

WORLD DEPRESSION CONGRESS

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Prerna Kohli

Kohli Clinic, India

Demystifying depression

Depression is the epidemic of the century. Across the world the statistics are alarming. In India the statistics are distressing: A student commits suicide every hour in India Every 3 seconds there is an attempted suicide in India 22.4% of the Indian population above the age of 18 years in age suffer from substance use disorder Over 56.7 million people in India suffer from Depression, approximately the population of the United Kingdom Only 0.06% of the healthcare budget in India is spent on Mental Healthcare There is a severe shortage of specialists in India, there are only 4000 psychiatrists, 3500 psychologists, and 3500 mental health social workers While 150 million Indians need mental health care, only 30 million are seeking care. Based upon.

Biography

Prerna Kohli is a clinical psychologist who believes in the practice of holistic mental health to treat her patients. She has been awarded the 100 women Achievers Award by the Honorable President of India, Sheri Pranab Mukherjee. Kohli offers heart-based workshops and lectures on preserving balance in life, creating self-awareness, and developing inner peace. Kohli blends intuitive wisdom with 21 years of experience to create a powerful holistic approach while specializing in the area of emotional change. She holds a Ph.D. in clinical psychology that she received at Aligarh Muslim University, Aligarh, India. Kohli has used her degree not only in her private practice but also to help guide multinational companies to create happy and productive work environments. Kohli loves to dedicate her time to help eradicate social issues. She has worked with NGOs such as Nav Jyoti, Khushii, Amar Jyoti and is currently a member of the Vishaka committees against women's sexual harassment in organizations such as Press Bureau of Information. She has also been working with Tihar Jail inmates in to teach them life skills and is a member of their POSH committee. A mother of two, Kohli believes that a necessary trait is compassion and tries to inculcate this trait not only in her children but also her patients. As she believes compassion helps alleviate emotional pain from both the givers and receivers life. In April 2017, Kohli was the Director of Scientific Sessions for the World Health Global Action Summit held under the aegis of the WHO. The theme was Depression.

prernakohli5@gmail.com