



Delhi State Chapter of IRIA

Presents

Delhi Masterclass



Saturday **19** June
1700hrs-1800hrs 2021

Session 1:
1700hrs-1730hrs

Mental Health in times of COVID19

Key Speaker

**Dr Deepak
Raheja**

President
Delhi Psychiatric
Society



Founder & Director



Session 2:
1730hrs-1800hrs

Mind Management How & Why?

Key Speaker

**Dr Sangeeta
Saxena**

Sr Prof & HOD
Radiodiagnosis,
Govt Medical College
Kota



Sr Faculty



Dr Atin Kumar
Imm. Past President

Dr Anjali Prakash
President

Dr Shalini Thapar Laroia
Secretary

Dr Shibani Mehra
President Elect.

Dr Rajat Jain
Joint Secretary & Co-ordinator

Dr Ankur Goyal
Treasurer

Join the webinar



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About Key Speaker

Dr Deepak Raheja

Founder & Director

Hope Care India.

President

Delhi Psychiatric Society

Treasurer

Indian Association of Private Psychiatry

Convenor

Parliamentary Affairs Committee, Indian Psychiatric Society

Dr. Deepak Raheja is a Senior Psychiatrist & Psychotherapist who has been associated with the field of mental health for over a decade. He uses an eclectic healing approach, combining the medical aspects with a rich experience in Hypnotherapy, Spiritual Counselling and alternate healing practices.

Moved by the lack of quality mental health services in the country and the prevalence of outdated and inhuman methods of treatment of the mentally ill, he established a state-of-the-art recovery and rehabilitation center- The Hope Foundation in the year 2004 after conducting a pilot project to test the efficacy of a treatment model outlined by him. The model is based on the best practices around the world, after modifying them to suit the Indian context. The Center today provides residential and O.P.D services for a wide range of psycho-emotional disorders.

Dr. Deepak Raheja is a philanthropist and continuously strives for the cause of mentally ill on the streets and the psychological and basic upkeep aspects of street children. He has envisioned dedicated community outreach programmes for preventive mental health care. Future plans include setting up a facility for the rescue, treatment and rehabilitation of the homeless mentally ill persons who have been left to fend for themselves on the streets.

He currently heads the Departments of Psychiatry at Paras Hospitals, Gurgaon, Sama Nursing Home and Aashlok Hospital in Delhi and is a senior consultant Psychiatrist to many diplomatic missions and a Senior Advisor to many Media Houses including CNN, IBN, NDTV, Doordarshan, Hindustan Times, Times Of India etc.

Dr Sangeeta Saxena

Sr Faculty

Art of living

Sr Professor & HOD

Radiodiagnosis, Govt Medical College, Kota

A Senior Professor and Head of Department of Radiodiagnosis believe in keeping a calm mind with the help meditation and deep breathing exercise. She suggests pranayamas for strengthening your lungs and increasing their capacity. She promote these practice for positivity within and in your surroundings.

Join the webinar