



# Department of Psychiatry

**Government Medical College, Ernakulam**

in association with

**Ernakulam Psychiatric Society and**

College Union, PG Association; KGMCTA,  
PTA - GMC, EKM; and Manasa Keralam



## UPDATE ON PUBLIC MENTAL HEALTH - 2 SUICIDE PREVENTION

Dear All,

We cordially invite you for a talk, panel discussion and a short film on suicide prevention as a part of Public Mental Health Awareness program to be held on 6th August 2024, at Government Medical College, Ernakulam.

Mental health and wellbeing of health professionals is a top priority. Suicide is the second leading cause of death among the youth globally and this is a growing concern among the young doctors and medical students in the Kerala context. In the upcoming Public mental health update, we focus of prevention of suicides among health care workers and students. Our guest speaker is **Dr. Miriam Isaac, FRCPsych, Senior Consultant Psychiatrist, Leeds and York Partnership NHS FT.** This will be followed by a panel discussion on **'WELL-BEING OF HEALTH PROFESSIONALS AND MEDICAL STUDENTS-CHALLENGES AND SOLUTIONS'** led by **Dr. CJ John.** There will be screening of the short film **' BEHIND THAT SMILE'** directed by Valentina. This short film produced in Govt Medical College, Kollam focuses on this sensitive topic.

**with regards,**

Dr. Anilkumar. T.V.  
Professor, Head of the Department, Psychiatry,  
Government Medical College, Ernakulam

Dr Anoop Vincent  
President, EPS  
Dr T C Vishnu  
Secretary, EPS

Dr. Unnikrishnan G, Associate  
Professor- Pathology and Secretary,  
PTA, GMC, Ernakulam

Dr. Indira C.K., Professor &  
HOD, Department of Anatomy,  
& President, KGMCTA,  
Ernakulam Unit

Ms. Devika C.B., Chairperson,  
College Union, GMC, Ernakulam  
Unit

Dr. Aiswarya Das  
President, PG Association

## Programme schedule

**Venue: Auditorium, Government medical college, Ernakulam**

**Date & Time: 06- August-2024; 2:00 Pm**

**2:00 Pm**

**Welcome speech :**

Dr. Anilkumar T.V., Professor & HOD, Department of Psychiatry, Government Medical College, Ernakulam

**2:05 Pm**

**Presidential address :**

Dr. Ganesh Mohan.M.,  
Medical Superintendent, Government Medical College, Ernakulam

**2:10 Pm**

**Inaugural address :**

Dr. Prathap.S.,  
Principal, Government Medical College, Ernakulam

**2:15 Pm**

**Felicitations :**

Dr. Unnikrishnan.G, Associate Professor- Pathology and Secretary, PTA, GMC, Ernakulam  
Mr. A.R.Premkumar , I.P.S. (Rtd.), President, PTA, GMC,  
Dr. Indira C.K., Professor & HOD, Department of Anatomy, & President, KGMCTA, Ernakulam Unit  
Dr. Beena.M.R., Principal, Nursing College, GMC, Ernakulam  
Prof. Anita Rajah, HOD, Department of Psychology, Rajagiri College of social sciences, Ernakulam  
Ms. Devika C.B., Chairperson, College Union, GMC, Ernakulam Unit

**2:30 Pm**

**"BEHIND THAT SMILE ", short film directed by Valentina, Government Medical College, Kollam.**

**2: 45 Pm**

**Talk on - Conversations that heal - Suicide awareness for Medics and health professionals.**

Speaker - Dr. Miriam Isaac, FRCPsych, Senior Consultant Psychiatrist, Leeds and York Partnership NHS FT.

**3:15 Pm**

**Panel Discussion - WELL-BEING OF HEALTH PROFESSIONALS AND MEDICAL STUDENTS-CHALLENGES AND SOLUTIONS**

**Moderator: Dr. C J John, Member Kerala State Mental Health Authority, Senior Consultant Psychiatrist, Medical Trust Hospital.**

**Panel Members :** Dr. Indira C.K. / Dr. Binu Areekal / Mr. Prajith.K.P / Mr.Premkumar / Prof. Anita Rajah/ Dr. Aiswarya Das/Ms. Sreya.M.Nair

**3:45 Pm**

**Vote of Thanks :**

Dr. Jaimon P M., Assistant Professor of Psychiatry, Government Medical College, Ernakulam, Assistant Secretary General IASP, EC Member IPS KSB & EPS

## About the Speaker



Our guest speaker for the occasion is **Dr. Miriam Isaac, FRCPsych, Senior Consultant Psychiatrist, Leeds and York Partnership NHS FT.** Dr. Miriam Isaac is a senior consultant psychiatrist specializing in Intellectual Disabilities, Deaf Mental Health, and Autism. She graduated from Kottayam Medical College in 2000 and trained at Maudsley Hospital, Royal Free Hospital, and St. George's in London. A psychiatrist since 2002 and a senior consultant since 2013, she currently works at a National Child and Family Centre for Deaf Children. She is trained in CBT for insomnia and holds a level 4 in British Sign Language. Dr. Isaac is the clinical lead for behavioral sleep disorders for Deaf children in Northern England and chairs the Deaf LD Steering Group. She leads a national quality improvement project for Autism assessment in Deaf girls, focusing on behavioral sleep and Autism.

An accomplished researcher and speaker, Dr. Isaac has published peer reviewed articles and is currently researching Autistic burnout. She collaborates with psychiatric associations and charities in India. In 2023, she published her first poetry collection, "A Time to Heal." She founded and is the CEO of the "Towards Your True North" project, offering Autism assessment and support services. Dr. Isaac was elected a Fellow of the Royal College of Psychiatrists in 2023 for her exceptional contributions to the field.