

Public Relations Office
Jamia Millia Islamia

October 13, 2022

Press Release

SNCWS celebrates Mental Health Day

Sarojini Naidu Centre for Women Studies, Jamia Millia Islamia (JMI) celebrated the World Mental Health Day on October 12, 2022 by organizing a panel discussion on “Understanding Gender and Well-being”. The programme was conducted in collaboration with Sukoon Health, Fortis Hospital Ltd.

The Expert panel comprised Ms Kamna Sarin, Consultant-Clinical Psychologist, Sukoon Health Care and Dr. Madhulika Bajpai, Senior Faculty, Psychology Dept., Bhaskaracharya College, Delhi University and Prof. Bulbul Dhar James, Hony. Director of Sarojini Naidu Centre for Women Studies, JMI who initiated the discussion on the said topic. The programme was Chaired by Prof. Ibraheem, Dean Students Welfare, JMI

In his welcome address, the Chair, Prof. Ibraheem, underlined the importance of mental health and well-being.

Dr Madhulika Bajpai made a detailed presentation on “Gender and psychological well-being”. She talked about the ‘Minority Stress Model’ that focused on the psychological disorders of the LGBTQIA+ community. She went on to highlight the issues that create additional health pressure on both men and women.

Ms Kamna Sarin's presentation focused on signs of mental distress and the significance of holistic approach to treating mental disorders.

Ms. Aparna Dixit coordinated the event that saw a huge turnout and later she proposed a vote of thanks. The programme was concluded with a Q & A Session.

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