

Mental Health Awareness Programme



Counselling Cell, IIT Indore
presents



MENTAL HEALTH AWARENESS PROGRAMME

FOR IIT INDORE COMMUNITY

OCTOBER 19, 2019

11 AM ONWARDS

CHROMIUM (I-D) 105



DR. ALOK BAJPAI

Topic: Is Mind Trainable?



DR. ASHUTOSH SINGH

Topic: Depression: why can't we still identify it in time?

**EXPERT TALKS, PANEL DISCUSSION, MOVIE SCREENING,
POSTER MAKING, SPEECH WRITING, STREET PLAY**

Event Schedule - Mental Health Awareness Programme

October 19, 2019

- 11:00 - Introduction to the event and welcome address
- 11:05 - Expert talk by Dr. Alok Bajpai
- 11:50 - Expert talk by Dr. Ashutosh Singh
- 12:15 - Refreshments
- 12:30 - Panel discussion
- 13:10 - Vote of thanks
- 13:15 - Break
- 14:00 - Screening of a short film by Cinephiles Club, IIT Indore
- 14:30 - Prize distribution for speech writing and poster making competition
- 15:00 - Street play by Aaina (Dramatics Club), IIT Indore

Expert Talk by Dr. Alok Bajpai

Title: Is Mind trainable?

Abstract: It would focus on mind and its process in the context of mental health. Focussing beyond illness, it should help people to explore their inner resources. Drawing from experiences in counselling service IIT Kanpur and clinical work along with transformational workshops, this interaction should provide a framework for exploring the self.

Brief profile of the speaker:

Psychiatry, Physics, Film, Music, Literature and Teaching are only some of the things that occupy Dr. Alok Bajpai's wide world. After his medical graduation, Dr. Bajpai trained in Psychiatry at NIMHANS, Bangalore, - the apex institute of mental health in India. He finished his DPM and MD and then joined The Regency Hospital, Kanpur as Senior Consultant of Psychiatry. Dr. Alok also practised as Consultant Psychiatrist in Australia during 2006-2007. Apart from practicing general Psychiatry, a consistent focus of his work has been with child and adolescent mental health, and he has established a unique child and adolescent mental health centre in Kanpur.

He has been instrumental in putting together many awareness campaigns and workshops - especially with schools and has trained teachers - aiming at increasing sensitivity towards childhood problems, in many Indian cities and states. His 'NO KIDDING' workshops in Chennai which include up to 300 children and parents, from various strata of society, have been immensely popular. Also conducts regular workshop in Kolkata with mental health foundation.

Dr. Alok Bajpai is a Consultant Psychiatrist to the IIT, Kanpur students. He is also a Co-mentor at USID e-gurukul organized by IITs. He was also an invited Member of the task force constituted by Ministry of HRD for 'prevention of suicides and promotion of mental well being in IITs and CFTIs'. He is also a regular columnist who writes about issues of psychiatry and sexuality for general readers.

Another area of his interest is Cinema. He did a short course of film at the FTII, Pune, and script writing workshops and appreciation course at Perth, Australia. He now runs a film society in Kanpur attempting to expose the audiences to an alternative cinema. He also organizes short film making contests with schools and Film Appreciation Workshops with kids.

One special passion with Alok are the transformational processes of the mind to enhance inner harmony and peace as Mahatma Gandhi remains his leitmotif and example. This program called 'An Hour with the Mahatma' was done with more than 4000 students from school till post doc levels over 60 schools all over India. His monograph on Gandhi is available on Pothi.com and Scribd. His understanding of Gita has resulted in popular workshops 'WHAT KRISHNA MEANT' and HUMAN INVESTMENT - MAHABHARATA LESSONS Given in Air Force Stations, UP TIE, and in France. Alok also runs an informal group called Chaupal, which regularly meets and has brainstorming sessions on arts, literature and poetry. Faiz, Ghalib and Kabir is regular leitmotif at these sessions. His participation in seminars on partition and writings like that of Manto is in keeping with his search for harmony.

Expert Talk by Dr. Ashutosh Singh

Title: Depression: Why can't we still identify it in time?

Abstract: Losing a loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely and scared. These feelings are normal reactions to life's stressors. Most people feel low and sad at times. However, in the case of individuals who are diagnosed with depression as a psychiatric disorder, the manifestations of the low mood are much more severe and they tend to persist.

Brief profile of the speaker:

Dr. Ashutosh Singh (MBBS, DNB Psychiatry) is a Consultant Psychiatrist attached to various organisations at Indore including Apollo Hospitals Indore , IIT Indore, Military Hospital, Mhow and Central Jail, Indore.

After completing his MBBS from MGM Medical College, Indore, Dr. Singh got trained at India's top institutes in psychiatry including Institute of Mental Health and Hospital, Agra (erstwhile Agra Mental Hospital), National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore and LGB Regional Institute of Mental Health (LGBRIMH), Tezpur (Assam).

He has rich experience in General Psychiatry, Psychotherapy, De-Addiction Psychiatry, Child & adolescent Psychiatry, Consultation-Liaison Psychiatry and Community Psychiatry. He practices rational evidence-based medicine and believes in holistic approach in treatment of his patients involving pharmacotherapy, psychotherapy, psycho-education and mobilizing peer support customized to each patient differently. A well-informed and closely monitored treatment in terms of side-effects remains the focus of his pharmacotherapy. He emphasizes on the psychotherapeutic interventions in his patients and also on the psycho-education of both patient and family members. He has been actively involved in spreading the awareness regarding mental health, particularly interested in the field of school mental health, youth mental health and suicide prevention.