



# मनोविज्ञान विभाग

## DEPARTMENT OF PSYCHOLOGY

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### Event Report: Mental Health Day Celebrations 2022

Event Convener: Dr. G.K. Tiwari

*Theme: Making Mental Health & Wellbeing for All a Global Priority*

*Dates: October 10th - October 19th, 2022*

**Introduction:** The Mental Health Day celebrations organized by our institution aimed to highlight the importance of mental health and wellbeing on a global scale. With the theme set by the World Health Organization (WHO), we brought together esteemed psychologists, practitioners, and students to delve into various aspects of mental health, discuss challenges, and propose solutions. Additionally, we engaged in competitive events and a rally procession to spread awareness within our university community.

#### Lecture Series:

(1) Prof. Santosh Gupta (Head, Department of Psychology, Govt. Girls excellence collage, Sagar) - October 10th, 2022:

- **Topic:** Making Mental Health & Wellbeing for All a Global Priority
- Professor Santosh Gupta kicked off the event with an insightful lecture emphasizing the significance of prioritizing mental health on a global scale. He shed light on the current status quo, highlighting the need for collective action to address mental health challenges worldwide.

**(2) Prof. P.K. Rai (Retd. Professor, Department of Psychology, Dr. Harisingh Gour Vishwavidyalaya, Sagar and Ms. Juhi Pandey Mishra(Psychologist) - October 11th, 2022:**

- **Topic:** Mental Health and Wellbeing
- Prof. Rai and Ms. Mishra provided a comprehensive overview of mental health and wellbeing, covering various factors influencing mental health and strategies for maintaining wellbeing. Their joint presentation offered a holistic perspective on the subject.

**(3) Prof. Rakesh Pandey (Professor, Department of Psychology, Banaras Hindu University) - October 12th, 2022:**

- **Topic:** Mental Health in Current Times
- Prof. Rakesh Pandey addressed the audience, focusing on the challenges posed to mental health in contemporary society. He discussed the impact of societal changes, technology, and other factors on mental wellbeing, urging proactive measures to mitigate adverse effects.

**(4) Prof. Rakesh Kumar Tripathi (Professor& clinical Psychologist, Department of Geriatric Mental Health, King George medical university, Lucknow and Ms. Sravaka Tiwari (Deakin University Melbourne, Australia) - October 13th, 2022:**

- **Topic:** Making Mental Health & Wellbeing for All a Global Priority: An Indian Perspective
- This session provided insights into the Indian context, highlighting unique challenges and cultural nuances related to mental health. Prof. Tripathi and Ms. Tiwari emphasized the importance of culturally sensitive approaches in promoting mental health initiatives.

**(5) Dr. Ravikesh Tripathi (Assistant Professor, National Forensic Science University, Gujrat),Dr. Vikram Singh Rawat (Additional Professor, AIIMS, Rishikesh, Uttarakhand), Ms. Rupangi Shah (Clinical Psychologist, School of Behavioural Science,National Forensic Science University, Gujrat) - October 14th, 2022:**

- **Topic:** Coping with Worry, Anxiety, and Addiction
- Dr. Tripathi, Dr. Rawat, and Ms. Shah delivered a practical session focusing on coping mechanisms for common mental health issues such as worry, anxiety, and addiction. Their interactive presentation offered valuable strategies for managing these challenges

effectively.

- **Competitive Events:** In addition to the enlightening lectures, the Mental Health Day celebrations featured various competitive events aimed at engaging students and promoting creativity around the theme. These events included:


- Debate
- Elocution
- Poetry
- Poster Making
- Collage Making
- Photography

These competitions provided students with platforms to express their thoughts, emotions, and perspectives on mental health and wellbeing through diverse mediums.

**Rally Procession - October 19th, 2022:** To culminate the Mental Health Day celebrations, a rally procession was organized within the university campus. Approximately 100 students participated, carrying banners, posters, and slogans advocating for mental health awareness and destigmatization. The procession aimed to reach out to the wider university community, spreading messages of support, understanding, and solidarity regarding mental health issues.

**Conclusion:** The Mental Health Day celebrations proved to be a resounding success, bringing together academia, practitioners, and students to champion the cause of mental health and wellbeing. Through insightful lectures, engaging competitions, and a spirited rally procession, we reaffirmed our commitment to making mental health a global priority and fostering a supportive environment for all.

Overall, the events served as catalysts for dialogue, action, and positive change, setting the stage for ongoing efforts in promoting mental health and wellbeing within our university and beyond.

  
(Prof. A. D. Sharma)  
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