



CAHO

Committed to Safer Healthcare

Diagnostic Dialogues

Uncovering Insights from Real World Cases

WORLD

MENTAL HEALTH DAY

2025



**ACCESS TO SERVICES – MENTAL HEALTH
IN CATASTROPHIES AND EMERGENCIES**

FRIDAY, 10TH OCTOBER 2025



+91-99715 75552



diagnostic@caho.in



www.caho.in

CHIEF-GUEST



DR GAURAV GUPTA

Senior Consultant,
Psychiatrist of the Indian Continent, Delhi NCR

SPEAKERS



MENTAL HEALTH MATTERS: FUNDAMENTALS FOR A HEALTHIER TOMORROW

DR SANKALP JAIN

Associate Consultant
Department of Psychiatry and Behaviour
Sciences
Sir Ganga Ram Hospital, New Delhi



HEALTHY MIND THROUGH YOGA AND MEDITATION

DR RAMESH CHANDRA

Senior Yoga & Life Style Consultant
With Centre For Holistic Medicine
Homeopathy & Ayurveda Sir
Ganga Ram Hospital



BUILDING A SOCIETY THAT CARES: INTERDISCIPLINARY PERSPECTIVES ON MENTAL HEALTH

MS PRIYAMVADA SINGH

Assistant Lecturer,
Jindal School of Public Health,
O. P. Jindal Global University, Sonipat



PREVENTION, PREPAREDNESS, AND RESILIENCE

DR ANJALI TYAGI

Associate Fellow, British Psychological
Society,
Currently Freelancing as a Therapist

MODERATORS



DR MAMTA KANKRA

Organizing Secretary, CAHO-CDE, DD
Senior Consultant, Department of Biochemistry,
Quality Manager, Clinical Laboratory Services,
Sir Ganga Ram Hospital, New Delhi



DR SEEMA BHARGAVA

Senior Consultant & Chairperson
Department of Biochemistry
Sir Ganga Ram Hospital, New Delhi

CAHO DIAGNOSTIC DIVISION



DR. APARNA JAIRAM
CHAIRPERSON



DR. R RAVIKUMAR
VICE CHAIRPERSON



DR. VINEETA KOTHARI
SECRETARY