

Report on International Mental Health Day 2024

IGNOU REGIONAL CENTRE MUMBAI

Background: Celebration of International Mental Health Day 2024 on 17.10.2024

Programme Objectives: Awareness about Mental Health Day among learners and Staff

Participants: Staff and students (30)

Resource Persons: Mr. Kaushal Kishor, Counsellor, Rani Laxmibai Public School, Jhansi

Coordinators: Dr. Milind B. Patil

Resource materials (if any)

Duration and dates: 16.10.2024 at 12:30 PM for 1 hour

Funding (if any): NIL

About the Programme: The programme was conducted by Regional Centre Mumbai on the occasion of International Mental Health day celebrated worldwide on 09th October. The webinar was organized with aim to create awareness about the mental health among learners and staff of Regional Centre Mumbai. Dr. Milind Patil, Assistant Regional Director welcomed the participants and gave introduction of Speaker to all the participants.

Mr. Kaushal Kishor (NET, Psychology) was the main speaker and he gave detailed information in all aspects related to Mental Health. He gave information about Mental Health Conditions, Mental Health signs and Symptoms, Mental Health Causes, Mental Health Treatment, Preventions for Good Mental Health, Benefits of Good Mental Health with statistics and gave tips on the same to all participants during the webinar. He also spoke about stigmas related to mental health topics which acts as the first barrier to resolve any mental health issue.

Dr. Rahul Mishra, Regional Director gave final remarks during the programme and informed the members how the discussions about mental health have been a part of Indian Philosophy. He wished all the participants to be vigilant about mental health of their family members and closed ones.

Students also interacted with the speaker and programme ended with Vote of Thanks by Dr. Milind Patil, Assistant Regional Director.

