



MEGHALAYA STATE JUDICIAL ACADEMY SHILLONG

**WILL HOLD AN ONLINE AWARENESS PROGRAMME ON
MENTAL HEALTH AND HOW TO MAINTAIN A POSITIVE APPROACH
IN THE DAY TO DAY FUNCTIONING DURING THIS COVID19**

DATE: 12.06.2021

| SESSIONS | TIMING | TOPICS | RESOURCE PERSON |
|-----------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I | 09: 45am 10-00am | WELCOME SPEECH | Director, Meghalaya State Judicial Academy |
| II | 10:00am - 10:25am | Mental Health issues from the perspective of the clinical Psychiatry: <ul style="list-style-type: none">Types of mental health issues and illnesses / types of mental disorders prevalent during this COVID 19 Pandemic period and its symptoms.How one will know if he or she is having mental health issues or disorders/its detection and treatment help. | Dr. Sandi Syiem, MBBS, MD (Psych), a reputed Psychiatrist, Director and founder of Sanker Hospital, Meghalaya, Shillong |
| III | 10:25am - 10:50am | How to manage priorities during this pandemic and how to maintain positive mental health : <ul style="list-style-type: none">How one will look after his/her mental health as preventive measures.10 things not to say to someone with mental illness | Smti Naphisabet Kharsati, Clinical Psychologist Sanker Hospital, Meghalaya, Shillong. |
| IV | 10:50am- 11:15am | About the COVID 19 Virus and the vaccine against COVID 19: <ul style="list-style-type: none">About Coronavirus disease (COVID19)Variants & VaccineWho can take the vaccine | Dr. Suzoy Hazarika MBBS, MD (retired from Jt DHS) and Medical Specialist currently practising at Supercare Hospital |
| V | 11:15 am -11:40 am | Address on Mental Health issues in Children during this Pandemic <ul style="list-style-type: none">How to identify mental ill health in Children.What kind of stresses / depressions that can happen to children from the current trend of Online classes | Dr. Jai Ranjan Ram, MBBS, MD (Psych, NIMHANS, 1993) MRCPsych from UK 1996 and Co- founder of Mental Health Foundation (MHF) Kolkata that caters to mental health needs in Childrens, Adolescents and Adults in the city of Kolkata. |
| VI | 11:40 am- 12:05 pm | Preventive measures and treatment measures if children will be showing symptoms of Mental ill health especially during this Pandemic time <ul style="list-style-type: none">How to prevent mental disorder in childrenHow to treat mental disorder in children at home | Dr. Shekhar P. Seshadri, Psychiatrist and Professor of the Department of Child and Adolescent Psychiatry in NIMHANS, Bangalore having vast experience and associated with numerous mental health initiatives |
| VII | 12:05pm- 12:50 pm | OPEN INTERACTION | |
| 12:50 pm - 1:00 pm -----CLOSING SESSIONS----- | | | |