World Mental Health Day

was observed on 17th October 2019 at

Sri Siddhartha Medical College (SSMC) & Hospital,

organised by Dept. of Psychiatry, SSMC

in association with

District Legal Service Authority, District Health & Family Welfare Dept. & District Mental Health Programme (DMHP) Unit, Tumakuru.

Mr. H.S. Mallikarjuna Swamy, Hon'ble District & Judicial Judge, 3rd Additional Bench was the Chief Guest along with Mr. Dasharath B., Member Secretary, District Legal Service Authority, Mr. G.K. Anil, District Bar Association President, Prof. Dr. P.K. Devadas, Chief Executive Officer, SSMC and Dr. Chethan M., District Leprosy Officer. Hon'ble District & Judicial Judge spoke on the importance of creating awareness in public about mental illnesses, their ill-effects on physical health & quality of life, which can be improved by seeking medical help & even to overcome the fatal suicidal bid. The function was presided by Prof. Dr. A.G. Srinivasa Murthy, Principal, SSMC. Other guests included Prof. Dr. G.N. Prabhakar, Vice-Principal and Prof. Dr. N.S. Venkatesh, Superintendent, SSMC. Prof. Dr. A.G. Srinivasa Murthy inaugurated Psychiatry Dept. Helpline Number, which is a "24x7" helpline for anyone facing distressing situations. Adolescents and even general public who are facing difficulties because of academic, relationship issues, emotional, adjustment, psychological problems & alcohol & tobacco related health & social problems may seek help through this Helpline. Keeping in line with Mental Health Day Theme "Prevention of Suicide", there were lectures on introduction and prevention of suicide by Dr. D. Akshatha, Assistant Professor, Dept. of Psychiatry, SSMC and Dr.Sharath Viswaraj, Consultant Psychiatrist, DMHP. A skit on common mental illnesses was performed by 7th term MBBS students. The concluding remarks and vote of thanks were given by Prof. Dr. Sathyanarayana M.T., Head of Dept. of Psychiatry, SSMC. Nearly 250 students & staff members attended the programme.