



WORLD HEALTH DAY EVENT, GUWAHATI INAGURATION

# World Health Day '17 Guwahati

Depression  
**Let's talk**

7<sup>TH</sup> APRIL 2017

## “Depression-Let’s talk” Guwahati, 7<sup>th</sup> April, 2017.

by Organizing Committee, WHD Event, Guwahati

7<sup>th</sup> April'17:It's a rainy and windy Friday morning at Guwahati. The members of the organizing committee eagerly waiting with month's preparation at the auditorium of the NEDFi Convention Centre. The special guests & the delegates started pouring in. Registration number crossed 170. The “Let’s talk song” playing softly in the background.

Dr Bornali Das, Psychiatric Social Worker from the Department of Psychiatry, Gauhati Medical College Hospital (GMCH) & Secretary of Society for Mental Health in LAMIC ([SoMHIL](#)) started the proceedings reciting the first prize winning caption of the senior caption writing build up event :

*Tired of trying  
Tired of hoping  
Tired of coping  
Tired of existing  
Tired of breathing  
Tired of living  
I am done!*

Organizing Chairperson Prof Hemendra Ram Phookun, Professor and Head of the Department (HoD), Department of Psychiatry, Guwahati Medical College & Hospital (GMCH) welcomed the delegates and invited Prof Atindra Kumar Adhikari, Principal-cum-Chief Superintendent, GMCH, Dr Debashish Roy, Regional Team Leader(East Region), World Health Organization – India (NPSP) & Prof. Achyut C. Baishya ( Executive Director-NHM Assam) to the dais. There was a traditional lighting of the ceremonial lamp.



Keynote address by Prof. A.K Adhikari, Principle Guwahati Medical College & Hospital



Felicitation of distinguished dignitaries



Distinguished dignitaries like Vice chancellor of universities, chairperson of women rights commission, Directors in H&FW



department & others were felicitated in traditional way with "Gamusa".

Prof Adhikari delivered the keynote address. It was followed by the **World Health Day (WHD) theme presentation by Dr Debashish Roy. It was followed by "Black Dog" theme video.**

Next was an excellent **skit on**



*Skit on Depression by Awaz Foundation from Tata Institute of Social Sciences, Guwahati, Assam*

**depression by Awaz Foundation from Tata Institute of Social Sciences (TISS), Guwahati** and the performance highlighted the causes of depression among young adults.

**motivated the audience to seek help in times of depression.**

Former HoD, Department of Psychiatry, GMCH Prof Dipesh Bhagabati delivered his lecture on **"Depression: relevance and way forward in the state of Assam and North East Region of India"**. It was followed by Mr. Biswajyoti Das, ex-Reuters journalist who narrated his suffering from depression. This



Dr Mythili Hazarika, Clinical Psychologist, Department of Psychiatry, GMCH and President of **SoMHIL played a video on depression in Assamese.** Thereafter she conducted a lively interactive session with the audience to ensure engagement with the technical topic. Prompt participation was rewarded



with chocolates. The **Oxford Happiness Questionnaire** was also presented and explained for self evaluation. Prof. Seema Rekha Devi, Professor and HoD, Department of Plastic

## Interactive discussion following video in vernacular language

Surgery, GMCH presented on **depression from the perspective of individuals following burn injury.** The technical session was followed by Rocky Srivastava's narration of his personal experience following burn injuries, his **successful recovery from depression** & how he now works as a physiotherapist & motivates burn patients. This event was planned with an intention to break the stigma on depression.





Dignitaries



Felicitation of winners &amp; participants from the build-up events &amp; the panelists



Poster from build up event.



Panel discussion on Depression –Let's Talk

## Panel Discussion & felicitations of winners from build-up events

Prof & HOD Dr. H. R Phookun moderated a very lively panel discussion which was participated by Ms. Manisha Hazarika (Singer, Performing artist & Cultural activist), Dr Srutimala Duara (Writer, Academician, media personality), Mr. PJ Baruah (Chief Editor, Assam Tribune - a leading daily in Assam), Dr. Debajit Nath (Asst. Commissioner of Police, Assam State Police – a medical doctor & IPS officer), and Mr. Neelotpal Deka (Legal Expert in cybercrime & matrimonial cases) representing personalities from different spheres of society. It was followed by a lively participation from the audience.

Felicitation of the winners & participants from the build-up events followed. The judges were Dr Ahalya Raguram (Professor and Former HoD of Clinical Psychology, NIMHANS, Bangalore) and Varsha Avadhany (Organizational Development Consultant, Bangalore). Junior's caption competition was won by Dyuksha Hazarika from Royal Global School, Guwahati, Rinkie Bora from Shrimanta Shankar Academy, Guwahati, and Nimisha Patra from Royal Global School.

Senior' caption competition was won by Ricky Khurajam, Sarangthem Bijeeta, and Lalnunmawie; all of them were from Arya Nursing College, Guwahati. The award for poster went to Nilakshi Kalita of Cotton College State University, Guwahati.

Renowned litterateur and poet Janardan Goswami recited his composition depicting the suffering of an individual going through depression.

The program ended with the proposal of vote of thanks by Dr. Shyamanta Das, Organizing Secretary, WHD event.



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