

**Report  
On  
“Health Awareness Session:  
Depression:  
What you need to Know?”**

**Held on 17<sup>th</sup> October 2017**

**Organized by  
NSS Wing in Association with Internal Quality Assurance  
Cell, RITE, Odisha**

**Principal  
Radhakrishna Institute of Technology  
and Engineering, Bhubaneswar**

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## Background:

### What is depression?

Everyone feels sad or low sometimes, but these feelings usually pass with a little time. Depression (also called major depressive disorder or clinical depression) is different. It can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. It is an illness that can affect anyone—regardless of age, race, income, culture, or education. Research suggests that genetic, biological, environmental, and psychological factors play a role in depression.

Depression may occur with other mental disorders and other illnesses, such as diabetes, cancer, heart disease, and chronic pain. Depression can make these conditions worse, and vice versa. Sometimes medications taken for these illnesses cause side effects that contribute to depression symptoms.

### What are the signs and symptoms of depression?

Common symptoms of depression include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies or activities
- Decreased energy, fatigue, or being “slowed down”
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early morning awakening, or oversleeping
- Changes in appetite or unplanned weight changes
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and that do not ease even with treatment
- **Suicide attempts or thoughts of death or suicide**

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## Notice:

Radhakrishna Institute of Technology & Engineering, Bhubaneswar  
(BPUT affiliated, AICTE approved & NAAC accredited)



REF. NO. RITE/2017-18/245(A)

DATE: 17.10.2017

### NOTICE

Sub: - Expert talk on "Depression: What you need to know?"

On the eve of World Anger Day, Radhakrishna Institute of Technology is going to organize an expert talk on, "Depression: What you need to know?" as per the following details. All students and staff members are required to attend the program without fail.

Resource Person: Dr. Aditya Kantha Arjya, Retired Medical Officer (AYU.)

Date: 17<sup>th</sup> October 2017

Time: 02:00 PM -04:00 PM


Venue: Seminar Hall



ASST. DIRECTOR

Copy to: Dean Academics/All HODs/NRS, Principal  
Radhakrishna Institute of Technology  
and Engineering, Bhubaneswar

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**Brochure of the Event:**



A Session with  
**Dr. Aditya Kantha Arjya**  
Retired Medical Officer (AYU.)  
on

**"Depression : What you need to know?"**

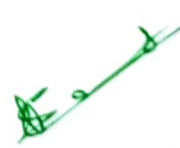
Organized by  
NSS wing in association with IQAC

**Venue: Seminar Hall**

**Date: 17<sup>th</sup> October 2017**  
**Time: 02.00 PM - 04.00PM**

**Objective**

To aware the audience regarding Depression and what we need to know?



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## Schedule of the Event

Time	Event
2.00 PM-2.10 PM	Inaugural ceremony
2.10 PM -2.20 PM	Introductory speech by Prof. Bimal Ranjan Pattanayak, Dept of Mechanical Engineering, RITE
2.20 PM-03.20 PM	Talk delivered on "Depression: What you need to know?" by the Dr. Aditya Kantha Arjya.
3.20 pm-3.30pm	Vote of thanks & felicitation by honorable Director, RITE.

### About the Resource Person:

**Dr. Aditya Kantha Arjya , Retired Medical Officer (AYU.)**

### Target Audience:

- Students of RITE
- DDU-GKY Members
- All the teaching and non-teaching staffs of RITE

  
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**Dr. Aditya Kantha Arjya**

(Chikitsaka Ratna) B.A., B.A.M.S.  
Retired Medical Officer (AYU.)



Regd. No.: 2594

SENIOR AYURVEDIC CONSULTANT FOR ALL DISEASES

Mob. : 94375 34414 (W), 86587 74614

Date: 17.10.2017


The Principal

Radhakrishna Institute of Technology and Engineering

Khurda, Bhubaneswar, Odisha

It is the call of a time to start thinking over building a healthy mind set to execute a certain set of desirable tasks to have a stress-free life. It's my pleasure that I have given a talk on "Depression: What you need to know?" on dated 17<sup>th</sup> October 2017. Inculcated within the set daily schedule. On this very note, it provides me immense pleasure to make it comfortable to the RITEians so that they can have a brief idea about depression and how to identify its symptoms. Wishing RITE family all the very best towards happy and healthy times ahead.

  
Principal  
Radhakrishna Institute of Technology  
and Engineering, Bhubaneswar

  
Dr. Aditya Kantha Arjya  
Regd. No. 2594 B.A.M.S. (S.U)  
Retired Medical Officer (Ayu.)

Dr. Aditya Kantha Arjya

**KUSHAL AYURVED BHAWAN**

N.A.C. CHHAKA, KARANJIA, DIST.- MAYURBHANJ, PIN - 757 037

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