

DEPARTMENT OF PSYCHIATRY

PDMMC, AMRAVATI

In collaboration with Vidarbha Psychiatric Association

PROGRAM / ACTIVITY REPORT

MENTAL HEALTH DAY 2026

1. Event Details

Event	Mental Health Day 2026
Date	10 October 2026
Venue	OPD Building, PDMMC, Amravati
Organised by	Department of Psychiatry, PDMMC, Amravati
In collaboration with	Vidarbha Psychiatric Association
Chief Guest	Dean PDMMC A.T. Deshmukh ,Dr. Atul Patil, President, Vidarbha Psychiatrists Association (VPA)

2. Objectives

- To create awareness about the importance of mental health and emotional well-being.
- To encourage open discussion about mental health and reduce stigma associated with mental illness.
- To promote awareness about substance use, addiction prevention, and recovery.
- To provide a platform for creative expression through art, photography, monologues, and skits.
- To encourage help-seeking behaviour and strengthen community participation in mental health promotion.

3. Brief Description of the Activity

The Department of Psychiatry, PDMMC, Amravati, in collaboration with the Vidarbha Psychiatric Association, observed Mental Health Day 2026 on 10 October 2026 at the OPD Building, PDMMC, Amravati. The programme was organised to promote mental health awareness, encourage positive conversations about psychological well-being, and highlight the importance of timely support and treatment.

The World Health Organization (WHO) recognizes 10 October as World Mental Health Day. This year, we celebrated World Mental Health Day under the theme “Lived Experience: Heard, Real Voices, Real Change,” as given by the WHO.

To mark this occasion, we organized various competitions for students, including reel-making, poster-making, drama, and photography competitions, to promote mental health awareness and encourage creative expression.

We received an overwhelming response from the students, and every participant showcased their enthusiasm, creativity, and talent, making the event a great success.

Dr. Atul Patil, President of the Vidarbha Psychiatric Association (VPA), attended as the Chief Guest. The programme used creative and participatory activities to communicate mental health messages in an

accessible manner and to encourage individuals to express their experiences, emotions, and perspectives without fear of stigma.

4. Activities and Highlights

Monologue / Skit Competition – A special competition invited participants to present short monologues or skits on topics related to mental health. The activity encouraged participants to share thoughts, experiences, and emotions through performance, with a maximum duration of three minutes.

1 st Prize -Dr Kasturi Ghatе

Poster Competition – De-addiction and Substance-Use Awareness – Participants were encouraged to create posters highlighting the harmful effects of substance use, the value of de-addiction, and the importance of healthier choices. Hand-drawn posters were preferred, and the displayed posters served as an awareness resource.

1st Prize -Unra Samarth Aslam Khan

Photography Competition – “The Emotion You Don’t See” – The photography activity focused on emotions that may not be immediately visible. Participants were encouraged to capture moments, expressions, or details that communicate an underlying emotion, accompanied by a short description.

1st Prize -Dr Tapas Gaikwad

Mental Health Awareness – The programme highlighted practical ways to support mental well-being, including talking about feelings, staying physically active, maintaining quality sleep, eating healthily, and managing stress.

Display and Recognition – The announced activities included recognition for outstanding performances and entries. Posters were intended for display at the Psychiatry OPD event, helping extend the awareness message beyond the competition itself.

5. Key Messages

- Mental health is an essential part of overall health and well-being.
- Seeking professional help is a positive and important step toward recovery.
- Compassionate communication and social support can help reduce stigma.
- Prevention, early identification, and treatment can make a meaningful difference in substance-use problems.
- Every individual can contribute to a more supportive and mentally healthy community.

6. Outcome and Significance

The programme provided a platform for mental health education and creative expression. The planned competitions and awareness displays helped communicate key messages on emotional well-being, stigma reduction, and de-addiction. The collaboration between the Department of Psychiatry and the Vidarbha Psychiatric Association reinforced the importance of joint efforts in promoting mental health awareness within the institution and the wider community.

7. Conclusion

Mental Health Day 2026 was organised to reaffirm the importance of mental health awareness, early help-seeking, inclusion, and community support. Through creative activities and educational messages,

the programme encouraged a more open and compassionate approach to mental health. The Department of Psychiatry, PDMMC, Amravati, and the Vidarbha Psychiatric Association remain committed to promoting mental well-being and reducing stigma associated with mental illness.







