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**National Health Systems Resource Centre**

राष्ट्रीय स्वास्थ्य प्रणाली संसाधन केंद्र  
Ministry of Health and Family Welfare  
Government of India

L.No. – NHSRC/12-13/QI/01/LS

Date: May 14, 2025

**Subject: Online Lecture Series on Standard Treatment Guidelines**

*Dear ma'am / Sir,*

Mental disorders are defined as clinically significant disturbance in an individual's cognition, emotional regulation, or behaviour. It is usually associated with distress or impairment in important areas of functioning. Common Mental Disorders (CMDs) refer to a group of mental health conditions that are frequently seen in the general population and are typically characterized by symptoms that affect mood, thinking, and behaviour.

Although most people are resilient, people who are exposed to adverse circumstances – including poverty, violence, disability, and inequality – are at higher risk. Common Mental Disorders often result from a combination of **biological, psychological, and social factors**. These causes interact in complex ways and can vary from person to person.

According to WHO, in 2019, 1 in every 8 people, or 970 million people around the world were living with a mental disorder with Anxiety (301 million) and Depression (280 million) being most common. CMDs contribute significantly to the **global burden of disease**—more than **15%** of years lived with disability.

Mental health conditions and substance use problems often exist **side by side**, a phenomenon known as **comorbidity**. Common Mental Disorders (CMDs) are bidirectionally linked with alcoholism, drug addiction, and other forms of substance use disorders (SUDs). Recent studies report that **9.4%** of the Indian population consumes alcohol, with a higher prevalence among males (16.8%) compared to females (1.3%). As per an article in ResearchGate, approximately 5% of the Indian population suffers from alcohol use disorders, indicating problematic drinking patterns. According to United Nations Office on Drugs and Crime (UNODC) World Drug Report 2024, approximately **64 million people worldwide** suffer from drug use disorders, yet only **1 in 11** receive treatment. The report also highlighted that the number of people using drugs reached 292 million in 2022, a 20 percent increase over the past decade.

Therefore, to focus on this common but crucial healthcare problem, the next sessions are on **"Management of Common Mental Disorders"** by Dr Bhavuk Garg, Associate Professor, Department of Psychiatry, Lady Hardinge Medical College, New Delhi, **"Early interventions of Alcoholism, Drug Addiction and Substance Abuse"** by Dr Tanmay Joshi, Assistant Professor, Department of Psychiatry, AIIMS Bhopal and **"Profile of medicines used in Psychiatric disorders"** by **Dr Sangeeta Sharma**, Professor, Neuropsychopharmacology, IHBAS and President – DSPRUD respectively. The registration for the webinar would commence at 15:00 hours on the same day.

You are requested to disseminate the information to all public healthcare facilities and available clinicians and nursing professionals may be encouraged to join the webinar. Agenda of the session is placed at **Annexure 'A'**.

Webex link and QR code to register for the next online lecture is given below –

<https://nhsrc-india.webex.com/weblink/register/rc641fb6d45e0b46500f18a4b120d17b8>

Date: 17.05.2025

Time: 3:00 PM to 5:30 PM



*nam nand,*

Yours Sincerely

A handwritten signature in blue ink, appearing to read 'Atul Kotwal', with a stylized flourish at the end.

Maj Gen (Prof) Atul Kotwal

To,

ACS | PS | Secretary Health – All States & UTs

Copy:

- Mission Director NHM - All States & UTs