

REGISTRATION FEE

Faculty	Rs. 1200/-
PG Student	Rs. 1000/-
On spot	Rs. 1500/-

Note : Last Date of Registration is 10th June 2018



WORKSHOP

ON

ROLE OF MENTAL WELL BEING IN PREVENTING NCDs

Organized by

Department of Community Medicine

Subharti Medical College

In consortium with

IAPSM - UP/ UK

(4 MCI credit hours)



Date: 23/6/18(Saturday) Time: 8AM to 5 PM

Venue

Council Hall, SMC, Meerut

Department of Community Medicine, Subharti Medical College

Swami Vivekanand Subharti University

Subhartipuram, NH-58, Delhi-Haridwar bypass road, Meerut, U.P.

Tel. 09897694695, 07351848848, 09837277055, 0121-3058034, Ext 2123

E-mail: subhartimcworkshop@gmail.com

Payment details: Only by NEFT

- NEFT in favour of "IAPSMCONUPUK2011" payable at Meerut
- A/C No: 52282011017823
- IFSC Code: ORBC0105228
- Oriental Bank Of Commerce, Subharti Puram, Meerut- 250005
- Kindly submit the registration form with NEFT details at subhartimcworkshop@gmail.com

REGISTRATION FORM

Name

Designation

Department

Institute

Address

Mobile number

E-mail ID

NEFT Details:

Transaction reference no. For Rs.

Date of transaction Drawn on Bank

Signature of Applicant

(Registration form should be send through e-mail)



INVITATION

The era of Communicable disease is now being taken over by era of Non communicable diseases. Biomedical model of health and germ theory of disease are no longer relevant in preventing and controlling NCDs. The need of the hour is Bio-psychosocial model. This workshop is being organized in order to bring the experts from different reputed institutions like IHBAS, Delhi, Amity University and experts from Swami Vivekanand Subharti University on one platform so that the important role of mental wellbeing, so far neglected in the field of public health in prevention and control of NCDs, is thoroughly discussed and some practical recommendations emerge out of this workshop. All faculty members and PGs from Community Medicine as well as from General Medicine and Psychiatry will benefit from this unique workshop.



Dr. Rahul Bansal
Professor & Head

ORGANIZING COMMITTEE

Patrons

Dr. A.K.Asthana
(Director, SMC)

Dr. A.K.Srivastav
(Principal, SMC)

Organizing Chairman
Dr. Rahul Bansal (HOD)

Organizing Secretary

Dr. Varsha Chaudhary

Joint Secretary cum Treasurer

Dr. Chhavi Kiran Gupta

Food & Hospitality

Dr. Saurabh Sharma
Dr. Sartaj Ahmad



WORKSHOP PROGRAMME

TIME	PROGRAMME
8:00 AM - 8:30AM	Registration
8:30 AM - 9:00 AM	Inaugural Function
9:00 AM - 9:45 AM	Role of Mental Health in Preventing NCDs- Key Note Address (Dr. Om Prakash, Associate Professor, Department of Psychiatry, IHBAS, Delhi)
9:45AM - 10:00 AM	Tea Break
10:00 AM - 10:45 AM	Evidence base for Mental Health in NCD (Dr. Poonam Devdutt, Ph.d (Clinical Psychologist), Director, School of Business Studies, Shobhit University, Meerut)
10:45 AM - 11:30 AM	Positive Emotions and Psychology of Wellness (Dr. Rita Kumar, Associate Professor, Joint Head of Amity Institute of Psychology and Allied Sciences, Amity University, Uttar Pradesh Noida)
11:30AM - 12:15PM	Role of Yoga in Mental Wellbeing followed by Practical session (Dr. Abhay M. Shankaregowda, BNYS. MD, Principal of M.A.S.C.H.N.Y.S College and Dean Faculty of Ayush Swami Vivekananda Subharti University, Meerut)
12:15 PM - 1: 00PM	Role of Spirituality in Mental Wellbeing (Dr. Rahul Bansal, Prof & Head, Deptt of Community Medicine, Subharti Medical College, Meerut)
1:00 PM- 1:30 PM	Lunch
1:30 PM - 2: 45 PM	Problem Solving Exercises (8-10 groups of 6-7 participants each with one facilitator in each group will be given problem solving exercises which they will have to solve in one hour) Facilitators - Dr. Poonam Devdutt, Dr. Rita Kumar, Dr. Bhawana Pant, Dr. PawanParashar, Dr. Varsha Chaudhary, Dr. Anuradha Dave, Dr. Monika Gupta, Dr. Saurabh Sharma, Dr. Chhavi Kiran Gupta
2: 45 PM - 3:45 PM	Discussion on Problem solving exercises followed by group recommendation Moderator- Dr. Rahul Bansal Experts - Dr. PoonamDevdutt Dr. Rita Kumar Dr. Abhay M. Shankaregowda
3: 45 PM - 4:30 PM	Feedback from Participants (structured as well as verbal)
4:30 PM - 5:00 PM	Valedictory Session