

Record Notes on Mental Health Awareness Program organized as a part of series of "Theme Based Health Talks" on 5<sup>th</sup> July, 2018 in the Resource Centre (Room No. 445 A wing) Nirman Bhawan, Dte.GHS.

In furtherance to the Swasth Bharat Initiative, as envisioned by Hon'ble Prime Minister, Directorate General of Health Services (Dte.GHS) organized a Mental Health Awareness Program on 5<sup>th</sup> July, 2018 in the Resource Centre of Dte.GHS. On this occasion a talk on common mental disorders, its prevention and management was organized for the officials of Dte.GHS and MoH&FW. The talk was organized as a part of series of "Theme Based Health Talks" planned for creating awareness among the officials of Dte.GHS and MoH&FW. Dr. Tanu Jain, ADG, Dte.GHS and Nodal Officer for the Awareness Programme, coordinated and anchored the session.

2. First talk of the day was delivered by Dr. Alok Mathor, Addl.DDG, Dte. GHS, who briefed the participants on the salient features of the National Mental Health Programme (NMHP), findings of National Mental Health Survey, 2015-16 and National Mental Health Policy, 2014. Following this Dr. (Prof) Rajesh Sagar, Dept. of Psychiatry, AIIMS, explained the concept of Mental Health and importance of recognizing signs and symptoms of common mental disorders such as Anxiety & Depression. He guided the participants in ways and means to manage stress in day to day official and personal life. Concept of First Aid in Mental Health was also explained by him. Subsequently, Dr. Indu Garewal, Chief Medical Officer communicated about the significance of prevention of mental illnesses & promotion of mental health. She also deliberated on tips for healthy lifestyle.
3. Approximately 90 -100 officers and officials attended the event. The sessions were interactive, and during the question answer session the participants were encouraged to ask the experts for clarification on various issues being faced by them or by their family members. Thereafter, short video clips and audio messages developed by NMHP were also displayed for the benefit of the audience.
4. The awareness campaign was greatly appreciated by all participants. The participants thanked DGHS for this initiative, and requested that such informative talks on various health issues should continue in future also.
5. IEC Material in the form of a note book and leaflet, along with a batch was also provided to the audience. All the participants were then requested to be the ambassadors for propagating the cause of mental health in India. Towards the end DGHS addressed the participants and asked them to look

after the well being of their family and friends by utilizing the knowledge gained during this session. DGHS also informed the participants that the next session on the series will be held on Tobacco Control on 12<sup>th</sup> July, 2018 on the same time and venue.

6. The awareness session was appreciated by one and all, and was concluded successfully.

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