



Sathya Sai International Organisation of Australia & PNG

ACT region

MIND YOUR MENTAL HEALTH

A WORKSHOP IN COLLABORATION WITH SAI MEDICAL UNIT, AUSTRALIA

DATE : Saturday 1 September, 2018

TIME : 3 pm-5 pm

LOCATION : 10 Watson Street, Turner, ACT



ACT REGION INVITES YOU TO REGISTER YOUR INTEREST TO ATTEND THE WORKSHOP

RSVP IS ESSENTIAL BY TUESDAY 28 AUGUST 2018.

REGISTER YOUR INTEREST :
DOCTORS.SAIACT@GMAIL.COM

CONTACT : PREMA – 0413234630

MAYAVAN – 0404059093

**NONE OF US IS IMMUNE,
COME ALONG RAISE AWARENESS
OF R U OK ?**

Learning Outcome

Participants will be able to understand the early symptoms of mental illness, how to support the loved ones and where to get help.

Aim and Objectives

Raise awareness of Mental Health.

To deliver a dynamic workshop with Q&A sessions.

To explore spirituality as one dimension of dealing with mental illness.

Speakers

Dr Deepa Singhal-Child Psychiatrist, Canberra Hospital, ACT Health. Deepa has range of experience in dealing with children and adolescents with behavior issues, anxiety and depression.

Dr Mugunthan Jeganathan , Dr Suda Pranavan, Dr Prema Rajendra-General Practitioners in ACT. They have practical experience in treating the mentally unwell.

Chandra Balivada- spiritual aspirant and a Project Manager

Dr Seevaretnam Sivakumaran- Senior Consultant Geriatrician.