

INAUGURATION



Prof. Fr. Saju M.D., CMI
Principal
Rajagiri College of Social Sciences,
Kalamassery

PRESIDENTIAL ADDRESS



Dr. Kiran Thampi
Head, Department of Social Work
Rajagiri College of Social Sciences,
Kalamassery

RESOURCE PERSON'S



Dr. Manoj Kumar Sharma
Professor - Clinical Psychology
Head & Coordinator SHUT Clinic
NIMHANS, Bangalore



Dr. Jaimon P.M.
Associate Professor
Department of Psychiatry
Government Medical College,
Ernakulam



Mr. Francis Moothedan
Project Director-MMM IRCA
Cheif Trainer
Department of Psychiatry
MOSC Medical College Hospital,
Kolenchery

ABOUT THE WORKSHOP

The digital environment has become an integral part of children's lives, influencing their emotional, psychological, and social development. This workshop aims to explore the growing concerns related to screen exposure, digital stress, and online content among children and adolescents. The programme emphasises awareness, prevention, and solution-focused approaches to safeguard children's mental health in the digital age.

KEY AREAS COVERED

- Neurobiology of Addiction
- Screening and Strategies for digital detox
- The Virtual Chain: Invisible Bonds of Digital Overuse in Children



RAJAGIRI COLLEGE OF SOCIAL SCIENCES
(AUTONOMOUS), KALAMASSERY

**POSTGRADUATE DIPLOMA IN CLINICAL
SOCIAL WORK AND COUNSELLING
PRACTICE**
(PGDCSW 2025-26)

DEPARTMENT OF SOCIAL WORK

WORKSHOP ON

**“BEYOND THE SCREEN:
SAFEGUARDING CHILDREN’S
MENTAL HEALTH IN THE
DIGITAL AGE”**

30th January, 2026 | 10:00am - 04:00pm

Golden Aureole
Rajagiri College of Social Sciences (Autonomous),
Kalamassery

NB: Last date to register: 28th January, 2026
Certificates will be provided

PANELIST'S



Dr. Rajeev S.P.
Assistant Professor
Department of Social Work
Rajagiri College of Social Sciences,
Kalamassery

Dr. Anita Rajah
Clinical Psychologist
Head, Department of Psychology
Rajagiri College of Social Sciences,
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Dr. Fayas Ahamad Paul
Assistant Professor
Department of Social Work
Rajagiri College of Social Sciences,
Kalamassery



Archa Gowri Varma
Psychiatric Social worker,
PHD Scholar
Rajagiri College of Social Sciences
Kalamassery



REGISTRATION

JOIN US IF YOU ARE:

- **Social work and Psychology Students**
- **Counsellors, Mental Health Professionals, and Practitioners.**
- **Parents, Teachers, and Academicians.**
- **Research Scholars and Professionals interested in Child & Adolescent Mental Health.**

CATEGORIES & FEES:

- **Students - ₹250**
- **Professionals/Parents/Academicians - ₹350**

LINKS:



Scan to Pay

UPI ID:rajagiricollegess@sbi



Scan to Register

[click here](#)



FOR ENQUIRY

Faculty In-Charge:
Dr Anish K.R.

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