

October, 15 - 16th, 2016
Theme: Dignity in Mental Health:
Psychological and Mental Health First Aid for All
Venue: Jinnah Medical and Dental College
Dr. Zaki Hassan Hall, Shaheed-e-millat Road, Karachi

Day 1

Saturday 15th October 5:00 – 7:00 pm
Stress, Distress and Behaviour Change (Mental Health)

5:00 – 5:30	Welcome Tea	
5:30 – 5:45	Introduction: The Hidden Stressors	Prof. S. Haroon Ahmed
5:45 – 6:30	Today's Stressors and Mental Health	Mr. Amar Jaleel
6:30 – 7:00	Concluding Remarks and Discussion	Mr. Ghazi Salaudinn

Day 2

Sunday 10:30 Am – 2:30 PM
October 16th 2016
Jinnah Medical and Dental College

10:30 – 11:00	Welcome / Tea	
11:00 – 11:20	Introduction of Programme	Dr. Uzma Ambareen
11:20 – 11:40	Sindh Mental Health Act 2013: History, current status and way forward	Dr. Rubeena Kidwai
11:40 – 12:00	Issues of Implementation of Mental Health Law	Prof. Raza Ur Rehman
12:00 – 12:20	Sensitization / Introduction of SMHA 2013 to lawyers, physician and psychiatrist - a plan	Prof. Iqbal Afridi
12:20 – 12:40	Drink Break	
12:40 – 1:00	Dignity in Mental Health	Prof. Unaiza Niaz
1:00 – 1:20	Psychological and Mental Health First Aid	Dr. Saadia Qureshy
1:20 - 2:00	Panel Discussion	Co-ordinator Dr. Naim Siddiqi
2:00	Announcement and Vote of Thanks	Dr. Saima Qureshi