

## IIHMR UNIVERSITY, JAIPUR

### EVENT OUTCOME REPORT

#### “Master Class Episode no 62”

<b>“Master Class Episode No 62</b>
<b>Topic:</b> - Mental Health and Wellbeing: A Public Health Perspective
<b>Date:</b> - 25 <sup>th</sup> November 2022 from 03:00 pm to 04:00 pm
<b>Venue:</b> - LH-16, IIHMR University
<b>Speaker:</b> - Dr. Vimal Kumar Sharma (MD, FRCPsych, Ph.D., Professor of Global Mental Health Research, Division of Population Health, School of Health Sciences FBMH, University of Manchester, Manchester, UK.)
<b>Number of participants:</b> - 21 students from MPH
<b>Introduction:</b> - The 62 episode of the Master Class titled - Mental Health and Wellbeing: A Public Health Perspective held on 25 <sup>th</sup> Nov 2022, at IIHMR University. This session featured: - Dr. Vimal Kumar Sharma (MD, FRCPsych, Ph.D.) - Professor of Global Mental Health Research, University of Manchester, UK as the guest speaker. The event was moderated by <b>Dr. Vinod Kumar</b> , Professor, School of Health Management, and student moderator <b>Dr. Jyashmi Rabha</b> from the MBA HM 26 batch. The session focus on “Mental Health and Wellbeing: A Public Health Perspective”.
<b>Objective:</b> - The master class aimed to help students gain insight on importance of mental health and wellbeing in public health and its importance.
<b>Salient Novel Points Covered:</b> <b>Role:</b> Dr. Vimal Kumar Sharma emphasized on mental health and wellbeing through the lens of public health. He also focused on prioritizing mental health from a public health perspective is vital to fostering a society where individuals can thrive. By adopting a comprehensive approach that emphasizes prevention, promotion, early intervention, and destigmatization, we can create a future where mental well-being is valued and supported. <b>Challenges and Opportunities:</b> The major challenges for mental health and wellbeing in public health includes: <ul style="list-style-type: none"><li>• Limited access to mental health</li><li>• Shortage of mental health professionals</li><li>• Telehealth and technology</li><li>• Integration with primary care</li></ul> <b>Q &amp; A and Interactive Discussion:</b> The session encouraged active participation from students, who asked insightful questions based on the industry requirement and the skills needed to work in the future.
<b>Future Scope:</b> The future scope of this master class lies in equipping students with essential skills and mindset for a successful industry career, making them well-prepared to thrive in a dynamic and competitive business environment. It also offers a foundation for ongoing professional growth and adaptability in an ever-evolving industry landscape.
<b>Appropriate caption for the webinar:</b> " Safeguarding Mental Wellbeing: A Public Health Priority : Shaping a Mentally Healthy Society: A Public Health Dialogue "



## Mental Health and Wellbeing: A Public Health Perspective

📅 Friday, Nov 25, 2022

🕒 03:00 PM to 04:00 PM (INDIA) 🇮🇳



**SPEAKER**

**Dr. Vimal Kumar Sharma**  
MD, FRC Psych, Ph.D.  
Professor of Global Mental Health Research,  
Division of Population Health  
School of Health Sciences FBMH  
University of Manchester  
Manchester, UK



**MODERATOR**

**Dr. Vinod Kumar SV**  
MD, Professor and Dean Incharge  
SD Gupta School of Public Health  
IIHMR University, Jaipur



**STUDENT  
COORDINATOR**

**Ms. Jyashmi**  
MPH Cohort-18  
IIHMR University, Jaipur

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M.C. 62-

## Anuradha Banerjee

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**From:** Richa Agarwal  
**Sent:** 28 February 2024 12:51  
**To:** Anuradha Banerjee  
**Cc:** Vinod Kumar SV  
**Subject:** FW: Master Class on Mental Health for MPH students by Dr Vimal Sharma

Dear Madam,

Following students attended the master class held on Mental Health by Dr Vimal Sharma

MPH Cohort 09 –

Nihar  
Aparajita

MPH Cohort 10 –

Aishwarya Rajesh Dhumale  
Amol Ganesh Sahasrabuddhe  
Cheryl D Ponnachan  
Jyashmi Rabha  
Yatin Malhotra

Total - 21

MPH (IS) Cohort 01-

Aditi Bakshi  
Abdirahman Moallim Ibrahim  
Akram Alhibeeshi  
Ameera Zain Saeed  
Ganga Marasini  
Karma Dhendup  
Kulmie Mohamud Abdulle  
Manoj Sigdel  
Mustafa Mohammed  
Navneet Bichha  
Nilanjan Bhor  
Randa Elghandour  
Rimaz Mohamed Ali Dawelbait  
Yeshwanth Sonnathi

Regards  
Richa