# SOCIETY OF DEFENCE TECHNOLOGISTS

**(Webinar on "Managing Corporate Mental Wellness")**
**Date:- 24ᵗʰ August 2021      Venue:- Through VC**
**(Webex Platform)**
**HOST:- BDL, Vizag**
**Programme Details**

| TIME | EVENT |
|---|---|
| 09.50 - 09.55 Hrs | About SODET by Shri Ravindra N, Sec. Gen / SODET |
| 09.55 -10.00 Hrs | Key Note Address by Shri S V Kameshwar Member Secretary (SODET) & GM (BDL,Vizag) |
| 10.00 -11.00 Hrs | Talk on "What is Mind Health?" By Dr. Ruchi Gupta |
| 11.00 – 12.00 Hrs | Talk on "Corporate Strategy to develop mental health and Emotional wellness" By Dr. Ruchi Gupta |
| 12.00 -12.30 Hrs | Personality Test and Feedback |
| 12.30–12.40 Hrs | Vote of Thanks |

**Note:- The link for participation will sent to the participant's email from BDL, Vizag,**

## **Brief About Faculty**

Dr. Ruchi Gupta is a Practicing Psychiatrist at St. Philomena Hospital, Santosh Hospital & Abhayahasta Hospital Bangalore. She is an Advisor and Consultant for Pro-Physio Healthcare's Mental health vertical. She obtained her medical degree MBBS from Karnataka Institute, then completed her post graduate training in psychiatry from J.J.M.M.C, Davangere. She is NISD-trained counselor for Drug De-addiction and Rehabilitation. She is trained in Child and adolescent psychiatry including mental handicap at NIMHANS, Bangalore. Her practice involves diagnosis and treatment of the full spectrum of psychiatric illnesses in both in and out-patient settings. She specializes in child and adolescent psychiatry. She is and has been a part of many MNC-sponsored clinical Drug trials. She is Founder of a NGO called Pratyasha Foundation. Pratyasha Foundation is working with children suffering from Autism Spectrum Disorder (ASD), ADHD, and Learning Disabilities (Dyslexia) in Government Schools for underprivileged children.