

PROGRAMME ON
Celebration of World Mental Health Day 2022
(10th October 2022)
Discipline of Psychology
School of Social Sciences
IGNOU

The theme of the World Mental Health Day 2022 is “*Make mental health and well-being for all a global priority*”. Health is not physical health only. It is a comprehensive term, which includes all the dimensions of health – physical, mental, emotional, social and spiritual. It goes beyond the absence of mental illness and focuses on well-being of the individual. An important goal here is to increase awareness about mental health and well-being. It involves acceptance of mental health issues, concerns and challenges. It requires sincere and an all out effort from all the stakeholders to address mental health related challenges and promote mental health and well-being among all.

Like previous years, the Discipline of Psychology, School of Social Sciences has planned various activities on the occasion of World Mental Health Day 2022 focusing on various aspects of mental health at various levels, individual as well as the society and policy level.

1. Key Note Address by the Chief Guest

Prof. Girishwar Misra, eminent Academician and reknowned Professor of Psychology, and former Vice chancellor of Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha, will talk on the topic “**Sustainable Well-being: The Key to Human Future**”

Date: 10th October 2022 (11 a.m.-1.00 p.m.)

Venue: Conference Hall, Radhakrishnan Block, IGNOU

2. Address by the Guest of Honour

Address by Prof. Monika Arora, Director, Health Promotion Division, Public Health Foundation of India (PHFI)

Date: 10th October 2022 (11 a.m.-1.00 p.m.)

Venue: Conference Hall, Radhakrishnan Block, IGNOU

3. **Slogan Competition**

The topic is “**Mental Health for All**” in Hindi and English language: There will be 1st, 2nd and 3rd prizes each in Hindi and English slogan category. It will be open to all the employees of IGNOU at Headquarter and all the Regional centres.

Call for entries starts: 22.9.2022

Last date for receiving entries: 29.9.2022 (till 12 a.m.)

Submission to: <https://forms.gle/2xCgLwEBjPwumsTd7>

4. **Interactive Session on Mental Health Awareness “Talk to a Psychologist”**

The session will aim at increasing mental health awareness and addressing the issues and concerns of IGNOU employees and their family members related to mental health and well-being. Experts will include the Faculty of Psychology, SOSS and Clinical psychologist, Counsellor, and Special educator who will address the queries of the audience in an interactive session.

Date: 10th October 2022 (2.30 p.m. – 4.30 p.m.)

Venue: Conference Hall, Radhakrishnan Block, IGNOU

5. **Interactive Session on Music and Well-being**

An interactive session on Music and Well-being will be conducted by Dr. T.V. Sairam, President of Nada Centre for Music Therapy, and President of Music Therapy Association of India, which will focus on the role of music in ensuring good mental health and well-being.

Date: 28th September 2022 (11.00 am – 1.00 pm)

Venue: Conference Hall, Radhakrishnan Block, IGNOU

6. **Workshop on Palliative Care: Enhancing Quality of Life**

The workshop will be conducted by CanSupport, which is a leading organization in home-based palliative care. It aims at creating awareness about the role and significance of palliative care in ensuring quality of life, and dignity of life, thus highlighting a human rights approach.

Date: 11th October 2022 (10.30 am – 12.30 pm)

Venue: Conference Hall, Radhakrishnan Block, IGNOU