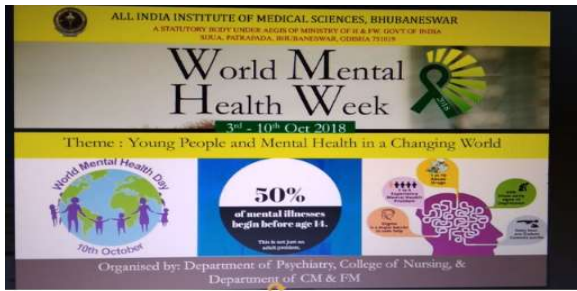


MENTAL HEALTH WEEK CELEBRATION (3RD -10TH OCT) AT AIIMS, BHUBANESWAR

A week long activities starting from 3rd October to 10th October have been lined up in view of World Mental Health Day celebration which was celebrated across the World on 10th October 2018. The Department of Psychiatry, College of Nursing and Department of Community medicine and Family medicine of All India Institute of Medical Sciences (AIIMS), Bhubaneswar have put their hands together to organize a week long activities in this regard. The activities include sensitization and interactive programs on youth substance abuse, gadget addiction, Youth psychology and mental health problems in changing times, at GIFT engineering college and Rama Devi Womens' university, Bhubaneswar; public awareness lecture in AIIMS Outpatient Department (OPD) foyer; free health camp awareness camp at Community Health Centre (CHC), Mendhasal, Khurda, in collaboration with District Mental Health Program (DMHP), Khurda. Along with these, various literary competitions such as essay writing, slogan writing and poster competitions will be carried out among the MBBS and Nursing students to sensitize the young budding medical professionals of the country about youth mental health. On 10th October, 2018, lectures by mental health experts and cyber-experts were being organized at Mini Auditorium, College of Nursing, AIIMS Bhubaneswar to mark the commensuration of the event. the details of the events are given below.

BRIEF REPORT OF THE ACTIVITIES DONE FROM 3RD OCTOBER TO 10TH OCTOBER 2018

3RD OCTOBER 2018 : Displayed theme based awareness posters in various spots inside the hospital building, academic block and nursing college.



Publicity via media

Coverage of mental health awareness in various Newspapers



4th October 2018

- video towards destigmatizing mental illness were played in the OPD television from 9am-5pm



- Public awareness lecture were conducted in the psychiatry OPD teaching room for the patients and their family members.
- Pamphlets were distributed in creating awareness about the mental health problems among youth and ways to handle it



5th October 2018

- **Sensitization seminar was conducted in GIFT engineering college** from 2-4pm at the seminar hall GIFT engineering college. Hundred students and four faculty attended the

seminar. Dr Renju Sussan Baby, Associate Professor, College of nursing took a session on “common mental health problems among youth, Dr Santanu Nath Senior resident, Department of Psychiatry took session on “impact of substance use among youth” and Dr Shree Mishra Assistant professor Department of Psychiatry took session on “gadget addiction and ways to overcome”. Mr Sam Jose tutor college of nursing and Dr Tanu, Junior resident accompanied the team.



- Video towards destigmatizing mental illness were played in the OPD television from 9am-5pm
- Public awareness lecture were conducted in the psychiatry OPD teaching room for the patients and their family members.

6th October 2018



- **Sensitization seminar was conducted in Rama Devi university for women** from 12pm - 2.30pm at the auditorium RamaDevi college. Two Hundred students and twenty faculty attended the seminar. Dr Susanta Kumnar Padhy, Head of department of Psychiatry and Dr Swapnajeet Sahoo, Assistant professor, Department of Psychiatry took sessions on the

topic”youth psychology in changing times” Dr Tany Maiti, Dr Jigyasa Senior Resident, Department of Psychiatry accompanied the team.

- Video towards destigmatizing mental illness were played in the OPD television from 9am-5pm
- Public awareness lecture were conducted in the psychiatry OPD teaching room for the patients and their family members.



8th October 2018

- **Public awareness lecture** was organized at Main OPD Foyer of AIIMS Bhubaneswar. Dr Jigyasa, Senior resident department of Psychiatry took awareness lecture. Mr Sam Jose, Tutor College of Nursing and nursing students conducted theme based psycho education for the public.
- **Literary Competition for MBBS, Nursing and Para medical students:** essay competition (topic :impact of social media on youth), slogan writing competition(topic: cyber-bullying and poster competitions(topic: mental health of 21st century youth) were conducted for students in the Mini Auditorium



9th October 2018

- Video towards destigmatizing mental illness were played in the OPD television from 9am-5pm
- Public awareness lecture were conducted in the psychiatry OPD teaching room for the patients and their family members.



- **Free health camp at Medhasal PHC** in collaboration with DMHP Khorda by Department of community medicine family medicine, Dr Binod Patro, Addl professor community medicine faculty from community medicine, senior residents for department of psychiatry, Nursing tutor and nursing students conducted the camp from 10am -1pm. Hundred and fifty patients were rendered services win the camp in which five new cases with mental disorders were identified and initiated treatment by psychiatrist,AIIMS, Bhubaneswar.

10th October 2018 (World mental health day)



Distributed fruits for the inpatients of psychiatry ward (D2 ward) at 11am. The programme was inaugurated by Dr SK Mohanty, Medical Superintendent, Dr Sahoo, DMS, Dr Jawahar Pillai, Dr Sushanta Kumar Padhy, Dr Shree Mishra, Dr Renju Sussan Baby, Mr Binoy Nursing officer incharge, faculty nursing college participated for the programme.

Mental health day celebration (10/10/2018 2pm -5.30pm, venue Mini Auditorium, Nursing college)

Public meeting of mental health day celebration at AIIMS Bhubaneswar was held at Mini auditorium, Nursing College at 2pm. Dr Renju Sussan Baby, Principal Incharge College of Nursing welcomed the gathering. Chief guest Prof. Gitanjali Batmanabane, Director, AIIMS, Bhubaneswar inaugurated the programme by lighting the lamp.



Dr Swapnajeet Sahoo, Assistant Professor Department of Psychiatry discussed the importance of celebrating Mental health day. Dr Susanta Kumar Padhy, HOD, Department of Psychiatry unfolded the theme of mental health day 2018, and also presented report of the activities conducted towards mental health week celebration. MR PK Ray, DDA and Dr SK Mohanty, Medical Superintendent addressed and felicitated the gathering.



The prizes for the competition conducted as part of mental health week celebration such as essay competition, slogan writing competition and poster competition were distributed to the winners by Prof Gitanjali Batmanabane, Director AIIMS. In her message director highlighted on importance of maintaining mental health and about the initiatives taken by AIIMS Bhubaneswar to promote mental health well-being of students as well as employees. Third year BSc Nursing students did a theme based skit on cyber bullying and mental health problems among youth. Cyber expert Mr SN Mishra presented a talk on cyber bullying and discussed the practical implication to protect ourselves from cyber bullying, session was chaired Dr PR Mishra. Dr Suravi Patra, Associate professor presented about mental health problems among youth:challenges which was chaired by Dr Joseph John,Addl Professor, Dept of pediatrics. Dr Shree Mishra discussed about strategies to overcome mental health problems among youth; session was chaired by Dr Binod Patro, Deputy Medical Supt. Dr Biswa Ranjan Mishra, Associate Professor discussed his Experience so far:AIIMS Bhubaneswar perspective;session was chaired by Dr Susanta Kumar Padhy. Followed by audience feedback, Dr Susanta Kumar Padhy proposed the vote of thanks.The programme ended at 5:30pm.

COMPETITIONS PRIZE WINNERS LIST

1. Poster competition

Student Name	Stream/ Year	Prize
Ms.Kirti	BSc Nursing 3 rd Year	1 st
Ms.Manisha Majhi	BSc Nursing 2 nd Year	2 nd
Ms. Ashwinee kumar	MBBS 2015 Batch	3 rd

2. Slogan writing competition

Student Name	Stream/ Year	Prize
Ms.Shreya Goswamy	BSc Nursing 2 nd Year	1 st
Mr. Dhritiman Das	MBBS 2015 Batch	2 nd
Ms. Pritha Chowdhury	BSc Nursing 2 nd Year	3 rd

3. Essay Competition

Student Name	Stream/ Year	Prize
Ms.Shreya Goswamy	BSc Nursing 2 nd Year	1 st
Mr. Dhritiman Das	MBBS 2015 Batch	2 nd
Ms.Subhrajyoti Barik	BSc Nursing 3 rd Year	3 rd