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Report

On

WORLD MENTAL HEALTH WEEK CELEBRATION

1 OCT- 10 OCT, 2022

Event: MENTAL HEALTH DAY'2022 Celebration

- 1. Organized by: Name of the Department:** Department of Clinical Psychology & Psychiatry
- 2. Program Title:** World Mental Health Day
- 3. Date & Time:** 10/10/2022, 9.30A.M. - 2.30 P.M.
- 4. Venue:** Lecture Theatre, Second Floor, Santosh Medical Hospital, Ghaziabad
- 5. Duration:** 4 hours





World Mental Health Day is an International Day for Global Mental Health Education, Awareness And Advocacy Against Social Stigma. It was first celebrated in **1992** at the initiative of the **World Federation for Mental Health, a global mental health organization**. The theme of the world mental health day of this year was **“MAKE MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY”**. The **Department Of Clinical Psychology & Psychiatry Of Santosh Deemed To Be University** celebrated the **World Mental Health Day** from **1st Oct to 10th Oct’2022** with various activities to disseminate the awareness of making mental health a priority.

The celebration included activities like:

1. Drawing Competition Of The Special Need Children,
2. Family Psycho-Educative Interactive Session,
3. Poster Making,
4. Slogan Structuring Competition, And
5. Series Of Lecture on Mental Health To The Budding Professionals.
6. The World Mental Health Day Celebration Was Culminated with A One-Day Seminar on The Same Theme On 10th October 2022.

PROCEEDINGS:

The one-day seminar where dignitaries presented following topics:

- **Dr. Anubhav Rathi, Psychiatrist and Director of Sanjeevani clinic, Ghaziabad and**
- **Dr. Pratibha Anand, Clinical Psychologist and Director of Kasturba Institute of Clinical Psychology and Behavioural Medicine, Noida.**
- **Special invitee was Mr. Ankur Dixit, Assistant professor of Mechanical engineering at ABES Engineering college, Ghaziabad.**
- **Dr. Alka Aggarwal Dean SDTU, Dr. Shalabh, Dean Academic, SDTU & Dr. Shusheel Gaur (MS-SMCH) were the guest of honor.**
- Dr. Sarita HOD Ophthalmology, Dr. Deepak Raghav Principal of paramedical SMCH, were other dignitaries who graced the occasion by their esteemed presence.
- The programme was commenced with lighting of the lamp and invocation of the presence of the Divine.



- Welcome Address: Dr. Rani Srivastava Professor Of Clinical Psychology, SMCH

Key Note Addresses: Invited Lectures

- **Dr. Anubhav Rathi**, “Understanding Stress”, SANJEEVNI-GHAZIABAD, UP.
- **Dr Pratibha Anand Pratap**, “Mental Health Across Life Span: Moving Towards Global Well- Being-.
- **Mr. Ankur Dixit** (Assistant Professor, ABES Engineering College, Ghaziabad)-Role of Engineers in The Area of Mental Health.

NOTE: A series of lectures were delivered by the experts on different topics related to mental health and well- being of different stage of human life.

INHOUSE EXPERT & TOPICS:

1. **Mental Health Among Children - Dr. K.C. Aggarwal (Professor, Department of Paediatrics, SMCH)**
2. **Women Mental Health- Dr. Neelima Aggarwal (Professor- Department of Gynaecology & Obstetric, SMCH)**
3. **Mental Health: Physician’s Perspective -Dr. Ashok (Professor, Department of Medicine, SMCH)**
4. **Stress Management- Dr. A.K. Seth (Professor, Department Of Psychiatry, SMCH)**
5. **Psychological Interventions on Negative Emotions- Dr. Brijesh Saran (Associate Professor, Department of Psychiatry, SMCH)**


STUDENTS ACTIVITY

The Professional Trainees Also Presented Papers, Posters & Developed Slogans Which Were Awarded As Per Merit.








1. **Perception Of Budding Doctors About How To Cope Up With Study Stress During MBBS Course: Dr. Sheen (M.B.B.S, Intern- SMCH)**
2. **Covid & Mental Health: Dr. Shubhkarman (M.D. Psychiatry Final Year, SMCH)**
3. **Suicide & Its Prevention: Dr. Vivek (Senior Resident, Psychiatry, SMCH)**
4. **Ms. Kumud Joshi (MSc-CP) Has Won First Prize In Slogan Competition**
5. **Ms. Lihuque Y Sumi (MSc-CP) Won First Prize In Poster Making. MORE THAN 60 PARTICIPANTS ACTIVELY PARTICIPATED IN THE EVENT.**



EVENT DIARY

Date	Event	Activities	Participants	Total
1-oct-22	Mental Health and well- being of Special children	Drawing and colouring competition	Special need children	08
		Co-operative play	Special need children	08
		Social- skill demonstration	Special need children	08
		Interactive psycho-education	Primary care-giver	15
3.oct. 22	Deliberation on Mental health and well-being of different population 	Elocution on Mental health and well-being of different population	MSc Clinical Psychology	06
		Lecture on Mental health and well-being of different population	Student of MD psychiatry and MBBS and MSc Clinical Psychology	12
6.oct. 22	Deliberation on Mental health and well-being of different population	Lecture on Mental health and well-being of different population	Students of MD psychiatry and MBBS and MSc Clinical Psychology	12



	 			
7.oct.22	<p>Deliberation on Mental health and well-being of different population</p> 	<p>Lecture on Mental health and well-being of different population</p>	<p>Student of MD psychiatry and MBBS and MSc Clinical Psychology</p>	12
		<p>Slogan competition</p>	<p>MSc Clinical Psychology</p>	06
7.oct.22	<p>Deliberation on Mental health and well-being of different population</p>   	<p>Lecture on Mental health and well-being of different population</p>	<p>Student of MD psychiatry and MBBS and MSc Clinical Psychology</p>	12
		<p>Poster making</p>	<p>Student of MD (PSYCHIATRY), PhD (CLINICAL PSYCHOLOGY), MBBS and MSc Clinical Psychology</p>	12



<p>8.oct.22</p>	<p>Deliberation on Mental health and well-being of different population</p> 	<p>Lecture on Mental health and well-being of different population</p>	<p>Student of MD psychiatry and MBBS and MSc Clinical Psychology</p>	<p>12</p>
<p>10.oct.22</p>	<p>MENTAL HEALTH DAY- Celebration</p> 	<p>Series Of Lecture by Expert And Trainees</p> 	<p>Staff and students of SMCH</p>	<p>50</p>

Poster Presentation:

1. **Mental Health and Well- Being in Men** - Mr, Shaktivel (MSc. Clinical psychology Student, SMCH)
2. **Mental Health and Well- Being in geriatric population-** Ms. Lihughe Y Sumi(MSc. Clinical psychology Student, SMCH)
3. **Mental Health and Well- Being in Health professionals-** Parul Kaushik (MSc. Clinical psychology Student, SMCH)
4. **Mental Health and Well- Being in Students-** Kumud Joshi (MSc. Clinical psychology Student, SMCH)
5. **Mental Health and Well- Being in women-** Nazerin Saifi (MSc. Clinical psychology Student, SMCH)
6. **Mental Health and Well- Being in corporate World-** Adiba Khan (MSc. Clinical psychology Student, SMCH)



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Santosh Deemed to be University Mental illness Awareness Week



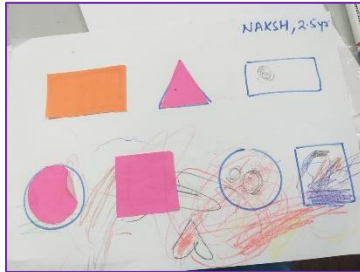
**ON THE SPOT ARTS
ACTIVITIES OF CHILDREN
WITH SPECIAL NEEDS**



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**OUTCOME OF THE
ON-THE-SPOT
ACTIVITY**



**STRUCTURING OF
SLOGANS BY THE
STUDENTS OF MSc-CP**



Dr Ambedkar Marg
Ghaziabad 201001
UP
India

POSTER PRESENTATION BY MSc-CP STUDENTS



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Dr Ambedkar Marg
Ghaziabad 201001
UP
India





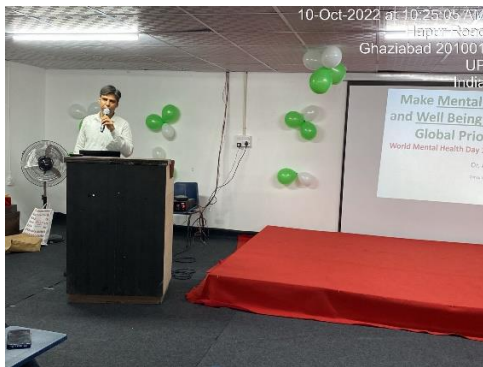
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POSTER TASK IS ACCOMPLISHED

GLIMPSES PRESENTATIONS & FELICITATION





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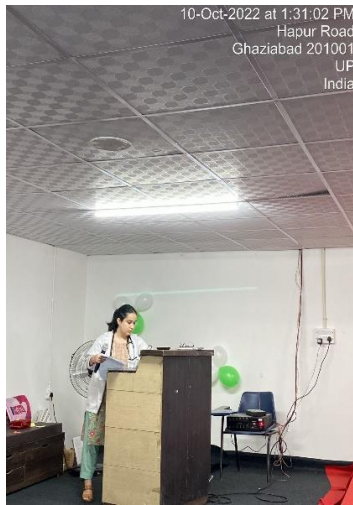
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PRESENTATION BY FACULTY





PRESENTATIONS BY MBBS UG & PG





LET'S WIND UP!



OUTCOME:

The programme was well organized and it was a venture that helped to impart knowledge about of **Mental Health And Well- Being** to different **Medical Professionals**. **The interdisciplinary expert stressed the need of interdisciplinary approach in treating different population. They also stressed go beyond illness to wellness model approach in treatment.**

ACKNOWLEDGEMENT

DR P. MAHALINGAM

DR SARITA AGRAWAL

DR SANTOSH MAHALINGAM

DR AMOOLYA SETH

DR ALKA AGRAWAL

DR BRIJESH SARAN

DR SHALABH GUPTA

DR PARUL GAIROLA

DR SUSHEEL GAUR

DR PETER ANOOP

DR MANISH SABBHARWAL

MS. ANITA TYAGI

DR KC AGRAWAL

DR DEEPSHIKHA

DR NEELIMA AGRAWAL

ALL STUDENTS OF MSC-CP

DR ASHOK KUMAR

ALL MD PSYCHIATRY SCHOLARS

DR DEEPAK RAGHAV

ALL PhD SCHOLARS

SUBMITTED BY DR RANI SRIVASTAVA (14/10/2022)