

WORLD MENTAL HEALTH DAY 2024 AWARENESS PROGRAMME ACTIVITIES.

The Department of Psychiatry, Hamdard Institute of Medical Sciences (**HIMSR and HAHC Hospital, New Delhi**) celebrated World Mental Health Day with the theme " **It is time to prioritize mental health in work place** " from 1st Oct till 10th Oct 2024 with the activities that reinforce that 'Mental Health is a priority' and also focus on educating the masses regarding the identification of early sign and symptoms of Mental Health disorders, identifying the early warning signs of mental health disorders as well the treatment options available. Mental health is not just an issue for a few; it touches every corner of society—at home, at school, in the workplace, and within our own minds This year's theme reminds us of the importance of mental well-being, not only for those diagnosed with mental health conditions but for all of us as individuals and as a community. The Department of Psychiatry organized several events, including Poster making competition, Slogan writing competition, T-Shirt Painting and mental health awareness talks for students, patients, and faculty. In addition, they provided free psychiatry OPD services. A guest lecture was delivered on the topic "Mental Health at Workplace" by Dr. Rajesh Sagar, Professor, AIIMS, New Delhi.

1. A Poster making & Slogan-writing competition with the theme "**It is time to prioritize mental health in work place**" was organized on 1st October for MBBS students of HIMSR, Occupational and Physiotherapy students of Jamia Hamdard, students of the School of Unani Medical Education and Research (SUMER) and Rufaida College of Nursing. (Image 1)



Image 1

2. A visit to Urban Health Training Centre, Prahladpur was done by team of doctors from Psychiatry department in collaboration with the dept of community medicine on 3rd October. Mental health awareness talks were conducted by Dr. Bushra Zahoor (Assistant Prof) and Dr Sandeep Sekhon (Senior Resident) Department of Psychiatry **HIMSR and HAHC Hospital New Delhi** in UHTC. (Image 2)



Image 2

3. A T-Shirt Painting competition with the theme “**It is time to prioritize mental health in work place**” was organized for MBBS students of HIMSR, Occupational and Physiotherapy students of Jamia Hamdard, students of the School of Unani Medical Education and Research (SUMER) and Rufaida College of Nursing on 4th October.(Image 3)



Image 3

4. Drawing Competition was organized for patients on 5th October. The aim of this competition was to bring awareness among the masses reinforcing the message regarding common mental health disorders amongst masses. (Image 4)



Image 4

5. Extempore Competition was organized for M.B.B.S Students of HIMSR. Students were given topics such as “Social Media & Mental Health”, “Burn-out & Mental Health”, “Exercise & Mental health” on 7th October.(Image 5)



Image 5

6. A Guest lecture was given by 'Dr Rajesh Sagar' on the topic 'Mental Health at Work place' on 8th October. (Image 6) Dr Rajesh has completed MD (Psychiatry) from Maulana Azad Medical college, New Delhi. He had Worked as Assistant Professor, Associate Professor in Department of Psychiatry, AIIMS, New Delhi. Currently he is working as Professor in the Department of Psychiatry, AIIMS, New Delhi. He is holding position of a member, Central Mental Health Authority for 20 years. He has been advisory member for several organisations, including expert member of various national task forces, Ministry of health and family welfare, Member of Governing Council, ICMR, National Institute of Mental Health Rehabilitation, LGB Institute of mental health, Scientific Advisory Board of ICMR. He holds various awards to his merit. He has been awarded with ICMR Award, AIIMS Research award, Indian Psychiatric Society award, Distinguished Aluminous Award, International Contribution Award by International Association of Child and Adolescent Psychiatry and allied Professions.



Image 6

7. Prizes were given to the winners of Poster making and slogan competition on 8th October by Respected Medical Superintendent Dr Musharraf Husain and Head of Department Dr M.S Bhatia (Image 7)



Image 7

The following were the winners of Poster making Competition (MBBS Students)
3rd prize winner is MS HARSHITA SINGH (Department of occupational therapy)
(2nd year)
2nd prize winner is MS ADEEBA USMAN(BUMS) (2nd year)
1st prize winner is MS ISHIKA (Bsc nursing student)(3rd year)

The following were the winners of Slogan writing competition
3rd prize winner is MS DIKSHA SHARMA(BSC Nursing student)(3rd year)
2nd prize winner is MD ASHRAF ALI(3rd year Bsc nursing student)
1st prize winner is MS MUSKAN NISHA(Bsc nursing student 3rd year)

8. Prizes were given to the winners of T Shirt Painting and Extempore competition on 8th October by Respected Guest Dr Rajesh Sagar and Professor, Department of Psychiatry Dr Nimmi A Jose (Image 8)



Image 8

The Following were the Winners for T-Shirt Painting competition
3rd prize winner is MS SARWAT (Bsc nursing student 1st year)
2nd prize winner is MS MEHAK (Bsc nursing student 1st year)
1st prize winner is MD ASHRAF ALI (Bsc nursing student 3rd year)

The Following were the Winners for for Extempore Competition
3rd prize winner is MS SANIYA SHAHZAD (MBBS BATCH 2023)
2nd prize winner is MR YAWAR NAWAB MBBS Batch 2020
1st prize winner is MS ARFA ARSHAD MBBS (BATCH 2023)

9. Felicitation of our esteemed Judges by by Respected Guest Dr Rajesh Sagar and Professor, Department of Psychiatry Dr Nimmi A Jose (Image 9)

Judges: Dr Arun Prakash Sharma, Dr Aqsa Sheikh, Dr Akbar Naqvi



Image 9

10. Psychoeducation was carried by team of doctors from Psychiatry department on 9th October highlighting the importance of mental health and need to identify early warning signs Work place Stress.(Image 10). Relaxation session was conducted by Psychiatric Social worker, Mr Ajay Badoni.(Image 11).



Image 10



Image 11

12. A Lecture was carried by Clinical Psychologist, CP Irish Sheikh from Psychiatry department amongst Nursing Staff on 10th October highlighting the importance of mental health and need to identify early warning signs of Work place Stress. (Image 12).



Image 12

13. The following were the members of the Organizing committee. (Image 13)

Dr M.S Bhatia- Professor and Head of Department

Dr Nimmi A Jose- Professor

Dr Bushra Zahoor- Assistant Professor

Dr Dimple Gupta- Senior Resident

Dr Sandeep Sekhon- Senior Resident

CP. Irish Sheikh- Clinical Psychologist

Mr Ajay Badoni- Psychiatric Social Worker



Image 13



DEPARTMENT OF PSYCHIATRY
Hamdard Institute of Medical Sciences
&
Research & HAHC Hospital
New Delhi

Cordially invites you to the guest lecture
on the occasion of

World Mental Health Day-2024

themed

'It is Time to Prioritize Mental
Health in the Workplace'

8th October-2024, 2:00 p.m. onwards

Lt.-1 Ist Floor, HIMSR



Speaker :

Dr. Rajesh Sagar

Professor of Psychiatry

All India Institute of Medical Sciences
(AIIMS), New Delhi

Followed by Refreshments

World Mental Health Day Celebration 1st to 10th October 2024

<i>Date</i>	<i>Event</i>
1/10/24	Poster making and slogan writing competition for MBBS and paramedical students
3/10/24	Free Psychiatry OPD at UHTC
4/10/24	T-shirt painting competition for MBBS and paramedical students
5/10/24	Coloring competition for patients in Psychiatry OPD
7/10/24	Extempore competition & reel making for MBBS students
8/10/24	Guest lecture by Dr Rajesh Sagar Felicitation ceremony
9/10/24	Psychoeducation for caregivers
10/10/24	Stress management for nursing staff

Organizing Team :

- Dr M S Bhatia** : Organizing Chairperson
Dr Nimmi Jose : Organizing Secretary
Dr Bushra Zahoor : Joint Secretary
Dr Dimple Gupta : Member
Dr Sandeep Sekhon : Member
CP Irish Sheikh : Member
Mr. Ajay Badoni : Member