



## **Sri Devaraj Urs Academy of Higher Education and Research**

**(A Deemed to be University)**

**Sri Devaraj Urs Medical College  
Tamaka, Kolar-563103**

**We cordially invite you all to the**

### **“Mental Health Workshop”**

**On  
22-05-2024**

**Venue: Joseph Lister Hall  
Organized by**

**Dept. of Community Medicine**



Over the years, India has seen improvements in health status of the community. Accredited Social health activist (ASHA) have played a key role in improving health outcomes of mother and children. This includes an increase in institutional deliveries, immunization coverage, improvements in infant and child health and reductions in maternal and infant deaths.

However, we are facing additional challenges. Mental health.



This workshop will educate ASHA more about mental health disorders. It will guide on how ASHA can help people in the community who are suffering from any of these disorders. It would also help to facilitate prevention of mental health disorders and reduce the stigma about mental health disorders. ASHA are in the unique position of being able to reach every individual and family. Over time, ASHA gained credibility and respect in the community. This workshop builds on existing knowledge and skills providing ASHA with new information and skills.

## PROGRAMME SCHEDULE

10 AM to 10:30 AM ---Registration.

10:30 AM to 11 AM --- Principal welcome address.

11 AM to 11:30 AM --- Pre-test.

11:30 AM to 12:00 PM --- Burden of Mental Health issues in India –Dr.Pradeep.T.S., Assoc. Professor

12:00 PM to 12:30 PM--- Anxiety, Depression, Stress – Signs and Symptoms – Dr.Sahana Murthy. Assistant Professor, Psychiatry Dept.

12:30 PM to 1:00 PM--- Stigma with Mental illness–Dr.Sindhu Shankar. SR

1:00 PM to 1: 45 PM -- Lunch

1:45 PM to 2:00 PM – Reporting time

2:00 PM to 2:45 PM – Hands on training with Anxiety, Depression Questionnaire. Dr.Pradeep.T.S. and Dr.Sahana Murthy.

2:45 PM to 3:15 PM – ‘Mental health assessment among villagers ’– Study protocol discussion with ASHA workers (Dr.Pradeep.T.S.)

3:15 PM to 3:30 PM – Post-test and disperse

Seeking Blessings of

**Late Shree. R. L. JALAPPA**  
**Founder Chairman, SDUET**



**Chief Patron**

**Sri. G.H. NAGARAJA**

**HON`BLE CHANCELLOR, SDUAHER &  
CHAIRMAN, SDUET**

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**PRINCIPAL, SDUMC**

**DR. J KRISHNAPPA J**

**MEDICAL SUPERINTENDENT, RLJH & RC**

**Dr. B. T. Prasanna Kamath**

**Organizing Chairperson,  
Dept. of Community Medicine, SDUMC,  
SDUAHER**

**Dr.Pradeep TS**

**Organizing Secretary Dept. of  
Community Medicine, SDUMC,  
SDUAHER**

**Organizing Committee Members**

Dr.Muninarayana.C Professor  
Dr. Sunil. B. N Associate Professor  
Dr. Vishwas. S Associate Professor  
Dr.Harshitha , Assistant Professor  
Dr. Samudyatha. U. C Assistant Professor  
Dr. Ravishankar. S Assistant Professor  
Dr. Sindhu S Senior Resident  
Dr. Vivek J Senior Resident  
Dr. Ramees M Senior Resident  
Dr. Abhishek Senior Resident  
Dr. Varun R Post Graduate  
Dr. Sankiya M Post Graduate  
Dr. Sudhakar.S Post Graduate  
Dr. Pruthvi.P Post Graduate  
Dr. Aiswarya Lily Ray Post Graduate  
Dr. Mohan Babu.G Post Graduate  
Dr. Abhiharshan.S.B Post Graduate  
Dr. Angayarkanni.P Post Graduate  
Dr.Hana Zaiba.Z Post Graduate  
Dr.Roopashree.R Post Graduate  
Dr.Benish.G Post Graduate  
Dr.Kowshick.R Post Graduate