

<https://www.jmi.ac.in>

Office of the Chief Public Relations Officer
Jamia Millia Islamia

Press Release

Jamia Millia Islamia's Department of Psychology observes World Mental Health Week

New Delhi, October 21, 2026

The Department of Psychology, Jamia Millia Islamia, celebrated World Mental Health Week from 12th to 14th October 2026 to promote awareness about mental health and encourage open conversations around wellbeing. During the three-day observance, held under the theme "Lived Experiences Heard: Real Voices, Real Change," the Subject Association of the Department organised competitions, a street play, a workshop, a film screening, expert talks by alumni and a Mental Health Awareness March.

Under the guidance of the Hon'ble Vice Chancellor, Prof. Mazhar Asif, and the Registrar, Prof. Md. Mahtab Alam Rizvi, the university continues to promote mental health awareness among its students. Their encouragement was instrumental in making this observance possible.

Day 1 (12 October): Creative Engagement at the Department

The week began with a Poster Making activity, a Quiz and a Pictionary session, which allowed students to explore mental health themes in an interactive way. A Nukkad Natak presented by the team from Metropolis drew the audience's attention to important mental health concerns. This was followed by a workshop, "Introduction to Mental Health First Aid," led by Ms. Kavya P. Rao, a counselling psychologist with over thirteen years of experience across mental health, public health and community development. The day concluded with a movie screening.

Day 2 (13 October): Alumni Connect at the FTK Centre for Information Technology

The second day brought together distinguished alumni practicing in mental health, therapy, counselling and wellbeing. The inaugural ceremony began with a recitation from the Holy Quran, followed by the felicitation of dignitaries and Alumni with gratitude by Prof. Samina Bano, Head of the Department of Psychology. The dignitaries

included Prof. Ahteshamul Haque, offg. Controller of Examinations, Prof. Zubair Meenai, Dean, Faculty of Social Sciences and Prof. Asif Husain, Dean, Alumni Affairs.

The alumni sessions included: Dr. Eti Goel: Youth emotional wellbeing, Dr. Upasana Chaddha Vig: Relationships and boundaries, Dr. Sumaiya Khan: Anxiety and depression Ms. Vidhi Khanna: Assessment, intervention and prevention of self-injury and suicide among emerging adults. Prof. Samina Bano delivered the concluding remarks, appreciating the alumni for their generous contributions and highlighting how their continued association strengthens the department and inspires current students.

Day 3 (14 October): Mental Health Awareness March

The week concluded with a Mental Health Awareness March, which began at 10:00 AM from the Department of Psychology in presence of the Dean Social Sciences, Prof. Zubair Meenai , Chief Proctor , Prof. Md Asad Malik and his team. Students and faculty members of the Department participated in the march to promote the message of the week and to encourage a more open, empathetic and supportive attitude towards mental health.

The Head of the Department expressed appreciation to the DSW and other University Officials, Alumni, faculty members, students and office staff, sanitation and horticulture staff, proctorial team and security guards for making the observance meaningful and successful. She expressed particular gratitude toward the contributions made by the Student Advisor, Vice President, General Secretary, and Joint Secretary, in addition to the Class Representatives and volunteers, whose collective efforts ensured the successful execution of the events.

Office of the CPRO
Jamia Millia Islamia

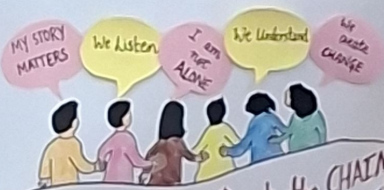


It starts with
listening
It leads to
CHANGE.



WORLD MENTAL HEALTH DAY

lived experiences heard
LET VOICES RISE.
LET STIGMA DIE



Share Your PAIN. Break the CHAIN



GPS Map Camera

New Delhi, Delhi, India 🇮🇳

First Floor, H76j+p43, Maulana Mohammad Ali
Jauhar Marg, Jamia Millia Islamia, Jamia Nagar,
Okhla, New Delhi, Delhi 110025, India

Lat 28.561779° Long 77.280252°

Monday, 12/10/2026 11:59 AM GMT +05:30





एफ.टी.के.-सूचना प्रौद्योगिकी केंद्र
F.T.K.-Centre for Information Technology

Information Technology
Islamia

RECRUITING

naif





GPS Map Camera

10:55 AM | **14 October 2026**
Wednesday

New Delhi, Delhi, India 🇮🇳

16, Ghaffar Manzil Colony, Jamia Nagar, Okhla, New Delhi, Delhi 110025, India

Lat 28.560376° Long 77.28319°

Note : Captured by GPS Map Camera



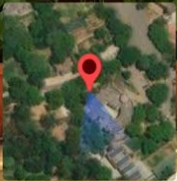
10:41 AM | 14 October 2026
Wednesday

New Delhi, Delhi, India 

First Floor, H76j+p43, Maulana Mohammad Ali Jauhar Marg, Jamia Millia Islamia, Jamia Nagar, Okhla, New Delhi, Delhi 110025, India

Lat 28.561658° Long 77.280226°

Note : Captured by GPS Map Camera



New Delhi, Delhi, India 🇮🇳
Bahadur Shah Zafar Marg, Jamia Nagar, New Delhi, Delhi
110025, India
Lat 28.559592, Long 77.282845
Tuesday, 13/10/2026 10:14 AM GMT+05:30
Note : Captured by GPS Map Camera

GPS Map Camera

