

"MENTAL HEALTH WEEK"
4th October to 10th October 2007

World Mental Health Day
10th oct. 2007

Venue : Todi Dharamsala & Sobhasaria Dharmasala, Sikar (Raj.)

Sponsored by: Mental Health Welfare & Awareness Trust, Sikar.

Chief Guest : Ms. Manju Rajpal, Distt. Collector, Sikar.

Presiding Officer : Mr. Chain Singh Arya, President Gramin Mahila Shiksan Sansthan, Shivsinghpura ,Sikar.

Key Note Speaker : Dr. V.D.Meel ,Chief Consultant Psychiatrist & president Mental Health Welfare & Awareness Trust.

Nursing Tutor : Mr.R.Niranajan,1/c Nursing training Institute, S.K. Hospital, Sikar.

Theme of Conference :

Attended by : Faculty & student from S.K. College sikar, Annapurna Institute, Rajasthan Nursing, S.K. Hospital, Sanwali Bajajgram Nursing School, Rotary Club Sikar, Lions Club, Mahavir international.Literature in Hindi (Local Language) on Theme of World Mental Health & on Mental Health.

Speaker: Dr. V.D. Meel spoke on mental illness,epilepsy, stress management. Also spoke on role of NGO`s in promotion of mental Health & prevention of Mental illness.

Chief guest: Ms. Manju Rajpal distt. Collector spoke on Govt. efforts regarding mental health.

Presiding officer : Mr. Chain singh Arya stressed on participation of NGO`s in Mental health programme.

Dr. Ravindra Dhabai spoke about the role of Yoga & Pranayama in stress management.

Prof. Mrs. Sudha Sharma stressed on the role of Naturopathy in Mental health.

Prizes were given to 125 students who were winners of debate, quiz, Slogan,Posters, Drama competition, & Essay writing.

Every one was served sumptuous lunch after the end of the function.

Before mental health week, organized three consecutive free consultation & public awareness camps on 10th July, 10th Aug. & 10th Sept. 2007 at rural village Renwal (Kishangarh) Dist. Jaipur about 70 Km. from Sikar. About 110 patients were examined in each camp. Each day talk delivered to villagers regarding mental illness & literature in Hindi (Local Language) was distributed.



03.10.2007

Press conference - A Press conference was organized at "Hotel Annapurna" Sikar attended by 25 members of press & electronics media. On the 4th October all the papers. It was published detailed report about mental health week and also the description of common mental illness in public & their preventive & curative aspects. On electronic media broadcast the current status and condition of mentally ill person in Indian society & also discussed the stress in school & college students. The press media published day to day activity of seminars & exhibition with various photographs. The media also discussed the issue of myths & misconceptions about mental health that is harmful for human health.

OVERVIEW OF PROGRAMME

The week's programme was attended by students, Nurses, workers, professionals, NGO's and speakers and arranged a huge exhibition of about 500 paintings & posters. On the occasion of inauguration was organized a huge rally of nursing students and distributed a book on mental health. Everyday organized a special activity on different issue

relating to mental health & illness on preventive, curative & myths, stress in students & workers. Various competitions were organized on posters, slogans, drama, quiz and essay writing & prizes were given to participants in all activities to about 132 students.

Everyone was served sumptuous lunch after the end of activity everyday.

4th october 2007:

There was a broad coverage of matter on T.V., radio & news paper. A rally was organized by 500 nursing students from 5 nursing schools with banners & placards in their hands exhibiting different slogans based on mental health, marched in Sikar city.



The rally started at 10.00 A.M. from Govt. S.K. Hospital Sikar. The puppet show gave an attractive look to the marching in front of the rally. Next to the puppet show two jhanki, was displayed by nursing students. One of the themes was on depressive disorder & another was O.C.D. The Jhanki`s or puppets were attractive followed by rally. Mr.R. Nairanjan I/c nursing tutor, school of nursing was co-ordinator. Rally was falged by Dr. V.D. MEEL & addressed by Dr. V.D. Meel (consultant psychiatrist, president "Mental health welfare & Awareness Trust") Dr. S.S.Chouhan (PMO Sikar),Dr. Dinesh pareek.(CM&HO,Sikar)



Mental Health week was celebrated at Sobhasaria Dharmasala, Sikar. The function was presided over by Hon`ble Judge Mr.N.K. Jain Distric Judge Sikar. Chief guest Ms. Manju Rajpal distric collector, Sikar, inaugurated the function by lighting the lamp.



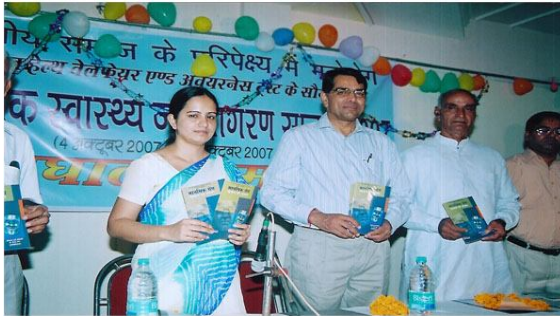
welcome address given by keynote speaker Dr. v.D. Meel on mental illness in the context of Indian society. Dr. Meel also launched a book on mental Health and distributed all the audience copies of the book free of cost. There was detailed information about mental health & illness in the book. Dr. S.S. chouhan(PMO Sikar), Dr. Dinesh Pareek (CM&HO Sikar), Mr. Chain Singh Arya (President Gramin Mahila Shikshan Sansthan, Shivsinghpura Sikar)



Also addressed the gathering and discussed the myths and facts and current status of Psychiatric patients in society. Ms. Manju Rajpal Distric collector also addressed and acquainted the audience about Govt. efforts & preventive aspects of mental health.

A huge exhibition was also inaugurated by Ms. Manju Rajpal District collector. There were 500 paintings & charts and newspaper cuttings in the exhibition. The exhibition was organized Todi

Dharmasala, displayed for a at week. The exhibition displayed on Drug abuse, Suicide, Psychiatric illness & its causes, preventive aspects of mental health. The was exhibition visited by School, college students, Public, NGO`s, Hospital Staff, students & patients The winner participants were awarded prizes.



5 oct. 2007

A debate competition was organized at Todi Dharmasala Sikar the theme was "Mental illness in the context of Indian society." Students participated in debate from different colleges & Nursing Schools. Mr. R. Niranjana 1/C nursing tutor was co-ordinator. At the end of debate the panel of judges declared the winner candidate list & winners were given the prizes by Dr. V.D. Meel.

s



6th October ,2007

On the occasion of Mental health week, drama from different Nursing Schools & NGO`s. were organized The drama were based on

mental health problems ie. alcoholism, drug addiction. The problem solution also acted out psychiatric common problem by students. In the programme Mr. Mukhram Bhaskar (Director Unique Public School) was chief guest and Mr. N.K. Jain (Nursing superintendent S.K. Hospital Sikar) was guest of Honour, presiding officer was Dr. V.D. Meel. The winner group of drama were listed for prize on world mental health day by panel of Judges.



7th oct. 2007

In the mental Health week the day of 7th oct. was celebrated as "World epilepsy day". A seminar was organized at Todi Dharmasala. The seminar was presided over by Dr. V.K. Saboo (senior Surgeon S.K. Hospital Sikar), lecture was given by Dr. V.D. Meel on various aspects of epilepsy, causes & also about misconception & myths in Indian society about epilepsy.

The seminar was attended by Mr. R. Nirajan 1/C Nursing Tutor, S.K. Hospital Sikar, Mr. Gordhan singh president distric chikitsakarmi, Mr. Shripal Jakhar, President Rajsthan Nursing Association. There was a huge gathering of audience from nursing school, S.K.College, Gramin College, School & NGO`s workers.



8th oct. 2007

A quiz competition was organized at Todi Dharmasala. It was participated by nursing students from S.K. Hospital, Annapurna Nursing School, Sanwali Bajajgram Nursing School, Rajasthan Nursing Institute and Sikar Nursing Institute. Questions related to Mental Health were asked and prizes were distributed by Dr. V.D. Meel to winner.



9th Oct. 2007

In the events of mental health week a seminar was organized on stress management in modern life. The programme was presided by Dr. V.D. Meel & Chief guest prof. Mrs. Sudha Sharma from Rajasthan Ayurvedic college Sikar. Other speakers were Dr. Ravindra Dhabai, Mrs. Sarita Dhabai, Audience were nursing and college student.

The speakers discussed about origin and influence of stress in daily modern life. Dr. V.D. Meel spoke about time management, Dr. Ravindra Dhabai spoken on Yoga & Pranayam that release tension.

Prof. Sudha Sharma stated how stress distrubs & reachup tendency of suicide. She also discussed the routine life style.



by Dr.V.D. Meel, guest of honour were Dr. R. N. Mahala (Senior Orthopaedic surgeon), Mr. Hanuman singh (Executive Engineer Irrigation), Mr. Danveer singh (President Rajasthan Nursing Association. sMr.R.Niranjan, I/C Nursing training centre.

The Programme acted out various drama, cultural activities & other various activities on mental health.

In the celebration prizes were delivered to students for the competitions of slogans, essay writing, drama competition and posters. 132 students were awarded prizes on that celebration day.

At the end of programme sumptuous lunch was given to every one.

