



SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH

SRI DEVARAJ URS MEDICAL COLLEGE

Tamaka, Kolar

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12% of people suffering from mental illness in country: N Kumar

KOLAR, DHNS

In the present times, people are giving importance to their physical well-being, but neglecting their mental health.

As much as 10% to 12% of people in the country are suffering from mental illness. Of them, one percent of people have a severe problem, 3% are in hospital, and 97% are outside, said High Court retired judge and Karnataka State Mental Health Authority Advisor N Kumar.

He noted this while speaking after inaugurating the 'Mental

Health Awareness Workshop' jointly organised by the State Mental Health Authority, State and District Legal Services Authorities, Health Department, and District Judicial Department at Devaraj Urs Medical College in the City on Saturday.

Kumar said, people hesitate to express themselves when there is a difference in their feelings, thoughts, and attitudes. They do not confess their mental problems before anyone thinking that society may look down upon and discriminate them.

If there are problems in physical health, one goes to

hospital and gets treated. Except for the person suffering from the disease, no one else is affected by it. However, if the mental patient does not get proper treatment, the whole family will suffer from mental illness. Thus, there is a huge responsibility on the educated and official class to create awareness among the public, he noted.

He said, mentally unstable people should be treated at affordable rates. They should be respected without any discrimination. All the benefits given to physical patients should also be provided to mental patients.

In the present times, the responsibility of the police has increased. Health, Law, Police, and Medical Education Departments should work together in organising mental health-related awareness workshops regularly, he advised.

Zilla Panchayat Chief Executive Officer Ukesh Kumar said, despite having everything, people are searching for peace, as living is getting complicated.

Government employees are in close proximity to the public. However, they too face various challenges like stress and family issues. And these days, people's expectations are also high. Hence, workshops will be conducted for senior officers and staff, he added.

District Principal & Sessions Judge Shuklaksha Palan said, "along with physical health, mental health also plays a very important role in our lives. It is difficult to find a 100% mentally healthy person. And people with mental illness do not confess to their problems, the judge added.

Superintendent of Police M Narayan, State Legal Services Authority Member-Secretary Jayashankar, District Legal Services Authority Member-Secretary Sunil Hosmani, State Mental Health Authority Deputy Director P Rajani, lawyers, officers, and police personnel were present.



Officials of various departments, lawyers, and police personnel take part in 'Mental Health Awareness Workshop' jointly organised by the State Mental Health Authority, State and District Legal Services Authorities, Health Department, and District Judicial Department at Devaraj Urs Medical College in Kolar on Saturday. DH PHOTO

ಅರಸು ಕಾಲೇಜಿನಲ್ಲಿ ಸಂಶೋಧನೆ

ವ್ಯವಸಾಯದಲ್ಲಿ ಫ್ಲೋರೈಡ್‌ನ ದುಷ್ಪರಿಣಾಮ ತಡೆ ಮತ್ತು ನಿಯಂತ್ರಣಕ್ಕಾಗಿ ಕೋಲಾರದ ಶ್ರೀದೇವರಾಜ ಅರಸು ವೈದ್ಯಕೀಯ ವಿದ್ಯಾಲಯದಲ್ಲಿ ಜೀವ ರಸಾಯನಶಾಸ್ತ್ರದ ಪ್ರಾಧ್ಯಾಪಕರ ತಂಡವು ಅಧ್ಯಯನ ನಡೆಸುತ್ತಿದೆ.

ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಡಾ.ಕೆ.ಎನ್.ಶಶಿಧರ್, ಡಾ.ಯು.ಮುನಿಲಕ್ಷ್ಮಿ, ಡಾ.ಆರ್.ಸಾಯಿದೀಪಿಕಾ ಮತ್ತು ಎ.ಎನ್.ಇಂದುಮತಿ ಅವರನ್ನು ಒಳಗೊಂಡು ತಂಡವು ಪ್ರಾಯೋಗಿಕ ಅಧ್ಯಯನದ ಮೂಲಕ ಸಾರ್ವಜನಿಕರಲ್ಲಿ ಫ್ಲೋರೋಸಿಸ್ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸಿ ಈ ಅಸ್ವಸ್ಥತೆಯನ್ನು ಪೂರ್ಣವಾಗಿ ನಿರ್ಮೂಲನೆ ಮಾಡಲು ಶ್ರಮಿಸುತ್ತಿದೆ.

ನೀರು, ಹಾಲು, ಆಹಾರ ಪದಾರ್ಥ ಹಾಗೂ ಇತರೆ ಜೈವಿಕ ಮಾದರಿಗಳಲ್ಲಿ ಫ್ಲೋರೈಡ್‌ನ್ನು ಕಂಡು ಹಿಡಿದು ಅದರಿಂದಾಗುವ ದುಷ್ಪರಿಣಾಮಗಳ ಬಗ್ಗೆ ಸಂಶೋಧನೆ ನಡೆಸುತ್ತಿದೆ.

ಈ ಕುರಿತು ಅಧಿಕ ಮಾಹಿತಿಗಾಗಿ ಯೂಟ್ಯೂಬ್ ಚಾನೆಲ್ ಫ್ಲೋರೋಸಿಸ್ ರೀಸರ್ಚ್ ಮತ್ತು ರೆಫರಲ್ ಲ್ಯಾಬೋರೇಟರಿ ಸಬ್‌ಸೈಟ್ ಮಾಡಿ ತಿಳಿಯಬಹುದು ಅಥವಾ ಮೊಬೈಲ್ 9845248742 ಸಂಖ್ಯೆಯನ್ನು ಸಂಪರ್ಕಿಸಬಹುದು.