



**KERALA UNIVERSITY
OF
HEALTH SCIENCES**

Invitation

Self - help strategies for Health professionals



**Jan 28, 2026
Wednesday
10.15 am**



**Academic
Council Hall,
KUHS
Thrissur**



Self - help Strategies for Health Professionals
On 28-01-2026 at 10.15 AM at KUHS Academic Council Hall

Programme Schedule

10.15 AM to 10.45 AM

University Anthem

Introduction to the Programme
Dr.Shaji K S, Dean Research /
Dr. Asish R, Dean Student Affairs

10.45 AM to 11.00 AM

Tea Break

11.00 AM

Inauguration
Prof. (Dr.) Mohanan Kunnummal
Hon'ble Vice-Chancellor

Presidential Address
Prof. Dr.C.P.Vijayan
Hon'ble.Pro-Vice Chancellor

Felicitations
1.**Prof. Dr. Gopakumar S**, Registrar
2.**Prof. Dr. S Anilkumar**, Controller of Examinations
3.**Sri. Sudheer M S**, Finance Officer
4. **Dr.Binoj R**, Dean Academic

Vote of Thanks
Dr V V Unnikrishnan
Director, Academic Staff College



Self - help Strategies for Health Professionals
On 28-01-2026 at 10.15 AM at KUHS Academic Council Hall

Programme Schedule

11.20AM to 12.15 PM

" Self-help strategies for doctors and how to develop them "

•**Dr N. R Arun Kishore**, Consultant Psychiatrist and Psychotherapist at Sussex Partnership NHS Trust UK
•**Dr.P J Saju**, Consultant Medical Psychotherapist, Wake field, NHS Trust UK

12.15 PM to 01.15 PM

Focus Group Discussion

•What is being done - strategies
•Barriers to help-seeking
•Engaging Trainees: The way forward

(Controller of Examinations / Dean Academic/ Director, Academic Staff College will be present,
Dr. Dr N. R Arun Kishore will moderate)

01.15 PM to 02.00 PM

Lunch Break

2.00 PM to 3.00 PM

Group Discussion regarding Action Plan for 2026

• Research
• Scaling up of Support

(Moderators : Dean Student Affairs, Dean Research, Director Academic Staff College, Faculty of the School of Translational Health Sciences)