



**SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION &
RESEARCH**

SRI DEVARAJ URS MEDICAL COLLEGE
Tamaka, Kolar - 563103



DEPARTMENT OF COMMUNITY MEDICINE

SDG 3: Promoting Mental Health

Event: Promotion of Mental Health at Workplace for Community Health Workers.

Place: Government Hospital (GH), Mallur.

Date: 12-06-2026, 10:00Am to 4:00Pm

Collaboration agency: SRI DEVARAJ URS MEDICAL COLLEGE

Number of beneficiaries: 93 ASHA Workers

A Mental Health Promotion Program focusing on stress management among Community Health Workers was conducted on 12 June 2026 at Government Hospital (GH), Mallur, in collaboration with Sri Devaraj Urs Medical College, Kolar. The initiative was organized under Sustainable Development Goal 3 (SDG-3), which emphasizes ensuring healthy lives and promoting well-being for all. The program benefited 93 ASHA workers and aimed to improve their understanding of mental health, workplace stress, and effective coping mechanisms.

The sessions were facilitated by

- **Dr. Ruth Sneha**, Professor and Head of the Department of Psychiatry,
- **Dr. Pradeep T. S.**, Professor in the Department of Community Medicine,
- **Ms. Sandhya P.D.**, Psychiatric Social Worker from the Department of Psychiatry.

Their expertise contributed significantly to the success of the program.

The morning session was attended by 57 ASHA workers and included an interactive discussion on stress management. Participants learned about recognizing stress, maintaining work-life balance, adopting healthy coping strategies, practicing relaxation techniques, and seeking support when required. The afternoon session, attended by 36 ASHA workers, focused on self-care practices, emotional well-being, and methods to reduce workplace stress. Participants actively engaged in discussions and shared their personal experiences, making the sessions highly interactive and practical.

The program successfully achieved its objectives by strengthening awareness of mental health and promoting resilience among ASHA workers. It highlighted the importance of continuous mental health support and capacity-building initiatives to enhance the well-being and effectiveness of community health workers. The event concluded with an interactive discussion and a vote of thanks. Overall.