



# All India Institute of Medical Sciences Bathinda

## Department of Psychiatry Observes

### World Mental Health Day–10<sup>th</sup> Oct 2022



**Theme-**Make Mental Health & Well-being For All a Global Priority

## ATTENTION WITHOUT TENSION WORKSHOP

*Venue: Auditorium Hall-2*



### Patron

Prof DK Singh Executive  
Director AIIMS Bathinda



### Co-Patron

Prof Satish Gupta  
Dean, AIIMS Bathinda

### Organizing Chairpersons

**Dr. Gurvinder Pal Singh**

Professor & HOD

Department of Psychiatry

**Dr. Jitender Aneja**

Additional Professor

Department of Psychiatry

### Organizing Secretaries

**Dr. Bharat Udey**

Assistant Professor

Department of Psychiatry

**Dr. Jawahar Singh**

Assistant Professor

Department of Psychiatry

## Agenda

Time	Title	Presenter
4:00-4:10 PM	Welcome address	Dr. Gurvinder Pal Singh, Prof &HOD Dept. of Psychiatry
4:10-4:20 PM	Bouquet to dignitaries & Lamp lightening	
4:20-4:25 PM	Brief introduction about World mental Health Day	Dr. Jitender Aneja, Addl Professor, Psychiatry
4:25-4:30 PM	Address by Dean, AIIMS Bathinda	Prof(Satish Gupta)
4:30-4:40 PM	Address by Executive Director, AIIMS Bathinda	Prof. (Dr) D.K Singh
4:45-5:05 PM	Session 1: Attention without tension (concept & usefulness of mindfulness)	Dr. Gurvinder Pal Singh, Prof and HOD Dept. of Psychiatry
5:05-5:25 PM	Session 2: Documentary videos and mindfulness breathing activity	Dr. Gurvinder Pal Singh, Prof & HOD Dept. of Psychiatry
5:25-5:40 PM	Session 3: Mindfulness walking & Mindfulness eating	Dr Gurvinder Pal Singh/Dr Jawahar Singh/Ms Ritu Tiwari
5:40-5:45 PM	Vote of Thanks	Dr. Bharat Udey, Assistant Prof, Psychiatry

## Advisory Committee

Prof Akhilesh Pathak	Prof Lajya Devi Goyal	Prof Kamlesh Sharma/ Dr Tarun Goyal	Dr. MP Singh
Prof Gitanjali /Dr Priti Arora	Dr Manjit K Rana	Dr Altaf Mir/Dr Kamla /Dr Saurabh	Dr Moonis / Dr Purshottam
Prof Rakesh Kakkar	Dr Sapna Marcus	Dr Shivani	Dr. KS Kaura /dr Shivani
Dr Preeti singh Dhoat	Dr Sonia Kochar	Dr Paramdeep Singh	Dr. Vaibhav Saini
Dr Anuradha raj	Dr Mayank Gupta	Dr Navdeep	Dr Mintu Pal/Dr Mukesh Bansal
Dr Sonia Kochhar	Dr Varun Aggarwal	Dr Bhupinder Singh	Dr Leena Gupta/ Dr Gaurav