



FATHER MULLER MEDICAL COLLEGE

(A unit of Father Muller Charitable Institutions)
Fr Muller Road, Kankanady, Mangaluru - 575002
RCI & UGC Recognised



Cordially invites you to the

CME – DU CALME–2024

An update on “STRESS - SENSITIZATION AND MANAGEMENT”

Organised by

Department of Anatomy

On 9th March 2024

Venue : DECENNIAL MEMORIAL HALL
FMMC CAMPUS, MANGALURU

Patrons

Rev. Fr Richard Aloysius Coelho
Director, FMCI

Rev. Fr Ajith B Menezes
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Dr Neha Samapriya

Dear Delegates,

It is our pleasure to welcome you to our CME- DU CALME-2024 on 9th March 2024 at Father Muller Medical College. The event focuses on creating an awareness about the increased prevalence of stress-related issues in health care professionals across the globe especially India. Lifestyle modifications with a balanced approach and regular physical exercise is the cornerstone in the management of stress.

The speakers represent a wide array of experts in their field. We cordially invite you and your team to be a part of our CME program.

BANK DETAILS

NAME OF THE BANK : **CANARA BANK**
NAME OF THE : **FATHER MULLER CHARITABLE**
ACCOUNT HOLDER : **INSTITUTIONS**
ACCOUNT NUMBER : **02393070000017**
IFSC CODE : **CNRB0010239**
BRANCH : **FMCI KANKANADY, MANGALORE**
UPI ID : **02393070000017@CNRB**

Scan for CME Registration



Registration Fee : 200/-

Registration Link: <https://forms.gle/jGmBb6huM1xDufeH6>

Last date of registration: 06/03/2024

PROGRAMME SCHEDULE (OFFLINE MODE)	
TIME	SESSIONS
8.30 AM :Registration& Early Networking	
09:00 AM - 9.20 AM Session I	<ul style="list-style-type: none">➤ Title : "A spark for 'Needs Assessment and Awareness' towards effective stress management"➤ Speaker: Dr. Latha V Prabhu, Professor, Department of Anatomy, KMC, Mangalore.➤ GIST: Need to know 'Stress is roommate'.
9.25 AM - 9.45 AM Expert Talk Session II	<ul style="list-style-type: none">➤ Title: Coping Stress and Time Management➤ Speaker: Dr. Supriya Hegde, Professor & H.O.D, Department of Psychiatry, Fr. Muller Medical College Hospital, Kankanady, Mangalore➤ GIST: We all have 24 hrs in a day.
9:45 AM-10:20 AM: Inaugural Session	
10.20 AM - 10.45 AM - TEA BREAK	
10.45AM-11.15 AM Session III	<ul style="list-style-type: none">➤ Title: Myocardial Ischemia During Mental Stress: Role of Coronary Artery Disease & burden in young adults➤ Speaker: Dr.Subramanyam K, Professor, Department of Cardiology, Srinivas Medical College and Research Center, Mukka- Suratkal, Mangalore.➤ GIST: Understand your weeping heart
11.20 AM to 11.40 AM Session IV	<ul style="list-style-type: none">➤ Title: Foods that help tame stress: A Two-Way Street➤ Speaker: Mrs.Sandis Joseph, Dietician, Dietary Department, Fr. Muller Medical College, Kankanady, Mangalore➤ GIST: Avoid yummy to avoid gloomy
11.40 AM to12.20 AM Session V- Expert Talk with Live demonstrations	<ul style="list-style-type: none">➤ Title: Stress Management as an Adjunct to Physical Therapy➤ Speaker: Prof. Cherishma DSilva, Principal, Fr. Muller College of Physiotherapy, Kankanady, Mangalore.➤ GIST: Work-out to cope up
12:20 PM-12:30 PM : Closing Remarks	

FOR ANY QUERIES PLEASE CONTACT : 8075789347/9995661906

Email address: ducalme2024@gmail.com



DEPARTMENT OF ANATOMY FATHER MULLER MEDICAL COLLEGE



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*Cordially invites you to
the inaugural program of the*

CME – DU CALME–2024

*An update on
“STRESS - SENSITIZATION AND MANAGEMENT”*

On 9th MARCH at 9.45 am

Venue: DECENNIAL MEMORIAL HALL

CHIEF GUEST

DR. LATHA V. PRABHU

Professor

Department of Anatomy,
Kasturba Medical College, Mangaluru

President

REV. FR RICHARD ALOYSIUS COELHO

Director, FMCI

Rev. Fr Ajith B Menezes
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Organising Chairperson

Dr. Divia Paul A.
Organising Secretary

PROGRAMME SCHEDULE

- **Prayer Song**
- **Welcome address**
- **Lighting of the Lamp**
- **Message by the Chief Guest**
- **Presidential Address**
- **Vote of Thanks**
- **Institutional Anthem**