



Report of World Mental Health Day 2023 celebration throughout the month of October 2023 at AIIMS Rishikesh

After necessary approvals from the Medical Superintendent, AIIMS Rishikesh, the following programs were conducted by the Department of Psychiatry, Centre of Excellence in Nursing Education and Research, and in coordination with the MS office.

A core committee was constituted and included Dr Anindya Das (Additional Professor & HoD, Psychiatry), Dr Vishal Dhiman (Additional Professor, Department of Psychiatry), Dr Xavier Belsiyal (Associate Professor, College of Nursing), Dr Rajesh Kumar (Assistant Professor, College of Nursing)

The month started with a flyer informing of a poster-making competition for all students (MBBS, Nursing, and Paramedical) and Nursing Officers. The competition was held on the 5th of October. Winning and other top-performing posters were displayed in the Psychiatry OPD on the 10th of October

All India Institute of Medical Sciences, Rishikesh
Centre of Excellence in Nursing Education and Research
in Collaboration with
Department of Psychiatry
invites you all to the
"World Mental Health Day Celebration, 2023"
for
Poster Competition

WIN ATTRACTIVE PRIZES

Eligibility:
All students (MBBS, Nursing, and Paramedical) and Nursing Officers of AIIMS Rishikesh

Poster Submission at:
Centre of Excellence in Nursing Education and Research, Building No. 45, AIIMS Rishikesh, Before 4th October 2023, 5.00 PM with the name, designation & contact details on the back side of poster.

Acceptable Tools:
Pencil, crayons, watercolour, oil paint
Media, Prints & photographs allowed
Standards chart paper

Theme:
Theme 1: "Mental Health is a Universal Human Right"
Theme 2: "Creating Hope Through Action"

Instructions for Poster Competition:

- Size standards Chart size(not more than 60*75 cm)
- Horizontal Vertical
- Bordered/ Non- Bordered
- Colour/Black & White

Selection Criteria:

- Theme
- Effect
- Clarity
- Composition
- Presentation

For any Queries:
Ms. Priyanka Mahotra
(Nursing Tutor) - 7310486039
Mr. Devendra Bhardwaj
(PG Student) - 9680077392

Dr. Xavier Belsiyal
Organizing Secretary
Associate Professor

Dr. Anindya Das
Additional Professor

Prof.(Dr.) Smriti Arora
Principal

Two bilingual videos were also developed by the Department of Psychiatry (Credit: Dr. Tanve Garg, Junior Resident, Psychiatry) were circulated to the IT department. These videos were played round the clock over digital displays placed at various parts of the hospital and academic areas.

Video being played on one of the LCD screens inside the hospital



A guest lecture at Raiwala Military station by Dr Vikram Singh Rawat (Additional Professor, Psychiatry) was taken on 7th October 2023 to create awareness about mental health, reduce stigma, and foster a supportive environment for open discussions.

On the 10th of October, on World Mental Health Day, the Dean (Academics), Prof Jaya Chaturvedi, awarded the top posters. The Medical Superintendent, Prof Sanjeev Mittal, also distributed certificates to the other participants. Prof Sanjeev Mittal also unveiled pamphlets on mental health education relevant to this year's theme on rights and disability benefits for mental illness.



The MS and The Dean, with other faculty with pamphlets

Pamphlets distributed to patients and caregivers of AIIMS Rishikesh.

Nursing students performed three short ten-minute *Nukkad Nataks* in the OPD premises. A handsome gathering of patients (and caregivers), students and other staff were present.



Nukkad Natak gathering

मनोरोग विकार वाले लोगों के अधिकार

स्वास्थ्य सेवा प्राप्त करने का अधिकार

गरीबी रेखा से नीचे जीवन यापन करने वाले लोग सभी सरकारी अस्पतालों में अच्छी गुणवत्ता और सस्ती स्वास्थ्य सेवाओं के हकदार हैं। आवश्यक दवाओं की सूची वाली दवाएं भी कम रेट पर उपलब्ध करायी जाती हैं।

कूर, अमानवीय व्यवहार से सुरक्षा का अधिकार

मानसिक रोग से ग्रस्त लोगों को सम्मान के साथ जीने का अधिकार है। उन्हें एक सुरक्षित और स्वच्छ वातावरण और अन्य जैसे निजता का भी अधिकार है।

समानता और गैर भेदभाव का अधिकार

उन्हें शारीरिक रूप से बीमार रोगियों के साथ समान व्यवहार करने का अधिकार है। लिंग, यौन अभिविन्यास, धर्म, संस्कृति, जाति, सामाजिक या राजनीतिक विश्वास, वर्ग या विकलांगता पर कोई भेदभाव नहीं किया जाएगा।

गोपनीयता का अधिकार

यह चिकित्सक का कर्तव्य है कि वह अपने स्वास्थ्य या उपचार के बारे में किसी भी रोगी से संबंधित जानकारी को प्रकट न करे। नुकसान को रोकने के लिए, सार्वजनिक सुरक्षा और सुरक्षा के हित में, उसे रोगी के बारे में संबंधित लोगों को जानकारी देनी पड़ सकती है।

सूचना का अधिकार

रोगी को एक सूचित निर्णय लेने, उसकी बीमारी और सभी उपचार विकल्पों और उनके संभावित दुष्प्रभावों के बारे में जानने का अधिकार है जो उसे एक सरल समझने योग्य भाषा में बताया जाना चाहिए।

कानूनी सहायता और शिकायत का अधिकार

रोगी को अपने सभी अधिकारों का प्रयोग करने का अधिकार है और किसी भी अधिकार के उल्लंघन के मामले में मुफ्त कानूनी सहायता का भी अधिकार है, वह उसे प्रदान की जाने वाली स्वास्थ्य सुविधाओं के बारे में शिकायत कर सकता है। उसे अपने सभी मेडिकल रिकॉर्ड तक पहुंचने का भी अधिकार है।

भारत सरकार द्वारा कई अन्य अधिकार भी प्रदान किए जाते हैं, अधिक जानकारी के लिए धारा 2, मानसिक स्वास्थ्य देखभाल अधिनियम, 2017, भारत का राजपत्र देखें

 Stop video
 Share

 Participants

Local Newspapers were contacted and provided with a brief write-up to publish about World Mental Health Day on 10 October. Information regarding various activities at AIIMS Rishikesh was also narrated.

In the following weeks after World Mental Health Day, on the 17th, a *nukkad natak* was organized in the community at Krishna Labor Colony, IDPL.



On the 25th, the community health nursing team at Paras International School, Khadri Road, Rishikesh, conducted a school mental health awareness program.



Finally, on the 27th, an informal interaction of students with the faculty of the Department of Psychiatry and counsellor from the Youth Centre took place. Around 90 students participated. Interaction included the identification and management of stress in our daily life.

