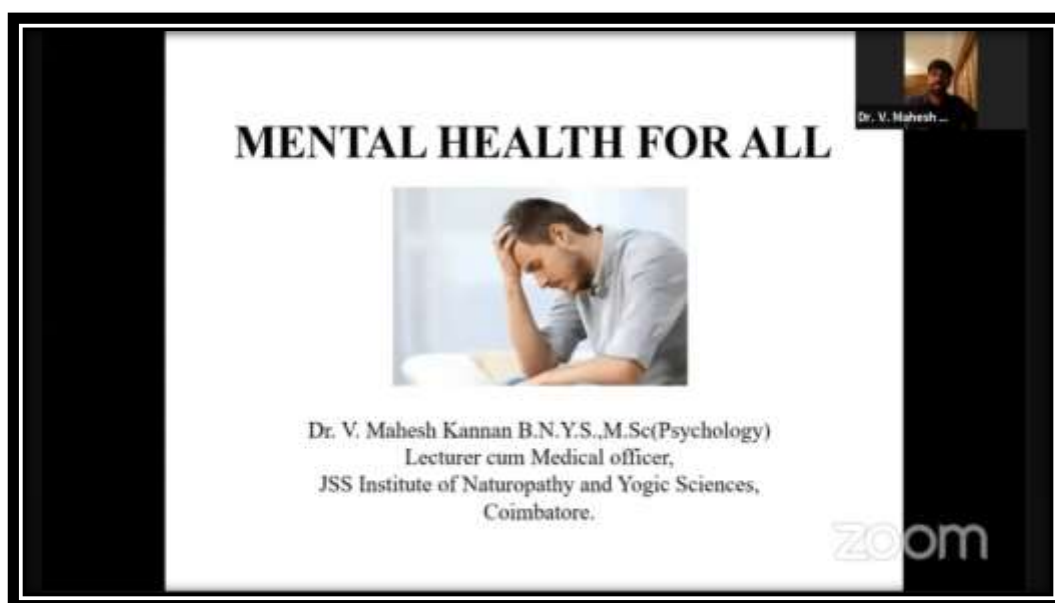


World Mental Health Day Report

An event on World Mental Health Day was held at JSSINYS on 10th October 2020 from 2 to 3 pm. The theme for the year 2020 is 'Mental Health for all: Greater Investment, Greater Health'. The event was conducted virtually through Zoom platform. The Principal, teaching faculty, 3rd year and final year students, interns and health seekers of the hospital were the participants. The speaker of the session was Dr. Mahesh Kannan, Assistant Professor cum MO, JSSINYS.

Dr. Mahesh Kannan highlighted the importance of recognizing a good mental health. He explained on emotional health with some day to day life examples. He also elaborated on some common mental disorders. Some useful therapies were explained, which can be very useful to adapt during pandemic times. The session was appreciated well by the participants for the simple explanation of the concepts.



Report prepared by

Dr. Preethi K. S,

Lecturer and MO.