

## "An Orientation towards Understanding Mental Health Care"

Since its inception in 2007, Aakalan, the learning centre for IPH, Thane has been playing an active role in empowering students and promoting knowledge in the field of Mental Health in Psychiatry, Clinical Psychology and Counseling through skill training workshops and Internship/ Observership programs.

Over the years, it has been observed that there are many students who lack basic subject knowledge. Mental Health Care is a professional discipline and a lack of clarity in the basic fundamentals of the subject and its application component would render the professional inadequate and lacking in competency.

In order to bridge this gap, Aakalan, the learning centre for IPH, is starting a series of lectures for students entitled "An Orientation towards Understanding Mental Health Care".

There will be weekly lectures every month, five per month, on various subjects in Mental Health Care. There will be a nominal student fee of Rs.1000/- per month.

The lecture series for March and April 2020 are listed below:

### March 2020

1.	2nd March (Mon)	11 am - 1pm	Dr. Geeta Joshi	History Taking and Mental Status Examination (MSE)
2.	11th March (Wed)	12noon - 2pm	Dr Savita Apte	Schizophrenia
3.	17th March (Tue)	11.30 am - 1.30 pm	Mrunmayee Agnihotri	Common Childhood Disorders
4.	24th March (Tue)	5.30 pm - 6.30 pm	Dr. Anand Nadkarni	Mental Health Issues
5.	30th March (Mon)	5.00 pm - 7.00 pm	Sonali Medhekar	Child Development

### April 2020

1.	3rd April (Fri)	1pm - 2pm	Dr Swaroop Bhatankar Niwal	Substance Use Disorders
2.	9th April (Thurs)	4.30pm - 5.30pm	Sulbha Subramaniam	Parenting
3.	18th April (Sat)	3.00 pm – 5.00 pm	Dr Nitish Machewad	Mood Disorders
4.	21st April (Tue)	11 am - 1pm	Irawati Joglekar	Basic tenets of therapeutic approaches
5.	29th April (Wed)	9.30am - 10.30am	Dr Wilona Annunciation	Neurobiology of Mental Disorders

Those interested can contact Ms. Roopali More – 9870600283 and email id [roopaiph@gmail.com](mailto:roopaiph@gmail.com) / [aakalan@healthymind.org](mailto:aakalan@healthymind.org) and register their names.