Vidyavardhaka Sangha®
VIDYAVARDHAKA LAW COLLEGE
MYSURU

IQAC

CELEBRATING

WORLD MENTAL HEALTH DAY
11-10-2021

By

Distinguish Speaker

Dr. ASHWINI
Medical Officer
MYSURU

Venue: Room No 09   Time : 11:30AM

Dr. Deepu P   **Prof K.B.Vasudeva**   **Dr.Prakruthi A R**
Principal   **Director of Legal Studies**   **Co-ordinator**

VIDYAVARDHAKA LAW COLLEGE,
SHESHADRI IYER ROAD, MYSURU

WORLD MENTAL HEALTH DAY CELEBRATION REPORT

2021-2022

On 11th October 2021 Mental Health Day was celebrated. The theme of 2021 World Mental Health Day is 'Mental health in an unequal world'. Dr. Ashwini, Medical Officer, Mysuru District, Mysuru was the distinguish speaker in this occassion. She pointed out that from the beginning of the pandemic; we've been tracking its impact on people's mental health. While the pandemic has affected everyone, people with long term health conditions, or facing discrimination or parenting on their own are struggling the most and they need more support.

The World Health Organization research has shown that some of the people who are struggling the most are those who were already facing considerable challenges, the people with long term health conditions, or facing discrimination, or parenting on their own. That is why India has launching Covid Response Programme to work with partners to help some of the people who have been hardest hit. On this occasion Prof K.B Vasudeva Director of Legal Studies explained the importance of celebration of World Mental Health. World Mental Health Day is celebrated across the globe on October 10. It is aimed at educating people and spreading awareness about the importance of mental health and how one should never neglect their mental health issues.Also Read - How Yoga Asanas Can Help in Curing Stress And Anxiety. This pandemic has opened the floor to discuss and talk in detail about mental health issues as several children and working professionals feel burnt out. They found it difficult to accept their new normal. The brunt has been faced severely by people who already have pre-existing mental health conditions, health and other frontline workers, students, people living alone. Also Read - World Mental Health Day 2021: Symptoms, Causes, Treatment And Stigma Related To Mental Health, Explained.

Principal Dr. Deepu P explained the history and significance world mental health day. The World Federation for Mental Health organized an annual activity which was first observed on October 10, 1992. That year, there was no specific theme and their main motive was to spread awareness about the issue and educate the people on the relevant issues. In 1994, for the first time, a theme was set. The theme was improving the quality of mental health services throughout the world. Every year, the day's importance grew. Different years had different themes based on their relevance and importance. Themes like Women and Mental Health (1996), Children and Mental Health (1997), Mental Health and Human Rights (1998) and Mental Health and Ageing (1999). Finally the programme concluded with the vote of thanks delivered by Dr. Prakruthi A R. Teaching, Non-Teaching Staff's and Students were present.