

REPORT ON

NATIONAL LEVEL CONTINUING REHABILITATION EDUCATION (CRE)

**COMPOSITE REGIONAL CENTRE FOR SKILL DEVELOPMENT,
REHABILITATION & EMPOWERMENT OF PERSONS WITH DISABILITIES (CRC),
PATNA**

(Under the administrative control of NILD, Kolkata)

**Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and
Empowerment, Government of India**

Proposal ID: CRE-26091617428901

RCI Approved National Level CRE Programme |

Date: 12-10-2026

**Programme Theme: "Mental Health Matters: Promoting Psychological Well-being Across
Diverse Settings"**

**Coordinator: Dr. Anil Kumar, Director I/c and Assistant Professor, Clinical Psychology,
CRC Patna (A12243)**

Session 1: Addiction and Mental Well-Being: From Awareness to Recovery

Dr. Gauri Shanker Kaloiya (Professor, Department of Clinical Psychology, AIIMS, Delhi | CRR No: A01630 | Timing: 10:00 AM - 11:00 AM)

In the inaugural session, Dr. Gauri Shanker Kaloiya expertly elucidated the deep interconnectedness between substance abuse disorders and psychological deterioration. He systematically broke down the clinical pathway from initial behavioral awareness to long-term rehabilitation, detailing evidence-based interventions for addiction. His explanation highlighted how cognitive behavioral strategies and structured support systems can seamlessly bridge the gap between initial clinical assessment and sustainable patient recovery.

Session 2: Family and Mental Health: Building Supportive and Resilient Families

Dr. Naveen Grover (Assistant Professor & Head, Centre for Psychotherapy, IHBAS, New Delhi | CRR No: A53399 | Timing: 11:00 AM - 12:00 PM)

Dr. Naveen Grover delivered a profound analysis of familial dynamics and their direct impact on individual psychological health. He comprehensively explained the systemic nature of families, demonstrating how structural resilience acts as a primary buffer against acute emotional stress. Through practical therapeutic paradigms, he illustrated how open communication, boundary setting, and proactive emotional validation can cultivate an environment that fosters long-term mental well-being.

Session 3: Workplace Well-Being: Addressing Stress, Burnout and Mental Health Challenges

Dr. Ravindra Balivara (Psychologist, Hyderabad | CRR No: A18913 | Timing: 12:00 PM - 01:00 PM)

Addressing contemporary professional hurdles, Dr. Ravindra Balivara provided a highly actionable breakdown of systemic occupational distress. He effectively isolated the root causes of professional burnout, differentiating between temporary work fatigue and chronic mental exhaustion. His discussion focused heavily on organizational strategies, ergonomic mental health practices, and individual coping mechanisms essential for sustaining high-level productivity without compromising psychological health.

Session 4: Mental Health and Disability-Wellbeing among Parents/Caregiver

Ms. Kirtisudha (Rehabilitation Psychologist, President ARPI, Bangalore | CRR No: A33420 | Timing: 01:00 PM - 02:00 PM)

Ms. Kirtisudha provided a highly empathetic yet clinical evaluation of the unique psychological burdens borne by families of persons with disabilities. She comprehensively addressed the concept of "caregiver burnout," emphasizing that the mental health of a parent directly correlates with the rehabilitation trajectory of the individual. Her session detailed vital coping frameworks, community peer-support systems, and self-care techniques necessary to sustain caregiver resilience over long periods.

Session 5: Promoting Mental Health, Resilience and Wellbeing Among College Students

Dr. Hardeep Lal Joshi (Professor and Head, Department of Psychology, Kurukshetra University, Kurukshetra | CRR No: A11888 | Timing: 02:00 PM - 03:00 PM)

Focusing on transitional youth, Dr. Hardeep Lal Joshi expertly mapped out the modern academic and social stressors facing young adults today. He outlined how academic institutions can establish robust peer-support networks and early intervention systems to identify students at risk. By highlighting the development of psychological capital—such as optimism, self-efficacy, and determination—he provided clear steps to build resilience within highly competitive environments.

Session 6: Application of Neurosciences to Improve Mental Well-Being

Dr. VKS Gautam (Asst Professor, Department of Neurosurgery, IHBAS, New Delhi | CRR No: NA | Timing: 03:00 PM - 04:00 PM)

Concluding the program, Dr. VKS Gautam seamlessly bridged the gap between organic neurology and functional mental well-being. He clearly explained the concept of neuroplasticity, proving that targeted cognitive exercises and behavioral modifications can physically re-engineer brain pathways to manage stress and anxiety. His presentation simplified intricate neurosurgical and neuroscientific principles into daily, actionable habits that promote long-term cognitive and emotional health.

Photos of CRE

The screenshot shows a Google Meet interface. The main window displays a presentation slide titled "Illustration-1". The slide content is as follows:

Scenario: An office proposes procurement of specialised equipment. The specifications are unusually detailed and appear to match the product of one particular supplier. Only one bidder qualifies. The procurement committee records that "only one firm meets the specifications."

Red flags:

- Overly restrictive specifications
- Possible favouring of a particular vendor
- Lack of adequate market assessment
- Limited competition
- Weak justification for technical requirements

Discussion questions:

- What are the preventive-vigilance concerns?
- Who should review the specifications?
- What documents should be available on file?
- How could the process have been made more competitive?

Preventive measures:

- ✓ Independent review of specifications
- ✓ Proper market survey
- ✓ Functional rather than brand-specific specifications
- ✓ Adequate competition and reasoned documentation.

The right side of the screen shows a grid of participants: Alendra Tripathi (Presenting), NILD RC-AIZAWL, CRC SIKKIM, REGIONAL CENTRE NAHAR..., and Dr. Anil Kumar.

The screenshot shows a Zoom meeting interface. The main window displays a grid of participants: GS Kaloiya, RCI04, Keertisudha, and Lalit Narayan. Below the grid, there is a toolbar with buttons for Mute, Stop video, Share, AI Assistant, Raise, and a red X button.

The right side of the screen shows a chat window with the following messages:

- Everyone Direct
- Messages to everyone will be saved after the webinar.
- priyanka maruti... Unverified 10:18 AM
- Voice is very low
- Aishwarya H to Unverified 10:18 AM
- Anyone pls share WhatsApp group link here
- Rajni Unverified 10:18 AM
- Rajni CRR - B114382
- Fatima Begum Unverified 10:18 AM
- Yes sirr
- KALYANEE M... @gmail.com 10:18 AM
- Yes sir
- Deepika Sharma Unverified 10:18 AM
- Yes sir
- Annu Unverified 10:18 AM
- Yes sir
- Madhu Patel @gmail.com 10:18 AM
- Yes sir
- Sirshapotteti Unverified 10:18 AM
- Good morning A33398 Sirshapotteti
- Meghna agarwal Unverified 10:18 AM
- Yes sir

The bottom of the screen shows a taskbar with various application icons and a system clock indicating 10:21 AM on 10/12/2026.

CRE-26091617428901 Mental Health Matters: Promoting Psychological Well-being across diverse settings Webinar Info

GS Kaloiya RCI04 Keertisudha Lalit Narayan

Viewing GS Kaloiya's shared content

100%

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rcidspend.webcam

Index (17 unread) - gkaloia@yahoo.com - Yahoo Mail

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GS Kaloiya Unverified RCI04

Mon 12 Oct 10:21

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32:12

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Fatima Begum Unverified 10:18 AM

Yes sirr

KALYANEE M... @gmail.com 10:18 AM

Yes sir

Deepika Sharma Unverified 10:18 AM

Yes sir

Annu Unverified 10:18 AM

Yes sir

Madhu Patel @gmail.com 10:18 AM

Yes sir

Sirishapotteti Unverified 10:18 AM

Good morning A33398

Sirishapotteti

Meghna agarwal Unverified 10:18 AM

Yes sir

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Write a message to everyone

Participants Chat

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GS Kaloiya RCI04 Keertisudha Lalit Narayan

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KALYANEE M... @gmail.com 10:21 AM

Good morning sir

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Webinar Info

36:56

RCI04

Keertisudi

KALYANEE MOHANTA: Yes sir

Fatima Begum: Yes sir

Viewing GS Kaloilya's shared content

Addiction & Mental Well-Being: From Awareness to Recovery

Dr. GS Kaloilya
Prof. of Clinical Psychology
National Drug Dependence Treatment Centre
AIIMS

S Ameer Pasha

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02:06:47

RCI04

Lalit Narayan

Chat

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ANO B55587

Tanu Dabas Unverified 11:37 AM

Tanu B109599

HEMANT MEENA Unverified 11:38 AM

RAJU KUMAR Unverified 11:39 AM

RAJU KUMAR CRR NO- B100963

Vishal Singh @gmail.com 11:39 AM

VS B105437

You 11:40 AM

True sir

Muskan Gupta Unverified 11:54 AM

Thank you sir

RAHUL SINGH @gmail.com 11:54 AM

Good afternoon sir

Fatima Begum Unverified 11:54 AM

Thank you so much sir

Bineeta Naag @gmail.com 11:55 AM

Thank you sir

Madhu Patel @gmail.com 11:55 AM

Thank u so much sir

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Participants Chat

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CRE-26091617428901 Mental Health Matters: Promoting Psychological Well-being across diverse settings Webinar Info 02:12:03

RCI04 Lalit Narayan

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Anil Kumar gmail.com Dr. Ravindra External Lalit Narayan Unverified RCI04

Viewing Keertisudha's shared content 100%

CRE Session

Mental Health & Wellbeing of Parents and Caregivers of Persons with Disabilities

Keertisudha Rajput
Rehabilitation Psychologist,
CEO, Kaizen Institute (MH&DR)
President, AOPF
Psychologist, CCG, SPNWCCL, RC, Bengaluru
18-10-2024

Keertisudha Unverified

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Muskan Gupta Unverified 1:27 PM
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Ys mam

Fatima Begum Unverified 1:27 PM
Mental illness

Raj Sonu gmail.com 1:28 PM
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Prachi Unverified 1:28 PM
Who are different abled are called special

Madhu Patel gmail.com 1:28 PM
Mental illness

Who are Parents and Caregiver

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Anil Kumar
gmail.com

Dr. Ravindra
gmail.com

RC104

Dr VKS Gautam
Unverified

Viewing Dr. Hardeep Lal Joshi, K U Ku... 100%

- Some individuals naturally have greater resilience than others
- Resilience is a skill, everyone can learn it and cultivate it.
- It just takes some encouragement and explanations to start with (which you can provide as a trainer or coach) and then some time and practice to develop resilience on a daily basis.

Dr. Hardeep Lal Joshi, K U Kurukshetra • Unverified

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Thankyou mam

Dhar... New messages 2:22 PM
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Fatima Begum Unverified 2:23 PM
No

Madhu Patel gmail.com 2:24 PM
No Sir

Madhu Patel gmail.com 2:25 PM
Good afternoon sir

veethika kapur Unverified 2:25 PM
Can hardly hear

With loudest volume setting

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HEMANT MEENA Unverified 2:44 PM

Write a message to CRE-26091617428901
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CRE-26091617428901 Mental Health Matters: Promoting Psychological Well-being across diverse settings

Dr. Anil Kumar, CRC Patna
gmail.com

Dr VKS Gautam
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Viewing Dr VKS Gautam's shared content 100%

Avoid self beating, unnecessary guilt, remain defiant to unnecessary criticism
Be your own cheerleader

BULLETPROOF MINDSET

ACT UNBREAKABLE

Participants (197)

Invite panelist

Panelists (4)

Dr. Anil Kumar, CRC Patna
Host, me gmail.com

Dr VKS Gautam
Presenter Unverified

Dr. Ravindra
gmail.com

Lalit Narayan
Unverified

Attendees (193) View all

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Mute Panelists Unmute Panelists