



अखिल भारतीय आयुर्विज्ञान संस्थान नागपुर  
**All India Institute of Medical Sciences, Nagpur**

Tele MANAS, Mentoring Unit  
Email: [telemanas@aaimsnagpur.edu.in](mailto:telemanas@aaimsnagpur.edu.in)

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**Detailed Report on Mental Health Week Celebration 06<sup>th</sup> to 10<sup>th</sup> October 2023**

**Mind Mela -2023.**

**Type of activity:** Skit, Awareness talk, discussion & poster gallery

**Venue:** Primary Health Centre, Bela, Tah. Umred, Dist. Nagpur

**Collaborators:**

- 1 Department of Psychiatry, AIIMS Nagpur
- 2 Tele MANAS Mentoring Unit, AIIMS Nagpur
- 3 Department of Community Medicine, AIIMS Nagpur
- 4 Primary Health Centre, Bela

The importance of early detection and treatment of psychiatric illness, as well as myths and facts regarding the same, were portrayed through a skit performed by team members of the Department of Psychiatry & Tele MANAS mentoring Unit. The audience was educated through the skit, interactive discussion and poster gallery about mental health and information about the National Tele Mental Health Programme of India (TeleMANAS)

Dr. Arijit Ghosh, Professor (Cardiology), AIIMS Nagpur, and Dr Sonali Wankhade, Medical Officer in charge, Bela PHC, were the guests of honour. Dr Suyog Vijay Jaiswal (Additional professor of Psychiatry and nodal officer, TeleMANAS Mentoring Unit, AIIMS Nagpur) & Dr Jaya Prasad Tripathi (Associate professor, Community Medicine, AIIMS Nagpur) addressed the public on mental health. Dr. Sayalee D. Daberao (Assistant professor, TeleMANAS Mentoring Unit, AIIMS Nagpur) and Ms Diksha Sadar (Psychiatric Social Worker, TeleMANAS Mentoring Unit, AIIMS Nagpur) conducted an interactive session with OPD patients and general visitors to PHC regarding psychoeducation. Dr. Jeel Vasa (Junior resident, Psychiatry), Dr Dhanashri Gohad (Senior resident, psychiatry) and Ms. Shally (Nursing officer) of AIIMS Nagpur presented a skit addressing myths and facts regarding psychiatric illness.



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**Type of activity:** Awareness talk, interactive discussion, poster competition

- Venue:**
1. Vishwas Vidyalay, Nandanvan, Nagpur
  2. Gyan Vikas Madhyamik Vidyalay, Nandanvan, Nagpur

**Collaborators:**

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Department of Community Medicine, AIIMS Nagpur
4. Vishwas Vidyalay, Nandanvan, Nagpur
5. Gyan Vikas Madhyamik Vidyalay, Nandanvan, Nagpur

The awareness activities were conducted at both schools in the form of poster competitions and interactive sessions to raise mental health awareness. The topics for poster competition were “स्वस्थ मन, स्वस्थ जीवन” and “मेरी छवी”. Around 300 students from the 8<sup>th</sup> and 9<sup>th</sup> classes at Vishwas School and around 100 students from the 8<sup>th</sup> and 9<sup>th</sup> classes at Gyan Vikas Madyamik Vidyalaya participated in the activities. Dr. Sreelakshmi V (Associate Professor of Psychiatry, AIIMS Nagpur), Dr Priti Tiwari (Senior Resident, Community Medicine, AIIMS Nagpur), and the respective principals of the schools, Mr. Subhash Warhokar (Vishwas Vidyalay, Nandanwan, Nagpur), and Mr Nayak (Gyan Vikas Madhyamik Vidyalay, Nandanwan, Nagpur), addressed the students.

An interactive session was conducted by Dr. Sreelakshmi V., Dr. Harkishan Mamtani (Senior resident), Ms Diksha Sadar (Psychiatric Social worker) of TeleMANAS Mentoring Unit & Dr. Mranali Jaiswal (Junior resident, Psychiatry) AIIMS Nagpur. They addressed issues such as body shaming, stress management, suicidality, substance use, and mobile phone use. Students participated enthusiastically and contributed to the discussion. The session concluded with a relaxation exercise for all the students. At the end of the program, winners of the poster competition were awarded prizes and certificates at the hands of guest Dr Sreelakshmi V & principals of respective schools.



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**Type of activity:** IEC material release, photo booth, rangoli, advocacy, & awareness activities.

**Venue:** AIIMS Nagpur, OPD registration area

**Collaborators:**

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Psychiatric Society Nagpur
4. Office of Medical Superintendent, Nagpur
5. Hospital Infection Control Committee, AIIMS Nagpur
6. College of Nursing, AIIMS Nagpur

The visitors to AIIMS Nagpur were greeted with a Rangoli advocating the cause of mental health. The Rangoli was made by Ms Jyoti Singh (Infection control nurse, AIIMS Nagpur) & the students of the College of Nursing, AIIMS Nagpur. Information about various mental illness were on display in the “मन की पाठशाला” the mental health information gallery. Seventeen standees sourced from Psychiatric Society Nagpur, were set up in the OPD registration area to raise awareness of mental illness and its treatment. The president of Psychiatric Society Nagpur Dr Nikhil Pande & secretary Dr Abhishek Mamarde took an overview of the gallery. The event also saw the official release of mental health information pamphlets in three languages (Hindi, Marathi, and English) as a mental health awareness-building initiative. Dr. Meena Mishra (Professor, Microbiology and I/c Hospital Infection Control Committee) and Dr Samir Dwidmuthe, (Professor, Orthopedics) were the guest of honour for the official release of the pamphlets. As part of the green initiative, to save paper, the QR code of the pamphlets was also released and people can access the mental health information pamphlets, anywhere, anytime, with a click of a button. A Photo Booth: The Frame of Mind” was also put up, with a QR code, to engage more public in this initiative. Various members of faculty, staff, students, and general public visited the gallery and learned about mental health. The program was coordinated by Dr Sonakshi Jyrwa (Associate professor, Psychiatry, AIIMS Nagpur).



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**Type of activities:** Movie club and open forum discussion

**Venue:** Narayana Vidyalayam, Chichbhavan, Nagpur.

**Collaborators:**

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Narayana Vidyalayam, Nagpur.

On the 4<sup>th</sup> day of Mind-Mela 2023, a movie club was organized by the Department of Psychiatry for the students of Narayana Vidyalayam. The movie “Inside Out (2015)” was screened at the school. The movie is focused on core emotions and their impact on the lives of teenagers. It breaks the perfection myth of emotional health and normalizes the acceptance of emotional imperfections. Dr Jeel Vasa (Junior resident, Psychiatry, AIIMS Nagpur) and Ms. Leea Vankar (Data entry operator, TeleMANAS Mentoring Unit, AIIMS Nagpur) coordinated the movie screening. The movie was attended by more than 150 students.

After the movie, Dr Suyog Vijay Jaiswal (Additional professor, Psychiatry, AIIMS Nagpur), Dr. Sreelakshmi V (Associate professor, Psychiatry, AIIMS Nagpur), and Ms. Kausar Inamdar (Counsellor, Narayana Vidyalayam) conducted an interactive session with students and addressed the importance of mental health and issues related to it. Ms. Sonal Srivastav (Vice Principal, Narayana School) felicitated the team of AIIMS Nagpur.



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**Type of activity:** Quiz, interactive games.

**Venue:** Academic block AIIMS Nagpur

**Collaborators:**

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Office of Dean (Academics), AIIMS Nagpur
4. Lecture Hall Committee, AIIMS Nagpur

Department of Psychiatry AIIMS, Nagpur organized Mind Games- a 1-hour session involving games targeting different psychological aspects for UG, PG, and Nursing students at the AIIMS Nagpur lecture theatre. The games were conducted by Dr. Harkishan Mamtani (Senior resident, TeleMANAS Mentoring Unit, AIIMS Nagpur) & Dr Jeel Vasa (Junior resident, Psychiatry, AIIMS Nagpur). The guests of honour for the event were Dr. Mrunal Phatak (Dean, Academics, AIIMS Nagpur) and Dr. Siddharth Dubhashi (Dean, Student welfare). The winners of a previous event- Brain-o-holic, the treasure hunt, and Mind Games were felicitated at the hands of guests. Also, nursing officers who played a vital role in activities for Mind Mela 2023 were felicitated. UG students participating in the flash mob scheduled to be conducted on 10th October 2023 at Sitabuldi metro station were handed custom-made T-shirts by the dignitaries.



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**Activity type:** Flash mob, community awareness, open discussion

**Venue:** Sitabuldi Interchange metro station, Nagpur

**Collaborators:**

1. Department of Psychiatry, AIIMS Nagpur
2. Tele MANAS Mentoring Unit, AIIMS Nagpur
3. Office of Dean (Student Welfare), AIIMS Nagpur
4. Dance club, AIIMS Nagpur
5. Music club, AIIMS Nagpur
6. Nagpur Metro Rail

Department of Psychiatry AIIMS, Nagpur in collaboration with Nagpur Metro celebrated Mental Health Day by organizing a “Flash Mob” performance at Sitabuldi Interchange Metro Station, on the evening of 10<sup>th</sup> October, 2023. The enthusiastic, well-orchestrated dance performance by the MBBS students of AIIMS Nagpur with the display of information on mental health, drew the attention of hundreds of non-suspecting commuters. After the performance, Dr Sonakshi Jyrwa (Associate Professor, Psychiatry, AIIMS Nagpur) engaged the crowd and spoke about mental health and the stigma surrounding it. The program emphasised that “Neither Mental illnesses nor seeking help, is a sign of weakness”, encouraged the public to take care of their mental health and informed about the mental healthcare options at AIIMS Nagpur & TeleMANAS helpline. The program ended with Dr Siddharth Dubhashi (Dean, Student welfare, AIIMS Nagpur), felicitating Mr. SG Rao (DGM, Nagpur Metro) who appreciated the endeavours of the Department of Psychiatry in raising mental health awareness. The program was well captured by press media and widely shared and circulated in social media.



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