

MENTAL HEALTH WEEK

6th to 12th October

2015

DIGNITY IN MENTAL HEALTH: CREATING AWARENESS

**HAMDARD INSTITUTE OF MEDICAL SCIENCES (HIMSR) &
HAKEEM ABDUL HAMEED CENTENARY (HAHC)
HOSPITAL**

Department of Psychiatry is celebrating mental health week from 6th to 12th October 2015. Mental Health Week is celebrated across the world in first week of October every year to coincide with World Mental Health Day on 10 October.

The aim of Mental Health Week is to promote social and emotional wellbeing of community, encouraging people to maximize their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health awareness.

6th October, Tuesday: Inaugural Day Function (HIMSR College foyer, from 11am to 1pm)

Chairperson: Dr R.C. Jiloha

Poster competition: theme "Stigma and mental illness"

Secretary: Dr Prerna Kukreti

Collage making competition: theme "Awareness regarding mental health issues"

Members:

Rangoli competition: theme "No health without mental health"

Dr Priyanka Gupta
Dr Mehak Nagpal
Head of Department
Dr Himanshu Gupta
Dr Narinder Singh

6th October, Tuesday: Inaugural Function (Lecture Theatre 2, HIMSR2-5pm)

2pm: Introductory lecture & felicitation- Professor, Dr R C Jiloha,

2.40-2.45pm: Skit - "Dignity for mental illness - Creating awareness"

3-4.10pm: Lectures on mental health issues by eminent psychiatrists-

i) "Delivery of mental health services in general hospital - link between health professionals & mental health team" :

Professor, Dr Rajesh Sagar, AIIMS and Member Secretary, Central Mental Health Authority (CMHA)

ii) "Mental Health of Health Professionals":

Professor, Dr N.G. Desai, Director, IHBAS and Member Secretary,

State Mental Health Authority (SMHA)

iii) Interactive session with the audience regarding their experiences, dilemma and difficulties faced in dealing with persons with mental health in clinical or personal situation

4.10-4.20pm: **Prize distribution**

4.20-4.30 pm: **Address by Dean:** Professor Dr Shridher Dwivedi

4.30-4.45pm: **Chief Guest address-Dr B D Athani, Special DG,** Mental Health Division, Directorate General Health Services (DGHS)

Vote of Thanks

Refreshment

7th October, Wednesday (11- 12 noon): Interactive Public lecture :

Kendriya Vidyalaya, Sangam Vihar: "Coping & stress management"

8th October, Thursday (2 to 3pm): Community outreach programme

For **deaddiction services** in- Nat Colony, Chattarpur

9th October : Free OPD screening for Jamia Hamdard employees

10th October, Saturday: Patient awareness activity, Psychiatry OPD

12th October, Monday: Interactive Lecture, MBBS & BUMS Students

"Positive mental health promotion for young health professionals"

MENTAL ILLNESS
IS NOTHING TO BE
ASHAMED OF, BUT
STIGMA AND BIAS
SHAME US ALL.

-BILL CLINTON

