



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 4: 07th October 2023

Type of activities: Movie club and open forum discussion

Venue: Narayana Vidyalayam, Chichbhavan, Nagpur.

Collaborators:

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Narayana Vidyalayam, Nagpur.

On the 4th day of Mind-Mela 2023, a movie club was organized by the Department of Psychiatry for the students of Narayana Vidyalayam. The movie “Inside Out (2015)” was screened at the school. The movie is focused on core emotions and their impact on the lives of teenagers. It breaks the perfection myth of emotional health and normalizes the acceptance of emotional imperfections. Dr Jeel Vasa (Junior resident, Psychiatry, AIIMS Nagpur) and Ms. Leea Vankar (Data entry operator, TeleMANAS Mentoring Unit, AIIMS Nagpur) coordinated the movie screening. The movie was attended by more than 150 students.

After the movie, Dr Suyog Vijay Jaiswal (Additional professor, Psychiatry, AIIMS Nagpur), Dr. Sreelakshmi V (Associate professor, Psychiatry, AIIMS Nagpur), and Ms. Kausar Inamdar (Counsellor, Narayana Vidyalayam) conducted an interactive session with students and addressed the importance of mental health and issues related to it. Ms. Sonal Srivastav (Vice Principal, Narayana School) felicitated the team of AIIMS Nagpur.



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