



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 7: 10th October 2023

Activity type: Flash mob, community awareness, open discussion

Venue: Sitabuldi Interchange metro station, Nagpur

Collaborators:

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Office of Dean (Student Welfare), AIIMS Nagpur
4. Dance club, AIIMS Nagpur
5. Music club, AIIMS Nagpur
6. Nagpur Metro Rail

Department of Psychiatry AIIMS, Nagpur in collaboration with Nagpur Metro celebrated Mental Health Day by organizing a “Flash Mob” performance at Sitabuldi Interchange Metro Station, on the evening of 10th October, 2023. The enthusiastic, well-orchestrated dance performance by the MBBS students of AIIMS Nagpur with the display of information on mental health, drew the attention of hundreds of non-suspecting commuters. After the performance, Dr Sonakshi Jyrwa (Associate Professor, Psychiatry, AIIMS Nagpur) engaged the crowd and spoke about mental health and the stigma surrounding it. The program emphasised that “Neither Mental illnesses nor seeking help, is a sign of weakness”, encouraged the public to take care of their mental health and informed about the mental healthcare options at AIIMS Nagpur & TeleMANAS helpline. The program ended with Dr Siddharth Dubhashi (Dean, Student welfare, AIIMS Nagpur), felicitating Mr. SG Rao (DGM, Nagpur Metro) who appreciated the endeavours of the Department of Psychiatry in raising mental health awareness. The program was well captured by press media and widely shared and circulated in social media.



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