



अखिल भारतीय आयुर्विज्ञान संस्थान नागपुर
All India Institute of Medical Sciences, Nagpur

मनोरोग विभाग **Department of Psychiatry**

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Detailed Report on Mental Health Week Celebration 06-10th October 2023

Mind Mela -2023.

Day 2: 05th October 2023

Type of activity: Awareness talk, interactive discussion, poster competition

Venue: 1. Vishwas Vidyalay, Nandanvan, Nagpur
2. Gyan Vikas Madhyamik Vidyalay, Nandanvan, Nagpur

Collaborators:

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Department of Community Medicine, AIIMS Nagpur
4. Vishwas Vidyalay, Nandanvan, Nagpur
5. Gyan Vikas Madhyamik Vidyalay, Nandanvan, Nagpur

The awareness activities were conducted at both schools in the form of poster competitions and interactive sessions to raise mental health awareness. The topics for poster competition were “स्वस्थ मन, स्वस्थ जीवन” and “मेरी छबी”. Around 300 students from the 8th and 9th classes at Vishwas School and around 100 students from the 8th and 9th classes at Gyan Vikas Madyamik Vidyalaya participated in the activities. Dr. Sreelakshmi V (Associate Professor of Psychiatry, AIIMS Nagpur), Dr Priti Tiwari (Senior Resident, Community Medicine, AIIMS Nagpur), and the respective principals of the schools, Mr. Subhash Warhokar (Vishwas Vidyalay, Nandanwan, Nagpur), and Mr Nayak (Gyan Vikas Madhyamik Vidyalay, Nandanwan, Nagpur), addressed the students.

An interactive session was conducted by Dr. Sreelakshmi V., Dr. Harkishan Mamtani (Senior resident), Ms Diksha Sadar (Psychiatric Social worker) of TeleMANAS Mentoring Unit & Dr. Mranali Jaiswal (Junior resident, Psychiatry) AIIMS Nagpur. They addressed issues such as body shaming, stress management, suicidality, substance use, and mobile phone use. Students participated enthusiastically and contributed to the discussion. The session concluded with a relaxation exercise for all the students. At the end of the program, winners



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of the poster competition were awarded prizes and certificates at the hands of guest Dr Sreelakshmi V & principals of respective schools.

