



अखिल भारतीय आयुर्विज्ञान संस्थान, भोपाल
ALL INDIA INSTITUTE OF MEDICAL SCIENCES, BHOPAL
Saket Nagar, Bhopal (M.P.) – 462020

(Public Relation Cell)

Press Note (13th October, 2020)


World Mental Health Day & Mental Health Awareness Week at AIIMS, Bhopal

The 10th of October is observed as the World Mental Health Day. The Department of Psychiatry, AIIMS, Bhopal conducted various activities from 4th Oct to 10th Oct as part of Mental Health Awareness Week. These included awareness and education programs for general public as well as for healthcare workers, release of Patient information booklet on mental illness, and initiation of a new facility “*Student Wellness Centre*” for student mental health support at AIIMS, Bhopal. Professor (Dr.) Sarman Singh, Director & CEO, AIIMS, Bhopal lauded the efforts made by the Department of Psychiatry under the able guidance of Professor (Dr.) Vijender Singh, Head of the Department. He expressed that mental health can significantly compromise the quality of life and concerted efforts are needed in this field to spread awareness and improve care.

A summary of the activities of the week is as below:

- ***Webinar on “Stress & Burnout in COVID warriors: Identification and Management” on 8th October 2020, for the Faculty Members, Residents and Nurses at AIIMS Bhopal.*** The webinar was moderated by the Director, Professor (Dr.) Sarman Singh, and presented by Professor (Dr.) Vijender Singh and Dr UK Sinha, Additional Professor & Head Department of Psychology, IHBAS, Delhi. There were deliberations on identification of stress and mental health disorders among the health care workers, and the possible support services, specially in the light of the ongoing COVID-19 pandemic that has placed immense stress on them.
- ***Webinar on “Depression and Suicide in Clinical Practice: Relevance in COVID-19 Pandemic Period” on 9th Oct 2020, jointly organized by AIIMS Bhopal and National Health Mission, Madhya Pradesh:*** The webinar was presided over by Dr. Saloni Sidana, Additional Mission Director of National Health Mission, Madhya Pradesh, and with closing remarks by Dr. Sharad Tiwari, Deputy Director, National Health Mission, Madhya Pradesh. Psychiatrists, Medical Officers, Nurses and Counsellors of the state attended this programme. There were discussions and deliberations on existing services, opportunities for increasing awareness, decreasing stigma and facilitating treatment of mental disorders in the state.

- ***Inauguration of Student Wellness Centre on 10th October 2020 at AIIMS, Bhopal:*** A unique initiative was taken at AIIMS Bhopal, in the form of establishing of a Student Wellness Centre. It is a student support facility for counseling and early identification of mental health problems in the undergraduate and postgraduate students who may often experience psychological stress. The Medical Superintendent Professor Manisha Shrivastav inaugurated it in presence of Dean (Academics) Professor Arneet Arora.
- ***Release of patient information booklet:*** A 22 page Hindi booklet on various aspect of mental illnesses was released by Prof. Manisha Shrivastava, Medical Superintendant, AIIMS Bhopal. This booklet will be freely distributed to patients and caregivers at AIIMS Bhopal.
- ***Mental Health Awareness Programs in OPD area of AIIMS, Bhopal:*** Health education activities were carried out during this well in the OPD area of AIIMS Bhopal, with a focus on preventive aspects e.g. benefits of yoga, sleep hygiene, healthy use of technology and giving oneself a personal time, and also information on common symptoms of stress and mental disorders and how to seek help.
- ***Public Lecture on “Mental Health issues amid COVID-19 pandemic: Identification and Management”:*** A web based public lecture was delivered in Hindi by Prof. Vijender Singh, on 10th October 2020 in order to create awareness about mental illnesses and curtailing stigma among the members of civil society.
- ***Awareness programme on Door Darshan Madhya Pradesh by Department of Psychiatry, AIIMS, Bhopal:*** The Department of Psychiatry arranged 2 episodes of the programme on 9th and 10th October, so as to increase awareness about mental illness, childhood mental illnesses like ADHD and Autistic Disorders, and to reduce the stigma associated with mental illness. Apart from the faculty of the department, the patients caregivers and NGO representatives were also included as a part of the program.
- ***Webinar on “Youth at Risk of Substance Use: Catching it Early” along with Poster Competition on the theme of “Mental Health for All: Substance Abuse and its Consequences” on 7th Oct 2020, in collaboration with the Barkatullah University, Bhopal.***



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