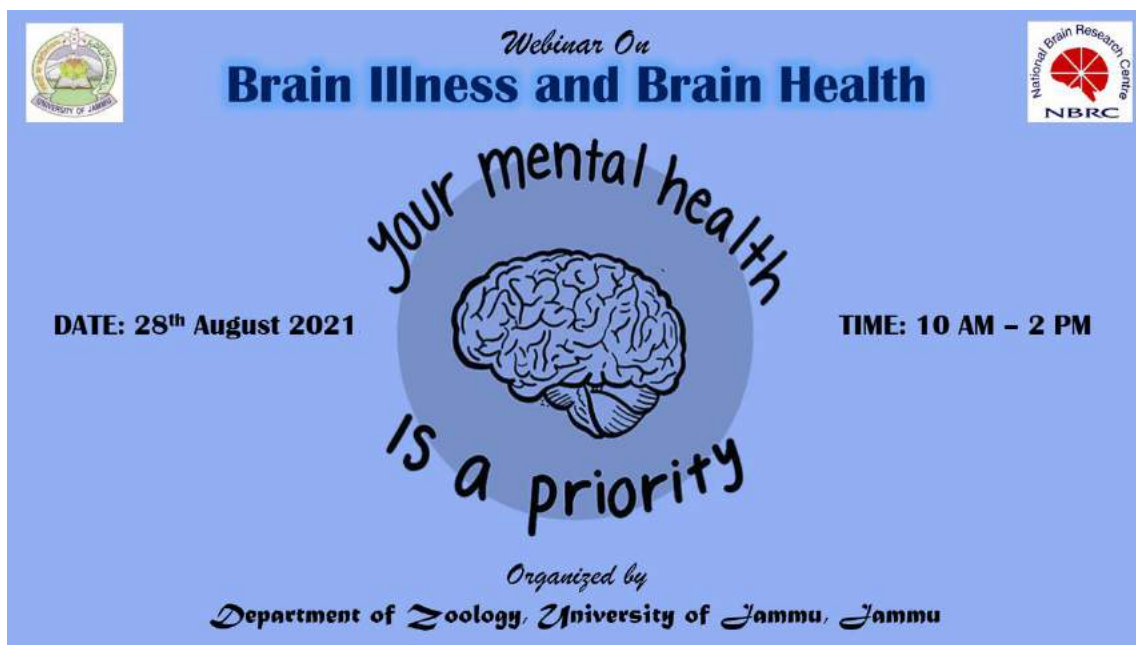


Report on

Brain Illness and Brain Health,

A Brain Awareness Program, 2021

University of Jammu



Submitted by

Dr Chinmoyee Maharana,

**Assistant Professor, Department of Zoology,
University of Jammu, Jammu, India**

A national webinar on Brain Illness and Brain Health under Brain Awareness Program was held on 28th Aug 2021 organized by Department of Zoology, University of Jammu. During inauguration a welcome note was delivered by Prof. Seema Langer, Head, Department of Zoology, University of Jammu. She welcomed all the guests, speakers, and participants from all over India and abroad from various Institutions and Universities, Colleges and Schools. She thanked the sponsor of the Brain Awareness Program, Department of Biotechnology - National Brain Research Centre (DBT-NBRC) and guests Prof. Pravat Mandal, Director, DBT-NBRC and Prof. Pankaj Seth, Coordinator, Brain Awareness Program, DBT-NBRC. She was delighted to introduce the reputed International and National speakers to the audience.

Prof. Pravat Kumar Mandal, Director, DBT-National Brain Research Centre, who is an expert in research of Alzheimer's disease diagnostics using non-invasive methods like MRS and MRI, gave an introductory note about the facilities and expertise of the Neuroscience Centre at Manesar. Prof. Mandal showed the road map of the Institute and how National Brain Research Centre is solely dedicated to basic and translational Neuroscience and heartily invited students and faculties from Jammu and all over India for research opportunities.

Prof. Pankaj Seth, Scientist G, Coordinator of Brain Awareness Program run under flagship of DBT-NBRC, who is an internationally reputed neurovirologist and works in the field of neuroAIDS. Research from his laboratory was in media for the significant contribution in understanding Zika in microcephaly in newborns, he shared mission and goals about the Brain Awareness Program. And many other outreach programs done by DBT-NBRC. Further, showed the map of India with various states where these programs of Brain Awareness held before, and appreciated the initiative taken for the first time in University of Jammu organized by Department of Zoology and proudly included J&K in the map for Brain Awareness Program.

A visionary keynote note address was delivered by Hon'ble Vice Chancellor Prof. Manoj K. Dhar, University of Jammu. Prof. Dhar shared his views on the importance of mental health and the need for such awareness programs especially play more important role during this Covid pandemic, which is contributing to added mental stress. Further, he showed his enthusiasm for creating Neuroscience as a specialized branch in University, and as its need of the hour amidst the growing mental illness. Prof. Dhar proposed the MoU with National Brain Research Centre, and it was promptly accepted by the director NBRC. Prof. M. K Dhar and Prof. P. Mandal agreed upon signing an MoU between University of Jammu and National Brain Research Centre for strengthening research and innovation at University of Jammu.

The highlights of the program were the world renowned international and national speakers, Prof. Mark P Mattson, Department of Neuroscience, John Hopkins University, Baltimore, Maryland, U. S. A., shared his seminal research work on effects of intermittent fasting on cognition which is also widely popular in Indian religious practices and mentioned in our ancient scriptures. Prof. Mattson is one of the highest cited scientists in the world with over 1 lakh 88 thousand citations and i10-index around 1000. He is considered one of the top scientists in his field in Neuroscience. Prof. Mattson emphasized on how brain health and cognitive abilities can be enhanced with simple changes in our lifestyle. His research has proven benefits of intermittent fasting at cellular and molecular level and beneficial effects on overall health and increasing longevity.

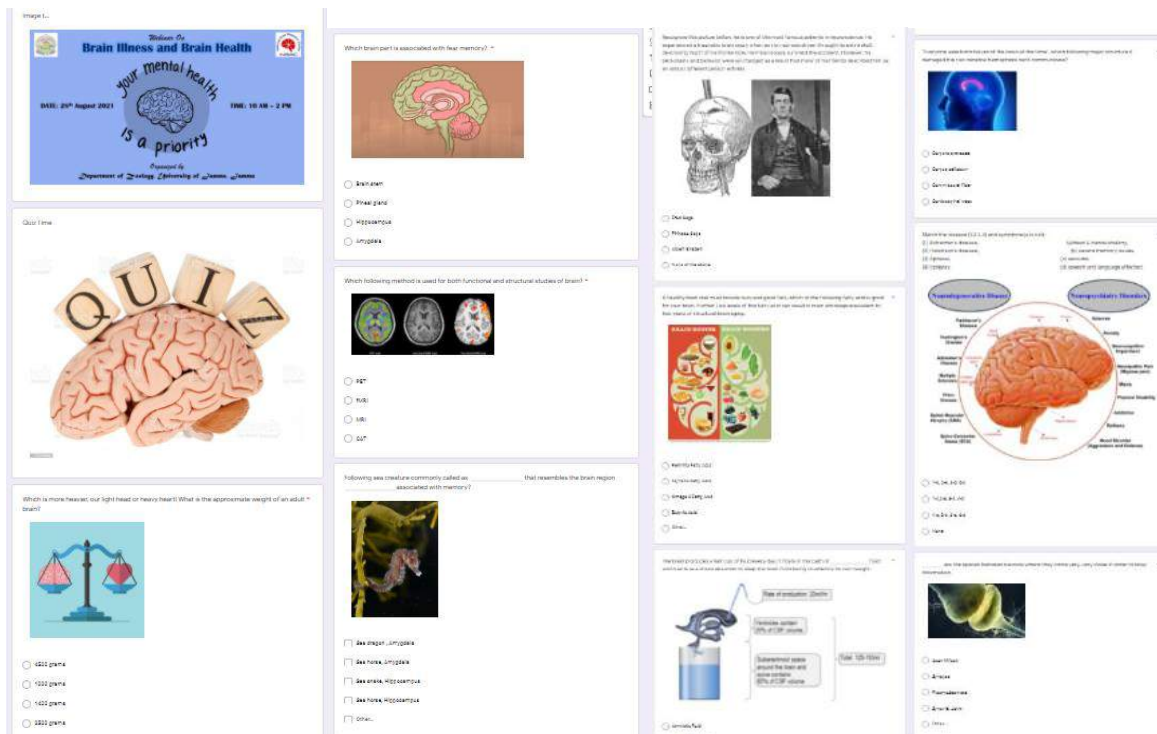
In the series of guest speakers, Dr. Rajesh Sagar, Professor, Department of Psychiatry, AIIMS New Delhi spoke about Mental health, stereotypes, and social stigma, and discussed about many community programs for mental health awareness nationally and internationally. He showed in his presentation the mental illness data due to Covid-19 and how the community should behave sensibly and combat mental stress during this tough time. Dr. Sagar has published more than 300 international and national peer reviewed papers, and many books. He is an awardee of prestigious Rashtriya Gaurav Samman and many more accolades. He is involved in many awareness programs with IASC, Indian Psychiatry Society and AIIMS.

Very famous Dr. Manu Arora, Head, Department of Psychiatry, Govt. Medical College Jammu, who is also past member of J&K Psychiatry Society, spoke regarding many mental illnesses and elaborated on Depression, a very important and sensitive topic to be considered under mental illness and mental health. He further sensitized the participants regarding brain health. He mentioned various types of depression and treatment methods used. Dr. Manu takes active part in many community-based programs for Psychiatric illnesses and is a popular speaker about this field of expertise.

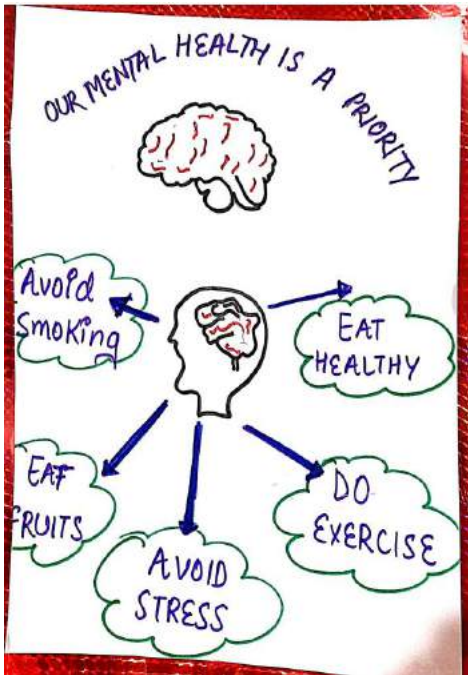
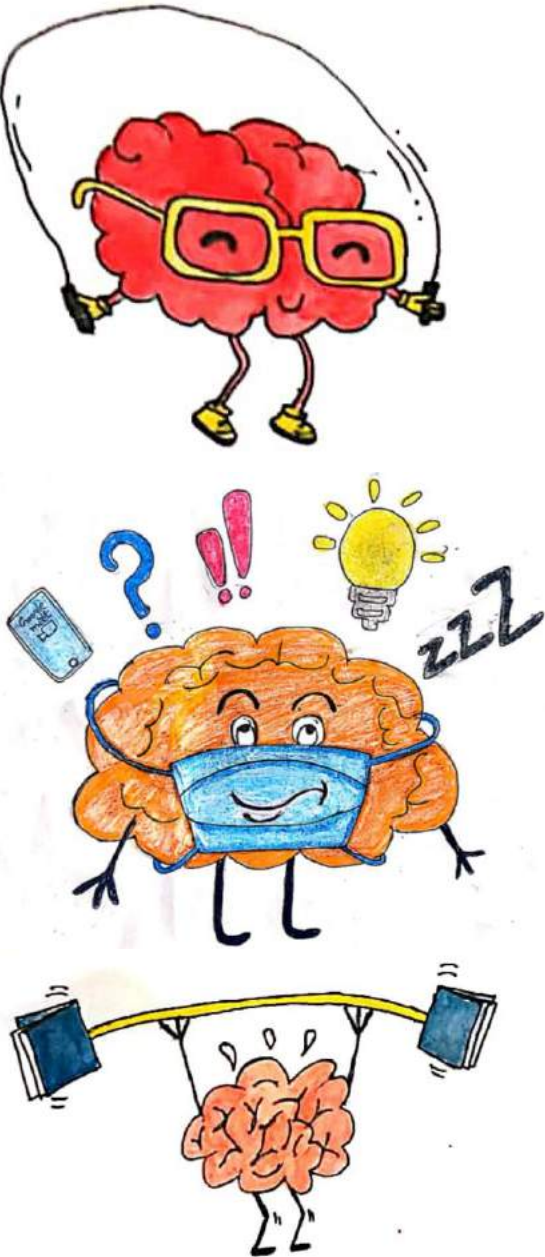
Vote of thanks was presented by Dr Arti Sharma, Senior Assistant Professor, Department of Zoology, JU. During Valedictory proceedings prizes won by the students in the various events conducted under Azadi ka Amrut Mahotsav (14,15 August) and Brain awareness program (28August) were also announced.

Students actively participated in various competitions on Rangoli, poster making, patriotic songs organized for celebrating Azadi Ka Amrut Mahotsav and, Brain Quiz and Creative Brain Artwork organized under Brain Awareness Program. This program was a success with positive

The Brain Awareness Program was a success with over 160 registrants and participants it was very well perceived and appreciated LinkedIn also by over 1500 and in Twitter also.



Creative Brain Art Entries by students



Snapshots from the Webinar

Zoom Meeting You are viewing Rajesh Sagar's screen View Options

Recording...



Mental health & its importance in COVID Pandemic

Dr Rajesh Sagar
Professor
Department of Psychiatry
AIIMS, New Delhi

Member, Central Mental Health Authority (Govt. of India)

Email: rsagar29@gmail.com



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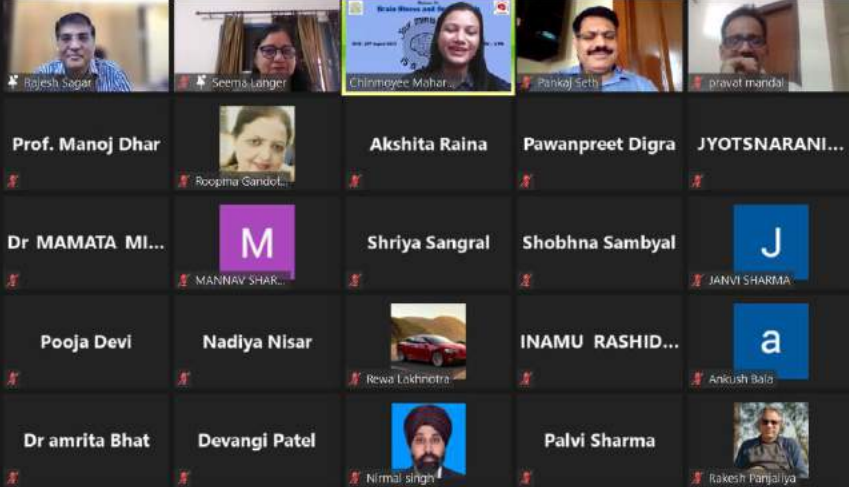
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Participants:

- Rajesh Sagar
- Prof. Manoj Dhar
- Pankaj Sethi
- Chinmayee Mah...

Zoom Meeting

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Media Coverage



NEWS DETAILS

JU organizes national webinar on brain illness

8/31/2021 10:43:21 PM

Early Times Report

JAMMU, Aug 31: The University of Jammu took a historic step in providing a platform for the new beginning of spreading mental health awareness through a newly launched program first of its kind in the University of Jammu were International, National, and State experts culminated on one platform along with various administrative stakeholders said Prof Manoj K Dhar, Vice-chancellor at a national webinar on Brain Illness and Brain Health under Brain Awareness Program organised by Department of Zoology, University of Jammu.

Prof. Dhar stressed the importance of mental health and the need for such awareness programs because this gets compounded by the stigma associated with mental illness and practical interventions within the community. Awareness plays a vital role especially during this Covid-19 pandemic and lockdown which is contributing to added mental stress. The statistics which are coming forth are worrisome leading us to staring at a possible mental health epidemic, said Vice-Chancellor.

Further, he urged for creating Neuroscience as a specialized branch in University and as its need of the hour amidst the growing mental illness. Prof. Dhar proposed the MoU with the National Brain Research Centre shall be very helpful in creating a platform for strengthening research and innovation which was readily accepted by Prof. P. Mandal, Director, NBRC.

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Prof Dhar Pitches for Neuroscience as a specialised branch in JU

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Jammu:

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Dept of Zoology, JU organizes National Webinar on Brain Illness and Brain Health

Gaurav Sharma

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Tuesday, August 31, 2021

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