World Mental Health Day
(10ᵗʰ October)

Greetings Everyone,

The World Health organization recognizes World Mental Health Day on **10ᵗʰ of October** every year. The day holds immense importance to raise awareness about mental health. The theme for World Mental Health Day 2021 is '**Mental Health in an Unequal World'**. IITK Counselling Service brings to you a lively session by **Dr Ravichandra Kalkar**.

The highlights of the talk are:

- How inequalities in our society effect our Mental health?
- Why do we need to talk about Mental health?
- How to fight stigma surrounding mental health?
- How to enhance our Mental health?

Dr Ravichandra Kalkar is an Associate Professor of Psychiatry at Yenepoya Medical College, Mangalore, Karnataka. He has trained at reputed institutes-MBBS from Mysore Medical College and Research Institute and MD (Psychiatry) from Central Institute of Psychiatry, Ranchi. His areas of interest are child and adolescent mental health, depression and anxiety disorders, effects of psychological trauma and psychotherapy.

You are all invited to attend the event ...!!

Time: **12pm; Host**: Counselling Service, IIT Kanpur.
Zoom link: https://us06web.zoom.us/j/87590539497?
Meeting ID: 875 9053 9497; Passcode: mr186j

"Mental Health problem don't define who you are. They are something you experience. You walk in the Rain and you feel the rain but, importantly, YOU ARE NOT THE RAIN."

World Mental Health day
Wabi-Sabi

TALK WITH PSYCHIATRIST

DR. RAVICHANDRA

ASSOCIATE PROFESSOR OF PSYCHIATRY AT YENEPOYA UNIVERSITY, MANGALORE AND CONSULTANT PSYCHIATRIST AT YENEPOYA SPECIALITY HOSPITAL

10th October | 12:00 PM
Zoom link will be sent via mail