

World Mental Health Day observed

CORRESPONDENTS

TEZPUR, Oct 11: On the occasion of World Mental Health Day, the LGB Regional Institute of Mental Health, Tezpur organized various awareness activities in the indoor and outdoor sections of the hospital on the topic 'Mental health is a universal human right'.

Awareness programmes in the OPD among patients and attendants were organized. The programmes highlighted the importance of mental health and the basic rights of patients with mental illness followed by doubt clearing sessions among the patients and attendants. Various posters reflecting the rights of persons with mental illness were also displayed. In the indoor section, various awareness programmes on issues occurring due

to mental health, rights of the persons suffering from mental illness etc. were discussed among the patients and guardians of the patients admitted in the indoor section of the hospital.

All the faculty members, trainees and staff of the institute participated in the programmes organized at the institute.

DHUBRI: On the occasion of World Mental Health Day, Dr Sonit Kalita, Assistant Professor, Department of Psychiatry, Dhubri Medical College and Hospital, delivered a speech on mental health awareness among the students and teachers of Jawahar Navoday Vidyalay, Dhubri on Tuesday. During his deliberation, Dr Kalita put forward many ways for the students and teachers to keep sound mental health. He said that maintaining good mental health is necessary and pointed

out some tips which help to balance mind, soul and body.

DIBRUGARH: The Department of Zoology, Dibru College observed World Mental Health Day at the college premises on Tuesday. An online talk was organized where the invited speaker was Annapurna Thakuria, Psychologist at De-addiction-cum-rehabilitation centre, Sonitpur (Under State Anti Drug and Prohibition Council, Assam).

The programme started off with the welcome speech by Dr Jyotima Phukan, Head of the Department. She gave a brief description on the previous as well as current theme of World Mental Health Day, followed by the address of the Principal, Dr Ranjan Changmai who urged the students to be aware and take care of their mental health.

The theme for this year - 'Men-

tal health is a universal human right' - was discussed by Prajjwalita Patir, Assistant Professor, Department of Zoology. The resource person, Annapurna Thakuria spoke in easy-to-understand terms on how mental health is stigmatized and frowned upon by society which undermines the condition. She spoke to students about being aware of social media as misinformation on various mental health conditions is being spread by non-professionals. She spoke about stress, anxiety and depression and the need for parents, teachers and students to work together, share thoughts and talk to help cope in a stressful situation.

She also informed of the helpline line number which is available in case somebody needs help with their or others' mental health issues. She ended her session by saying yoga and meditation are