



**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 CME Program
as a part of

“WORLD MENTAL HEALTH DAY”

on

10th October 2024

Venue: Community Medicine AV Hall

Organized by

DEPARTMENT OF PSYCHIATRY



Seeking Blessings of
Late Shree. R. L. JALAPPA
FOUNDER CHAIRMAN, SDUET

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CHIEF ADMINISTRATIVE OFFICER, SDUAHER

DR. MUNINARAYANA C
REGISTRAR, SDUAHER

DR. PRABHAKAR K
PRINCIPAL, SDUMC

DR. J KRISHNAPPA J
MEDICAL SUPERINTENDENT, RLJH & RC

DR. VINUTHA SHANKAR M S
VICE-PRINCIPAL, SDUMC

DR. DINESH K
DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

DR. RAJKUMAR M G
DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

“WORLD MENTAL HEALTH DAY”

INVITATION

Dear sir/ madam,

The department of Psychiatry, Sri Devaraj Urs Medical College, Kolar invites you to attend our CME program conducted as a part of World Mental Health Day 2024 with the theme “It is time to prioritize mental health in workplace”

We know that employed adults spend more time working, than any other activity during their waking hours. For many people, work falls far short of its potential, failing to enhance our lives & detracting from our mental health & well-being in ways that result in excessive distress & mental ill health. Mental health issues, such as depression & anxiety, are pervasive in workplaces globally, impacting productivity, attendance, & overall performance.

The data shows that prioritizing workplace mental health improves quality of life of people, companies, and communities.

Hence, through this World Mental Health Day we highlight the goal: to champion mental health in the workplace and build best practices that create cultures where workers have the potential to contribute productively and thrive.

PROGRAM SCHEDULE

09:00 AM to 9:30 AM

Registration

9:30 AM to 9:40 AM

Welcome address

Dr MOHAN REDDY M

Prof & HOD, Dept of Psychiatry

9:40 to 9:50 AM

Inauguration of CME by Honorable Guests

INAUGURAL ADDRESS

9:50 AM to 10:00 AM

Dr VENGAMMA B

Vice Chancellor and Neurologist, SDUAHER, Kolar

10:00 AM to 10:10 AM

DR DVLN PRASAD

Chief Administrative Officer, SDUAHER

10:10 AM to 10:20 AM

DR MUNINARAYANA C

Registrar, SDUAHER

10:20 AM to 10:30 AM

DR PRABHAKAR K

Principal, SDUMC, SDUAHER, Kolar

10:30 AM to 10:40 AM

DR. J KRISHNAPPA J

Medical superintendent, RLJH & RC

PROGRAM SCHEDULE

10:40 AM to 11:10 AM

Chief guest

SRI SUNIL S HOSAMANI

Senior Civil Judge & Member secretary,
District Legal Services Authority, Kolar

11:10 AM to 11:30 AM

Chief Guest

SRI NIKHIL B, IPS

Superintendent of Police, Kolar

11:30 AM to 12:00 PM

Session 1: Mental health issues at work place

Dr AROHI VARDHAN

Child and Adolescent psychiatrist,
St Johns medical College, Bangalore

12:00 PM to 12:30 PM

Session 2: Management of stress at work place

Dr NIKHILAN JV

Consultant psychiatrist, Center for Brain and Mind,
Dept of Psychiatry, NIMHANS, Bangalore

12:30 PM to 1:20 PM

Session 3: Yoga practice for mental health issues at work place

Dr ASHWEEN BILAGI

Assistant prof & HOD
Dept of Integrative medicine, SDUAHER, Kolar

1:20 PM to 2:00 PM

LUNCH

2:00 PM to 4:00 PM

Session 4: Skit presentation by medical students
Movie presentation

ORGANIZING COMMITTEE MEMBERS

DR MOHAN REDDY M

Organizing Chairperson,
Dept. of Psychiatry, SDUMC, SDUAHER

DR PURUSHOTHAM A

Organizing Secretary
Dept. of Psychiatry, SDUMC, SDUAHER

DR MD KAMRAN CHISTY

Joint organising secretary
Dept. of Psychiatry, SDUMC, SDUAHER

DR SAHANA S MURTHY

Treasurer
Dept. of Psychiatry, SDUMC, SDUAHER

Members

1. Dr Ruth sneha C (Advisor)
2. Dr Jagadish
3. Dr Sharath
4. Dr Afra shaz
5. Dr Stuti Mashru
6. Dr Eby Yesudas
7. Dr Vathsala
8. Dr Anusha
9. Dr Anukriti

For any further details contact:

Dr Kamran Chisty

7676604529

ALL ARE WELCOME

Special invite to Lawyers, Police personnel and teachers