



SARASWATI INSTITUTE OF PHARMACEUTICAL SCIENCES

(Managed by Shree Saraswati Education Sansthan –Gujarat)

Recognized by the Government of Gujarat & Affiliated to Gujarat Technological University, Ahmedabad

Approved by the All India Council of Technical Education (AICTE) & Pharmacy Council of India (PCI), New Delhi

DATE: 03/01/2019

NAME OF SPEAKER	Dr. Arjit Gaurav
TOPIC	Depression And Suicide Prevention As Targeted Intervention Programme
DATE	02/01/2019 to 03/01/2019
TIME	10:15 a.m.to 12:00 p.m.

Report

A Guest lecture on “**Depression And Suicide Prevention As Targeted Intervention Programme**” was arranged by our college on 02/01/2019 to 03/01/2019.

Very informative Lecture was given by Dr. Arjit Gaurav, experienced psychiatrist and district programme officer from NMHP, Gandhinagar. He explained the various mental disorders like anxiety, dementia, schizophrenia, depression, etc. by giving examples of international and national celebrities including Deepika Padukone, Shahrukh khan, Princess Diana.

He deeply explained the importance of medication along with yoga and meditation into the prevention and treatment of depression and suicide. He interacted with the students and faculties and solved the questions regarding thought of depression. He emphasized more on the value of medical science over the spiritual science in the treatment of various diseases related to mental health.

Lastly he ended with do not feel a shame to consult psychiatrist for treatment of the mental diseases.