

5 May, 2022

To,

Dr Shubhangi S. Dere
Assistant Professor
Department of Psychiatry
MGM Medical College and Hospital, Navi Mumbai

Dear Dr Shubhangi S. Dere,

Thank you for agreeing to participate in the Short Course on Perinatal Mental Health for Obstetricians and Gynaecologists by The PARC. The recording for the course will take place on Saturday, 7 May, 2022 and we request your presence during various slots during the course of the day.

The shoot will take place at The St Marks Hotel on St Mark's Road, Bangalore from 9:00 am to 6:00 pm. We look forward to collaborating with you.

Warm regards,

Pavitra
Founder- Director
The PARC



माँ और मानसिक स्वास्थ्य – चर्चा



बकुल दुआ
मनोवैज्ञानिक एवं साइकोथेरेपिस्ट



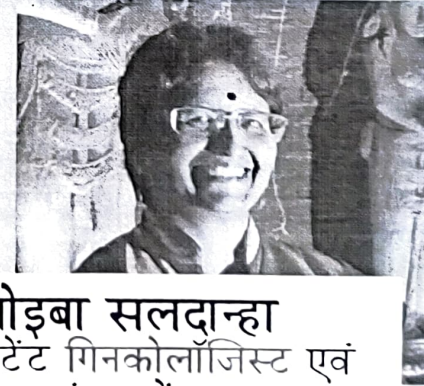
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मनोचिकित्सक



श्रेया बक्शी
पी पी डी उत्तरजीवी



कविता बुंदेलखंड
संपादिका, खबर लहरिया



डा शोइबा सलदान्हा
कंसलटेंट गिनकोलॉजिस्ट एवं
लैक्टेशन कंसलटेंट

11:30 am - 1:30 pm | 17th October, 2020

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4th National Symposium Women and Mental Health Speciality
Section and Perinatal Psychiatry Task Force
Indian Psychiatric Society

Respected Dr Shubhangi S. Dere

Greeting from Organizing Committee IPS 4th National Symposium on Women's Mental Health and Perinatal Psychiatry.

01	12.30 PM TO 1.30 PM	Panel Discussion – II Loss and Longing Panellists & Topics	C – Dr Neelanjana Paul C – Dr Samrat Kar
	10 Min.	Perinatal Grief- Dr Lakshmi S	M – Dr Geetha Desai
	10 Min.	Miscarriage -Dr Shubhangi S. Dere	
	10 Min.	Infertility -Dr Imon Paul	
	10 Min.	Assisted Reproduction -Dr Sai Krishna Tikka	
	20 Min.	Discussion	

We sincerely thank you for your kind consent to be the Panelist in the 4th National Symposium on Women's Mental Health and Perinatal Psychiatry to be held on webinar platform on 13th December 2020.

We reiterate the invitation on behalf of the Organizing Committee along with the relevant program details mentioned below.

Sincerely looking forward for your kind response.

Kindly send us the following through email to 2000debee@gmail.com

- Your brief bio-data for introduction
- Your photograph

The webinar link will be sent to you soon.

Please feel free to communicate to me for needful if any.

Regards,

Dr Tanmaini Das,
Chairperson, organizing committee

Dr Debadatta Mohapatra
Organizing Secretary

PROGRAMME DETAILS

PERINATAL MENTAL HEALTH - SHORT COURSE FOR OBSTETRICIANS

Part 1: Screening, Preexisting mental health disorders & Depression

Saturday, November 28th 2:30pm to 5:30pm

Facilitators:

Obstetrics: Dr. Shameema, Dr. Uma Ram, Dr. Runa, Dr. Lakshmi

Psychiatry: Dr. Prabha, Dr. Ashlesha, Dr Shubhangi

1430-1445: Importance of perinatal mental health

Dr. Aruna (10 minute recording) + Dr Prabha will talk 5 mins during the program

1445 – 1505: Mental health screening in pregnancy

Dr. Ashlesha

1505 -1525: Anxiety disorders

Dr.Lakshmi / Dr. Shubhangi

1525 – 1535: case presentation by delegates

1535 - 1600 Discussion

1600 -1620 Depression and pregnancy

Dr Sendhil / Dr. Shubhangi

1620 - 1640 Bipolar disorder, schizophrenia and pregnancy implications

Dr. Shameema / Dr. Shubhangi

1640-1700 Recognition of Psychiatric emergencies- Psychosis, suicide

Dr. Runa/ Dr. Shubhangi

1700-1730 Discussion

29 November 2020 Sunday 1000am-1300pm
Part 2- PREGNANCY SPECIFIC MENTAL HEALTH ISSUES

1430-1450: Health professionals self care

Dr. Aslesha / Dr. Uma Ram

1450-1515: Perinatal grief: dos and do not's

Dr. Varalakshmi / Dr. Prabha

1515-1520: Breaking bad news

Dr. Lakshmi

1520-1530: case presentation by delegate

1530-1550 Discussion

1550– 1610 Interpersonal violence

Dr. Uma M / Dr. Ashlesha

1610– 1625 Substance abuse

Dr. Lakshmi / Dr. Prabha

1625 -1645 Major disasters /Covid and perinatal mental health

Dr. Mayadevi / Dr. Ashlesha

1645-1705 Communication skills: role play

Dr. Madhu / Dr. Aslesha

1705 – 1730 Discussion