

WDC HEALTH ORIENTED PROGRAM

“Behind the White Coat: Staying Mentally Well While Caring for Everyone Else”

A PRACTICAL CONVERSATION ABOUT STRESS, BOUNDARIES,
RELATIONSHIPS, GUILT AND FINDING YOURSELF AGAIN.



SPEAKER



Dr. Aswin Krishnan Ajit

Director and Consultant Psychiatrist at
Dhanya Doctors Chamber, Cochin
and DDC SPARKS, Alappuzha.



24/09/2026
(Thursday)



Carreo business
centre,
Panampilly Nagar



**7.00pm -
8.00pm**

President: Dr.Meera Gopalakrishnan
Hon.Secretary: Dr.Vivek Narayan
Hon.Treasurer: Dr.Subramaniam R



WDC Representatives :
Dr.Parvathy T.Ajai
Dr.Lakshmipriya J