

World Mental Health Day 2025

Health Awareness Programme Report

THEME - "Access to Services-Mental Health in Catastrophes and Emergencies"

Date: 10th October 2025

Venue: Don Bosco Sigaram

Organized by: Department of Community Medicine, Arunai Medical College and Hospital

Guidance: Dr. A. Balaji, Professor & Head of the Department

A **Health Awareness Programme** was conducted on the occasion of *World Mental Health Day 2025* at **Don Bosco Sigaram**, under the guidance of **Dr. A. Balaji**, Professor & Head, Department of Community Medicine.

The **session was led and taken by Dr. Kalaivanan R (Assistant Professor)**.

A total of **30 participants** actively took part in the event. The programme focused on promoting awareness about the importance of mental health, identifying common psychological challenges, and encouraging preventive practices for emotional well-being.



Topics Covered and Explanation by Dr. Kalaivanan R

Importance of Mental Health

Dr. Kalaivanan R highlighted that mental health is a vital component of overall well-being, equally important as physical health. He explained how mental health influences thoughts, emotions, behaviors, and relationships, forming the foundation for a balanced and productive life. He emphasized that maintaining good mental health helps individuals cope with stress, work efficiently, and build strong relationships. It also enhances concentration, decision-making, and emotional balance, contributing to overall happiness and success.

Common Psychological Issues

Dr. Kalaivanan discussed common mental health concerns such as stress, anxiety, depression, and emotional burnout, which are increasingly seen in modern society. He elaborated on their causes, including academic pressure, workplace stress, social isolation, and family conflicts. He also described how these issues manifest through sleep disturbances, mood swings, and poor focus. The importance of early identification and professional help was stressed, with an appeal to break the stigma around mental health discussions.



Coping Strategies

The speaker explained several effective coping mechanisms that promote mental well-being. He encouraged participants to engage in regular physical activities, mindfulness meditation, and creative hobbies to reduce anxiety and stress. Dr. Kalaivanan also emphasized maintaining social connections, positive thinking, and time management to improve emotional resilience. He reminded participants that seeking help from counsellors or psychologists is a healthy and courageous step toward self-care and healing.

Preventive Measures

In this segment, Dr. Kalaivanan focused on prevention as the key to mental health maintenance. He advised adopting a balanced diet, adequate sleep schedule, and avoiding unhealthy habits like substance abuse and over-dependence on digital devices. He highlighted the importance of creating supportive home and work environments, encouraging open communication, and respecting others' emotional boundaries. He also recommended regular relaxation, leisure time, and spiritual or mindfulness practices to enhance mental peace and stability.



Interactive Discussion

The session concluded with a lively interactive discussion, where participants shared their views and personal experiences related to mental health. Dr. Kalaivanan patiently addressed all questions, offering practical tips and real-life examples for managing stress and maintaining emotional balance. The interactive approach created a safe space for open communication, leaving participants more aware, confident, and motivated to take care of their mental health.



Conclusion

The Health Awareness Programme on *World Mental Health Day 2025* proved to be informative and impactful. It helped participants understand the importance of mental well-being and adopt healthy coping habits in daily life. Special appreciation goes to Mr. Kulandhai Yesuraja (MSW) for his excellent coordination, student management, and overall arrangement of the programme, ensuring its smooth and successful conduct.

The event was well-received and served as a meaningful initiative by the Department of Community Medicine to promote positive mental health awareness in the community.