



National Seminar for working women : Gender Empowerment, Enhancement of coping skills, Tackling mental health, Gender disparity issues

(Sponsored by National Commission for Women : Women and Health)

20th November, 2023



The National Commission for Women was set up as a statutory body in January 1992 under the act of Government of India. NCW receives, acts on complaints, conducts gender awareness seminars, research through grants, publishes, carries out several gender awareness, empowerment programmes.

Organized by / Venue



Department of Psychiatry

University College of Medical Sciences & Guru Teg Bahadur Hospital, Delhi

Patron : Dr. Piyush Gupta, Principal , UCMS

Dr. Asmita M Rathore, Medical Director, GTB Hospital

Scientific Programme Chairperson : Dr. M.S.Bhatia, H.O.D Psychiatry

Organising Chairperson : Dr. Shukla Das, H.O.D Microbiology

Registration is free but mandatory (complimentary lunch, 200 participant seats)

Please message or email to organising secretary , a link will be provided for the registration form.

Hurry up. First cum first serve basis.

Organising secretary (Principal Investigator) : Dr Shruti Srivastava, Professor (Psychiatry)

University College of Medical Sciences & Guru Teg Bahadur Hospital, Room No.719 ,

Dilshad Garden, Delhi-110095

Email ssrivastava@ucms.ac.in Tel : 9810665324,9625900583

Scientific Program

09:00 - 09:15 am Registration confirmation & Introduction of National Commission for Women

Session I (09:15 - 10:00 am) : Depression, anxiety, sleep disturbances in working women-identification, screening, remedial measures - 25 minutes. Case based scenarios (interactive) - 20 minutes

Resource Faculty : Prof. Shruti Srivastava and Dir. Prof & Head, Dr. M.S Bhatia, Department of Psychiatry, UCMS, Delhi

Session II (10:00 - 10:45 am) : Addiction and addictive behaviours in gender based violence. Case based scenarios (interactive) - 20 minutes. Talk on addiction and addictive behaviours in gender based violence - 25 minutes

Resource Faculty : Prof. Jaisooriya TS Department of Psychiatry , NIMHANS, Bengaluru

Session III (10:45 - 11:30 am) : Medically unexplained physical symptoms presentation-25 minutes. Case based scenarios (interactive) - 20 minutes

Resource Faculty : Prof. & Head, Dr. R.K. Chadda, A.I.I.M.S, Delhi

Session IV (11:30 - 12:15 pm) : Cognitive health in working women--25 minutes. Case based scenarios (interactive) - 20 minutes

Resource Faculty : Prof. & Head, Dr. Suman Kushwaha, Department of Neurology, I.H.B.A.S, Delhi.

Session V (12:15 - 1:15 pm) : Panel Discussion on theme for tackling mental health issues in working women – Actionable recommendation to National Commission for Women at local, state, national level

All Resource Faculty

01:15 - 1:30 pm : Inauguration

01:30 - 2:00 pm : Lunch

Session VI (2:00-2:45 pm) : Sexual Harassment at workplace -25mts. Case based scenarios (interactive) - 20 minutes

Resource Faculty: Prof. & Head, Dr. Shukla Das, Deptt. of Microbiology & Internal Complaint Committee Member, UCMS, Delhi

Session VII (2:45-3:30 pm) : Stress, coping, suicide prevention in working women -25 minutes. Case based scenarios (interactive) - 20 minutes

Resource Faculty : Prof. Shruti Srivastava, Dir Prof. & Head, Dr M. S . Bhatia, UCMS , Delhi

3:30 - 4:00 pm : Feedback & Open house discussion

Certificate distribution