



# Perinatal Mental Health

## A Short Course for Obstetricians

organised by

All-India Coordinating Committee RCOG - South Zone

Indian Psychiatric Society - Perinatal Psychiatry Task Force

2 ICOG points awarded for each session

# Part 1: Pre-Existing Mental Health Disorders

25<sup>th</sup> August, 2020 (Tuesday)

14:30 – 17:30

**Chairpersons:** Dr. Uma Ram & Dr. Georgy Joy Eratil

14:30 – 14:45	Importance of Mental Health in Obstetric practice
14:45 – 15:05	Screening tools for a busy OPD
15:05 – 15:35	Perinatal impact of common psychiatric disorders
15:35 – 16:20	Psychotropic medications: teratogenicity and beyond
16:20 – 16:50	Psychiatric emergencies: thinking on your feet
16:50 – 17:20	Discussion
17:20 – 17:30	Recap

# Part 2: Pregnancy-Specific Mental Health Issues

8<sup>th</sup> September, 2020 (Tuesday)

14:30 – 17:30

**Chairpersons:** Dr. Uma Ram & Dr. Chinmayee Ratha

14:30 – 15:00	Anxiety disorders
15:00 – 15:45	Postpartum depression
15:45 – 16:30	Sensitive handling of Perinatal grief & loss
16:30 – 17:00	Psych-social issues: interpersonal violence, substance misuse & COVID
17:00 – 17:10	Recap
17:10 – 17:30	Discussion & Concluding Remarks



**Dr. Uma Ram**

Chairperson, AICC RCOG – South Zone

AICC RCOG South Zone is happy to launch a short course on Perinatal Mental Health along with the Indian Psychiatry Society. This online program aims to build and reinforce knowledge on key practical aspects of mental health and wellbeing which is a vital part of pregnancy care. The course is accredited by ICOG and eligible for 2 for credit points per session. Each course will take 25 candidates.

Contact [chair@aicccogsz.com](mailto:chair@aicccogsz.com) for registrations and details.

# Psychiatry Faculty



**Dr. Prabha Chandra**

Professor of Psychiatry  
NIMHANS, Bangalore  
**Course Coordinator**



**Dr. Ashlesha Bagadia**

Perinatal Psychiatrist  
The Green Oak Initiative, Bangalore



**Dr. Sonia Parial**

Consultant & Director  
Dhanwantari Hospital, Raipur



**Dr. Shubhangi Dere**

Assistant Professor  
MGM Medical College  
Founder  
Swasti Mind Care Clinic, Navi Mumbai



**Dr. Sandip Deshpande**

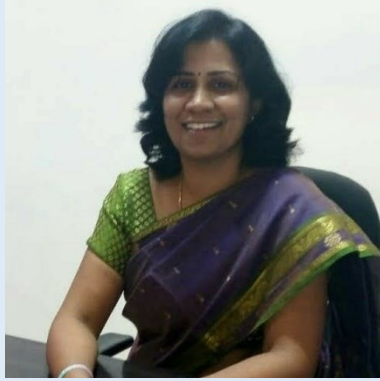
Consultant Psychiatrist, Sexual  
and relationship Therapist  
Bangalore

Supported by IPS President Dr. P. K. Dalal & Hon Secretary Dr. T. S. Rao

# Obstetric Faculty



**Dr. Lakshmi Shanmugasundaram**  
Senior Consultant  
Madras Medical Mission, Chennai  
*Course Coordinator*



**Dr. Madhushree Vijaykumar**  
Consultant  
Motherhood Hospitals, Bangalore



**Dr. Sendhil Coumary A.**  
Professor  
Mahatma Gandhi Medical College & RI, Sri  
Balaji Vidyapeeth University, Pondicherry



**Dr. Uma Mikkilineni**  
Consultant  
BirthRight by Rainbow Hospitals, Vijayawada



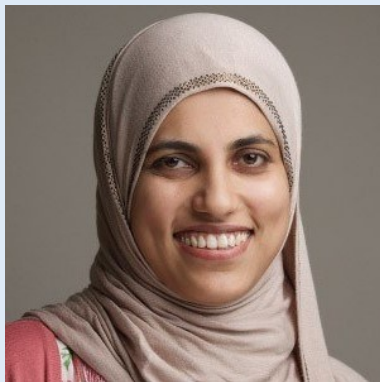
**Dr. S. Mayadevi Kurup**  
Senior Consultant  
Aster Medcity, Kochi



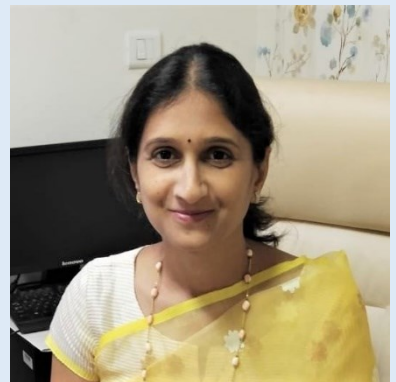
**Dr. Aruna Muralidhar**  
Associate Director & Senior  
Consultant  
Fortis La Femme Hospital, Bangalore



**Dr. Runa Benjamin**  
Consultant  
Seethapathi Clinic & Hospital, Chennai



**Dr. Shameema Anwarsadath**  
Senior Consultant  
Aster Medcity, Kochi



**Dr. Varalakshmi Nandyala**  
Consultant  
BirthRight by Rainbow Hospitals, Hyderabad