

No. Z-25011/01/2017-Genl
Government of India
Ministry of Health and Family Welfare
Directorate General of Health Services
(General Section)

Nirman Bhawan, New Delhi-110011
Dated: 15th September, 2021

CIRCULAR

Subject: Awareness generation on Stress Management by organizing guest lecturers in the Dte. GHS regarding:

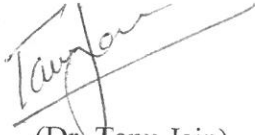
In the coming months of September and October three important events are being observed to mark the importance of mental health, i.e., World Suicide Prevention Day (10th September), Alzheimer's day (21st September) and the World Mental Health Day (10th October).

2. In order to raise the awareness on mental wellbeing and to link it with Swasth Bharat Initiative, as envisioned by Hon'ble Prime Minister, the National Mental Health Program (NMHP), Dte.GHS is proposing an interactive session on **Stress Management** for the officers/officials on Thursday, 16th September between 4.30 to 5.45 PM through online mode. The link for the webinar is provided as under :-

Lecture of Stress Management Hosted by MoHFW-5
<https://mohfw.webex.com/mohfw/j.php?MTID=ma2d155a92e412bfef4d89104cc181ebb> Thursday, Sep 16, 2021 4:30 pm | 2 hours | (UTC+05:30) Chennai, Kolkata, Mumbai, New Delhi Meeting number: 2514 469 7222 Password: 160921.

Theme	Time	Topic/Faculty
Stress Management	4:30pm to 4:35 pm	Welcome address : Dr. Sudhir Gupta (Sr CMO, SAG)/Dr Tanu Jain (DDG)
	4:35pm to 4.40 pm	Inaugural Address: DGHS
	4:40pm to 5:15pm	Stress Management : Dr Rajesh Sagar, Prof. Dept Psychiatry, AIIMS
	5:15 pm to 5:45 pm	Q & A session: all participants

All the officers /officials in the Directorate General of Health Services and M/o Health & Family Welfare are requested to seek permission of their controlling officers to attend the above said programmes.


(Dr. Tanu Jain)

Deputy Director General (TJ)

To
All staff of Dte.GHS and M/o HFW.

Copy to:

1. All DDGs/Principal Consultants / Principal Advisors /All Advisors/Addl. Director
2. PPS to DGHS
3. PPS to Addl. DGHS
4. PPS to JS (Admn.), MoHFW
5. PS to JS (RM), Dte.GHS
6. Dr. Sudhir Gupta (Sr. CMO,SAG)
7. Dr. Tanu Jain, DDG(Lep./MH/NCD)
8. Dr. Rinku Sharma, ADG(MH&NPCBVI)
9. Dr. Rajesh Sagar, Prof. Dept. Psychiatry, AIIMS
10. All the officers at the level of Deputy Director and above officers working in the Dte.GHS/MoHFW

Copy also to:

- (i) In-charge IT Cell for uploading on the website of Dte. GHS & MoHFW

Amg
15/11/2021
Pl. upload.
Sh. Anil.