



## KERALA UNIVERSITY OF HEALTH SCIENCES

### Invitation

# Self - help strategies for Health professionals



Jan 28, 2026  
Wednesday  
10.15 am



Academic  
Council Hall,  
KUHS  
Thrissur

# INVITATION



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



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

## Programme Schedule

### University Anthem

10.15 AM to 10.45 AM

### 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

11.20AM to 12.15 PM

### 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

12.15 PM to 01.15 PM

### Vote of Thanks

Dr V V Unnikrishnan  
Director, Academic Staff College

01.15 PM to 02.00 PM

2.00 PM to 3.00 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

### 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)

### Lunch Break

### 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 )