

## Report on World health day celebration on 21<sup>st</sup> April, 2017 at UNBLT, Medical College Kolkata



On the occasion of World Health Day this year, WHO has come up with a very relevant theme; Depression, Let's talk. Mental health issues have plagued man since time immemorial and are now the leading cause of morbidity in the world. In light of such events, the theme couldn't have come at a better time.

Keeping this in mind, INDIAN PUBLIC HEALTH ASSOCIATION (HQ) organized a CME on DEPRESSION: LETS TALK on 21st April, 2017 at U N Brahmachari Lecture Theatre, Medical College Kolkata, to make both public health professionals as well as general population aware of the growing problem.



The day started off with a segment on **Medical Ethics**, by **Dr. Kuntal Biswas**, Registrar, Medical College Kolkata, and was chaired by **Dr. Debashish Roy**. The talk enlightened everyone about the various provisions and pitfalls of medical ethics. Being an interactive session, many doctors had quite a few personal accounts to share. Everyone gained new insights into ethics.



The next segment was on **Adolescent Depression: Magnitude and care**, by **Prof. Dr. Goutam Bandopadhyay**, HOD, Psychiatry, Sagore Dutta Medical College and Hospital, chaired by **Dr. Manab Nandy**, Asso Prof, Pharmacology, Medical College Kolkata, which touched on a burning issue of recent

time- adolescent depression. The speaker talked about the magnitude, possible reasons, the difficulty in diagnosis, and treatment options for adolescent depression. The probable reasons behind risk taking behaviour, drug abuse in adolescent age group were discussed. Depression among medical students also has been highlighted both by the chairperson and speaker.

**Dr. Moloy Ghoshal**, Professor, Psychiatry, MCK, next enlightened us about the **various aspects of geriatric depression and other mental disorders**. With the increasing geriatric population, the session was very informative, and in sync with current social trends. The session was chaired by **Prof. (Dr.) Debasis Basu**, Head, Dept of Neurology, Medical College Kolkata who concluded the discussion with neurologist's point of view.





Next we were informed about the wonderful work being done by **Banchbo**, an NGO for Geriatric care. The speakers highlighted some social issues and reassured all types of helps to the needy one.



This was followed by an open Quiz session themed at Mental Health for the delegates, conducted by **Dr. Anirban Dalui** and **Dr. Saikat Bhattacharya**. The Quiz experienced eager participation, and was thoroughly enjoyed by the teams, and audience members alike. Cash prizes awaited the joint winners.



## INAUGURATION CEREMONY



The official Inaugural ceremony was started. **Dr. Sanghamitra Ghosh, Secretary General IPHA** welcomed all the delegates and media personnel and explained how IPHA took an initiative regarding this recent theme.

Our **Guest of Honour and Inaugurator** was **Prof. (Dr.) Debashish Bhattacharya, Director of Medical Education, Govt of WB** who emphasized the recent global burden of depression and on how sharing and talking can improve the situation dramatically.







We also had **Prof (Dr) Debasis Basu, Principal in charge, Medical College Kolkata**, as **special Guest** of this occasion. He highlighted the role of medical institutions this regard.

**Dr. Mausumi Basu, Organizing Secretary** addressed the audience with the program at a glance and thanked them on behalf of IPHA and its team



Auspicious **lamp lighting ceremony** followed by official Inauguration of **IPHA newsletter special edition: World Health Day Issue** was done by honourable dignitaries.



Following inauguration, a **panel discussion on Current Scenario of Mental health in India** was taken place. The eminent panelists were **Dr. Nripati Roy, ADHS (Mental Health), Dept of Health & Family Welfare, Govt of WB**, **Dr. Gargi Bandyopadhyay, eminent psychiatrist**, **Dr. Soha Bhattacharya, Professor, Dept of Psychology, University of Calcutta**, **Dr. Bappaditya Roy Chowdhury, Eminent Psychiatrist**, **Dr. Tapobrata Guha Roy, Public Health Specialist, Asso Prof Community Medicine, RGKMCH**. The panel discussion was moderated by **DR. Rudra Prasad Acharya, RMO, Dept of Psychiatry, MCK**.



Dr. Nripati Roy shared the recent status of National Mental Health Program in West Bengal and how they were planning to enrich different districts with mental health programs. The panelists were very passionate





speakers and some relevant points were discussed. The insight of different people from diverse backgrounds kept the talk both interesting and educative. Dr. Gargi Bandyopadhyay highlighted the burden of depression among all the age groups in our society.

Dr. Soha Bhattacharya discussed about the necessity of awareness and role of talking to prevent depression. Dr. Bappaditya Roy chowdhury skillfully explained different forms of depression and its presentation which usually overlooked by relatives or friends. The public health perspective was discussed by Dr. Tapobrata Guha Roy with a special emphasis on stress among school going children.



After the valedictory session, it was time for a sumptuous lunch. Over 150 delegates including doctors, public health activists, medical students, nurses, psychologists and others attended the CME and all participants in the CME went back enriched from the experience. All registered delegates were certified and given CME credit hours from WBMC. The whole program was conducted and hosted by **Dr. Ishita Sarkar**,

Demonstrator, Community Medicine and **Dr. Anirban Dalui**, junior resident, Community Medicine.



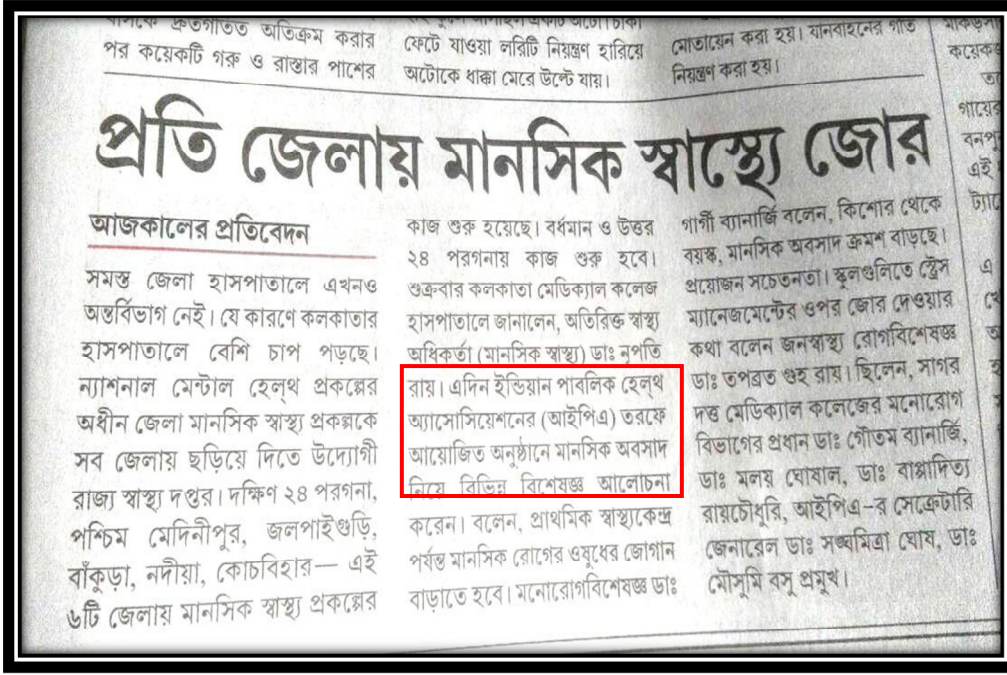
Nerve conduction velocity test for all delegates was done at free of cost.

## SOME MOMENTS of 21<sup>st</sup> April, 2017 at Medical College Kolkata



Special thanks to Dr. Sanghamitra Ghosh, Dr. Surajit Ghosh, Dr. Mausumi Basu, Dr. Suman Kanungo, Dr. Arup Chakraborty, Dr. Rivu Basu, Dr. Saikat Bhattacharya, Dr. Arista Lahiri and others for this successful CME.

The CME was extensively covered by NEWS media, both Print media as well as Television media. Small cut out of the news in respective newspapers are given here.



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