National Conference: 'Speak Up' - National Mental Health Movement
Date: October 30, 2018
Time: 9:30 am onwards
Venue: FICCI, Federation House, New Delhi
Tentative Program Agenda

Time	Session
9:30 am – 10:00 am	Registration
10:00 – 11: 00 am	**Opening Session** • Presentation of Tree Certificate to Chief Guest • Welcome address by **Ms. Jyoti Vij**, DSG, FICCI • Context Setting by **Ms Jyoti Narain**, CEO, Mpower (Ms. Jyoti invites Ms. Birla on stage) • Theme Address by **Ms Neerja Birla**, Founder & Chairperson, Mpower • Special Address by **Dr Indu Bhushan**, CEO, Ayushman Bharat* (TBC) • Keynote Address by **Shri Jagat Prakash Nadda** Union Minister Health & Family Welfare, GoI *(TBC) • Charter presentation & Signing on the stage (Ms. Neerja Birla, Ms. Narain Kapoor, Ms. Jyoti Vij and Chief Guest) • Vote of Thanks by FICCI
11:00 – 11:20 am	Tea Break
11:20 am – 12:45 pm	**Session 1: Going the Extra-Mile – Government panel on MHCA 2017 implementation, and concurrent views on contrasting ideology of POCSO and Disability Act.** Central and State Governments have joint hands in deploying the Mental Health Care Act (MHCA) 2017 with private and public sector to create knowledge experts, fund pools and programs for rural inclusion. As per MHCA 2017, protection of mentally ill and their immediate family/relatives is of prime importance. The legal protection by declaration of the advance directives, nominated representatives and possession are critical issues, that have been neglected for far too long. However, there are still un-addressed concerns that are persistent such as contradictory ideology of POCSO Act and Disability Act and many ways it may hamper the justice for victims. The focus of the session is on understanding the three Acts, overlapping issues and ultimate challenges in implementing the MHCA 2017 Act. **Moderator – Dr. Sunil Mittal,** Cosmos Institute of Mental Health & Behavioral Sciences **Panelists:** • **Dr. Prabodh Seth-IRS,** Joint Secretary, Ministry of Social Justice & Empowerment, Dept. of Empowerment & Disabilities • **Dr. Rajesh Sagar,** Secretary, Central Mental Health Authority, Govt. of India and Professor Psychiatry, AIIMS • **Dr. Nimesh Desai, Director,** IHBAS -The Institute of Human Behaviour and Allied Sciences • **Prof. R. Chadda**, HOD, Department of Psychiatry, AIIMS Q&A – 10 mins

12:45 pm to 1:00 pm	**'Speak Up' Award for 'Nobel work' done in Mental Health domain in India**
1:00 pm to 1:45 pm	**Lunch**
1:45 pm to 2:55 pm	**Session 2: Next Generation: It's ok to talk** Mental disorders account for a large proportion of the disease burden in young people in all societies. Most mental disorders begin during youth (12–24 years of age). India is facing an unprecedented crisis in mental health. This can be reflected from the fact that we are reporting the largest number of adolescent suicide deaths in the world. This is a fact reinforced by the National Crime Record Bureau, which confirms that we are presently witnessing a 20 percent increase in suicides every year. A 2015 WHO study further emphasises that between 30 and 40 people per 100,000 Indians aged between 15 and 29 kill themselves. This accounts for about a third of all suicides in the country. Adolescent mental health challenges need to be addressed by families, schools and society. The session shall focus about what mental health is and why it is important to take care of our mental health, signs and symptoms of mental illnesses, and essentially the importance of early intervention and best practices. Moderator: **Nina Kler**, Editorial Lead, Business World Panellists: • **Dr. Sanjay Chugh,** Senior Consultant Psychiatrist • **Dr. Ajit Bhide,** President, Indian Psychiatric Society • **Dr. John Naslund,** PhD, Research Fellow in Global Health and Social Medicine, Harvard Medical School • **Chris Parson,** Director MQ Mental Health, UK Q&A (10 mins)
3:00 pm – 4:00 pm	**Session 3: Mental Health: Sharing of best practices and Challenges** Poor awareness about the symptoms of mental illness, stigma and the lack of mental health services available has resulted in a massive treatment gap, with inadequate numbers of trained mental health care professionals. There are just 0.3 psychiatrists, 0.07 psychologists and 0.07 social workers per 100,000 people in India. The lack of mental health care workers is hardly a new, or ignored, issue. Secondly, mental healthcare initiatives in India focuses on a narrow biomedical approach that tends to ignore sociocultural explanations for the occurrence of mental illness. To provide adequate mental health services, it is important to understand the needs of individuals in their local contexts. Thus, the need for making provision for community mental health services at the primary health care level by training a mental health team comprised of a psychiatrist, psychologist, psychiatric social workers, and nurses in each district, along with increasing awareness and reducing stigma is needed. A partnership between psychiatrists, local healers (especially religious healers), psychiatric social workers, anthropologists, NGOs, and local volunteers could play an important role in making mental health services effective and accessible to a larger population. Moderator: **Dr. Samir Parikh**, Director, Fortis National Mental Health Program, Fortis Healthcare Panellists: • **Javier Aguilar**, Chief, Child Protection Section, UNICEF • **Sanjana Bhardwaj,** Associate Director, Child Safety & Development, Social Emotional

	Development Institute, UK
	• **Parul Parshar**, Director, SANJIVINI Society for Mental Health • **Pattie Gonsalves,** Project Director, Sangath Q&A – 10 mins
4:00 pm to 4:20 pm	Tea/Coffee Break
4:20 pm – 5:30 pm	**Session 4: Capacity Building for the Mental Health and workplace** The state of mental health in the workplace in India is an extension of the predominant outlook of our society towards mental health in general — it is overlooked or minimized. Corporations are increasingly adopting a culture, which holds merit in increasing productivity, creating a cohesive identity, and bringing structure and better governance to organizations. However, in various companies', attempt to upgrade efficiency and become a global player, the individual within the organization is not given precedence. The individual's job stress increases, leading to poor mental and physical health. The paradox of the situation cannot go unnoticed. Overwork, unrealistic deadlines, the pressure of procuring numbers, increased competition among co-workers, work place discrimination and unclear channels of communication are some of the deterrents to an individual's optimum work performance. Job burnout, or the mental fatigue emerging from job stress, can lead to serious mental health concerns such as depression, anxiety, increased use of alcohol and drugs, insomnia, and psychosomatic complaints. The result is a decrease in quality of life, diminished interest and lack of output at work and home. The focus of the discussion is on how companies are opening to the idea of accommodating to address mental health within the working place and sharing of best practices. Moderator: **Tanmoy Goswami,** Journalist, ET Prime Panellists: • **Gayathri Ramamurthy,** Lead-Diversity and Inclusion, India, Capgemini • **Priti Sridhar**, COO, Mariwala Health Initiative • **Pratyush Panda**, Head CSR, ACC Limited • **Nilay Ranjan**, CSR Head Vodafone Q&A – 10 mins
5:30 pm to 5:45 pm	**Concluding Remarks**

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