

World Mental Health Day

Under the visionary leadership of our esteemed Executive Director, Dr. Ahanthem Santa Singh, and the insightful guidance of Dean Academics, Dr. Nitin Ashok John and Medical Superintendent, Dr. Maheshwar Lakkireddy, the Department of Psychiatry has been actively engaged in promoting awareness about mental health through a range of thoughtfully curated events and initiatives. This year, the theme of World Mental Health Day is of great relevance and urgency: “Access to Services: Mental Health in Catastrophes and Emergencies.” In times of crisis whether natural disasters, public health emergencies, or conflict situations mental health challenges are often overlooked, despite being critical to overall recovery and resilience. As part of the awareness campaign, our students took an innovative and engaging approach by performing a dynamic flash mob in the OPD foyer. This creative performance served as a powerful medium to capture attention and convey key messages about mental health to the public in a relatable and impactful manner. Following the performance, Dr. Ahanthem Santa Singh addressed the gathering with an inspiring message that reinforced the importance of prioritizing mental health, particularly during times of crises and about the department’s initiatives, the role of healthcare providers, the need for a collaborative approach in ensuring timely mental health support for those in need. Through events like these, the Department of Psychiatry continues to uphold its mission of breaking stigma, enhancing awareness, and advocating for inclusive and accessible mental health care. We believe that with collective effort and sustained advocacy, mental health can be rightfully recognized as a fundamental aspect of public health, deserving attention, resources, and action.



