

Report on World Mental Health Day

- EVENT:** Workshop on Mental Health Care
- Covener :** Mrs. Sanjana Mittal, NSS Programme Officer & Ms. Khyati kohli, lecturer, AIRSR
- Participation:** Students of D.Ed.SE(MR), B.Ed.SE(MR)
- Date:** 10th October 2018
- Venue:** Seminar hall , Blk A
- Time:** 10:30 AM

Learning Objective:

1. To aware students about the disease like Mental illness
2. To tackle stress in the workplace
3. Faculty, Staff along with students comes together whole heartedly to publicize the awareness about mental health
4. Addressing various techniques to stay away from depression, anxiety.
5. Sensitizing the students about effects of mental illness on mental health

Ashtavakra Institute of Rehabilitation Sciences & Research along with student, faculty and staff members organised World Mental Health day which is a day for global mental health education, awareness and advocacy against stigma. It was celebrated in 1992 at the initiative of the World federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. Anyone can be affected with mental illness, so the day is celebrated to make aware the people about its affects on mental health.

This plan includes strengthening leadership to deal with mental health issues, expanding comprehensive mental health services in communities, implementing mental health prevention strategies and building up educational systems and research programs to help treat mental health problems. If mental health problems among teenagers are not managed and recognized, it can lead to mental illness. Increased use of online technologies among teenagers has led to additional pressures. This is one of the biggest reasons why the young are vulnerable to mental distress and illness.

Every year one adult in four, along with one child in ten, will have a mental health issue. These conditions can profoundly affect literally millions of lives, affecting the capability of these individuals to make it through the day, to sustain relationships, and to maintain work. According to the World Health Organization, there is now a growing recognition of importance of helping young people build mental resilience at an early age. This helps adolescents cope with challenges of today's world in a better way.

The programme was conducted in the seminar hall by the respective faculty members and all the staff members and students also participated in the workshop

Learning Outcome

- The students shared their real life experiences relating mental illness.
- The students learnt about nature of mental health.
- The students learnt about various strategies to overcome depression and anxiety etc.
- Students learnt about effects of mental illness on mental health

Glimpses of the programme:-



Faculty and staff members giving brief introduction about World mental health day



Students presenting on affects of mental illness on health and sharing their real life experiences