



SJM Vidyapeetha ®
S.J.M. INSTITUTE OF TECHNOLOGY
CHITRADURGA



REPORT
ON
“MENTAL HEALTH AWARENESS PROGRAM-2025”



BY
STAFF WELFARE COMMITTEE
SJMIT, CHITRADURGA

Date: 31st Oct. 2025
Time: :3:00 PM

Venue: Sir. M V Hall

INVITATION



SJM VIDYAPEETHA®

S J M INSTITUTE OF TECHNOLOGY

(Recognized by AICTE, New Delhi and Affiliated to Visvesvaraya Technological University, Belagavi)

Accredited by NAAC

N.H. 4 Bypass, P.B. No. 73, Chitradurga - 577502



Mental Health Awareness Program

For All Faculties and Office Staff



CHIEF GUEST:

Dr. Anantha Kalyan D

DATE: 31 OCTOBER 2025 3:00 PM

VENUE: SIR MV HALL

Organized by:

SJMIT STAFF WELFARE COMMITTEE

Under the guidance of:

Dr. Bharath P. B

Principal, SJMIT

PRIORITIZE YOUR MENTAL HEALTH

Report on Mental Health Awareness Program

The **SJM Institute of Technology (SJMIT)**, Chitradurga, organized a **Mental Health Awareness Program** for all faculty members and office staff as part of its ongoing efforts to promote well-being and a healthy work environment. The event took place on **31 October 2025** at **3:00 PM** in the **Sir MV Hall**.

The program was honored by the presence of the **Chief Guest, Dr. Anantha Kalyan D, Assistant Professor and Psychiatrist, BMCH, Chitradurga**, a distinguished professional known for his expertise in mental health and wellness. His participation added significant value to the event by providing scientific insights, practical coping strategies, and awareness about the importance of mental well-being among working professionals.

The event was **organized by the SJMIT Staff Welfare Committee** and conducted under the guidance of **Dr. Bharath P. B., Principal, SJMIT**. The committee emphasized that mental health is an integral part of overall health and highlighted the need to create a supportive environment within the institution.

The session included discussions on stress management, work–life balance, early identification of mental health concerns, and the role of institutions in promoting emotional well-being. Faculty and staff actively participated and shared their experiences, making the program highly interactive and meaningful.

The event concluded with a strong message to **“Prioritize Your Mental Health,”** encouraging staff and faculty to adopt positive mental health practices and seek help when needed. This initiative reflects SJMIT’s commitment to ensuring a healthy, productive, and supportive work culture.

- 1) **Dr. Kumaraswamy B G, Staff Welfare Coordinator, SJMIT, Chitradurga.**
- 2) **Staffs of SJMIT, Chitradurga.**
- 3) **Program Coordinator: Prof. Sushmita Deb, E&E Dept.,**

Under the Guidance of:

**Dr. P B Bharath
Principal, SJMIT
Chitradurga**

DR. ANANTHA KALYAN D

CONSULTANT PSYCHIATRIST

CONTACT

9618353006
kalyaningtl@gmail.com
D.no: 12/155G, S.N.PET
Gunatakal , Anantapur dist

PROFILE

Psychiatrist, with 8 years of experience in diagnosing, treating, and preventing mental, emotional, and behavioral disorders with the use of medication, therapy, neuromodulation, and psychotherapy. Empowered with strong sense of compassion and commitment, a trained specialist with good communication skills employing methods to treat common issues like stress, anxiety, schizophrenia, BPAD, depression, psychological and behavioral management of children and geriatric population

CORE COMPETENCIES

Psychiatric assessment
Medication management
Cognitive Behavioral therapy
ECT
Supportive Therapy
Group and family counseling
Psychoanalysis techniques

EXPERIENCE

Assistant Professor,
Basaveshwara Medical College, and Hospital, Chitradurga, Karnataka
Feb 2022 to till date

Senior Resident,
Basaveshwara Medical College, and Hospital, Chitradurga, Karnataka
Nov 2020 to Jan 2022

Non-PG Junior Resident,
NIMHANS
July 2020 to Nov 2020

EDUCATION

NIMHANS, Bangalore

2017 to 2020
MD in Psychiatry

Kurnool Medical college,
Kurnool

2007 to 2013
MBBS (including Internship)

RESEARCH PROJECTS:

Obsessive-Compulsive symptoms in patients receiving clozapine and other antipsychotics agents: A cross sectional observational study (Dissertation)

PUBLICATIONS:

- Psychological Morbidity among post-Covid-19 patients: a cross-sectional study.
- Management approaches to Dhat syndrome: A review
- Correlation of the clinical parameters with severity of delirium in patients with alcohol related disorder
- Prevalence of sleep disorders among Medical students- A cross sectional study

PHOTO GALLERY







Staff Welfare Coordinator

B.G.
 Dr. Kumaraswamy B.G.
 Head Of The Dept.

Electrical and Electronics Engg.

S.J.M.I.T. Chitradurga - 577502

Principal

B.P.B.
 Dr. Bharath P B
 PRINCIPAL

S.J.M.I.T., Chitradurga