



SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH

SRI DEVARAJ URS MEDICAL COLLEGE

Tamaka, Kolar - 563103

DEPARTMENT OF COMMUNITY MEDICINE



EVENT REPORT

Pre-Conference Workshop on “Let’s Research Mental Health”

The Department of Community Medicine, Sri Devaraj Urs Medical College, organized a Pre-Conference Workshop titled “Let’s Research Mental Health” on 23rd July 2026 as part of KACHCON 2026. The workshop was conducted at the Medical Education Unit (MEU), Sri Devaraj Urs Medical College, from 8:00 a.m. to 6:00 p.m., with the aim of strengthening participants’ knowledge and research competencies in mental health.

The workshop commenced with the inauguration and formal release of the book “Let’s Research Mental Health,” reflecting the institution’s commitment to promoting mental health awareness, research capacity, and evidence-based practice. The scientific programme featured sessions by eminent faculty from the Departments of Psychiatry and Community Medicine. Key topics included an overview of mental health and the need for research, epidemiological study designs, research methodology, measurement tools and scales, data management and analysis using SPSS, and interpretation of research findings and application of evidence to practice. The sessions provided participants with practical insights into formulating research questions, selecting appropriate study designs and tools, managing and analysing data, interpreting results, and translating evidence into clinical and public health practice.

A total of 35 participants, including postgraduate students from various departments and institutions, attended the workshop. Participants were divided into six groups for interactive activities, with awards presented to the best-performing teams. The workshop concluded with a valedictory session, felicitation of the resource persons, and distribution of certificates to participants. The programme provided a valuable platform for developing research-oriented skills and promoting evidence-based approaches to mental health care and public health.