

"Uncovering the Growing Epidemic (Depression)" -workshop

Mon 31.05.2010

Place: Counselling Center,AV College,Hyderabad-Domalguda
Times: 09:00 to 06:00
Contact person: Makro Foundation and Hyderabad Psychological Association
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Category: Our Events
Additional Information:

Makro Foundation in collaboration with Hyderabad Psychological Association has organized this workshop "Uncovering the Growing Epidemic Depression" a-workshop on positive mental health on 31st May 2010.

Rationale

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity(WHO). Mental health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life. However mental health problems are still feared and misunderstood, and people suffering from these problems face negative stigma neglecting treatment. In order to break the myths a one day workshop was organised.

The objectives:

- To develop an awareness about Mental and Emotional health and deal with myths and misconceptions.
- To determine ways in Participants can identify and deal with mental health problems specifically Depression & Suicide
- To promote networking of mental health related organization and give people an opportunity to discuss mental health issues and their role to improve mental health.

Highlights of the proceeding

Inauguration:

Chief Guest: Mr.S.Umapathi, IPS, Inspector General of Police (IG), Crime Investigation Department (CID), Andhra Pradesh .

Guest: Dr. Ch. Jaya Kumari, MBBS,DGO District Medical Health Officer, Hyderabad District

Presided by:

- Mr. M. Subba Rao, Chairman and Managing Trustee, Makro Foundation
- Mr. Mahesh Malneedi, President, Makro Group Company, Hyderabad
- Dr.Cherla Raja Mouli, President, Hyderabad Psychological Association

The program started with the registration and distribution of kits to the participants.

- **Welcome & Introduction of Makro Foundation** by Mr. Mahesh Malneedi,President, Makro Group Company, Hyderabad.
- **Brief about Objective of the workshop** by Dr. Cherla Raja Mouli, PHD, President Hyderabad Psychological Association
- **Address by Guest** : Dr. Ch. Jaya Kumari, MBBS,DGO District Medical Health Officer, Hyderabad District
- **Inauguration by:** Mr. S. Umapathi IPS, IG CID and other dignitaries by lighting the lamp.
- Inaugural Address by Chief Guest Mr. S. Umapathi IPS,IG CID.
- Vote of thanks for Inauguration Program

Sessions included:

1. **Understanding Mental & Emotional Health** - Myths and Misconceptions -Dr. B.S. Kumar Head, Department of Clinical Psychology, Sweekar Upkar

2. **Psychological Aspects of Depression-** Identification, impact and treatment - Dr. K. Niranjan Reddy, Clinical Psychologist. Retd. Professor Clinical Psychology, Institute of Mental Health.

3. **Role of Counselors to improve Mental Health** –Dr. Raghu Rami Reddy Retd. Principal Osmania Medical College and Superintendent Institute of Mental Health

4. **Suicide Prevention** -- Dr.P.Swathi, General Secretary, Hyderabad Psychological Association.

Outcome

- Training and Awareness of 55 Counselors from 30 organisations on identifying Depression and Suicide

- Network with Local organization working in the area of mental health and Identifying their Role in improving the mental health of people

Photos: [click here](#)

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