



**A.J. Institute of Medical Sciences**



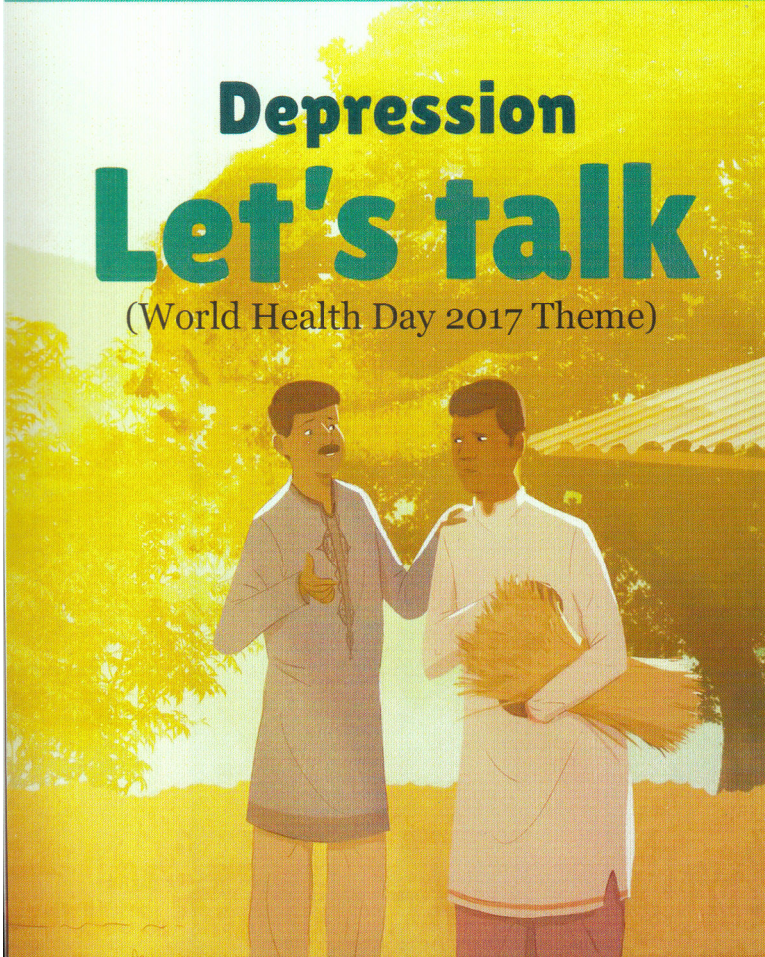
In collaboration with  
**Laxmi Memorial College of Nursing**

Department of Psychiatry, AJIMS and  
Department of Psychiatric Nursing, LMCN  
Invites you to the

## **Regional Conference** on

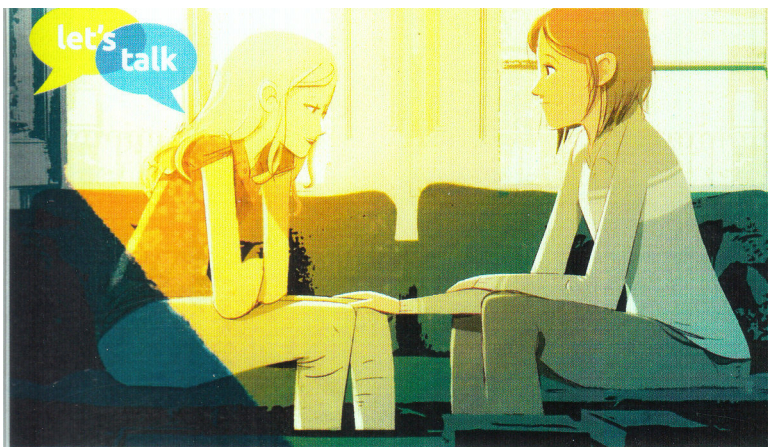
# **Depression** **Let's talk**

(World Health Day 2017 Theme)



On Wednesday, 5<sup>th</sup> April 2017, 9 am at Auditorium II, 3<sup>rd</sup> floor,  
A.J. Institute of Medical Sciences , Kuntikana, Mangaluru





### *About the Conference*

This conference marks the observance of World Health Day which is celebrated on 7<sup>th</sup> April every year.

This year the theme is “*Depression: Let's Talk*”. Depression affects people of all ages, from all walks of life. It causes mental anguish and impacts on one's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living. At worst, depression can lead to suicide, now the second leading cause of death among younger generation. Yet, depression can be prevented and treated. A better understanding of what depression is, and how it can be prevented and treated, will help to reduce the stigma associated with the condition, and lead to more people seeking help. So this conference is for everyone, whatever the age, sex, or social status. The WHO has chosen to pay particular attention to three groups that are disproportionately affected: adolescents and young adults, women of childbearing age and older adults.

### *Objectives of the Conference*

- The Individuals attending this conference will be better informing the public about depression, its causes and its consequences.
- Identify persons in depression at the earliest.
- Reduce the stigma surrounding mental illness, including depression.
- How to be a source of support for depressed person.



# Programme Schedule

**08.30 - 09.00 am Registration**

**09.00 - 09.30 am Inauguration**

**09.30 - 10.00 am Tea Break**

**10.00 - 11.00am How Much is Too Much- Let's Talk**

*Dr. Ravish Thunga.A*

*Professor & HOD, Department of Psychiatry,  
A.J. Medical College, Mangaluru.*

**11.00 - 12.30am Make Sadness more understandable**

*Dr. V.V. Mohan Chandran*

*Professor, Department of Psychiatry,  
Yenepoya Medical College, Mangaluru.*

**12.30 - 01.30pm Lunch Break**

**01.30 - 2.30pm Treat me when my life is not worth living**

*Dr. Sbrinivasa Bhat. U*

*Professor, Department of Psychiatry,  
K S Hegde Medical Academy, Mangaluru.*

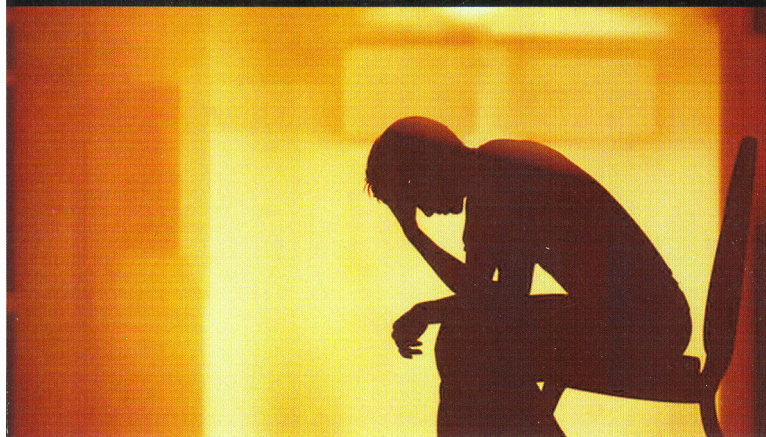
**02.30 - 03.30pm Pathway towards Healthy Mind**

*Dr.(Sr) Alphonsa Ancheril*

*Vice Principal, Professor & HOD,  
Department of Psychiatric Nursing,  
Athena College of Nursing, Mangaluru.*

**03.30 - 04.00pm Interactive Session**

**04.00 - 04.30pm Valedictory  
Tea & Snacks**





**Regional conference on**  
***"Depression- Let's Talk"***  
**Registration form**  
**(Fill in BLOCK Letters)**

**Name of the Participant:** .....

**Catagory:** Student / Faculty

**Designation:** .....

**Name of the college :**.....

**Address:**.....

.....

.....

**Mobile No:**.....

**email:**.....

**Poster:** Yes/ No

**Food :**

**Veg**

**Non Veg**

**Date:**

**Signature**

Please send the filled form to the registration committe by email or send pic by Whats App.

**Ms. Shwetha T.S: 9880993080**

**Mr. Shivakumara. J:9886594682**

**Mr. Jaison Jacob:9164561321**

**email: whday2017@gmail.com**



## Registration Fees

*Faculty : 200 INR*

*Students: 100 INR*

*(Registration fees include Registration kit, Lunch, Tea & Snacks*

*Students need to submit approval letter from the Principal)*

## Guidelines for Poster

**\*Posters are invited on the theme from registered participants, Best poster will be awarded.**

**Poster size (2x3 feet). Both Scientific and Concept posters are welcome. No Accessories will be provided for display of Poster.**

### *Note*

**\*Participants: Faculty & Students (UG, PG).**

**\*Registration is on first come first served basis.**

**\*Mode of payment : Cash only.**

**\*Photo copies of registration form can be used.**

**\*Send the duly filled registration form by email or Whats App.**

Let's  
Talk

Dr. Thereza Mathias:9902597730 | Ms. Shwetha T.S.:9880993080

Mr. Shivakumara. J:9886594682 | Mr. Jaison Jacob:9164561321

**email: [whday2017@gmail.com](mailto:whday2017@gmail.com)**





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## Regional conference on

**“Depression  
Let’s Talk”**  
(World Health Day Theme 2017)

On Wednesday, 5<sup>th</sup> April 2017  
Venue: Auditorium II, 3<sup>rd</sup> floor,  
AJIMS , Kuntikana





## Chief Guest

**Dr.C.B. Vedamurthy**

**Additional Superintendent of Police, Mangaluru**

## Guest of Honour

**Dr.V.V.Mohan Chandran**

**Professor.Department of Psychiatry**

**Yenepoya Medical College, Mangaluru**

## Presided by

**Shri. Prashanth Shetty**

**Vice President, LMET**

## Programme Schedule

Invocation

Welcome Speech

Significance of the day

Lighting the Lamp

Inaugural address by Chief Guest

Address by Guest of Honour

Presidential Address

Vote of Thanks

### *Other Dignitaries*

**Dr. Ashok Hegde**

**Dean, AJIMS**

**Dr. Larissa M. Sams**

**Principal, LMCN**

**Dr. Ravish Thunga.A**

**HOD,**

**Dept. of Psychiatry, AJIMS**

**Dr. Thereza Mathias**

**HOD,**

**Dept. of Psychiatric Nursing, LMCN**