Celebrations, Observations, Visits, and other events 2023

1. A Session on Geriatric Wellbeing is conducted by Dr Sheeba Ninan(Specialist in Geriatric Psychiatry), Mr Sajin AV and Ms Mumthaz CPM ( Speech& Language Pathologists,). On 19/12/23 at Seminar Hall,IMHANS

2. A session on Interpersonal relationship and communication is conducted by Dr Reena George(Head, Dept.of Psychiatric Nursing) on 18/12/23 at Health and Family Welfare training centre for Junior Health Inspectors

3. A session on stress management for IMHANS staff as apart of Enhancing mental health at workplace conducted for by Dr Seema.P.Uthaman ( Head, Dept. of Psychiatric Social work) Organized by Tele Manas,IMHANS. On 10-10-2023.

4. Trauma Informed Care Workshop conducted by Ms Fathima MA (Clinical Psychologist& Trauma focused therapist) on 05/11/23 at IMHANS

5. Queer Affirmative Counselling Practice Training Programme (6 days) is organized by Dept. of Psychiatric social work. Ms.Chelsasini V, IAS ,Kozhikode District Sub Collector inaugurated the programme at IMHANS on 05-11-2023

6. A video done on Screen Exposure in children conducted by Dr.Seema.P.Uthaman, (Head- Department of Psychiatric Social Work,) at IMHANS on 07- 10-2023

7. Observed World AIDS Day by conducting an Awareness Programme organized by TeleManas,IMHANS Calicut Dr. Fathima Hanana was the key speaker.

8. Children's Day Celebration by IMHANS- CDS, on 11-11-2023. Several activities conducted like drawing competitions, cultural events and prize distribution.

9. A one-day trans disciplinary interactive session on clinical child development is organized by IMHANS- CDS on 1-12-2023. Dr.Thomas Abraham, Senior Developmental Paediatrician was the resource person at IMHANS.

10. One Day workshop on Digital Safety and Children for School Counsellors organized by Kerala Police social Policing Division, D-DAD Centre Kozhikode city in association with IMHANS on 18.11.2023. Dr. Anish P K, Asst. Professor of Psychiatry, IMHANS was the chief guest. The program was inaugurated by Mr. Raj Pal Meena IPS ,DIG & Commissioner of police Kozhikode city.

11. College Union Inauguration- SAGA 2023 of IMHANS conducted on 7-8-2023. Guest of Honour: Mr Ashraf Kavil, District Social Justice Officer, Kozhikode.

12. A one-day workshop on Learning Disability, Assessment and management strategies organized by IMHANS- CDS and Dept. of clinical psychology on 15 Nov 2023 at IMHANS. Ms. Bilgy K Rose was the resource person.

13. Applications called for Junior Research Fellow position in Neuroscience Research Laboratory, IMHANS.

14. Independence Day celebrated at IMHANS. Flag Hoisting done by Dr. Seema P Uthama, Asst. Professor, Psychiatric social work Department. Speech delivered by Sri. Aneesh, Administration Officer, IMHANS.

15. Onam celebrated at IMHANS Rehabilitation Center conducted on 28-08-2023. Dr. Krisnakumar , Director, IMHANS, rendered a speech. The event is celebrated by cultural events and indoor games.

16. Observed World Alzheimer’s Day by conducting a Dementia Awareness Programme organized by Tele Manas, IMHANS, on 11/10/23. Programme is inaugurated by Dr. Beena Paul, Hon’ble Mayor, Municipal corporation, Kozhikode. Welcome speech given by Dr. Sheeba Ninan, Asst. Professor, Telemanas and Presidential address given by Dr. Anish.P.K, Asst. Professor, IMHANS. Dr. V V Mohan Chandran, Professor, Yenapoya

17. Observed World Suicide Prevention Day by conducting a Flashmob at Focus Mall on 08-09-2023, organized by TeleManas team,IMHANS

18. World Down Syndrome Day Observance programme was conducted by IMHANS in association with Indian Academy of Paediatrics, Kozhikode.The programme was inaugurated by Dr M.P.Sasi, Principal,Govt.Medical College-Kozhikode.

19. Presidential address was given by Dr.P.Krishnakumar, Director, IMHANS. Keynote address was delivered by Dr Mohandas Nair(President-IAP, Kozhikode,Professor of Paediatrics& incharge of Genetics Clinic,IMCH, Kozhikode). Felicitation was done by Dr Ajay.V(Secretary-IAP, Kozhikode).

20. The official release of the first karyotyping report done at the Neurosciences laboratory of IMHANS was done during the function.The report was handed over to Dr Mohandas Nair by Dr M.P.Sasi.

21. Public awareness posters on Down Syndrome prepared by M.Phil scholars of Dept.of.Psychiatric Social Work were exhibited at IMHANS.The participants of the programme were staff and students of IMHANS.

22. Observed World Mental Health Day by organizing an e –poster competition among UG and PG students of Kozhikode, organized by Tele- Manas, IMHANS, Kozhikode on 8/10/2023.

23. Observed International Day of Drug abuse and illicit trafficking by conducting an awareness session on substance abuse . the key resource peson was Anjana MT, Psychiatric Social worker, Tele-MANAS. The programme was organized by Tele-MANAS on 26/6/23.

24. A one day Session on Stress Management for parents conducted by Dr Seema.P.Uthaman Head,Dept.of Psychiatric Social Work, organized by Child Development Services,IMHANS 0n 1-08- 2023 at Seminar hall, IMHANS.

25. A Session on Dementia conducted by Dr Ashokkumar at Institute of Palliative Medicine, Medical College,Kozhikode on 01-07-2023.

26. Dr Sheeba Ninan, Dr Reena George,Dr Ragesh.G and Dr Shabeesh Balan were invited as evaluators at Young Innovators Programme- Grand Finale organized by K-DISC,District Innovation Council,Kannur.

27. Dr Reena George, Asst.Professor & Head of Dept.of Psychiatric Nursing, invited at the National Consultative Meeting on Directorate General of Health Services- Mental Health Nurse Champion ECHO Programme at New Delhi.

28. A Refresher training for Special Educators under Special Anganwadi Project, organized by Kerala Social Security Mission. Ms Jinshi, Occupational Therapist, Child Development Services was the resource person. the program was conducted on 13/07/23 at PMOC Hall, Marikkunnu, Kozhikode.

29. Opened Sleep Laboratory at Centre for Interdisciplinary Brain Sciences, IMHANS since June 2023.

30. Observed International Day against Drug Abuse by conducting an awareness programme organized by TeleManas team at Medical Coonllege Campus High School on 26-06-23. Ms. Anjana. M. T, Psychiatric Social Worker, TeleManas, were the resource person.

31. Installed an exhibiting stall on Mental health awareness and promotion, as a part of participating in the one week exhibition programmme organized by Govt. of Kerala as a part of celebrating the second anniversary of electoral ruling. A kiosk is also installed for mental health screening of the public from 12 – 05 -23 to 18- 05-23. At Calicut Beach.

32. An Interactive session for parents conducted by Dr Vimal Kumar.S.V, Asst Professor and Mr Sonu , Clinical psychologist , Dept.of Clinical Psychology ,on the role of family in child development as a part of Autism Acceptance Month on 05-04-23 and Observed Autism Day by conducting a poster exhibition 0n 02-05-23 organized by Centre for Autism and neurodevelopmental disorders, IMHANS.

33. Ms. Sandhya (Special Educator) & Mrs Jinshi ( Occupational Therapist)- Child Development Services- IMHANS, were invited as evaluators for the exhibition programme on nutrition at Anganawady ,Mayanad.

34. A Seminar on POCSO Act and Child Sexual abuse was conducted by Imhans, jointly organized with Kerala State Commission for Protection of Child, District Legal Services Authority AND School of Family Health Services at IMHANS ON 2303-23.

35. An Activity Oriented Parent Empowerment Program Parents of children attending group therapy conducted by Ms.Mumthaz C P ( Speech therapist)at IMHANS on 17 – 03 – 23.

36. Installed an IMHANS stall at CURIOS Carnival - Institute of Palliative Medicine, exhibiting the art works and items made by RFU team and mental health promoting posters on 19-02-23.

37. A one-day workshop organized for ST promoters on community mental health jointly organized by IMHANS with Scheduled Tribe Development at Meenangadi Panchyath Hall on 20/03/23. The resource persons were Dr. Jobin Tom and Dr. Fathima Hanan.

38. A seminar on POCSO ACT and child sexual abuse conducted by IMHANS jointly organized with Kerala State Commission for protection of child, District Legal Services Authority and School of Family Health services at IMHANS on 23/03/23. The programme was inaugurated by Mr. K V Manoj Kumar (Hon. Chairperson, KSCPCR) and the chairperson was Dr. P Krishna Kumar (Director, IMHANS). Dr. Reena George (HOD, Dept. of Psychiatric Nursing) was the moderator, and the key speakers were Dr. Sindhu TG (Additional professor of pediatrics, GMHC), Dr. Nurul (Additional Professor of Gynecology), Dr. Suja Mathew (Clinical Psychologist, IMHANS), Dr. Varsha Vidhyadharan (Associate Professor of Psychiatry, GMHC)

39. SUCHAL training programme for parents of children with developmental disorders, organized by REIC, Govt.Medical College, Thrissur in association with School of Family Health Studies, KUHS, Indian Academy of Paediatrics and IMHANS- Child Development Services. The sessions handled by Mrs Mumthaz CPM, Mrs Sandhya.M and Mrs Jinshi Jayaprakash

40. Special Anganwadi Project-Training programme for Anganwadi workers organized by Kerala Social Security Mission on 08/02/23 at Thodannur Panchayat. The session handled by Mumthaz CPM (Audiologist & Speech and language pathologist, IMHANS- Child Development Services).

41. Recovery Facilitation Unit organized a session on Legal Guardianship on 30/01/23 st IMHANS Seminar Hall. Session handled by Adv. Abhirami J

42. Special Anganwadi Project- Training programme for Anganwadi workers organized by Kerala Social Security Mission on 27/01/23 at IMHANS Seminar Hall. Resource Person: Mrs Mumthaz CPM (Audiologist and Speech & Language Pathologist, IMHANS-Child Development Services)

43. Republic Day-Flag Hoisting by Dr. P.Krishnakumar, Director, IMHANS.

44. Special Anganwadi Project- Training of Anganwadi workers organized by Kerala Social Security Mission on 16/01/23 at Thuneri Panchayat. Resource Person: Mrs Mumthaz CPM- Audiologist & Speech and language pathologist, IMHANS- Child Development Services.

45. Inauguration of Tribal Mental Health Project Office at Wayanad

46. Training of Anganwadi workers as part of Special Anganwadi Project organized by Kerala Social Security Mission on 10/01/23 at Vattoli Grama Panchayat Hall. The resource person was Mrs Mumthaz CPM, Audiologist and Speech & Language Pathologist, IMHANS-Child Development Services.

47. Psychological Support Services at Kerala State School Youth Festival venue, Kozhikode.

48. International conference on Solution Focussed Brief Therapy organized by IMHANS co- ordinated by Association of Solution Focussed Practices of India, Academy for Solution Focussed Training, Academy for Solution Focussed Approach &Research, Mind Weavers and Viras College, from 18th to 21st January. There were several international delegates and more than 500 participants from the various parts of the world.

49. The programme is inaugurated by Hon. Minister Smt. Veena George (Dept. of H&FW) and the Presidential Address was given by Smt. Thottathil Raveendran(MLA,Calicut) on 20TH Jan. Pre- Conference and Conference sessions were done. Poster competition and paper presentations were conducted and the best paer were selected and awarded.

50. The valedictory function was inaugurated bySmt. Dr.R. Bindhu, Hon’ble Minister of Higher Education & Social Justice. There were cultural programmes at the end of the sssion. The press meet was addressed by Dr. Krishnakumar (Director), DR.Seema. P (Asst. Professor, Dept. of Social Work), Dr.Ragesh( Psychiatric Social worker) and Mr. Sonu( Clinical Psychologist)

Celebrations, Observations, Visits and other events 2022

• KUHS jointly with IMHANS and KILA have celebrated International day for people with disability on 03/01/2022

• Inaugurated children’s park at IMHANS ( Kalimuttam), a project of rotary club Calicut south supported by Anuyatra- SID inaugurated by Hon. Minister PA Ahammed Riyas ( Minister of public works dept. and tourism); U-Turn Tea Counter AND U- Turn Sales Counter “ the way to recovery venture” ( funded by Dept. of Social Justice) inaugurated by Mr. M K Raghavan( M P) and Mr. Thottathil Raveenran ( MLA) On 14th April 2022.

• IMHANS initiated a Fellowship Program On Psychodermatology in co- ordination with Psychodermatology Association of India (PDAI).

• Organized an International Webinar on Homelessness and Mental Health inaugurated by R Bindu( Hon. Minister of Social Justice and Higher Education in association with District Administration, Udayam Project and Association of Psychiatric Social Work Professionals on 30th March 2022.

• Celebrated 40th anniversary of IMHANS by organizing a series of annual events of a fund of 3 crores - organizing Seminars, hostel inauguration, initiating Post Graduate Diploma in Early Intervention Course.

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• Organized a webinar on International Women’s Day On March 8th by Dept. of Psychiatric Social work, IMHANS.

• Observed World Autism Awareness Day by Autism Project of IMHANS ON April 2022 by conducting awareness classes, poster presentations and various other cultural programmes for parents and children.

• Special Anganwadi project training of Anganwadi workers in co-ordination with SID, KSSM.

• Celebrated 15th Anniversary of IMHANS- Child Development Services was conducted on 21/05/2022. Eminent theatre and Movie actor Sri Appunni Sasi was the chief guest of the day and inaugurated the function. The multi disciplinary team of CDS have organized cultural programmes for children and parents.

• Observed Schizophrenia Day and formation of family support group at IMHANS- rehabilitation Centre, Kuthiravattom. Schizophrenia Day Observance and Family Support Group Formation.The program was conducted on June 4, 2022. The function was inaugurated by Mr Ahammed Devarkovil in the presence of other eminent personalities

• IMHANS- Hostel Foundation Stone Laying ceremony inaugurated by Hon. Minister Smt.Veena George( Dept. of Health and Family Welfare), Sri P A Muhammed Riyas( Dept. of Tourism and Public Work) and Sri. Thottathil Raveendran (MA Kozhikode North) at IMHANS 0N 19TH Aug 2022.

• Inaugurated SUCHAL – One day training program, for parents by Hon Vice Chancellor of KUHS, Dr. Mohanan Kunnummal.

• Officially Inaugurated IMHANS- Students Union 2022-23 SAGA by Ms. Chelasasini V, IAS( Sub- Collector, Sub Divisional Magistrate) on 26th Aug 2022.

• Observed World Mental Health Week by organizing state level workshop and poster presentations 0n 8th Oct 2022.

• Independence Day Observance. Hoisted the flag by Dr. Anish, Medical Superintendent, IMHANS. Beneficiaries of Rehabilitation unit of IMHANS had sweets and dispersed after the function

• Celebrated Onam by conducting an Exhibition by RFP beneficiaries at Devagiri college as part of Mental health day observation on October 11 and 12th . The main the objective of the programme is to exhibit and sale the products made by beneficiaries of RFP to enhance their social skills.

• Sports day was conducted on 24th November 2022 for RFP beneficiaries

• Conducted A home visit to Mr H for grief counseling on march 30

• Celebrated Diwali and conducted art therapy sessions as part of recreational activity On 25th October 2022

• RFU beneficiaries and staff went to Wayanad Banasura mountain view for picnic

• Observed and conducted various programs related to celebrations like Onam, Bakrti, World Environmental day, Holy day , World Aids day, World Disability day, Christmas, independence Day , Children’s Day ,world mental health day

• Workshop on Suicide Prevention for Police Officers is inaugurated by KE Baiju IPS (Deputy Commissioner of Police)

• Glow and Shine was conducted for RFP beneficiaries to improve their grooming on 29th Sept. Ms Mini fitness consultant was resources person for the programme .

• Home visit was conducted on September 30 th at Ms X’s home to distribute stitching machine