WORLD MENTAL HEALTH DAY

10th October 2022

Objective:

➢ The overall objective of World Mental Health Day is to raise awareness about mental health issues around the world and to mobilize efforts in support of mental health.

Description:

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries; Banarsidas Chandiwala Institute of Physiotherapy has organised a 1-day Seminar on "WORLD MENTAL HEALTH DAY" on 10th October'2022. It was mentored by Ms. Jyoti Shukla who was came here to address the students. The overall objective of World Mental Health Day is to raise awareness about mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

The webinar emphasized students on how they should tackle real life problems. Ma'am spoke about different coping strategies and how we can control and express emotions.

Students openly came up with their queries and questions to which Ms. Jyoti patiently answered.

The seminar was a huge success. Dr. Nidhi Kalra (PT), Officiating In-Charge felicitated Ms. Jyoti Shukla with a token of gift at the end of the session.