**Suggestion 2023**

* News on The Sleep Lab at IMHANS https://www.thehindu.com/news/cities/kozhikode/sleep-lab-at-imhans-to-focus-on-mental-disorders-and-sleep-deficit/article67023790.ece
* News on The Sleep Lab at IMHANS https://english.mathrubhumi.com/news/kerala/imhans-kozhikode-studies-impact-of-sleep-deprivation-on-mental-health-1.8691780
* Mr. Sonu S Dev appeared on television programme (Media one) as an expert on the topic “adolescent mental health”
* Ms. Anu Alphonse appeared on television programme (Media one), as an expert on the topic “Depression”
* https://grihalakshmi.mathrubhumi.com/wellness/how-parents-can-deal-with-teenage-love-affair-and-relationships-1.9102301
* https://grihalakshmi.mathrubhumi.com/wellness/parenting-tips-make-time-for-your-kids-be-a-good-role-model-1.9121783
* 2023 April 25 - Talk on parental support in developmental disabilities organized by A C Shamugadas Memorial Ayurvedic child and adolescent care centre

**Suggestion 2022**

* As a part of Autism Month observance, a radio talk and discussion done by Dr. Neeny. P.M. and Dr. Seema. P was conducted at All India Radio,Kozhikode on 29/03/22..
* Talk on substance abuse among children in mahilalayam by Dr. Seema .P.Uthaman aired by All India Radio on November 17/ 2022,
* Dr. Jobin Tom Coordinated to Print and Publish the Institute Calendar for the mental health literacy among the public with the community support.
* Parent training programme for Parents of Children with Developmental Delays”as part of “Sujal”, parent training programme jointly organized by IMHANS Kozhikode and School of Family Health Sciences, Kerala University of Health Sciences, Thrissur in the year 2022 at Kannur , Kazargode, Kozhikode, Thrissur Districts
* Dr. Jobin Tom has done a webinar for the expatriates in UAE along with Dr. Seema P. Uthaman and Ms. Elizabeth K. Thomas
* Dr. Jobin Tom has taken initiative to give psychosocial support to Kozhikode Airport Accident victims. Institute has appointed him as nodal officer for Disaster mental health. He is collaborating with District Administration.
* Delivered an invited lecture on “Mental Health Care Act”, at the Santhibhavan Rehabilitation center Kozhikode as part of the Lumiere -2019 on 22.12.2020
* IEC training program for parents on the topic childhood disorders by Dr. Suja Mathew (26/06/22)
* Parental awareness class on the topic Parenting-April 2022 by Dr. Suja Mathew
* One day training program on “ early detection and intervention of developmental disabilities in association with KSSM state initiative on disabilities’ for Anganwadi workers and helpers by Mr.Justin Kurian during 2022 .
* Conducted a Autism awareness class on 08/04/2022 at Chelannur BRC  as a part of world autism awareness day by Ms. Mumthaz.
* Conducted a Parental training class on 14/10/2022 on the topic Hand writing: Helping your kids to write the right way by Ms. Thwayyiba
* Conducted two awareness classes for parents on the topic : “ Learning Disability: Early Identification and Management” in the month of April and May 2022 by Ms. Sandhya.
* Conducted a session on the topic to patients family members of RFP patients family members on the topic Role of Family in rehabilitation by Ms. Reshma. T.
* Conducted an awareness class by Ms. Jinshi Jayaprakash for parents on the topic “SPD AND MOTOR SKILL DEVELOPMENTS” on 7th April 2022  organized by Autism Project,IMHANS
* A talk in KCL channel on the topic Psycho social Rehabilitation and activities at IMHANS organized by Reshma. T on June 17th, 2021

**Suggestion 2021**

* Seema P Uthaman: Brief talk on “Significance of Mental Health”, aired during the regional news by All India Radio, Kozhikkode on 10th October 2021.
* Reena George ( along with a team of experts from IMHANS),hadwritten an article on Adolescents’ mental health in Sasthra Sahithya Parishad monthly science magazine (Koumarappathipp), October 2021
* Justin P Kurian. Written an article on' All about Autism spectrum disorder ' on Kesari weekly
* Justin P Kurian. Preparing a parent training module on "Play therapy and its importance”

**Suggestion 2020**

* Aparna Rathnakaran presented videos on the topic ADL Training of children with special needs
* Aparna Rathnakaran occupational therapy home based management for ADHD children (through official IMHANS YouTube channel)
* Seema P Uthaman: Brief talk on “Covid 19 and Mental Health”, aired by Real FM 103.6 on 7th July 2020.
* Seema P Uthaman: Delivered a talk on “Impact of Online Classes on students: Role of Parents and Teachers” aired by Club FM 104.8 (Kozhikode, Wayanad and Malappuram) on 12th November 2020.
* Sajin AV: Presented a video on “How to reduce stuttering at home”
* Mumthaz CPM: Presented a video on “importance of early speech and language stimulation”
* Justin P Kurian: Presented a video on Importance of early detection and intervention”
* Justin P Kurian: Preparing a parent training module for parent with High Risk babies up to one year of age.
* Dr Krishnakumar: Published an article on digital media use by children in the LUCA online magazine of KSSP
* Dr Krishnakumar: Published an article in the Mathrubhumi daily carried in three issues on “ digital media use and online education” published on July 28 and three issues
* Sandhya M: presented educational video for public awareness on management of learning problems in children during lockdown period uploaded in IMHANS official FB page.
* Suja Mathew: presented educational video for public awareness On how to manage behaviour problems of children during lockdown Period uploaded in IMHANS official FB page, presented a video on Learning disability
* Suja Mathew: Resource person on Parenting in pandemic an interactive session organized by IMHANS on August 24th.
* Ashok Kumar: Presented topics on Pandemic and Alcoholism on IMHANS online Public awareness programme ‘Managing mental illness at home.’
* Ashok Kumar: Presented topics on Early detection of Alcohol use disorders on IMHANS online Public awareness programme ‘Managing mental illness at home.’
* Geethu S: recourse person for giving awareness Webinar for parent on the topic of “ASD – Early Intervention Programmes on 27.11.2020
* Jaseena KV: awareness class for parents on the topic of “ASD Brushing skill training techniques” on 28.09.2020
* Jaseena KV: awareness class for parents on the topic of “how to mange learning issues at home” on 26.08.2020
* Mrs Neema.P: Awareness class for parents on 28 January 2020 on the topic of “Autism and symptoms”.
* Mrs.Shiyona Sudheer: online Webinar for parent on the topic of “ASD – Break the barriers of communication” on 31.12.2020
* Veena S B: awareness class for parent on the topic of “ASD: Home based programmes” on 28.09.2020 75
* Reena George: A session on mental health problems of children during Lockdown period conducted by Artasia Women’s friend, University of Calicut on 03/09/2020
* Reena George: A class on Managing mental health issues of women, class organized by Snehita for Kudumbasree participants0n 10/10/2020.
* Seema P Uthaman: Written an article in MathrubhumiArogyamasika on “Why to Threaten Young Children”, published on May 2020.
* Seema P Uthaman: Written another article in MathrubhumiArogyamasika on “How to overcome boredom of Lockdown: tips to children and Parents”, published on August 2020.
* Justin P Kurian, Sajin AV & Mumthaz CPM: Conducts awareness creation sessions about early detection and intervention of speech and language delay for BASLP, Msc. Clinical psychology, PSw internship students posted at CDS.
* Justin P Kurian, Sajin AV & Mumthaz CPM: Prepared a home based parent training module up to 3 years of age ‘A Therapist At Home’ part 1
* Justin P Kurian: Coordinated an online early intervention program for parents of children with developmental issues “Saphalam Online Early Intervention Program”
* Justin P Kurian: Conducted few online parent training program about management of children with developmental delay
* Reshma T: talk about Women Mental Health for higher secondary children at Koothali Govt. School.
* Reshma T: talk on Mental Health for upper primary school children at Kolathra Govt. school
* Reshma T, Project coordinator Cum PSW, RFU IMHANS: talk on Women Mental Health for Residence Association at Kunnamaghalam
* Ratheesh PS. Involved in Online helpline COVID 19 with Indian Association of Clinical Psychologist - Kerala Malabar chapter.
* Ms Aparna Rathnakaran: Prepared home-based therapy management techniques for parents of children with special needs.
* Anish PK. Presentation on medication compliance in IMHANS online psychoeducational video series ‘managing mental illness at home.’