



**SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION**  
(DEEMED TO BE UNIVERSITY Declared under section 3 of the UGC act, 1956)

Accredited **A<sup>+</sup>** Grade by NAAC

**SRI SIDDHARTHA MEDICAL COLLEGE**

[Constituent College of SSAHE] Agalakote, B.H. Road, Tumkur - 572107.  
(Recognized by the National Medical Council)



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### REPORT OF

#### THE CME / WORKSHOP / CONFERENCE / MEETINGS / SPORTS & CULTURALS

S.no.	Particulars	
1	Activity Registration Number	SSAHE250521
2	Department	Psychiatry
3	Date/s of activity conducted	06/02/2026
4	Type of the activity	Health camp
5	Title of the activity	Mental health assessment and screening
6	Number of participants	02

#### Report:

A health check-up camp with a special focus on **mental health assessment and screening** was conducted for employees of the **Karnataka State Road Transport Corporation (KSRTC)** on **06th February 2026** at the KSRTC premises, Tumkur. The initiative was designed to support employee well-being by facilitating the early detection of mental health issues and by increasing awareness of psychological wellness among staff members.

The camp saw participation of ~20 employees from KSRTC representing multiple departments, including drivers, conductors, maintenance personnel, and administrative staff. Participation was entirely voluntary, and confidentiality was ensured throughout the evaluation process.

The mental health screening and counselling services were provided by **Dr. Pooja Jadhav, Senior Resident**, and **Dr. Amisha JR II**. Employees were assessed for symptoms related to stress, anxiety, depression, sleep disturbances, substance use, and work-related emotional difficulties. A substantial proportion of employees reported experiencing occupational stress, mental fatigue, and sleep-related disturbances, particularly among those engaged in shift duties and prolonged working hours. Mild to moderate symptoms of anxiety and low mood were identified in a subset of individuals.

The mental health camp effectively facilitated early identification of psychological concerns and **enhanced awareness regarding mental well-being among KSRTC employees**. The initiative was well received and underscored the importance of integrating mental health screening into routine employee health programs. Regular periodic screening is recommended to promote employee well-being, enhance workplace efficiency, and support overall occupational health.



Geo-tagged photos:



List of participants/attendance: **Dr. Pooja Jadhav - Senior Resident, and Dr. Amisha JR II**

Date: 02-03-2026

Signature of the Organizing Chairman / HOD / PRINCIPAL

**PRINCIPAL**  
Sri Siddhartha Medical College  
Agalakote, B.H. Road, Tumkur.