



# Online Symposium

## "Prioritize Mental Health in the Workplace"

### Speakers



11.00 am - 11.15 am

**Mental Health – Need of the Hour**

**Dr. Nabarun Karmakar**  
Assistant Professor,  
Community Medicine,  
BCRMMRC, IIT Kharagpur



11.15 am - 11.30 am

**Work Smart, Stress Less:  
Managing Workplace Stress**  
**Dr. Parmeshwar Satpathy**  
Assistant Professor,  
Community Medicine,  
BCRMMRC, IIT Kharagpur

**Tuesday 8<sup>th</sup> October 2024**  
**11.00 am – 12.00 pm IST**

❖ **Principal Coordinator:**

- **Dr. Nabarun Karmakar**

❖ **Co- Coordinator:**

- **Dr. Parmeshwar Satpathy**

- **Contact us at: [academiabcrmmc@gmail.com](mailto:academiabcrmmc@gmail.com)**



11.30 am – 11.45 am

**Mental Health issues of Acquaintances  
of Victims of Workplace Mental Health  
Problems**

**Dr. Satabdi Mitra**  
Assistant Professor,  
Community Medicine,  
KPC Medical College & Hospital,  
Kolkata

11.45 am – 12.00 pm

**Interactive session**

**Moderator -**

**Dr. Nabarun Karmakar**  
Assistant Professor, Community  
Medicine, BCRMMRC, IIT  
Kharagpur

❖ **Intended Participants:**

- Those who are pursuing career in the field of Medical and allied Sciences/ Health Care Professionals/ Nursing/ Para-medical/ Social welfare/ Engineering/ Management/ NGOs

**Registration is Free but Mandatory**

Register online at: <https://erp.iitkgp.ac.in/CEP/courses.htm>

Signup → Login → Profile Fill-up → Select the program → Apply Now

Following completion of Registration, Confirmation email will be sent.

Symposium Participation/Joining link for this program will be sent on 7<sup>th</sup> October 2024. An e-certificate of participation will be provided after conclusion of the Program.

**Last date of Registration: 06<sup>th</sup> October 2024, Till 11:59 pm I S T**

Organised by  
Dept. of Community Medicine, Dr. B. C. Roy Multi-Speciality Medical Research Centre,  
IIT Kharagpur, Kharagpur, India