

October 11, 2022

Press Release

### **JMI celebrates Mental Health Day**

The Department of Psychology, Jamia Millia Islamia (JMI) celebrated the 'Mental Health Day' on 10<sup>th</sup> October, 2022 with a lot of enthusiasm. The day is observed around the world to raise awareness about the significance of mental wellness.

Towards this, a number of activities were conducted to highlight the significance of mental health, particularly in the post COVID times. The activities included poster-making contest, fun mental health quiz, creative art station, mental declutter activity, and the grand open-mic.

An art station was also created to make unique badges and tattoos for the students and teachers of the department.

The highlight of the entire event was the open mic which consisted of some soul stirring poetry recitations and extempore talks on topics of student's choice. While the performances were going on, the mental declutter activity was announced wherein anybody could anonymously share the burden of their heart, secrets, and past traumas.

The event concluded with closing remarks from Prof Sheema Aleem, the Head of the Department appreciating the efforts of the students of the Department. She exhorted them to make special efforts to reach out among their friends and neighbours to create more awareness about mental health issues and help in removing the stigma surrounding mental illnesses.

The event was planned and organized by the Subject Association of the Department under the mentorship of Dr Meena Osmany and involved the active participation of all students of the department.

The Sarojini Naidu Centre for Women's Studies, JMI is teaming up with Sukoon, Fortis Health care to organise a panel discussion on 'Understanding Gender and Wellbeing' to observe the mental health day on 12<sup>th</sup> October 2022 from 3 pm onwards at Mir Taqi Mir building of then university. Dr. Sameer Kalani, Sr. Consultant- Psychiatrist, Head of Sukoon Healthcare, Dr. Madhulika Bajpai, Senior Faculty, Psychology Deptt, Bhaskaracharya College, Delhi University and Ms. Kamna Sarin, Consultant- Clinical Psychologist, Sukoon Health will be the panelists.

Public Relations Office  
Jamia Millia Islamia







## SAROJINI NAIDU CENTRE FOR WOMEN'S STUDIES

*Celebrating World Mental Health Day*

*in collaboration with*

### SUKOON HEALTH

(Dept. of Mental Health and Behavioural Sciences, Fortis Hospitals Ltd)

cordially invites you to a  
**PANEL DISCUSSION on**

**Understanding Gender and Well-being**

### Panel of Experts



**Dr Sameer Kalani**  
Sr. Consultant  
Psychiatrist  
Sukoon Health



**Dr Madhulika Bajpai**  
Senior faculty at  
Bhaskaracharya  
College, DU



**Ms Kamna Sarin**  
Consultant - Clinical  
Psychologist  
Sukoon Health

Date: October 12, 2022  
Time: 3:00 pm onwards  
Venue: Mir Anis Hall, Gate no. 15,  
Jamia Millia Islamia



**CHAIR**  
Prof. Nazim Husain Al-Jafri  
Registrar  
Jamia Millia Islamia

### DISCUSSANT

Prof. Bulbul Dhar-James  
Hony. Director, SNCWS  
Jamia Millia Islamia



**COORDINATOR**  
MS. APARNA DIXIT  
SNCWS, JMI  
(CONTACT: ADIXIT1@JMI.AC.IN)

On the Spot Registration

**STUDENT VOLUNTEERS**  
KAMAKSHI, SIMRAN, SHUBHASHISH  
SADIYA, SHAIVIE, ZUBEIRIYA  
(M.A. GENDER STUDIES)