



KING GEORGE'S MEDICAL UNIVERSITY U.P., LUCKNOW

3.6.1: Extension and outreach activities such as community Health Education, Community health camps, Tele-conferences, Tele-Medicine consultancy etc., are conducted in collaboration with industry, community, Government and non-Government Organizations engaging NSS/NCC/Red cross/YRC, institutional clubs etc., during the last five years

Any additional information



KING GEORGE'S MEDICAL UNIVERSITY U.P., LUCKNOW

KGMU HEALTH AWARENESS PROGRAMS



SWASTHYA PLUS HINDI

Date: 28/10/2020

Report:

Swasthya Plus Hindi organized an online awareness program about Obsessive Compulsive Disorder (OCD) featuring Dr. Sujit Kumar Kar. The session aimed to educate participants about OCD, its causes, symptoms, and available treatments. The program provided valuable insights into managing OCD through pharmacological and non-pharmacological changes.

<https://www.youtube.com/watch?v=oojcNEZO6U4>

(Dr. Sujita K. Kar, MD)
Additional Professor
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SW



SWASTHYA PLUS HINDI

Date: 22/10/2020

Report:

A session on "Depression: Symptoms and Treatment" was organized by Swasthya Plus Hindi, aiming to raise awareness about recognizing and managing depression. Experts explained common symptoms such as persistent sadness, fatigue, loss of interest, and changes in sleep or appetite. Treatment options including psychotherapy, medication, lifestyle changes, and social support were discussed. The session emphasized early help-seeking and breaking the stigma surrounding mental health.

<https://www.youtube.com/watch?v=hnxC9wuOtt0>

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MEDICAL SEMINAR ON DRUG ABUSE & MENTAL HEALTH

04TH BN SSB MOHANLALGANJ, LUCKNOW

CERTIFICATE

This is to certify that Dr. Amit Singh, Assistant Professor, Psychiatry department KGMU, attended as speaker in Medical Seminar held at 4th Bn SSB Mohanlalganj, Lucknow on 26th June 2021.

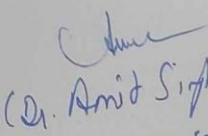

(Sh. Yogesh Singh)
Officiating Commandant
4th Bn SSB Lucknow


(Dr. O.B. Singh)
Commandant (Medical)
4th Bn SSB Lucknow



अन्तर्राष्ट्रीय मादक पदार्थ विरोध दिवस
26 जून
के उपलक्ष्य में
नशा मुक्ति एवं जन जागरण अभियान
चतुर्थ : 'प्रसन्न सीमा बल' (उ.प्र.)

SSB MOHANLAALGANJ
Date: 26/06/2021
Report:
A session on "Drug Abuse and Mental Health" was held at SSB, Mohanlalganj, Lucknow, focusing on the close link between substance use and psychological well-being. The discussion addressed early warning signs, risk factors, and the impact of drug abuse on youth mental health. Emphasis was placed on prevention, awareness, and the importance of timely intervention and support systems.


(Dr. Amit Singh, DM)
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OST CENTER, DEPARTMENT OF PSYCHIATRY, KGMU

Date: 01/12/2021

Report:

An awareness program was organized on World AIDS Day at the OST Centre, Department of Psychiatry. The event aimed to educate patients and caregivers about HIV/AIDS prevention, treatment, and stigma reduction. Informative talks and interactive sessions were conducted by mental health professionals. The program concluded with a pledge to support those affected and promote awareness.

Dr. Anshu Singh

Anshu Singh
Registrar
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Lucknow

अमर उजाला व यूनिसेफ जिंदगी मास्टर क्लास सीजन-2 के वेबिनार में विशेषज्ञों ने दिए तनाव प्रबंधन के टिप्स

चुनौतियों से लड़ें, दूसरों का दर्द समझें

लखनऊ। माइल के सुक से किसे इन्का है, लेकिन सुकन से लड़ने में यज्ञ हो चुक और है...। ये थंड लाने वही बलिब बलने है उम जोग, जन्म और भोगों की जो युवाओं को कलियों और विरोधों का लिए गए तनाव प्रबंधन के टिप्स का हिस्सा था। केका था अमर उजाला जिंदगी

मास्टर क्लास सीजन-2 के महान धोमलवार को आयोजित वेबिनार को मिशन में टेली वीडियो और कोविड की चुनौतियों विषय पर आयोजित वेबिनार में लखनऊ, बली समेत विभिन्न जिलों के युवा प्रतिभागियों ने हिस्सा लिया। तनाव व चिंता प्रबंधन पर बताने के लिए प्रोफेसर डी. आदर्श त्रिपाठी के मानसिक रोग विभाग के डॉ. आदर्श त्रिपाठी और लखनऊ विश्वविद्यालय के मनोवैज्ञान विभाग की ऑनस्टैंट प्रोफेसर डॉ. मनिता अवस्थी। इस शीक पर युवा प्रतिभागियों ने कोविड के दौरान के अपने अनुभव, मानसिक तनाव और उस पर विचार पाने को कोविड के कर में बताया।



तनाव प्रबंधन : कोशिश करें कि आपका रूटीन न टूटने पाए

पेरसनीगत अती है, तनाव बढ़ता है तो अक्सर हमारा रूटीन पटरी से उतर जाता है। इससे निपटने और बढ़ती है। अतः धम तनाव बढ़ती है। सबसे पहली अच्छा है कि हम अपने दिनचर्या को बनाए रखें। तनाव बढ़ने पर हमारे कोशिक सेना, खानपान प्रभावित होने लगता है और मानसिक स्वास्थ्य पर गहरा असर पड़ता है। हमें मुश्किल पड़ने में कोशिश करनी है कि हमारा खानपान सही हो, छाती पकन में किताब पढ़ें, मूडिज चुनें, रहने, एक्सरसाइज का योग करें। डॉ. आदर्श त्रिपाठी कहते हैं कि समय के संकटों पर फोकस करें, हास्य बदलने से हमें सहाय है।



चिंता प्रबंधन : आज में जिएं, अपनी बातों को साझा करें

लखनऊ विश्वविद्यालय में मनोवैज्ञान विभाग में ऑनस्टैंट प्रोफेसर डॉ. मनिता अवस्थी ने चिंता प्रबंधन पर बात की। उन्होंने कहा कि कोविड के फैलने में लोगों ने अपने को दूर दूरों में रखा, जिससे चिंता पर कोविड का प्रभाव हो गया। सबसे पहली बात को आप में जेने को कोविड करें। दूसरा अपने बारी को ऊपर उठा लें। सावधान करें, धुर रहने से डिस्कॉर्न बढ़ेंगे। समरकभी का हल मत करने से निपटें। इसके अलावा खुद से पूछें कि पंजाबी क्यों है और क्यों है। इसके बाद समरक भी हल निकल आएगा।



कल रोजगार और

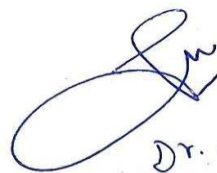
कैरियर की बात लखनऊ। कोविड ने रोजगार और कैरियर को गिरा दिया है। अब हमें ओर बढ़ने निकलने पर विचार करना है। केका कैरियर का किस्म चुनना है और रोजगार के अवसरों का खतरा रहता है। इस दिना में विभागों को समरक युवाओं के बारी का आला। अमर उजाला और युनिसेफ इसे को ध्यान में रखते हुए रोजगार व कैरियर के विकल्पों पर बात करने के लिए 22 अक्टूबर को ऑनलाइन का आयोजन कर रहे हैं।

AMAR UJALA AND UNICEF

Date: 21/10/2020

Report:

Amar Ujala and UNICEF jointly organized a webinar under 'Zindagi MasterClass Season 2', focusing on stress management and mental health awareness. The session aimed to equip participants with effective strategies to cope with stress and promote emotional well-being. Approximately 120 participants attended the webinar, engaging in discussions on stress management techniques and mental health awareness.



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SWA



SWASTHYA PLUS HINDI

Date: 21/02/21

Report:

A session on "Suicide Prevention" was conducted by Swasthya Plus Hindi, focusing on awareness, early identification of warning signs, and timely intervention. Experts highlighted the importance of open conversations, mental health support, and breaking the stigma around suicide. Strategies like active listening, crisis helplines, and community involvement were discussed. The session aimed to equip the public with knowledge and tools to support those in emotional distress and promote mental well-being.

https://www.youtube.com/watch?v=VK_ona3In9o

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SWAS

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youtube.com/live/MIboih7y5U4

swasthyaplus

नपुंसकता - शर्म नहीं, इलाज का विषय | Dr Adarsh Tripathi on Erectile Dysfunction in Hindi

Swasthya Plus

Subscribe

1.7K

Share

SWASTHYA PLUS HINDI

Date: 19 Jun 2021

Report:

Swasthya Plus Hindi organized an online awareness program titled "नपुंसकता - शर्म नहीं, इलाज का विषय" (Erectile Dysfunction: Not a Shame, but a Matter of Treatment), featuring Dr. Adarsh Tripathi. The session aimed to educate participants about erectile dysfunction (ED), its causes, symptoms, and available treatments. Dr. Tripathi emphasized that ED is a common medical condition and encouraged open discussions to reduce stigma. The program provided valuable insights into managing ED through medical interventions and lifestyle changes.

<https://youtu.be/MIboih7y5U4?feature=shared>

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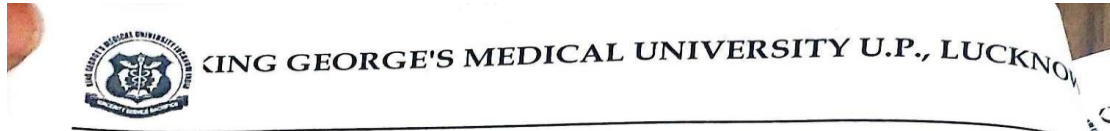
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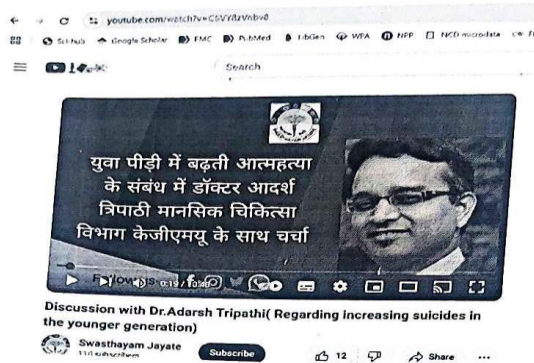
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SWAST



SWASTHYAM JAYATE

Date: 28/05/2022

Report:

Swasthyam Jayate conducted an online awareness program focusing on the alarming rise in suicide rates among the younger generation. The session aimed to shed light on the contributing factors, such as mental health challenges, societal pressures, and the impact of digital media. Experts discussed preventive strategies, emphasizing the importance of early intervention, open communication, and accessible mental health resources.

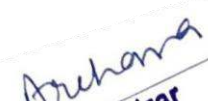
<https://www.youtube.com/watch?v=C6VY8zVnbv8>


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 **Suramya Life Foundation**
When Tradition & Vision Walk Together
CIN - U83300UP2022NPL162854

To,
Dr. Pawan Kumar Gupta,
Additional Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Subject: Request of authorization as a participant in Panel Discussion in Sensitization Programme on Mental Health of LGBTQIA+ at Amity University

Dear Sir,

Suramya Life Foundation is organizing a Sensitization Programme on Mental Health of LGBTQIA+ Community at Department of Psychology, Amity University, Lucknow Campus. This event is held on 18th January, 2023. The purpose of this event is to provide mental health support to the students of LGBTQIA+ community of various colleges and university.

In order to make this programme possible and successful, your assistance is highly appreciated. We request your presence and contribution to participate as a Guest Lecturer in providing your thought on the subject line.

It will be a wonderful opportunity to extend our hands and reach out to the LGBTQIA+ community to create an inclusive atmosphere.

Thank you once again for your support.

Kind Regards,

For Suramya Life Foundation
Name : Anshoo Srivastava
Designation : Founder & Director
Date : December 31, 2022

To,
Dr. Pawan Kumar Gupta,
Additional Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Dear Sir,

Suramya Life Foundation extends its thanks towards your participation as a Guest Lecturer in Sensitization Programme on Mental Health of LGBTQIA+ held at Department of Psychology, Amity University, Lucknow Campus, Malhaur, Gomti Nagar, Lucknow on 18th January 2023.

Kind Regards,

For Suramya Life Foundation
Name : Anshoo Srivastava
Designation : Founder & Director
Date : January 31, 2023

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AMITY UNIVERSITY, LUCKNOW

Date: 12/01/2023

Report: Suramya Life foundation organized a sensitization programme on mental health of LGBTQIA+ which was held at department of Psychology, Amity University, Lucknow Campus, Malhaur, Gomatinagar, Lucknow.

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CIN - U85300UP2022NPL162854



CIN - U85300UP2022NPL162854

To,
Dr. Pawan Kumar Gupta,
Associate Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Sub: Thank You Note for participating in Manmridang-3 as Guest Speaker.

Dear Sir,

Suramya Life Foundation extends its thanks towards your participation as a Guest Speaker in Manmridang-3, a community Outreach programme held on 07 January 2024, at Corporate Office of Suramya Life Foundation, Metro City, Noida, Lucknow.

Your thoughtful views and experiences shared on various methods and techniques as to how to achieve good mental health and positive energy levels was very helpful for the participants.

Kind Regards,

For Suramya Life Foundation
Name: Anshu Shrivastava
Designation: Founder & Director
Date: 10th January 2024

To,
Dr. Pawan Kumar Gupta,
Associate Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Sub: Request of participation as a Guest Speaker for Community Outreach Programme - Manmridang-3

Dear Sir,

Suramya Life Foundation is organizing a Community Outreach Programme - Manmridang-3. This is a third such event of multiple events (community Outreach programme). The event will be held on 07 January, 2024. The purpose of this event is to provide education and understanding about various methods and techniques as to how to achieve good mental health. Clinical therapy also known as psychotherapy is an alternative healing method that uses various techniques to promote physical, emotional and well-being. Practitioners believe that different colours have unique vibrations that can influence energy levels in the body.

In order to make this programme possible and successful, your assistance is highly appreciated. We request your presence and confirmation to participate as a Guest Speaker in sharing your thoughts and experiences in achieving good mental health and positive energy levels.

It will be a wonderful opportunity to extend our hands and reach out to the (KGMU) community to ensure a healthy inclusive atmosphere.

Thank you once again for your support.

Kind Regards,

For Suramya Life Foundation
Name: Anshu Shrivastava
Designation: Founder & Director
Date: December 18, 2023

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SURAMYA LIFE FOUNDATION

Date: 06/01/2024

Report:

Suramya life Foundation organized Manmridang- a community outreach program to provide education about various methods and techniques on how to achieve good mental health. Experts shared their thoughts and experiences in achieving good mental health and positive energy levels.

(Dr. Pawan K. Gupta, MD)
Professor
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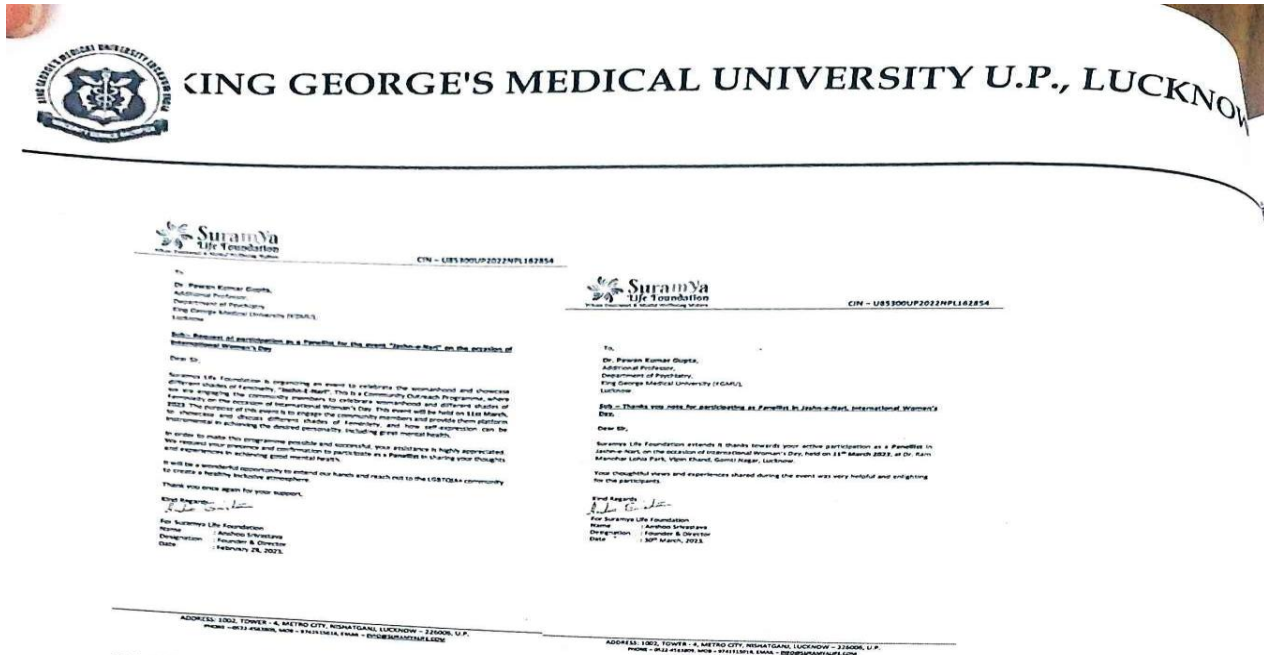
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SURAMYA LIFE FOUNDATION

Date: 11/03/2023

Report:

The "Jashn-e-Naari" event, organized by Suramya Life Foundation, celebrated the diverse shades of femininity through art, dialogue, and expression. The program featured inspiring stories, performances, and discussions highlighting strength, resilience, and grace in womanhood. Participants from various backgrounds came together to honor the spirit of inclusivity and empowerment. The event aimed to create a vibrant space for celebrating gender diversity and fostering mutual respect.

(Dr. Pawan K. Gupta, M.D.)

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CIN - UB5300UP2022NPL162854

To,
Dr. Pawan Kumar Gupta,
Additional Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Sub: Request of participation as an Expert Speaker on workshop on Media Sensitization and Awareness for LGBTQIA+ as Samvedna#ReportwithPride

Dear Sir,

Suramya Life Foundation and High Commission of Canada in India, is organizing a workshop on Media Sensitization and Awareness for LGBTQIA+ as Samvedna#ReportwithPride "A workshop on LGBTQIA+ sensitive Journalism".

This event will be held on 1st May, 2023 at Renaissance, Gomti Nagar, Lucknow. The objective of this workshop is to create sensitivity and knowledge sharing with the media houses, budding students of journalism and mass communication about the good practices, empathetic approach, which can be incorporated while reporting about the Queer Community.

In order to make this programme possible and successful, your assistance is highly appreciated. We request your presence and confirmation to participate in the workshop as an Expert Speaker and share your thoughts and experiences on the subject line.

It will be a wonderful opportunity to extend our hands and reach out to masses to create a healthy inclusive atmosphere.

Thank you once again for your support.

Kind Regards

For Suramya Life Foundation
Name : Anshoo Srivastava
Designation : Founder & Director
Date : April 18, 2023.



CIN - UB5300UP2022NPL162854

To,
Dr. Pawan Kumar Gupta,
Additional Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Sub: Thanks you note for participating as an Expert Speaker, on the Workshop on Media Sensitization and Awareness for LGBTQIA+ as Samvedna#ReportwithPride.

Dear Sir,

Suramya Life Foundation extends a thanks towards your active participation as an Expert Speaker, on the Workshop on Media Sensitization and Awareness for LGBTQIA+ as Samvedna#ReportwithPride, held on 1st May 2023, at the Ballroom, Renaissance, Gomti Nagar, Lucknow.

Your thoughtful data presentation, views and experiences shared during the event was very helpful and enlightening for the participants.

End Regards

For Suramya Life Foundation
Name : Anshoo Srivastava
Designation : Founder & Director
Date : 13th May, 2023.

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SURAMYA LIFE FOUNDATION

Date: 11/03/2023

Report:

Suramya life foundation and high commission of Canada in India organised a workshop on Media Sensitization and Awareness for LGBTQIA+ as Samvedna#ReportwithPride for LGBTQIA+ journalism. The objective was to create sensitivity and knowledge sharing with media houses, budding students of journalism and mass communication about the good practices, empathetic approach, which can be incorporated while reporting about the Queer Community.

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Association for Advocacy and Legal Initiatives Trust (AALI)
CORDIALLY INVITES YOU FOR
Consultation
On
**Strengthening State support to the Survivors of Gender Based Violence
in Uttar Pradesh**
Date: Thursday, November 10th 2022
Time: 11:00am to 5:00pm
Venue: Hotel Radisson, City Center, Lucknow
RAVP: Rami Mishra, Executive Director, AALI
Heads Briefs, Program Coordinator, Strategic Partnership Program, AALI
Contact Number: 8076188887



ASSOCIATION FOR ADVOCACY AND LEGAL INITIATIVES TRUST

Date: 10/11/2022

Report:

The Association for Advocacy and Legal Initiatives Trust (AALI) organized a consultation on Strengthening State Support to the Survivors of Gender-Based Violence in Uttar Pradesh on Thursday, November 10th, 2022, at Hotel Radisson, City Center, Lucknow. The event brought together stakeholders from various sectors to discuss challenges, share experiences, and recommend strategies to improve institutional response and support mechanisms. The consultation emphasized collaborative efforts for policy implementation, survivor-centric services, and effective legal aid.

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INCOME TAX DEPARTMENT, LUCKNOW

Date: 09/09/2022

Report:

A stress management workshop was conducted at the Income Tax Department, Lucknow, aiming to promote mental well-being among employees. The session covered practical techniques like mindfulness, relaxation exercises, and work-life balance strategies. Experts emphasized the importance of emotional resilience and early intervention. The workshop received positive feedback and encouraged a healthier work environment.


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DR VIRENDRA SWAROOP MEMORIAL PUBLIC SCHOOL, MAHANAGAR, LUCKNOW.

Date: 11/10/22

Report:

A workshop on Early Identification and Classroom Management of ADHD and Common Behavioral Issues in Children and Adolescents was conducted at Virendra Swaroop Memorial Public School, Mahanagar, Lucknow. The session aimed to equip educators with practical tools for identifying and managing ADHD and other behavioral challenges in the classroom. Through interactive discussions and case studies, participants gained valuable insights into creating a supportive and inclusive learning environment.

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SWASTHYA PLUS HINDI

Date: 17/12/2022

Report:

A session on "How to Sleep Better" was organized by Swasthya Plus Hindi, focusing on the importance of healthy sleep for overall well-being. Experts shared tips on maintaining a consistent sleep schedule, reducing screen time before bed, and creating a relaxing bedtime routine. The role of stress management, diet, and physical activity in improving sleep quality was also discussed. The session aimed to promote awareness about good sleep hygiene and its impact on mental and physical health.

<https://www.youtube.com/watch?v=3drD0tTSahY>

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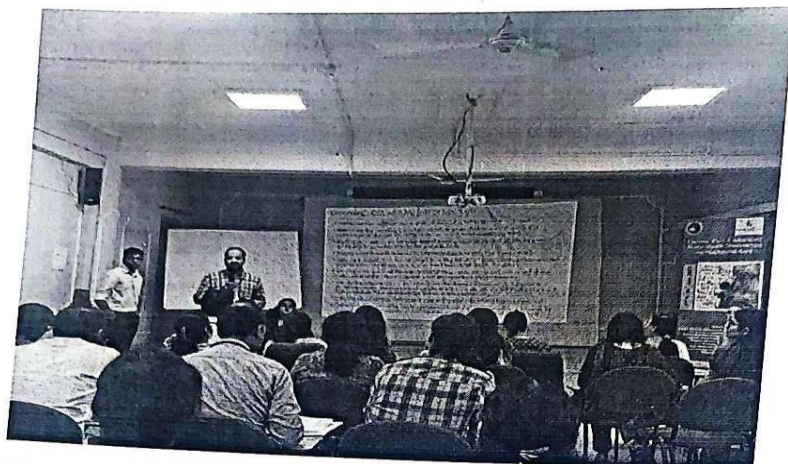
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SAMVAD TEAM NIMHANS

Date: 17th to 26th June 2023

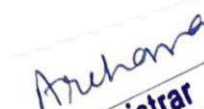
Report:

The SAMVAD team at NIMHANS conducted a session on essential child and adolescent mental health interventions and psychosocial care. The program highlighted age-appropriate approaches to emotional well-being, early identification of mental health concerns, and community-based support. Emphasis was placed on trauma-informed care, school-based interventions, and family involvement. The session aimed to empower professionals and caregivers with practical tools for holistic mental health support.

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SWASTHYA PLUS HINDI

Date: 20/12/2022

Report:

Swasthya Plus Hindi organized an online awareness program on Premature ejaculation, featuring Dr. Adarsh Tripathi. The session aimed to educate participants about Premature Ejaculation (PME), its causes, symptoms, and available treatments. Dr. Tripathi emphasized that PME is a common medical condition and encouraged open discussions to reduce stigma. The program provided valuable insights into managing PME through medical interventions and lifestyle changes.

<https://www.youtube.com/watch?v=xUCfZFVM0ZI>

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Mental Health Awareness Program



Emotional regulation :
A key skill for living a better and stress-free life



Dr. Adarsh Tripathi

Date- 6th April 2023
Time- Thursday, 11:00 AM to 1:00 PM
Venue- Main Auditorium



CSIR - Central Drug Research Institute
Date :06 April 2023

Report:

CSIR-CDRI, Lucknow organized a Mental Health Awareness Program focused on the theme "Emotional Regulation: A Key Skill for Living a Better and Stress-Free Life". Practical techniques and psychological strategies for emotional regulation, highlighting its role in reducing stress, enhancing relationships, and improving overall quality of life were discussed. The interactive session aimed to create awareness among participants about identifying emotional triggers and developing healthy coping mechanisms.

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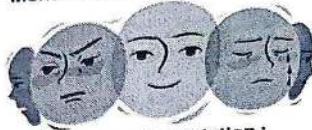
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Mental Health Awareness Program



Emotional regulation :
A key skill for living a better and stress-free life



Dr. Adarsh Tripathi

Date- 6th April 2023
Time- Thursday, 11:00 AM to 1:00 PM
Venue- Main Auditorium



CSIR - Central Drug Research Institute
Date :06 April 2023

Report:

CSIR-CDRI, Lucknow organized a Mental Health Awareness Program focused on the theme "Emotional Regulation: A Key Skill for Living a Better and Stress-Free Life". Practical techniques and psychological strategies for emotional regulation, highlighting its role in reducing stress, enhancing relationships, and improving overall quality of life were discussed. The interactive session aimed to create awareness among participants about identifying emotional triggers and developing healthy coping mechanisms.

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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 17/02/2023

Report:

A session on "Dementia" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on early detection, care strategies, and public awareness. Experts discussed the cognitive, emotional, and behavioral aspects of dementia, emphasizing the need for caregiver support and community-based interventions. The importance of timely diagnosis and multidisciplinary management was highlighted. The session aimed to build capacity among healthcare professionals and promote compassionate care for the elderly.

https://www.youtube.com/watch?v=r_W90IWKUdg

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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 23/02/2023

Report: A seminar on neuromodulation techniques was organized by the Department of Medical Education, Government of Uttar Pradesh. The session focused on emerging non-invasive treatments for neurological and psychiatric conditions. Experts shared insights on Transcranial Magnetic Stimulation (TMS) and other advanced modalities. The event aimed to enhance clinical knowledge and promote innovative practices in mental health care.

<https://www.youtube.com/watch?v=PtBtDwmgQ3o>

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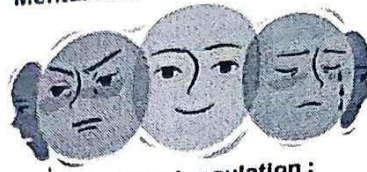
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Mental Health Awareness Program



Emotional regulation :
A key skill for living a better and stress-free life

speaker



Dr. Adarsh Tripathi

Professor of Psychiatry at the KGMU, Lucknow

Date- 6th April 2023
Time- Thursday, 11:00 AM to 1:00 PM
Venue- Main Auditorium



Keep your mobile
switched off

CSIR - Central Drug Research Institute
Date :06 April 2023

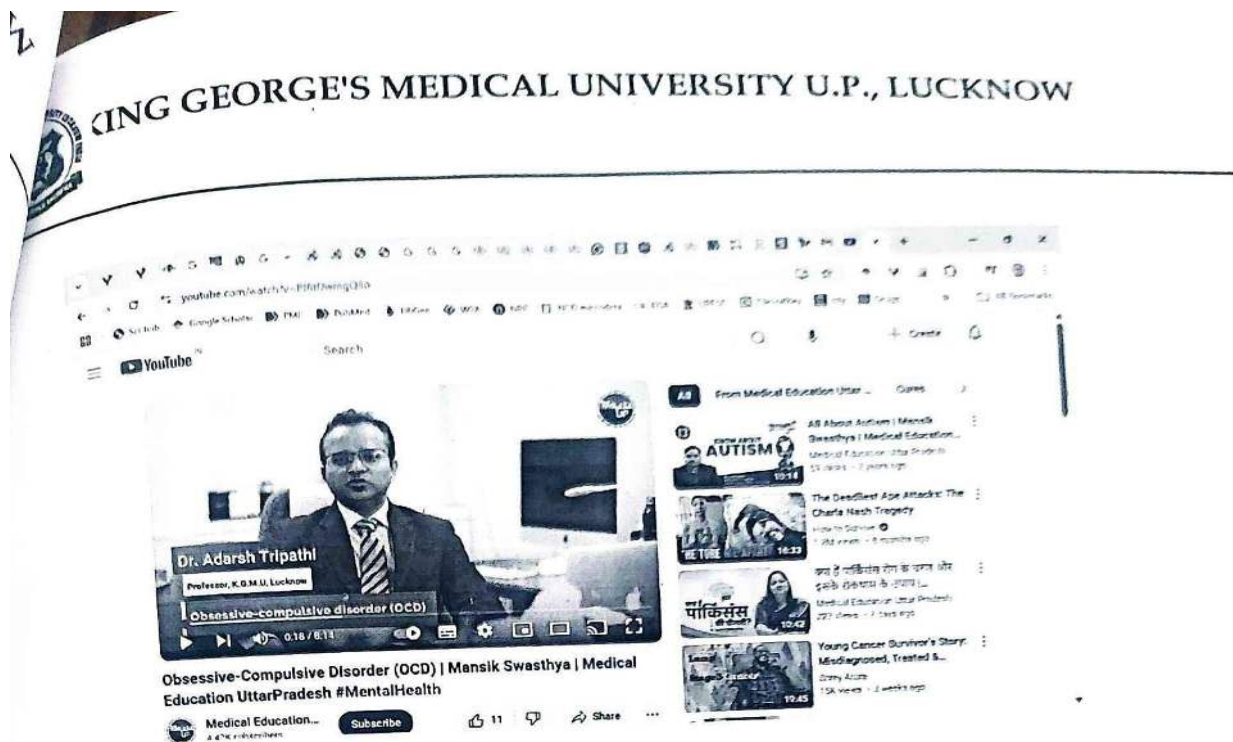
Report:

CSIR-CDRI, Lucknow organized a Mental Health Awareness Program focused on the theme "Emotional Regulation: A Key Skill for Living a Better and Stress-Free Life". Practical techniques and psychological strategies for emotional regulation, highlighting its role in reducing stress, enhancing relationships, and improving overall quality of life were discussed. The interactive session aimed to create awareness among participants about identifying emotional triggers and developing healthy coping mechanisms.

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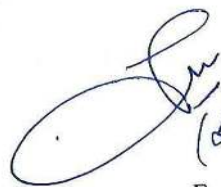
DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 24/02/2023

Report:

A seminar on Obsessive Compulsive Disorder was organized by the Department of Medical Education, Government of Uttar Pradesh. The session aimed to educate participants about OCD, its causes, symptoms, and available treatments. The program provided valuable insights into managing OCD through pharmacological and non-pharmacological changes.

<https://www.youtube.com/watch?v=PtBtDwmGQ3o>


(Dr. Adarsh Tripathi, MD)

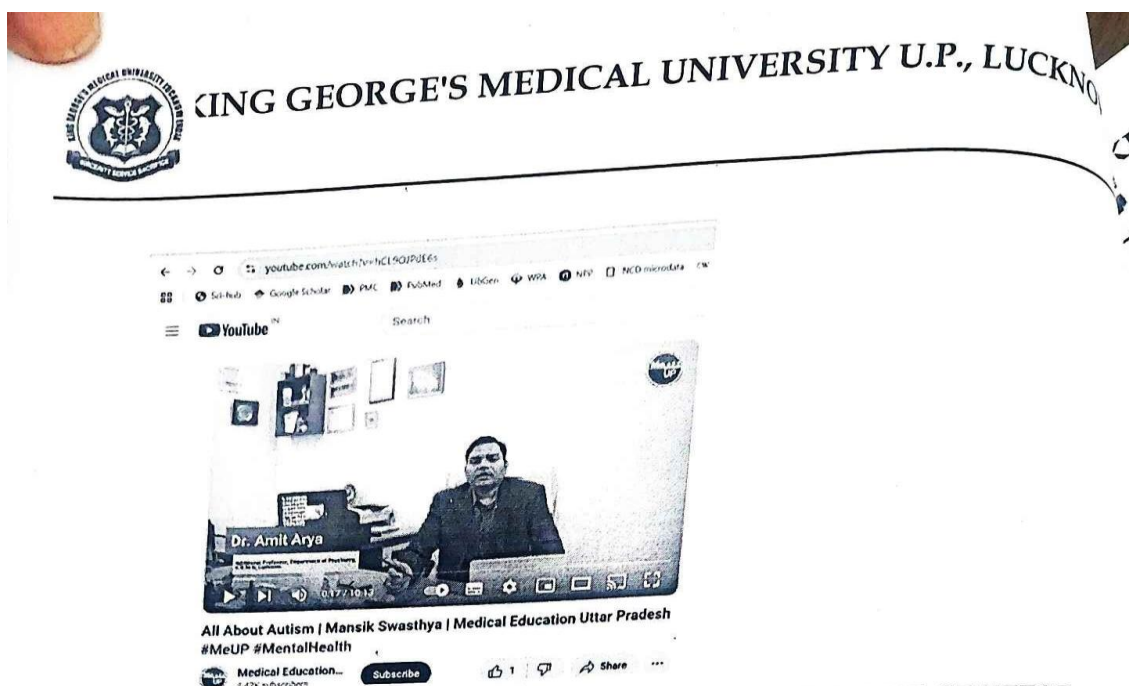
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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 24/02/2023

Report:

A seminar on Autism Spectrum disorder was organized by the Department of Medical Education, Government of Uttar Pradesh. The session aimed to educate participants about Autism, its causes, symptoms, and available treatments. The program provided valuable insights into managing it through pharmacological and non-pharmacological changes.

<https://www.youtube.com/watch?v=hCL9OJPdE6s>

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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 02/03/2023

Report:

The Department of Medical Education, Government of Uttar Pradesh, conducted a seminar on parenting tips to promote mental and emotional well-being in children. Experts discussed effective parenting strategies, communication skills, and the importance of a supportive home environment. The seminar emphasized early identification of behavioral issues and positive discipline techniques. Attendees included healthcare professionals, educators, and parents, fostering a collaborative approach to child development.

<https://www.youtube.com/watch?v=jPYbZjFAGwk>

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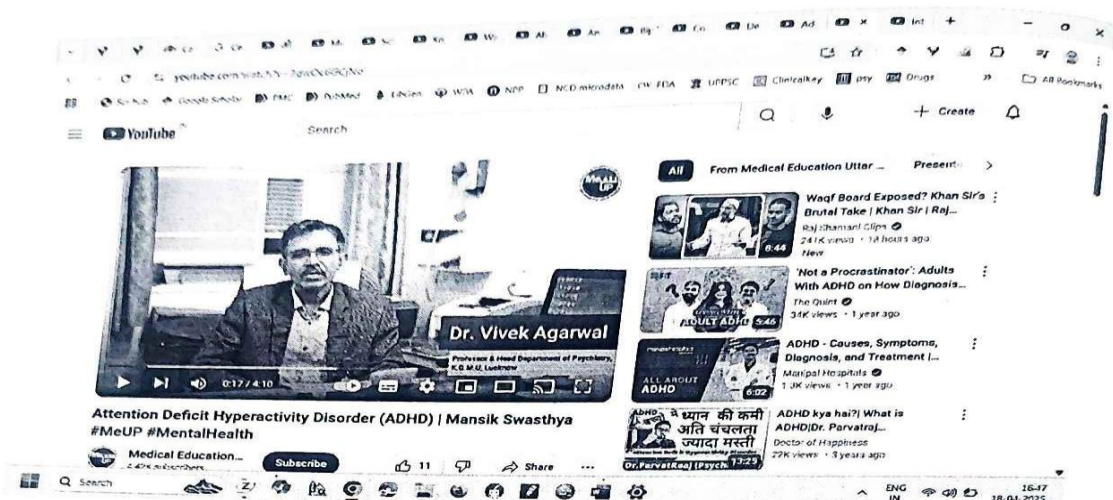
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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 11/03/2023

Report:

The Department of Medical Education, Government of Uttar Pradesh, organized a seminar on Attention Deficit Hyperactivity Disorder (ADHD) to raise awareness and enhance understanding among healthcare professionals. Experts highlighted the clinical features, diagnostic challenges, and evidence-based management strategies for ADHD. The seminar emphasized the importance of early intervention and a multidisciplinary approach. It aimed to improve outcomes for children and adolescents affected by the condition.

<https://www.youtube.com/watch?v=3gwOc6GCjNo>

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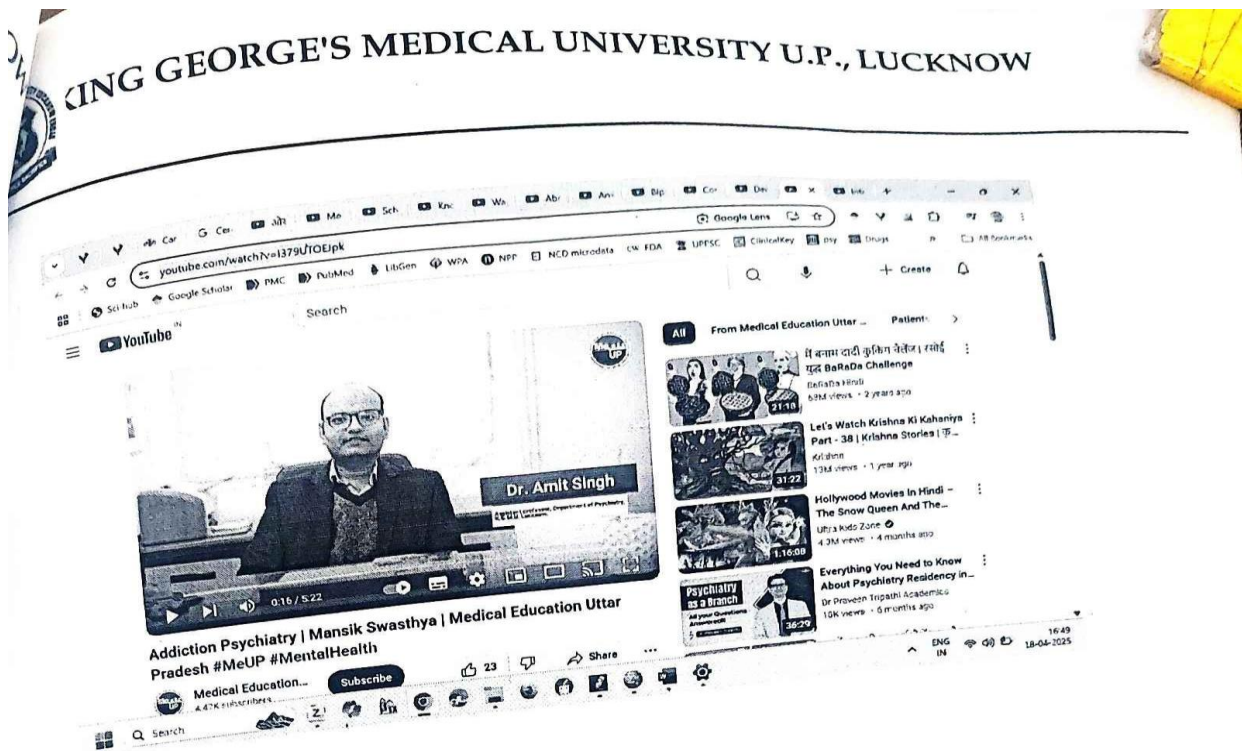
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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 13/03/2023

Report:

The Department of Medical Education, Government of Uttar Pradesh, conducted a seminar on addiction to address its growing impact on public health. Experts discussed the neurobiology of addiction, prevention strategies, and evidence-based treatment approaches. The session highlighted the role of community awareness and early intervention. It aimed to equip healthcare professionals with knowledge to manage addiction effectively and compassionately.

<https://www.youtube.com/watch?v=I379UTOEIpK>

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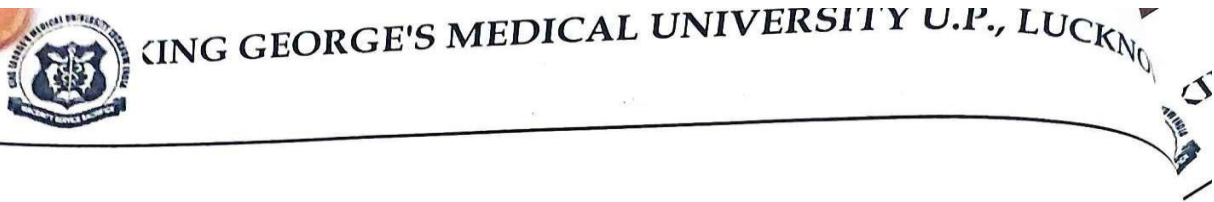
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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 16/03/2023

Report:

The Department of Medical Education, Government of Uttar Pradesh, organized a seminar on Consultation-Liaison Psychiatry to highlight its vital role in integrated healthcare. Experts discussed the interface between physical and mental health, emphasizing early psychiatric intervention in medical settings. Case discussions illustrated collaborative approaches in patient care. The seminar aimed to strengthen multidisciplinary coordination for holistic treatment outcomes.

<https://www.youtube.com/watch?v=Hi1joVDgGV0&t=57s>

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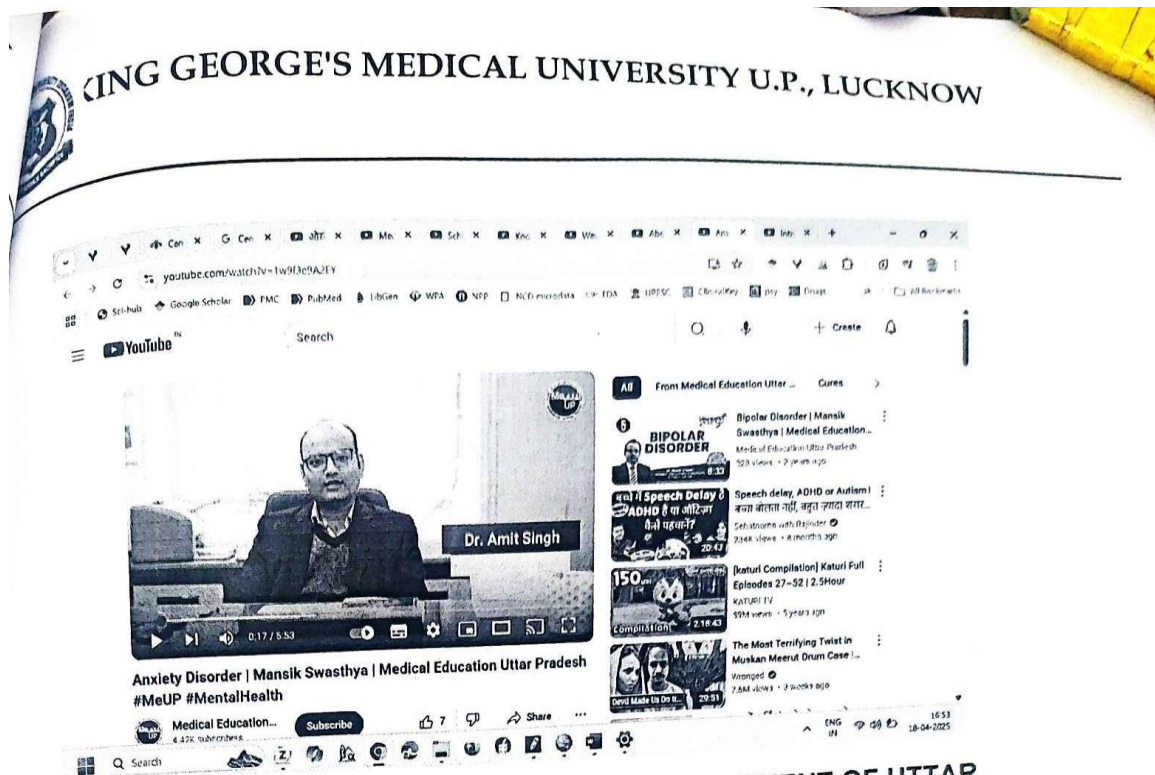
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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 14/02/2023

Report:

A session on "Anxiety" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on its identification, management, and impact on daily functioning. Experts discussed the psychological and physiological aspects of anxiety, along with coping strategies such as mindfulness, therapy, and lifestyle changes. Special emphasis was placed on early intervention and reducing stigma. The session aimed to equip healthcare professionals with knowledge to support mental well-being in diverse populations.

<https://www.youtube.com/watch?v=1w9f3e9A2EY>

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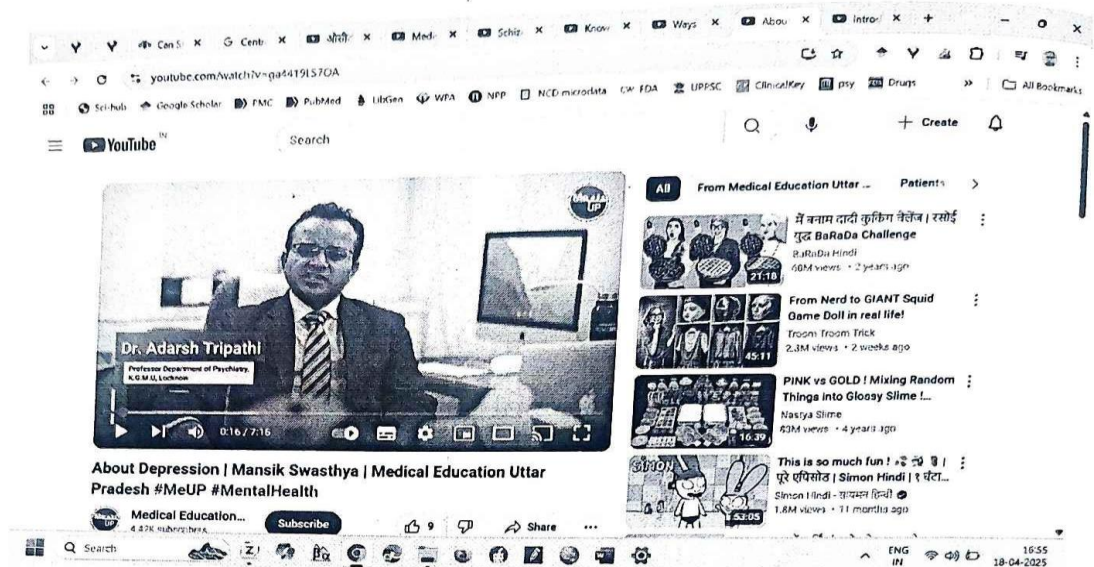
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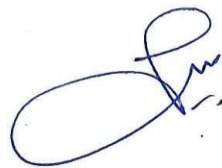
DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 18/02/2023

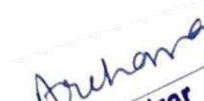
Report:

A session on "Depression" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on its clinical presentation, causes, and effective management strategies. Experts discussed various treatment options, including therapy, medication, and lifestyle modifications, while stressing the importance of early detection. The session also highlighted the need for reducing stigma surrounding mental health.

<https://www.youtube.com/watch?v=ga4419LS7OA>


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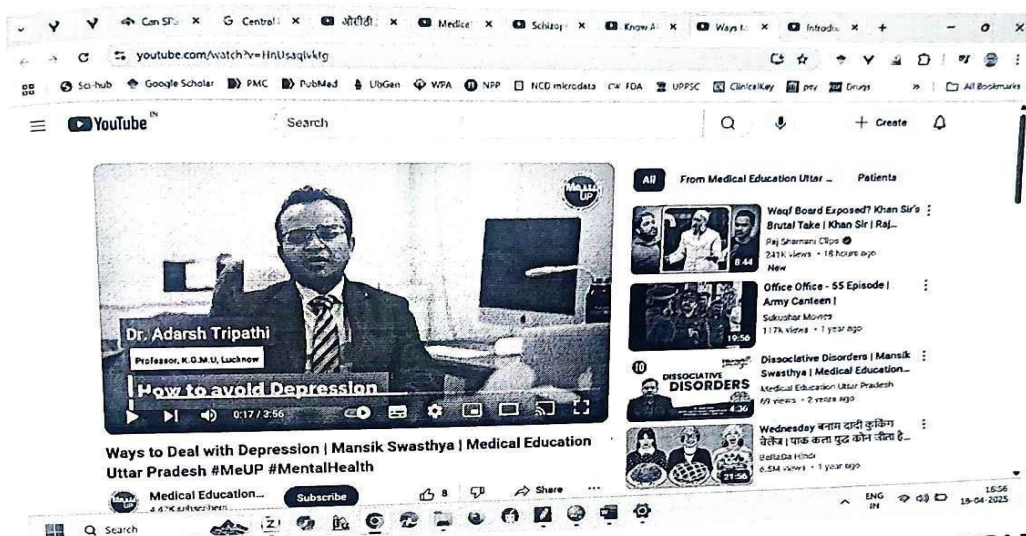
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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 20/02/2023

Report:

A session on "Ways to Deal with Depression" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on practical strategies for managing depressive symptoms. Experts emphasized the role of psychotherapy, medication, social support, physical activity, and mindfulness techniques. The session also addressed the importance of early intervention and building emotional resilience.

<https://www.youtube.com/watch?v=HnUsaqIvktg>

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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 26/02/2023

Report:

A session on "Caring for an Autistic Person" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on understanding the needs and strengths of individuals on the autism spectrum. Experts highlighted the importance of structured routines, sensory-friendly environments, and effective communication strategies. The role of family, caregivers, and inclusive communities in promoting independence and well-being was emphasized.

<https://www.youtube.com/watch?v=IsRs-tXVj2o>

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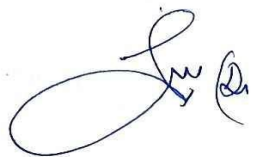
DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 01/03/2023

Report:

A session on "Schizophrenia" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on its symptoms, causes, and long-term management. Experts discussed the importance of early diagnosis, antipsychotic treatment, psychosocial interventions, and family support. The session emphasized reducing stigma and promoting rehabilitation for individuals living with schizophrenia.

<https://www.youtube.com/watch?v=uabCUlvU2A0>


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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR PRADESH

Date: 22/02/2023

Report:

A session on "Dissociative Disorder" was organized by the Department of Medical Education, Government of Uttar Pradesh, focusing on its clinical features, underlying causes, and therapeutic approaches. Experts discussed the role of trauma, stress, and psychological conflict in the development of dissociative symptoms.

<https://www.youtube.com/watch?v=0VljvIkX4Co>

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DEPARTMENT OF MEDICAL EDUCATION, GOVERNMENT OF UTTAR
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Date: 15/03/2023

Report:

The Department of Medical Education, Government of Uttar Pradesh, organized a seminar on bipolar disorder to enhance awareness. Experts discussed the phases of the disorder, diagnostic criteria, and latest treatment guidelines. Emphasis was placed on early identification, psychoeducation, and long-term management.

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CENTRAL ACADEMY SCHOOL, INDRA NAGAR, LUCKNOW

Date: 15/04/2023

Report:

A session on "Early Identification and School-Based Interventions for ADHD" was conducted at Central Academy, Indra Nagar, Lucknow. The program emphasized recognizing early signs of ADHD in classroom settings and the role of teachers in timely referral and support. Strategies such as structured routines, positive reinforcement, and individualized learning plans were discussed. The session aimed to equip educators with practical tools to support children with ADHD and promote inclusive learning.

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To,
Dr. Pawan Kumar Gupta,
Additional Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Dear Sir,

Suramya Life Foundation extends its thanks towards your participation as a Panelist in Queer Eve
Event, held at Buddha Research Institute Auditorium, Vipin Khand, Gomtinagar, Lucknow on 04
Sept 2022.

Kind Regards,

Suramya Life Foundation
Name: Arunima
Designation: Founder & Director
Date: September 06, 2022

To,
Dr. Pawan Kumar Gupta,
Additional Professor,
Department of Psychiatry,
King George Medical University (KGMU),
Lucknow

Re: Request of participation as a Panelist in Queer Eve event

Dear Sir,

Suramya Life Foundation is organizing a Queer Eve, an event for the community on 04 Sept 2022.
The purpose of this event is to provide a platform for the community to discuss their
experiences, share their stories, and build a supportive community. The event is aimed at
them to meet and interact with the medical staff, while being themselves.

The Queer Eve will have multiple aspects, which will have active participation from the
community with the aim of building a supportive community. The event is aimed at
them to meet and interact with the medical staff, while being themselves.

In order to make this program feasible and successful, we require a high level of
the request and approval and participation in part of the Queer Eve event.

It will be a wonderful opportunity to expand our reach and reach out to the LGBTQIA+ community
to meet and interact with the medical staff.

Thank you once again for your support.

Kind Regards,

Suramya Life Foundation
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Designation: Founder & Director
Date: August 11, 2022

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SURAMYA LIFE FOUNDATION, LUCKNOW

Date: 04/09/2022

Report:

The "Queer Eve" event was organized by Suramya Life Foundation at the Buddha Research Institute Auditorium, Vipin Khand, Gomtinagar. The event celebrated queer identities through art, stories, and performances, fostering a space of inclusion and acceptance. Discussions highlighted issues faced by the LGBTQIA+ community and the importance of mental health support and social advocacy. The evening aimed to promote awareness, empathy, and solidarity in creating a more inclusive society.

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Registrar
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