

Directorate of Outcome
Outcome Report
Event/Activity Organized @ AUH

Event Type- ONE DAY THEME BASED HEALTH AWARENESS PROGRAMME

Event Title: – YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

Details of Speaker/Resource Person: Dr. Mausami Sinha (Senior Psychiatrist ,VIMHANS),
Dr. Deepali Roy (Clinical Psychologist ,VIMHANS)

Date: 10 Oct 2018

Venue: VIMHANS , DELHI

Organized by: ACON

Faculty Coordinator (s): Ms. Rajwant Kaur (Asst. Prof , ACON)

Asst. Faculty : Ms Kanika Kumar (Tutor,ACON)

Participation: 45 Nursing Students, 15 Day Care Clients ,25 Staff members VIMHANS

Outcome of the Event with Time Line (Proposed/Achieved)

(Provide suitable details wherever applicable)

1. Outcome related to Academia Connect		
a) Collaborations for Research Papers/Conference Papers/Book Chapter etc	Y/N	N
b) Collaborations & MOU for Research Guidance [PhD, PG & UG (summer training, Dissertation)] & Projects/Use of Instruments etc.	Y/N	N
c) Collaboration for Funded Projects.	Y/N	N
2. Outcome related to Industry Connect		
a) Placement	Y/N	N
b) Collaborations for Research Papers	Y/N	N
c) Collaborations & MOU for Research Guidance [PhD, PG & UG (summer training, Dissertation)] & Projects/Use of Instruments.	Y/N	N
d) Collaboration for Funded Projects.	Y/N	N
3. Outcome related to Society Outreach		
a) Benefit to society in terms of Health & hygiene	Y/N	Y
b) Benefit to society in terms of Education	Y/N	Y
4. Outcome related to Students Learning & Grooming		
5. Any other		

Event report along with glimpses of the event (Photographs)

Our world is changing rapidly on a day to day basis, both in the physical world and in the virtual online world. The 2018 theme for World Mental Health Day was ‘**YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD**’. So, The “**THEME BASED HEALTH AWARENESS PROGRAMME**” was planned at Auditorium of VIMHANS Hospital , New Delhi .

The Guest speaker was Dr. Mausami Sinha (Senior Psychiatrist , VIMHANS)

The programme started at 10.15 a.m . 45 Nursing Students, 15 Day Care Clients ,25 Staff members VIMHANS participated in this programme .

The day started by a melodious Prayer by B.Sc. Nursing students.

After the Lamp lighting by the dignitaries , Ms. Urvashi unfolded the theme of World Mental Health Day , the importance of creating more services and better care for our young people, and the issues they are experiencing the most these days.

Dr. Mausami Sinha ,took an elaborative and interactive session on ‘Major Mental illness and Young People’. She focused how young people today face constant stressors and challenges – happening in their own lives and in the world around them. Many of the issues faced by young people today, such as, bullying, suicide, the onset of major mental illnesses, and pointed the effects of trauma, and gender identity discrimination require our time and attention. Her talk was hugely applauded by the audience and other dignitaries.

Dance is considered one of the art form which helps in expressing emotion, feeling and also one of medium to relieve stress , so keeping this in mind an amazing dance performances were orchestrated by the Bsc Nursing students.

Followed by the session “**SHARE YOUR FEELING**” by Day Care Clients admitted in VIMHANS Hospital . The Clients enthusiastically participated and expressed their feelings in the form of music and encouraged youth to ventilate their feelings while giving their own real life examples.

Next the role play was performed by Students on “Substance Abuse And Its Prevention Among Youth” . The drama depicted the scenes how the youth fell in trap of Substance Addiction and how it can be prevented .

Next we had interesting sessions by Dr Deepali Roy, (Clinical Psychologist) , The Way Forward – Prevention, Resilience And Support .She emphasised on ideas and programs to help the next generations be strong and resilient in the face of hardship, life changes, discrimination and destruction.

The sessions were concluded by question answer round at the end . Where young audience clarified their doubts.

The day ended with vote of thanks by Sister Victoria Julius , Nursing Superintendent , VIMHANS in which she paid gratitude to the management, all the dignitaries, guests , speakers , faculty and students.

Glimpse of the event attached as follow

LAMP LIGHTING CEREMONY





Lectures by speakers



Role Play On Substance Abuse



Dance performance by Students



Day care clients sharing their feelings





ACON TEAM

