

WORLD MENTAL HEALTH DAY CELEBRATION

On

10 October 2025,

Department of Psychiatry & Institute of Nursing Education and Research,
AIIMS Bathinda

World Mental Health Day 2025 was celebrated with great enthusiasm at the Dept. of Psychiatry & Institute of Nursing Education and Research (INER), AIIMS Bathinda on 10th October 2025, focusing on the global theme “Access to Services – Mental Health in Catastrophes and Emergencies.”

The event aimed to promote awareness about the importance of ensuring mental health care accessibility during times of crisis and emergencies. The celebration was graced by distinguished guests including Dr. Rakesh Kakkar, Head of Department, Community and Family Medicine, Professor, Dr. Kamlesh K. Sharma, Professor Cum Principal, INER, Dr Jitender Aneja, Addl. Prof. Dept. of Psychiatry, Dr. Jawahar Singh, Associate Prof. Dept. of Psychiatry and Mr. Atul Sharma, Assit. Prof. INER and Faculty of INER & other departments. Their presence and encouraging words motivated the students and faculty to continue promoting mental health awareness and services in all circumstances.

The program commenced with an essay writing competition held in the In Patient Department Psychiatry Ward, where 18 students from B.Sc. (Hons) Nursing and M.Sc. Nursing actively participated. The participants expressed their insights and understanding of mental health challenges faced during catastrophic situations and highlighted the need for timely access to mental health services. Following the competition, a skit performance was performed by B.Sc. (Hons) Nursing 3rd year students in the OPD registration area. The skit effectively portrayed real-life situations emphasizing the psychological impact of disasters and the importance of early mental health interventions. The event was coordinated and supervised by faculty of Dept. of Psychiatry & INER, whose efforts contributed to the success of the program.

The program concluded with a vote of thanks, acknowledging the contributions of the organizing team, participants, and guests. Overall, the event served as a meaningful platform to enhance awareness, empathy, and preparedness in addressing mental health needs during catastrophes and emergencies.





