

Mental Health Week 2025 on theme: - “Access to Services -Mental Health in Catastrophes and Emergencies.”

Institute of Nursing Education and Research (INER) In Collaboration with Dept. of Psychiatry, AIIMS Bathinda successfully concludes mental health week 2025 on the theme - Access to Services -Mental Health in Catastrophes and Emergencies.

The week was organized from 10th October to 17th October under the valuable guidance of Executive Director, AIIMS Bathinda Prof. (Dr) Ratan Gupta with the aim to provide mental health in catastrophes and emergencies and to ensure the psychological well-being of affected individuals and communities by providing timely mental health support and promoting resilience and recovery during and after the crisis.

The event culminated with the symposium on “Access to Services -Mental Health in Catastrophes and Emergencies, which was graced by the guest of honour Dr. Ratan Gupta, Executive Director, AIIMS Bathinda. The symposium featured insightful discussions highlighting the importance of mental health care during disasters and emergency situations. The sessions emphasized the crucial role of nurses in promoting psychological well-being and resilience in crisis conditions.

The symposium commenced by the address of Dr. Akhilesh Pathak, Dean Academics who addressed the importance of mental well-being among healthcare workers followed by the other dignitaries Lt Col Rajeev Sen Roy, DDA, AIIMS Bathinda. Dr. Gurvinder Pal Singh, HOD and professor, dept of psychiatry and Dr Jitender Aneja, additional professor, dept of psychiatry also graced the event. In addition, Dr Kamlesh K Sharma, Prof cum Principal, INER AIIMS Bathinda highlighted the Barriers to Mental Health Access – disasters and Emergencies. Furthermore, Mr Atul Sharma, assistant professor, INER AIIMS Bathinda presented the key insights of Psychological First Aid – Disaster & Emergencies and Mr. Pardeep Kumar, Nursing Tutor, INER AIIMS Bathinda emphasized the Stress Management Strategies: Disaster and Emergencies.

Following the symposium, the Oath-Taking Ceremony of 59 BSc Nursing (Hons) 1st Year, 2025 was done, led by esteemed principal ma'am Prof (Dr.) Kamlesh K ma'am, where students pledged to uphold professional ethics, compassion, and dedication in their service to humanity.

The Mental Health Week, held from October 10 to 17, 2025, witnessed enthusiastic participation from over 100 students, featured a series of engaging and educational activities. The week commenced on October 10 with an essay competition and a skit performance, followed by a quiz on October 13. On October 14, participants showcased their creativity in a slogan-writing

competition, while October 16 saw an awareness rally, graced by honourable Dr. Ratan Gupta, Executive Director, AIIMS Bathinda, promoting mental health in the community. The week concluded on October 17 with a poster-making and rangoli competition, highlighting the importance of mental health awareness through art and visual expression.

The program concluded with the final address by Dr. Rajiv Kumar Gupta, Medical Superintendent, AIIMS Bathinda. Award of Honour and certificates of appreciation were distributed to all the dignitaries and judges followed by conferring certificates to the winners and participants. A vote of thanks by Mr Atul Sharma expressing gratitude to all dignitaries, faculty, and students for their active participation, making the week a meaningful and successful academic and awareness-building initiative.

