



## **World mental health week 2022**

Mental health week was celebrated with great excitement and vigor this year. A number of competitions were held to encourage the active participation of students and in-turn learns more about mental wellbeing. It all started out with a quiz competition about psychiatry and psychology and saw enthusiastic part-taking of the students.

There was an Essay competition held as well in both English and Marathi to make it more inclusive. The resulting essays were inspiring; with many students drawing from their personal experiences and writing well researched pieces. The student's artistic side was challenged with rangoli and poster making competitions. Many posters with beautiful 3D effects and Rhyming Slogans were created. And the array of beautiful rangolis all around the Out Patient building made it incredibly difficult to choose a winning team. The Week came to an end with the celebration of mental health Day.

It started out with the Welcoming of our esteemed guest, Dr Atul Dhage, a renowned Psychiatrist from Ratnagiri and owner of "Mindcare Hospital", Ratnagiri. He blessed the celebrations by lighting of the lamp, joined by Dr. Padma Nanaware, Attending Psychiatrist at Walawalakar Hospital. Dr.Dhage then proceeded to directly address audience, which mainly comprised of students, in varying medical fields. His speech focused on this year's theme, **"Making Mental Health and Well-being for All a Global Priority"**. He was eloquent in words, whilst dealing with such a nuanced topic and surely had an impact on many. This was followed by fabulous displays of our talent in singing, classical dance (Bharatnatyam) and an educational skit highlighting the various mental health problems, all meticulously put together by the students in our college. Later, a small video was played, to show the grand way in which Mental health week was celebrated this year, in the hospital.

The prizes were given out to all the deserving students by Dr Dhage, Yashwantrao and Dr.Nanaware which will surely prove to be a great encouragement for further participation. The ceremony concluded with the felicitation of our Chief guest Dr.Atul Dhage who's presence made the afternoon even more memorable.

B.K.L WALAWALKAR HOSPITAL DIAGNOSTIC & RESEARCH CENTRE

DEPARTMENT OF PSYCHIATRY



*We come together to celebrate the Mental Health Day on October 10<sup>th</sup> and the theme is “Make Mental Health & Well-Being All a Global Priority”*

*We will be organizing competitions from 1<sup>st</sup>– 10<sup>th</sup> October 2022 and we request your enthusiastic participation.*

1 <sup>st</sup> October	Quiz Competition
4 <sup>th</sup> October	Essay Competition
6 <sup>th</sup> October	Poster Competition
7 <sup>th</sup> October	Rangoli Competition
11 <sup>th</sup> October	Guest Lecture & Winners Announcement

**Organising Committee**

**Dr. K. Padama**  
**Rupali Chvan- 9527419646**  
**Swati Sonawane- 9921815863**  
**Eva Indulkar-9284173980**



*\*visit OPD No. 11 for detail information*

**Quiz COMPETITION**

Topic	Depression, Anxiety, Suicide, Addiction (Awareness)
Language	English, Hindi, Marathi
Last Date of Submission	1 <sup>st</sup> October 2022

**Essay writing COMPETITION**

Topic	Depression, Anxiety, Suicide, Addiction (Awareness)
Language	English, Hindi, Marathi

<i>Last Date of Submission</i>	<i>4<sup>th</sup> October 2022</i>
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**Poster COMPETITION**

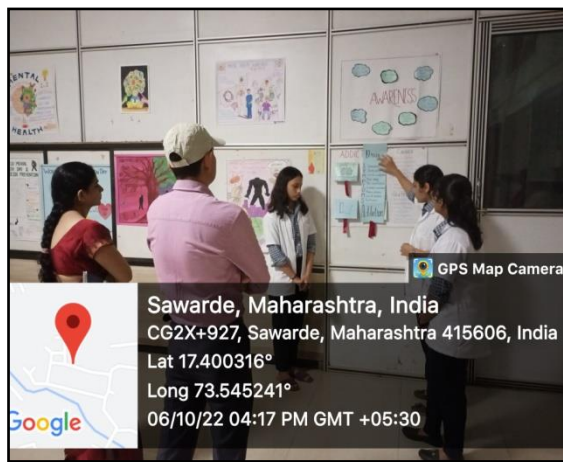
<i>Topic</i>	<i>Depression, Anxiety, Suicide, Addiction (Awareness)</i>
<i>Language</i>	<i>English, Hindi, Marathi</i>
<i>Last Date of Submission</i>	<i>6<sup>th</sup> October 2022</i>

**Rangoli COMPETITION**

<i>Topic</i>	<i>Depression, Anxiety, Suicide, Addiction (Awareness)</i>
<i>Date of Competition</i>	<i>7<sup>th</sup> October 2022</i>



Quiz competition 01/10/2022



Poster presentation 06/10/2022



Rangoli competition 07/10/2022

# 11<sup>th</sup> October 2022 world mental health day celebration photographs



Lamp lighting



Awareness session by Dr. Dhage



Essay reading by essay 1<sup>st</sup> winner (MBBS intern Suhas)



Poem reading by Ishwar patil(psychologist)



Singing performance



Classical dance performance



**Prize**

