

INSTITUTE OF NURSING EDUCATION & RESEARCH (INER)
&
Department of Psychiatry, AIIMS BATHINDA
Organizes Symposium On
World Mental Health Day 2026
Theme: "Lived Experiences Heard: Real Voices, Real Change"

Time	Event	Faculty
10:00 am - 10:02 am	Formal Welcome	INER Faculty
10:02 am - 10:05 am	“Shabad” -	Dr. Gurvinder Pal Singh HoD & Professor, Dept of Psychiatry, AIIMS Bathinda
10:05 am - 10:08 am	Lamp Lighting	All Dignitaries
10:08 am - 10:012 am	7 Days week long activity report	Mr. Atul Sharma Assistant Professor, INER
10:12 am - 10:15 am	Welcome Address	Dr Kamlesh K Sharma Prof Cum Principal
10:15 am - 10:18 am	Address	Dr Rajiv Kumar Gupta Medical Superintendent
10:18 am - 10:22 am	Address	Dr Lajya Devi Goyal Dean Academics
10:22 am - 10:30 am	Address	Dr Ratan Gupta Executive Director
10:30 am - 10:40 am	Distribution of Certificates & Prizes for Various Activities Under World Mental Health Day 2026	All Dignitaries
10:40 am - 10:45 am	Vote of Thanks	Mr. Pardeep Kumar Nursing Tutor, INER
10:45 am - 11:00 am	High Tea	
Symposium		
11:00 am - 11:20 am	Session 1: Beyond the Diagnosis: Understanding the Lived Experiences of People with Mental Health Conditions	Dr. Gurvinder Pal Singh HoD & Professor, Dept of Psychiatry, AIIMS Bathinda
11:20 am - 11:40 am	Session 2: When Care Becomes a Barrier: Lived Experiences of Coercion, Restraint and Loss of Autonomy	Dr Kamlesh K Sharma Prof Cum Principal INER AIIMS Bathinda
11:40 am - 12:00 am	Session 3: Recovery Beyond Medication: Promoting Hope, Resilience and Personal Empowerment	Dr. Jitender Aneja Addl. Professor, Dept of Psychiatry, AIIMS Bathinda
12:00 am - 12:30 pm	Panel Discussion	Dr Bharat Udey, Asso. Prof. Dr Jawahar Singh, Asso. Prof. Dr Manmeet Kaur Brar, Assist. Prof. Mr Atul Sharma, Assist Prof. Mr. Pardeep Kumar, Nursing Tutor