

PROGRAMME ON WORLD MENTAL HEALTH DAY

10th October 2013

The Discipline of Psychology, School of Social Sciences, IGNOU, New Delhi is organizing a two-day programme on the occasion of World Mental Health Day on 10th October 2013. The theme for this year is "Mental Health and Older Adults". As we know, mental health and well-being is as crucial as our physical health; however, we hardly pay any attention to it. Awareness needs to be increased with regard to understanding, maintaining and promoting our mental health.

The Discipline of Psychology will be holding the following activities on the occasion of World Mental Health Day:

9th October, 2013

Drawing/ Painting and Poetry Competition

Venue: Committee Room No. 3, Convention Centre, IGNOU

Time: 1:30 pm to 2:30 pm

Screening of Movie "Tare Zameen Par"

Venue: Convention Centre, IGNOU

Time: 3:00 pm

10th October, 2013

Panel Discussion on "Mental Health in India: The Path Ahead"

Venue: Convention Centre, IGNOU

Time: 10:30 am

The Panelists are:

Prof. Manju Mehta, Clinical Psychologist, AIIMS, New Delhi

Dr. JitendraNagpal, Psychiatrist, MoolchandMedicity, New Delhi

Dr. AchalBhagat, Psychiatrist, NGO "Sarthak"

GUIDELINES FOR DRAWING/ PAINTING & POETRY COMPETITION

Venue: Committee Room No. 3

Time: 1.30 – 2.30 p.m.

- Any IGNOU employee (both teaching & non-teaching) & Learners can participate
- Topic will be given on the spot
- Chart papers and A4 sheets will be provided for drawing and poetry respectively
- Participants need to bring other required things (e.g., pencil, pen, eraser, colours etc.) on their own
- The criteria for judging the drawing/ painting and poetry will be
 - Creativity
 - Relevance to the topic
 - Artistic/ expressive
- **Certificates and prizes** will be given to the best two entries in Drawing and Poetry competition
- Participants are requested to register their names by **7.10.13** by sending email to swatipatra@ignou.ac.in or calling on the following intercoms: **2707, 2781, 2721, 2761**