Sudarshan R Kottai
Asst. Professor & Regional
Coordinator - Unnat Bharat Abhiyan
North Kerala Region, IIT Palakkad



23/9/2025



Seminar hall



10.30 to 12 PM

Faculty coordinator
Aswathy S

Student coordinators
**Pooja Krishna K A &
Nikhitha K**



DEPARTMENT OF SOCIAL WORK

MERCY COLLEGE, PALAKKAD, KERALA, INDIA- 678006

(NAAC Re-accredited 'A' Grade). Affiliated to the University of Calicut



'MENTAL HEALTH IN AN UNEQUAL WORLD'

Date: 23/09/2025

Venue: Seminar Hall

Time: 10.30 am

The Department of Social Work, Mercy College, Palakkad, in collaboration with Unnat Bharat Abhiyan (UBA), Regional Coordinating Institute (RCI), IIT Palakkad, organized an insightful session on "Mental Health in an Unequal World" on 23rd September 2025 at 10.30 a.m. in the college seminar hall. The session was led by Dr. Sudarshan R. Kottai, Assistant Professor and UBA RCI Coordinator, North Kerala Region, IIT Palakkad. The programme began with a brief introduction and inauguration by Dr. Sr. Louly N M, principal, Mercy College Palakkad, followed by Dr. Sudarshan's engaging presentation. To set the tone, he initiated a quiz competition, which actively involved the participants and created a vibrant learning atmosphere.

During the session, Dr. Sudarshan highlighted multiple dimensions of mental health in the context of social inequalities. He particularly emphasized the impact of gender inequalities on mental health, the lack of sensitivity in addressing the issues of vulnerable individuals, structural issues in society that exacerbate mental health problems, rising suicidal tendencies and the systemic gaps in prevention, the influence of power structures related to sexuality on psychological well-being, the challenges faced by the LGBTQ community and the need for inclusive mental health practices. The session was highly informative and thought-provoking, encouraging participants to critically reflect on the intersection of mental health, inequality, and social justice. It concluded with an interactive discussion, where students and faculty shared their observations and queries, making the session even more engaging.

Student Coordinator

Ms. Nikitha K &

Ms. Poojakrishna A K

Faculty Coordinator

Ms. Aswathy S

HOD

Ms. Sruthimol K

Principal

Dr. N.M. Louly





 **DEPARTMENT OF
SOCIAL WORK**
MERCY COLLEGE, PALAKKAD.







Palakkad, Kerala, India

Mercy college palakkad Thirunellayi CNN
Causeway Road, Pallipuram, Palakkad, Kerala
678006, India

Lat 10.769379, Long 76.635760

09/23/2025 10:43 AM GMT+05:30

Note : Captured by GPS Map Camera





DEPARTMENT OF SOCIAL WORK
MERCY COLLEGE PALAKKAD & UBA RCI, IIT PALAKKAD

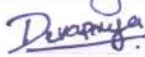
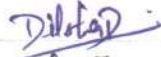
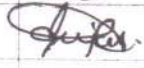
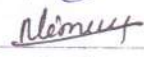
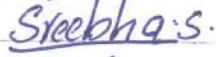
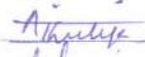
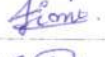
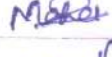
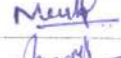
LIST OF PARTICIPANTS

'MENTAL HEALTH IN AN UNEQUAL WORLD'

Date: 23/09/2025

Time: 10.30 am

Venue: Seminar Hall

SL NO	NAME & CLASS	SIGNATURE	CONTACT
1	Sunitha.A 1 st Year MSW		8891689496
2	Glopika.U 1 st year MSW		8714157779
3	Jinny.N 1 st year MSW		7902654552
4	Anagha.K.N 1 st Year MSW		8714538592
5	Devapriya 1 st year MSW		8590913235
6	Dilsha-D 1 st year MSW		9037216953
7	Vidya.M 1 st year MSW		9778358110
8	Sahana.A 1 st Year MSW		7901998720
9	Anjali Px 1 st Year MSW		9037406936
10	Nikhitha.K 1 st Year MSW		9037206149
11	Br. Nimmy Joseph 1 st Year MSW		7708679862
12	Athulya M "		7012835313
13	Shimna NT "		6238128467
14	Sona Maria Joseph "		9605840778
15	Sayana K Simon "		7736992838
16	Srisha.C.P 1 st year MSW		8590638815
17	Sreebha.S 1 st Year MSW		8281732816
18	Athulya.C 1 st yr Economics		9145110995
19	Dimi George 1 st yr Economics		7561842260
20	Akshaya Raj 1 st yr Economics		8075958364
21	Megha M 1 st yr Economics		9605231718
22	Meghana M 1 st yr Economics		7736892432
23	Anna Maria Biju 1 st yr Economics		8139865599
24	Darisha.K.T 1 st yr. History		9074883932

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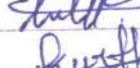
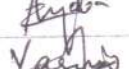
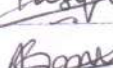
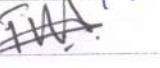
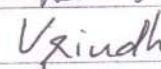
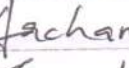
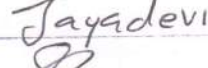
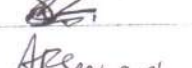
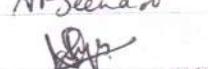
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SL NO	NAME & CLASS	SIGNATURE	CONTACT
25.	Amartha . V		9544932866
26	Pogakrishna A . k		8848482976
27	Amrutha . K		8593899924
28.	Keerthi . u		7025911692
29.	Sumaya . K . M		9567811818
30.	Nimisha . B		8281591028
31	Haritha . P		9539096532
32	Anjali . S		9778379751
33	Vaishin . P . A		9526126075
34	Sweetty Johnson		79167087218
35	Shilpa . S		7306765244
36	Thulasi . A . V		8921795020
37	Haritha . P		
38	Rinsila . K . R		91447286982
39.	Anusha . H		8590088045
40.	Arakutty K . S		9847801464
41.	Vrinda		9961785550
42	Archana		7356675318
43	Jayadevi		9745716047
44	Seena . K		7901579358
45	Arseena		6369254043
46	Navya . P		8129039945
47	Vishudhi V Kuman		8690182766
48	Seeharsha . V		8848573820

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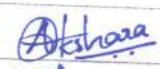
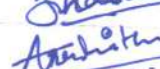
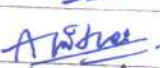
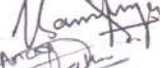
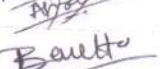
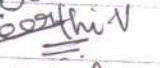
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SL NO	NAME & CLASS	SIGNATURE	CONTACT
49	Akshara Manikandan [B.COM CA]		7012543816
50	Tharadas . H "		9506416742
51	Jernshiya "		8921451464
52	Shahana "		8921618419
53	Aashitha "		9946736865
54	Safa "		7909141670
55	Raziya "		"
56	Hanan [Bcom Fin]		7907320053
57	Sailakshmi "		8943355525
58	Arandhi "		7510538073
59	Neha Vinod "		9746090369
60	Anitha . S [D2. HSENGY]		7025735927
61	Aswathi . S "		9349551866
62	Soufiya . S "		6282336196
63	Anay Abraham		9946983608
64	Banetta Benny		9744417556
65	Amritha . R . A		8590199471
66	Keerthi . V		8289980151
67	Sanisha . S		8907548746





msw dept <mswmercy2015@gmail.com>

Fw: Request for Session on "Mental Health in an Unequal World"

2 messages

Yahoo Mail <mercycollegepkd@yahoo.com>
To: Msw Dept <mswmercy2015@gmail.com>

Sat, Sep 20, 2025 at 11:37 AM

Mercy College,

Palakkad-678006,

Ph: 0491-2541149.

----- Forwarded message -----

From: Yahoo Mail <mercycollegepkd@yahoo.com>
To: IIT Palakkad Unnath Bharat Abhiyan <uba@iitpkd.ac.in>; sudarshan@iitpkd.ac.in <sudarshan@iitpkd.ac.in>; mswmercy@gmail.com <mswmercy@gmail.com>; mercy college <mercycollegepkd@yahoo.com>
Sent: Saturday 20 September, 2025 at 11:36:23 am IST
Subject: Request for Session on "Mental Health in an Unequal World"

Pls see the attached request.

Thanking you.

Mercy College,

Palakkad-678006,

Ph: 0491-2541149.

 MSW- Dr sudarshan r kottai_0001.pdf
204K

Yahoo Mail <mercycollegepkd@yahoo.com>
To: Msw Dept <mswmercy2015@gmail.com>

Sat, Sep 20, 2025 at 12:11 PM

Mercy College,

Palakkad-678006,

Ph: 0491-2541149.

----- Forwarded message -----

From: Sudarshan R Kottai <sudarshan@iitpkd.ac.in>
To: Yahoo Mail <mercycollegepkd@yahoo.com>
Cc: IIT Palakkad Unnath Bharat Abhiyan <uba@iitpkd.ac.in>; mswmercy@gmail.com <mswmercy@gmail.com>
Sent: Saturday 20 September, 2025 at 12:07:29 pm IST
Subject: Re: Request for Session on "Mental Health in an Unequal World"

11/27/25, 12:04 PM

Gmail - Fw: Request for Session on "Mental Health in an Unequal World"

Dear Sir/Madam,

Thank you very much for the invitation. It is truly a privilege and honour for me to be at one of the oldest and famous colleges. I look forward to meeting all of you.

Warm regards,

Sudarshan.

[Quoted text hidden]