

World Mental Health Day 2022

Department of Psychiatry and Nursing College

All India Institute of Medical Sciences, Bhopal

10th -13th October 2022

Theme

Make mental health & well-being for all a global priority

Whilst the pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 will provide us with an opportunity to re-kindle our efforts to protect and improve mental health.

The COVID-19 pandemic has created a global crisis for mental health, fueling short- and long-term stresses and undermining the mental health of millions. Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened.

We must deepen the value and commitment we give to mental health as individuals, communities and governments and match that value with more commitment, engagement and investment by all stakeholders, across all sectors. We must strengthen mental health care so that the full spectrum of mental health needs is met through a community-based network of accessible, affordable and quality services and supports.

We can all play our part in increasing awareness about which preventive mental health interventions work and World Mental Health Day is an opportunity to do that collectively. We envision a world in which mental health is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights; and where everyone can access the mental health care they need.

This will be an opportunity for people with mental health conditions, advocates, governments, employers, employees and other stakeholders to come together to recognize progress in this field and to be vocal about what we need to do to ensure **Mental Health & Well-Being becomes a Global Priority for all.**

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“Make Mental Health & Well-being for all a Global Priority”

Program Schedule (10th to 13th October 2022)

Day/Date	Venue/Time	Session	Resource Persons/ Coordinator
Day 1 10/10/2022	LT4 hall 12.00 – 13.00	Inaugural Session – World Mental Health Day (WMHD) 2022 Address by Dignitaries	Introductory Note - Prof. Vijender Singh Chief Guest - Executive Director & CEO, AIIMS, Bhopal Guest of Honour – Commissioner Health (Govt. of MP)
	LT 4 hall 13.00 -13.20	Inauguration of “Addiction Treatment Facility (ATF) AIIMS Bhopal” at PHC Misrod	Special Guests – MD (National Health Mission), Dean (Academic), Medical Superintendent, Deputy Director (Admn.), I/c Principal Nursing College Coordinators – Dr Anuradha & Dr Sanjukta
	LT 4 hall 13.20 – 14.10	Gate Keeper Training for preventing Suicide	Dr. Snehil Gupta, Dr. Tamonud Modak Dr Jyotsna Jain
Day 2 11.10.22	Gandhi Gallery 12.00 – 12.30	Puppet Show on “Awareness on Facilities for Patients with Mental Illness” by Nursing Students	Chief Guest – Medical Superintendent , AIIMS, Bhopal Coordinator – Dr Raj Ratan
	Gandhi Gallery 12.30 – 13.00	A session on sharing the experiences of “ Persons with Lived Experience” in Mental Illness - Patients and Care givers	Coordinators - Dr. Akash Kumar Mr. Samad Hashmi
	Doordarshan Kendra, Bhopal 15.00 – 16.00	Discussion on Mental Health Prevention & Promotion at Doordarshan Kendra, Bhopal	Prof Vijender Singh Dr. Roshan Sutar
Day 3 12.10.2022	LT4 hall 14.00–15.30	Debate Competition Stop Scrolling, Start Living: Is Growing Engagement on Social Media Reflect the Mental Health of Next Generation	Chief Guest – Executive Director & CEO, AIIMS, Bhopal Coordinators - Dr. Ashish Pakhre Dr. Devendra
	LT 4 hall 15.30 – 17.00	Strengthening Patient care with Mental illness – Newer Developments Lecture by Faculty, Nursing College	Dr Raj Ratan (Faculty Nursing College)
Day 4 13.10.2022	Maulana Azad National Institute of Technology, Bhopal 14.00 – 15.30	Mental illness burden, Help seeking and Services - What Students Should Know Interactive Session with Students at Maulana Azad National Institute of Technology (MANIT), Bhopal	Dr. Abhijit Rozatkar Dr. Ashish Pakhre

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Debate Competition

Stop Scrolling, Start Living: Is Growing Engagement on Social Media Reflects the Mental Health of Next Generation

Date :12.10.22

Venue: LT4 hall

Time :14.00 -15.30

Background: In a rapidly rising era of digital technology, human life can not remain untouched or uninfluenced. We share our experience, moments of happiness and accomplishments, speak with someone on other side of the phone. But in all these situations, the very device that connects us also has the potential to ignite our anxieties and deep fears that didn't exist long ago. The fear of missing out and the fear of being offline is commonly observed phenomenon now a days and leads to higher level of social media engagement and has impact on life satisfaction and mood. Now when we literally have the world at our fingertips, people tend to compare lives with each other. Are rising trends of using social media imply the state of our mental health or are we putting too much control on people to restrict their lifestyle?

Because handling fear of being alone is not an easy task, anxieties like Fear of Missing out, Fear of being offline, and nomophobia are particularly sneaky. It is expected that youths are more prone than earlier generations to feel excluded and lonely. We develop independence through realizing our passions when we spend time with people we care about, partake in exciting events, and relish the present. However, this independence might be more difficult to achieve for the youth. They live in an internet environment where likes and comments offered rapid pleasure. Experiencing gratification is not simple in the real world unlike in digital world. It is crucial to discuss and decipher the directional relationship between social media and mental health. The scientific discussion on dissecting both aspects will generate right direction where our efforts must be invested in planning and assessing the impact of social media and mental health

Scope & Instructions for participation:

1. All MBBS students, nursing students and postgraduate students of AIIMS, Bhopal can participate
2. Send your name, batch, mention your preference (for the motion or against the motion) and contact details to events.aiimspsychiatry@gmail.com
3. Last date for registering is 11th October 2022 by 5.00 PM
4. Best debater in each category will be awarded
5. Time allotted will be 7+3 minute (7 minutes for presentation and 3 minutes for Qns.) per participant
6. **Be prepared with scientific arguments, flow, and convincing direction of presentation**
7. Your participation matters more than the award
8. For any query, please contact Dr. Ashish Pakhre, Assistant Professor, Department of Psychiatry, AIIMS, Bhopal