



Indian Psychiatric Society



observes

World Mental Health Week - 2021 (Online) **World Mental Health Day - 2021 (Hybrid Mode)**

10th October, 2021 at Hotel Lalit, New Delhi

Despite sociopolitical aspirations and endeavours, equality remains a dream and it's a fact that we are living in an unequal world. These inequalities are not only barriers to mental health and mental health services, but also reasons for many mental health issues. By taking heavy toll of lives and resources COVID crisis has further aggravated the problem.

To address these issues the **World Federation for Mental Health** has declared **"Mental Health in an Unequal World"** as the theme for **World Mental Health Day 2021**.

It is our duty to respond to this call and create a movement to sensitise one and all.

The Indian Psychiatric Society is all out for this and our all branches are organising many programs in the **Mental Health Week** (4th October - 10th October).

This year the Indian Psychiatric Society has planned to observe Mental Health Week with 3 unique programs online and **World Mental Health Day** in national capital in hybrid mode. The **World Mental Health Day** program is being organised at **Hotel Lalit, Barakhamba, New Delhi from 10 am to 2 pm**.

Apart from focusing on the theme of the day, this program has been conceptualised to explore and begin new **partnership with Universities and Media** for mental health promotion in years to come.

The organising team has planned some awareness events from our own members and also celebrities like **Poet, Writer and Film Director Mr Gulzar** and **Grammy Award Winner Pandit Vishwa Mohan Bhatt**.

We request you to join hands for spreading the message far and wide.

Long Live IPS!



Dr. Gautam Saha
President, IPS



Dr. N N Raju
Vice-President, IPS



Dr. T S S Rao
Hony. Gen. Secretary, IPS



Dr. O P Singh
Hony. Editor, IPS



Dr. K K Mishra
Hony. Treasurer, IPS



Dr. Vinay Kumar
Organising Chair



Dr. Brahmdeep Sindhu
Organising Secretary

Register (free) and Join the programme with the following link: (Please click)

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KNOWLEDGE SHARING PARTNER





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PROGRAMME

MENTAL HEALTH WEEK (ONLINE)

04th October, 2021 | 08.00 - 09.00 pm (ONLINE)

~ Curtain raiser ~

- Address by the **President Dr Gautam Saha** & other Office Bearers
- Mental Health Awareness: Modes and Methods for Maximum Reach
Speakers: **Dr Mrugesh Vaishnav and Dr Anand Nadkarni**
Chairpersons: **Dr Indira Sharma, Dr P K Dalal & Dr K K Mishra**

06th October, 2021 | 08.00 - 09.00 pm (ONLINE)

- Welcome Address by the **Vice-President Dr N N Raju**
- Address by the **Hon. Gen. Secretary Dr T S S Rao**
- Music for Mind : Performance & Discussion by **Pandit Vishwa Mohan Bhatt**
(The session will be conducted by : **Dr Sudhir Bhawe**)

07th October, 2021 | 05.00 pm

- Welcome Address by the **President Dr Gautam Saha**
- Address by the **Hon. Editor Dr O P Singh**
- Creativity is good for Positive Mental Health
Some Anecdotes from my Creative Journey:
Mr Gulzar, Poet, Writer & Film Director

World Mental Health Day: 10th October 2021

at Hotel Lalit, New Delhi (Hybrid Mode)

10.00 - 11.00 **Inaugural Session**

11.00 - 12.00 **Theme Session**

1. Increasing inequalities as a major stressor in modern times:
Prof Rajesh Sagar
2. Busting and bypassing the barriers to Mental Health in an unequal world: **Prof RS Murthy**

12.00 - 14.00 **Session for Future Partnerships**

12.00 - 12.30 Promoting Mental Health through University Education:
Prof PC Joshi

12.30 - 14.00 Panel Discussion with invited representatives of media:
Promoting Mental Health in an unequal World: Role of India

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