

<b>DATE:</b> 20.09.2020	<b>NO. OF STUDENTS:</b> 41
<b>FACULTY:</b> Dr. Jagannatha, Dr. Nagaland, Dr. Nagappan, Dr. Cyril Benedict	<b>ORGANISING AGENCY:</b> C BATCH FINAL YEARS (CDCRI)

**SPECIAL EVENT REPORT**  
**WORLD MENTAL HEALTH DAY**  
**20<sup>nd</sup> SEPTEMBER, 2020**

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## 1. INTRODUCTION:

World Mental health day: The theme for Mental Health Day 2020 is Move for mental health: Increased investment in mental health. The world mental health

day is observed on October 10<sup>th</sup> of every year. **World Mental Health Day** (10 October) is an [international day](#) for global [mental health](#) education, [awareness](#) and advocacy against [social stigma](#). It was first celebrated in 1992 at the initiative of the [World Federation for Mental Health](#), a global mental health organization with members and contacts in more than 150 countries. This day, each October, thousands of supporters come to celebrate this annual [awareness program](#) to bring attention to mental illness and its major effects on peoples' lives worldwide. In some countries this day is part of an awareness week, such as [Mental Health Week](#) in Australia.

World Mental Health Day was celebrated for the first time on October 10, 1992 at the initiative of Deputy Secretary General Richard Hunter. Up until 1994, the day had no specific theme other than general promoting mental health advocacy and educating the public.

In 1994 World Mental Health Day was celebrated with a theme for the first time at the suggestion of then Secretary General Eugene Brody. The theme was **“Improving the Quality of Mental Health Services throughout the World.”**

World Mental Health Day is supported by [WHO](#) through raising awareness on mental health issues using its strong relationships with the Ministries of health and civil society organizations across the globe. WHO also supports with developing technical and communication material.

### **Factors affecting mental health**

Good mental health is more than just the absence of mental illness. It can be seen as a state of mental health that allows one to flourish and fully enjoy life.

Everyone experiences down times in life. The ability to cope with negative experiences varies greatly from one person to another and, in large part, determines whether people enjoy their lives.

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Some of the factors that affect the mental health of youth are as follows:

- Self-esteem

This is the value we place on ourselves, our positive self-image and sense of self-worth. People with high self-esteem generally have a positive outlook and are satisfied with themselves most of the time.

- Feeling loved

Children who feel loved, trusted and accepted by their parents and others are far more likely to have good self-esteem. They are also more likely to feel comfortable, safe and secure, and are better able to communicate and develop positive relationships with others.

- Confidence

Youth should be encouraged to discover their own unique qualities and have the confidence to face challenges and take risks. Young people who are brought up to have confidence in themselves are more likely to have a positive attitude, and to lead happy and productive lives.

- Family breakup or loss

Separation or divorce or the loss of a parent or sibling is extremely painful. Finding ways to cope and adjust to the changes wrought by these events is critical for everyone, but particularly for youth. How grief is handled can affect young people negatively for years to come. If children are having difficulty coping, professional help is recommended.

- Difficult behaviour

When people are unhappy, they either internalize their unhappiness or act out. The latter usually appears as bad or difficult behaviour, such as using abusive language, being aggressive or violent, damaging property, stealing, lying, refusing to comply with requests or expectations at school or home, or displaying other inappropriate actions. If such behaviour is serious and persistent, the young person and his or her family might require professional help.

- Physical ill health

Diseases, injuries and other physical problems often contribute to poor mental health and sometimes mental illness. Some physical causes (such as birth trauma, brain injury or drug abuse) can directly affect brain chemistry and contribute to mental illness. More commonly, poor physical health can affect self-esteem and people's ability to meet their goals, which leads to unhappiness or even depression. In such cases, receiving the best possible treatment for both the physical problem and the resulting psychological consequences is key to optimal recovery to good mental health.

- Abuse

The mental health of abused children is at great risk. Abused children are more likely to experience mental disorders or mental illness during childhood and into adulthood.

Abuse may be physical, sexual, psychological or verbal. It may not always be evident or easily recognized. Regardless of the form it takes, abuse cannot be tolerated. Children need to be protected from abuse and helped to overcome its negative effects. Abuse can cause feelings of low self-esteem, lack of self-

confidence, depression, isolation and anger—all feelings that impair a child's chance to lead a happy life.

Trust in others and feelings of being safe and cared for are key components to recovery from abuse. Few children are able to recover on their own. Support is critical, and professional counselling is sometimes required. If abuse is discovered early, the chances of a child returning to a healthy state of mind and avoiding serious mental disorders are greatly enhanced.

**Ishwerya M, a final year student gave an introduction for the same followed by the events.**

## **2. EVENTS:**

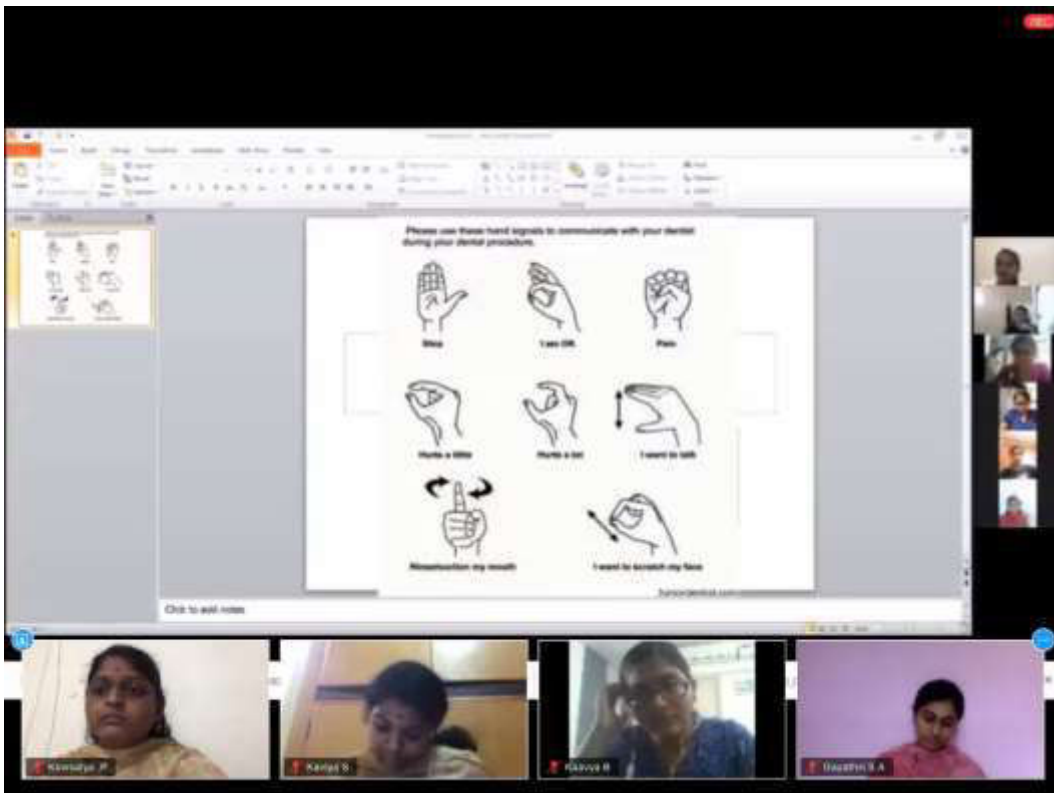
In order to bring awareness about the event and to enable the young and budding dentists to be concerned about the well being of Our Mental Health we, the Final year students of C batch posted in the Department of Public Health Dentistry, came up with a few events on account of the World Earth Day. The events were conducted on 20<sup>th</sup> September, 2020 in the online class via the Zoom app from 10AM to 11:15AM and continued from 12:15PM to 02:15PM. The faculty members, house surgeons and the final years posted in the Department of Public Health Dentistry took part in the event.

The various events that were organised are as follows:

- Paper presentation
- Poster presentation
- Word war and Dentalwood
- Memory master and Tic tac toe
- Spot me

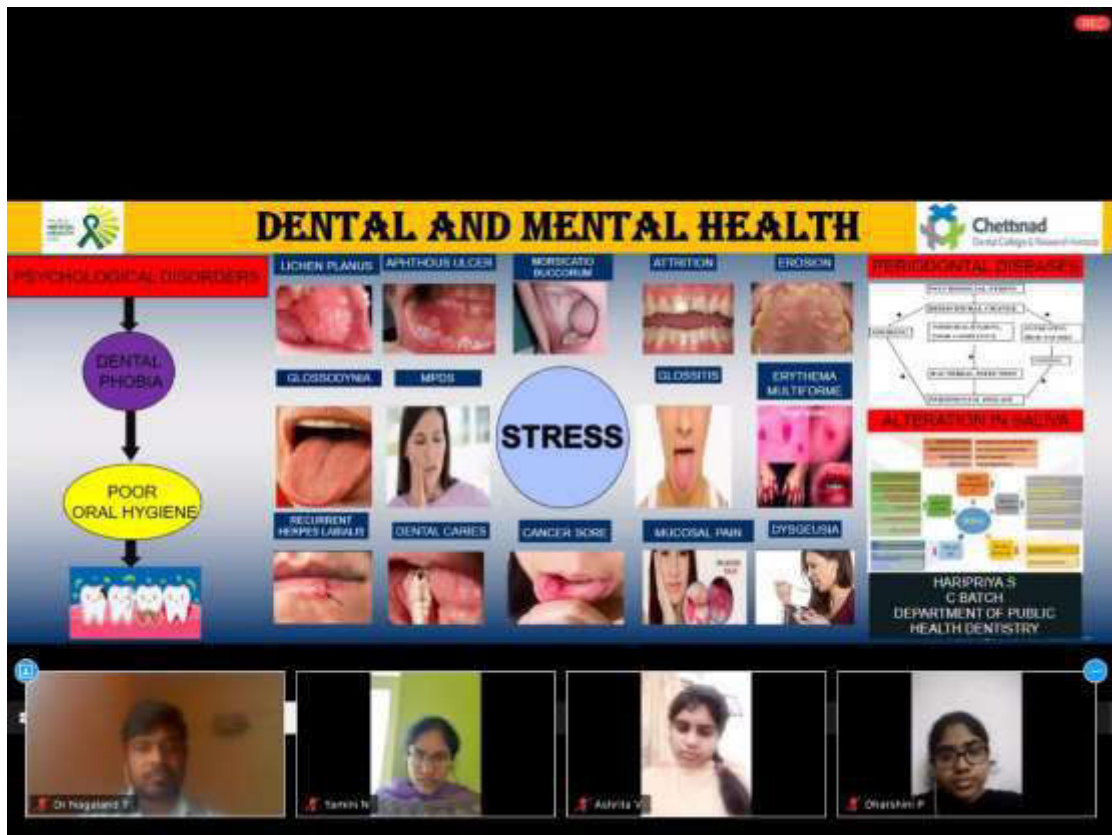
**2.1 Survey presentation on the topic ‘Dental fear and anxiety’ by  
Haripriya S, Kaavya B and Lakshana KG followed by an interactive video**





**2.2 A) Poster presentation on the topic 'Dental and mental health' by Haripriya S**

This was a poster designed to create awareness on the changes that occur in the oral cavity due to stress



2.3 B) A poster presentation by Gokul S on the topic 'Mind Management'



2.4 Word war and Dentalwood game was conducted by Iswariya S and



Kaavya B

2.5 Memory master and Tic-tac-toe game was conducted by Joselin Rosary S and Kaviya S

The screenshot shows a Zoom meeting window. At the top, there's a red title bar with the text "PowerPoint 7 (Postnatal Year) - PowerPoint". Below it is a yellow "PROTECTED VIEW" banner. The main content is a PowerPoint slide with a diagram. The diagram consists of three blue boxes: "STRESS" at the top, "MEDITATION" at the bottom left, and "POSITIVE ATTITUDE" at the bottom right. Lines connect "MEDITATION" to "STRESS" with the text "Meditation beats stress.", "STRESS" to "POSITIVE ATTITUDE" with "Stress beats positive attitude.", and "MEDITATION" to "POSITIVE ATTITUDE" with "Positive attitude beats meditation". To the left of the slide is a navigation pane with four thumbnails. Below the slide are four video thumbnails of participants: D. Charusathi, Poojamma Srikrishnan, Kavya S, and Dr. Nagelara S.

2.6

The screenshot shows a Zoom meeting window. At the top, it says "Kavya Maran joined". The main content is a grid of 20 small images arranged in 4 rows and 5 columns. The images include various scenes, nature photos, and movie posters, notably "Bad Boy" and "Don't Copy". Below the grid are four video thumbnails of participants: Dr. Jagannatha GV, POOJA LAKSHMANAN, Chithralini Prasanth, and Karsika Nandini H.

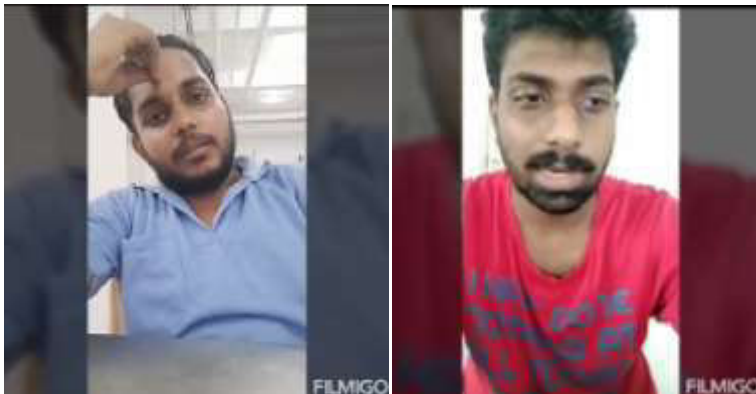
2.7 Spot me was conducted by Kowsalya P and Lakshana KG

In this activity, a topic based word grid was given and the participants are given 30 seconds to find the 5 words hidden in the grid.

### **3. VIDEOS:**

#### **3.1 A video on people perspective of the word ‘Mental Health’ by Iswariya S.**

In this video we come across the possible different ways in which people of different age group interpret the word Mental Health.

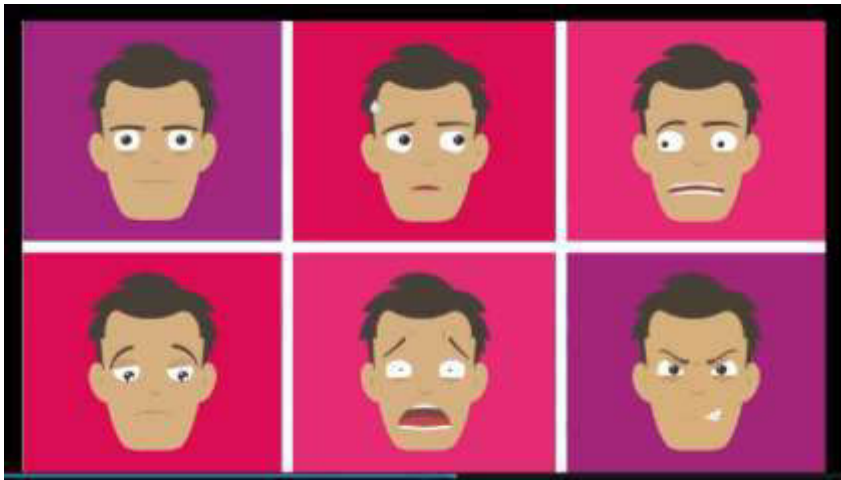
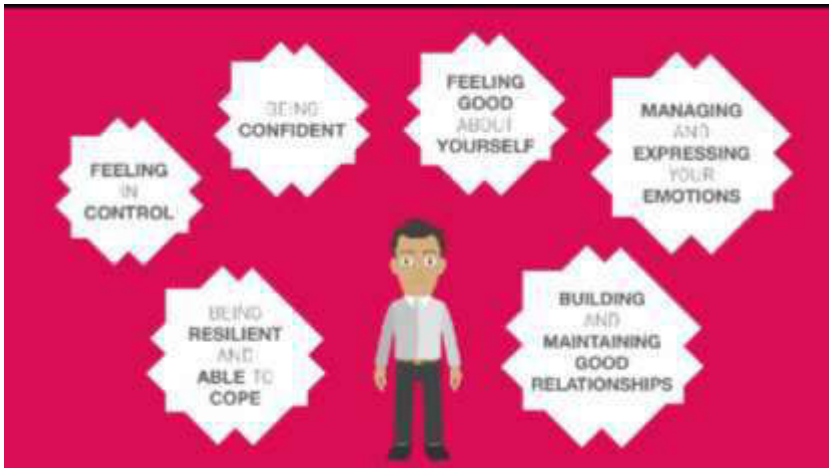




### 3.2 A short video on what is mental health by Ishwerya M

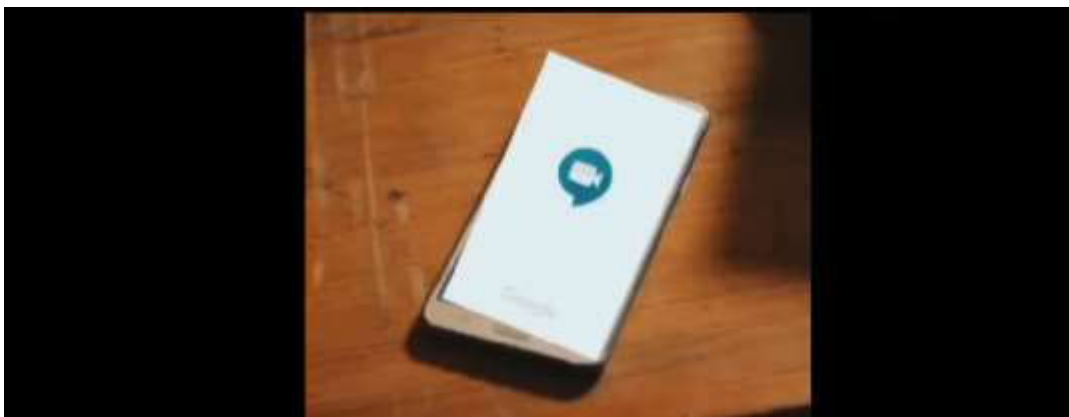
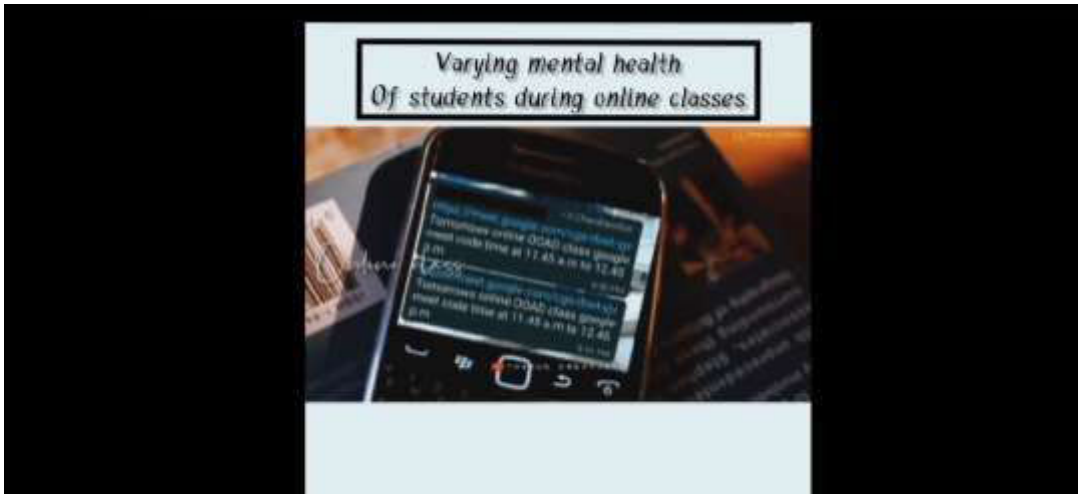
In this video we see what mental health actually is!





**3.3 Meme video on types of people in online class Kavya Priyartharshini**

This is a hilarious meme video made on the mentality of students attending online classes in this lockdown

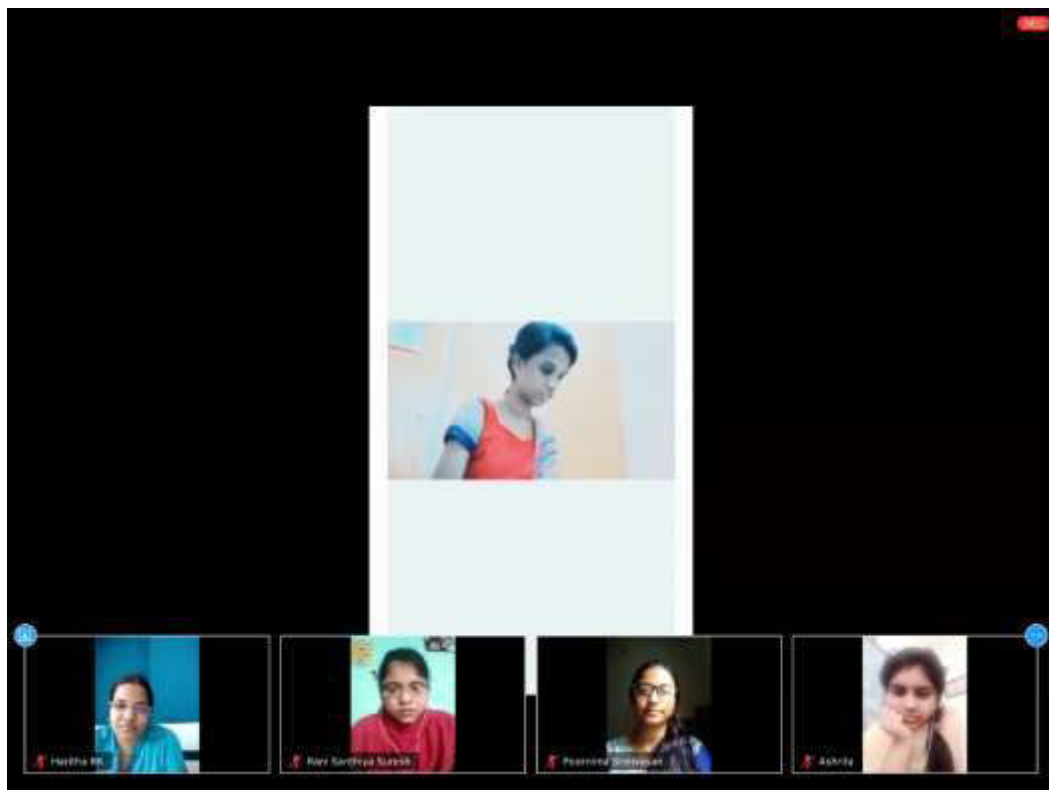


### **3.4 Do's and Dont's to relieve stress video by Kavya Priyadharshini and Jayavarsha AS**

In this video we the students of C batch have acted and shot a video on how to and how not to relieve the stress we face in our daily lives.



These are some common activities we do daily to get relieved from stress out of which some are really good and some are not advisable.





A Zoom meeting interface for a session titled "CLEANING". The main video feed shows a woman in a red top standing by a window. Below the main feed are four smaller video feeds of participants. The names of the participants are visible at the bottom of their respective feeds.

**CLEANING**

Participants: Karmadik P., Kalya S., Josephine Wazary S., Anurag K.



A Zoom meeting interface for a session titled "POET WRITING". The main video feed shows a hand writing on a piece of paper. Below the main feed are four smaller video feeds of participants. The names of the participants are visible at the bottom of their respective feeds.

**POET WRITING**

Participants: Sushma Devi, Dharsini P., Divyanshwar J., SA. Divya Dharsini



### **3.5A) Interaction with school going students video by Joselin Rosary S and Kaviya S**

In this video Kaviya S and Joselin Rosary have a friendly interaction about mental health with school students via the zoom app. This session was recorded in the same app with the consent of all the participants. The students were allowed to talk freely about the stress they face in the school life which was mostly due to exam pressure.

After hearing to their problems simple and super good solutions are suggested to the students by kaviya and joselin on the live zoom session.

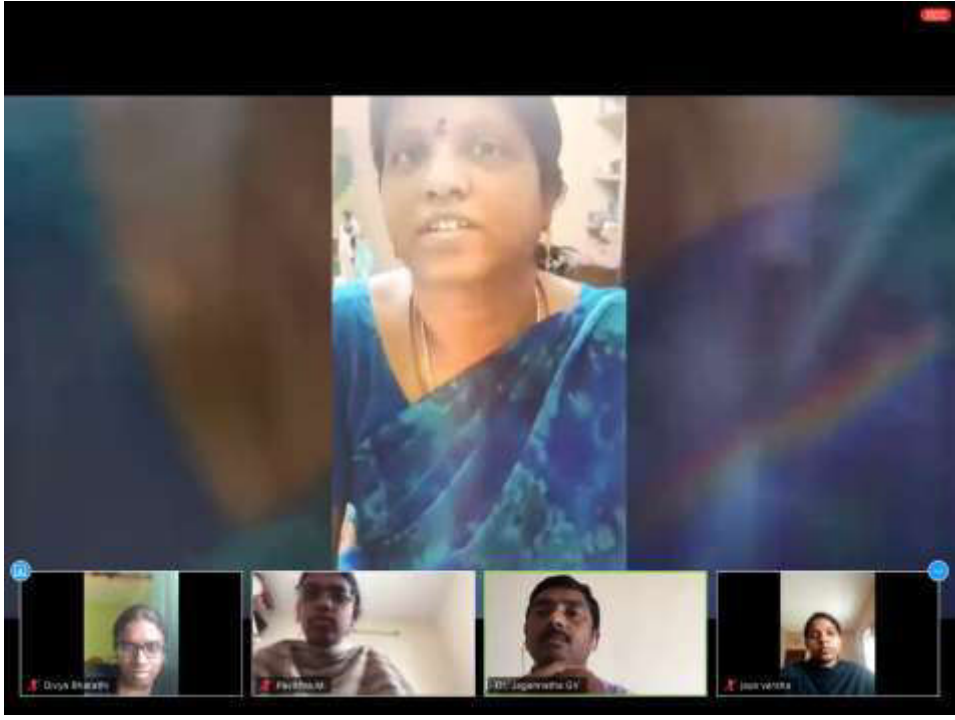


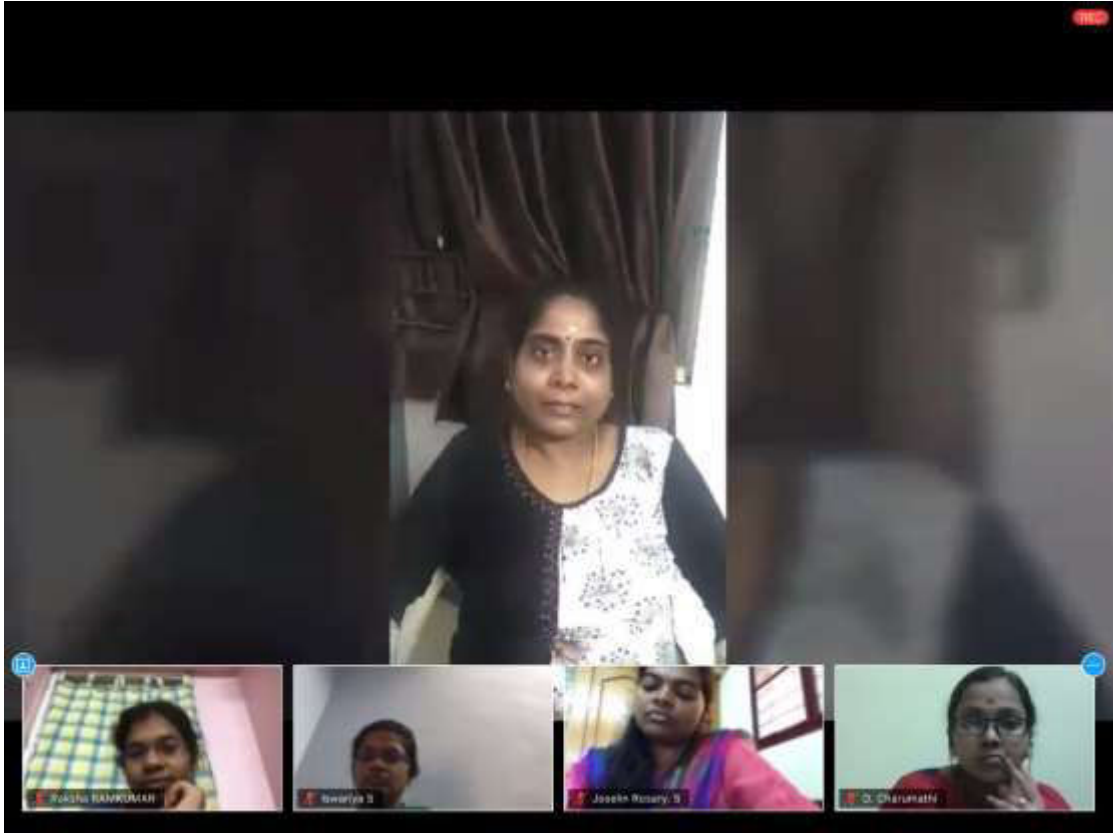
**3.6B) A short video on parents feedback after the interactive session by Kanishka Nandhini**

Before taking this video all the parents of the students of C batch were given a 10 minute guided meditation for 5 days.

This video is a compilation of all the genuine reviews of each of our parents after attending our session daily for 5 days. The main intention of this video is that it is better to begin from our own house.

This session was recorded after getting consent of our parents.













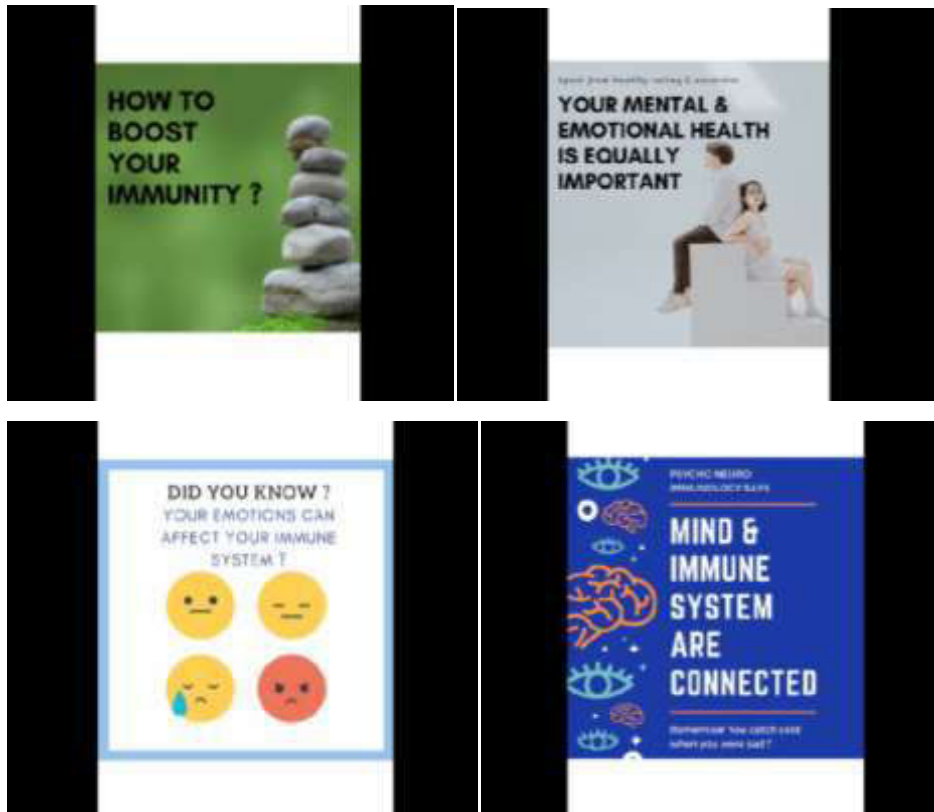
### 3.7 Meditation of C batch by Ishwerya M and Kamalisha A

“Practice what you preach” is the main notion behind this video as this video is a compilation of a 10 minute guided meditation done by the C batch students of Final year for 5 days at 7 AM



### 3.8A short video on Immunity and mental health by Gokul S and Kavya Priyadharshini

This video was made to show the connecting link between mental health and immunity



#### 4 LOGO:

Logo designing and presentation by Ishwerya M and Jayavarsha AS

This logo was designed on the basis of how to maintain a good mental health. Here is an animated version of a happy brain which is being safely held by our very own hands. There is a band of scribbles in the logo which signifies the troubles we face in our daily life.



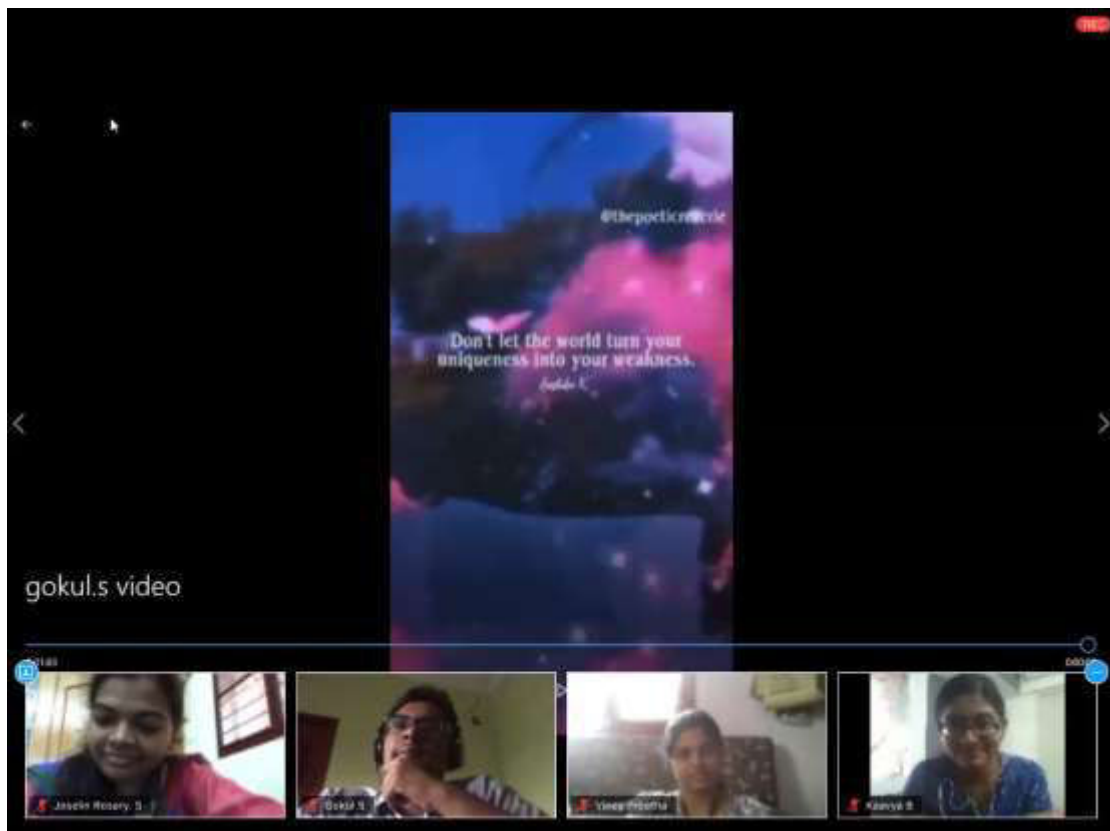
#### 5 CONCLUSION

We concluded the event by emphasizing on the fact that MENTAL HEALTH IS VERY IMPORTANT. It is our duty to keep our mind clear, by protecting it from the band of scribbles without letting it affect our mental peace.

Lockdown which is a once in a lifetime opportunity to sit down and take time to analyze oneself and utilize it to improve the mental health in all possible ways to lead a life filled with joy and success forever!

There was an active participation from the Post graduate students, house surgeons and final year students for all the activities which made the event a great success.

We thank the staff members for giving us an opportunity to explore and proceed with the various out-of-the-box options to make the online sessions engaging for the participants and the hosts of the event.



## 6. APPENDIX – LIST OF PARTICIPANTS

**Staffs:** Dr. Jagannatha GV

Dr. Nagaland  
Dr. Nagappan  
Dr. Cyril Benedict

**Post Graduate students:** Dr, Vincy preetha  
Dr. Sujatha devi  
Dr. Charumathi

**Interns:**

1. Haritha RK
2. Pooja Lakshmanan
3. Poornima Srinivasan
4. Ramya R
5. Rani Santhiya Suresh
6. Rizvi Chouhan
7. Sai Shruthi HN
8. Soundar Rajan
9. Sumithra
10. Yamini N

**Final year students:**

1. Abigna Reddy
2. Anu Dharshini S
3. Anusha Naidu
4. Ashrita V
5. Buvaneshwari J
6. Chithaluru Pranathi
7. Dharshini P
8. Divya Bharathi K
9. Divya Dharshini R
10. Gokul S
11. Haripriya S
12. Ishwerya M
13. Iswariya S
14. Jayavarsha AS
15. Joselin Rosary S
16. Kaavya B
17. Kamalisha A
18. Kanishka Nandhini R
19. Kaviya S
20. Kavya Priyadharshini S
21. Kowsalya P
22. Lakshana KG
23. Nandini N
24. Pavithra G
25. Pavithra M
26. Priyadharshini A
27. Raksha R
28. Srivishnu J

Participants (41)	
KM Kavya Maran	
N Nandini N	
P Pavithra G	
POOJA LAKSHMANAN	
PS Poornima Srinivasan	
Priyadharshini A	
R Raksha RAMKUMAR	
RS Ramya R	
<a href="#">Invite</a>	

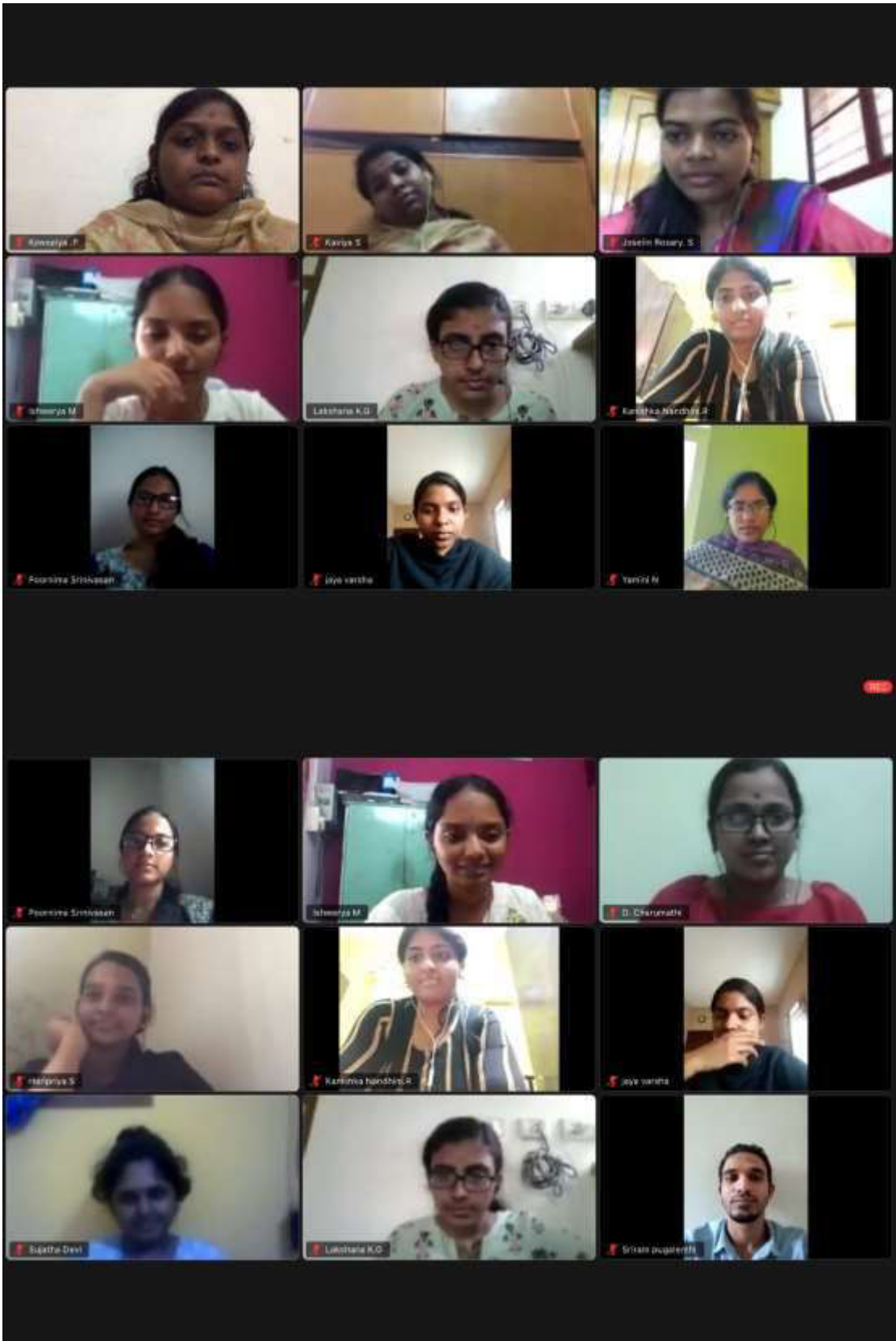
Participants (41)	
K Kowsalya .P (me)	
Lakshana K.G (Host)	
DU Dr. Jagannatha GV	
Dr Nagaland T	
24.Divya Dharshini	
Abigna Reddy	
Anudharshini Sekar	
Anusha Naidu	
<a href="#">Invite</a>	

Participants (41)	
A Ashrita	
B Buvaneshwari.J	
P Chithaluru Pranathi	
DC D. Charumathi	
Dharshini P	
Divya Bharathi	
G Gokul S	
H Haripriya S	
<a href="#">Invite</a>	

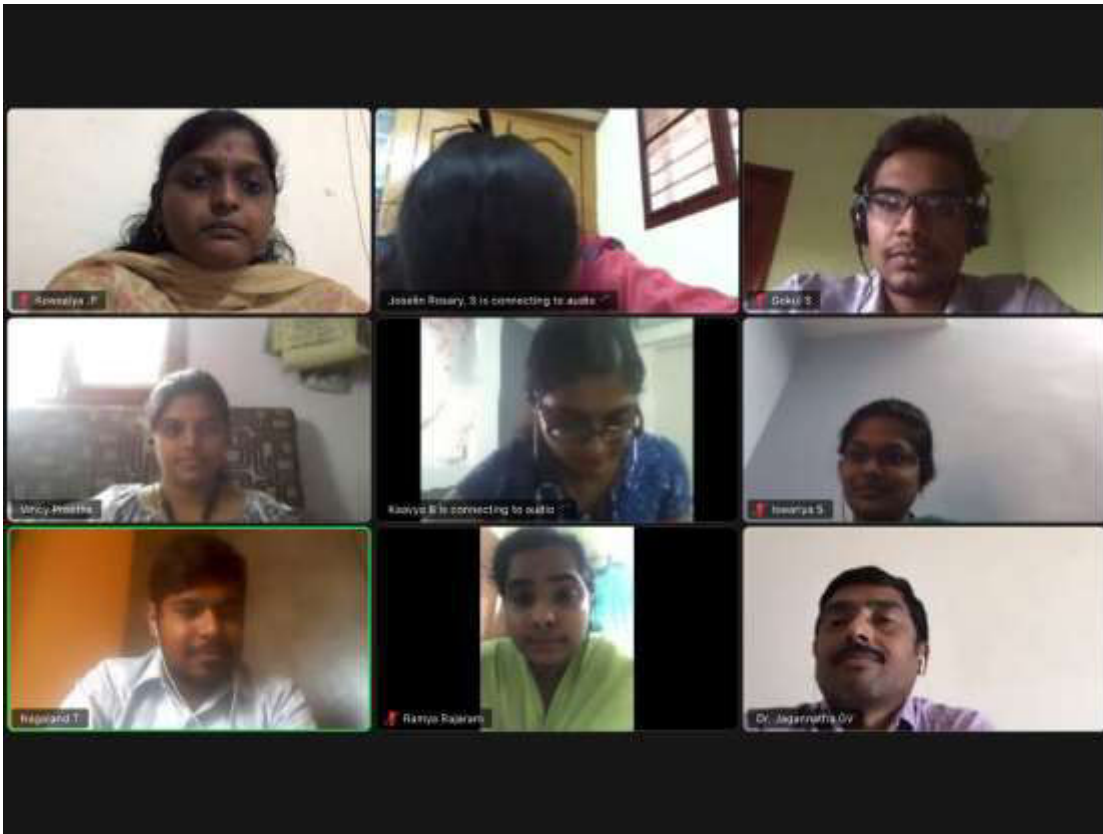
Participants (41)	
Rizvi Chouhan	
sai shruthi H.N	
SR SOUNDHAR RAJAN	
Srivishnu Janakiraman	
Sujatha Devi	
S Sumithra .....	
VP Vincy Preetha	
Y Yamini N	
<a href="#">Invite</a>	

Participants (41)	
Haritha RK	
Ishwerya M	
IS Iswariya S	
JV jaya varsha	
Joselin Rosary. S	
KB Kaavya B	
Kanishka Nandhini.R	
KS Kaviya S	
<a href="#">Invite</a>	

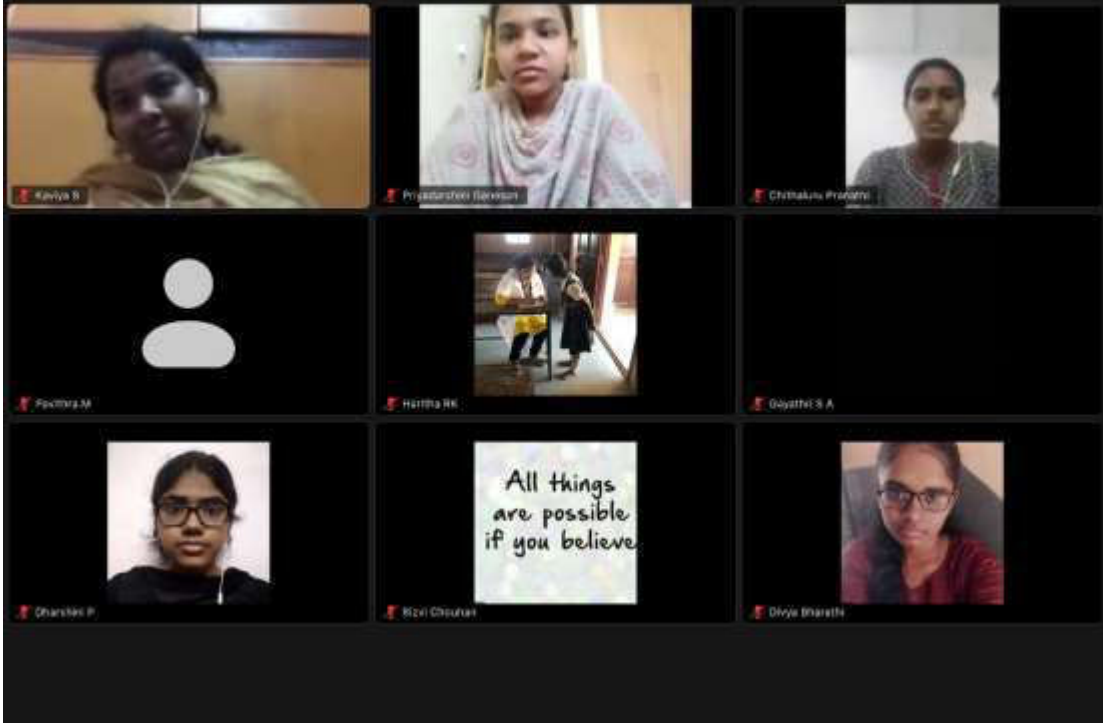
Participants (41)	
S Rani Santhiya Suresh	
Rizvi Chouhan	
sai shruthi H.N	
SR SOUNDHAR RAJAN	
Srivishnu Janakiraman	
SJ Sujatha Devi	
S Sumithra .....	
VP Vincy Preetha	
<a href="#">Invite</a>	

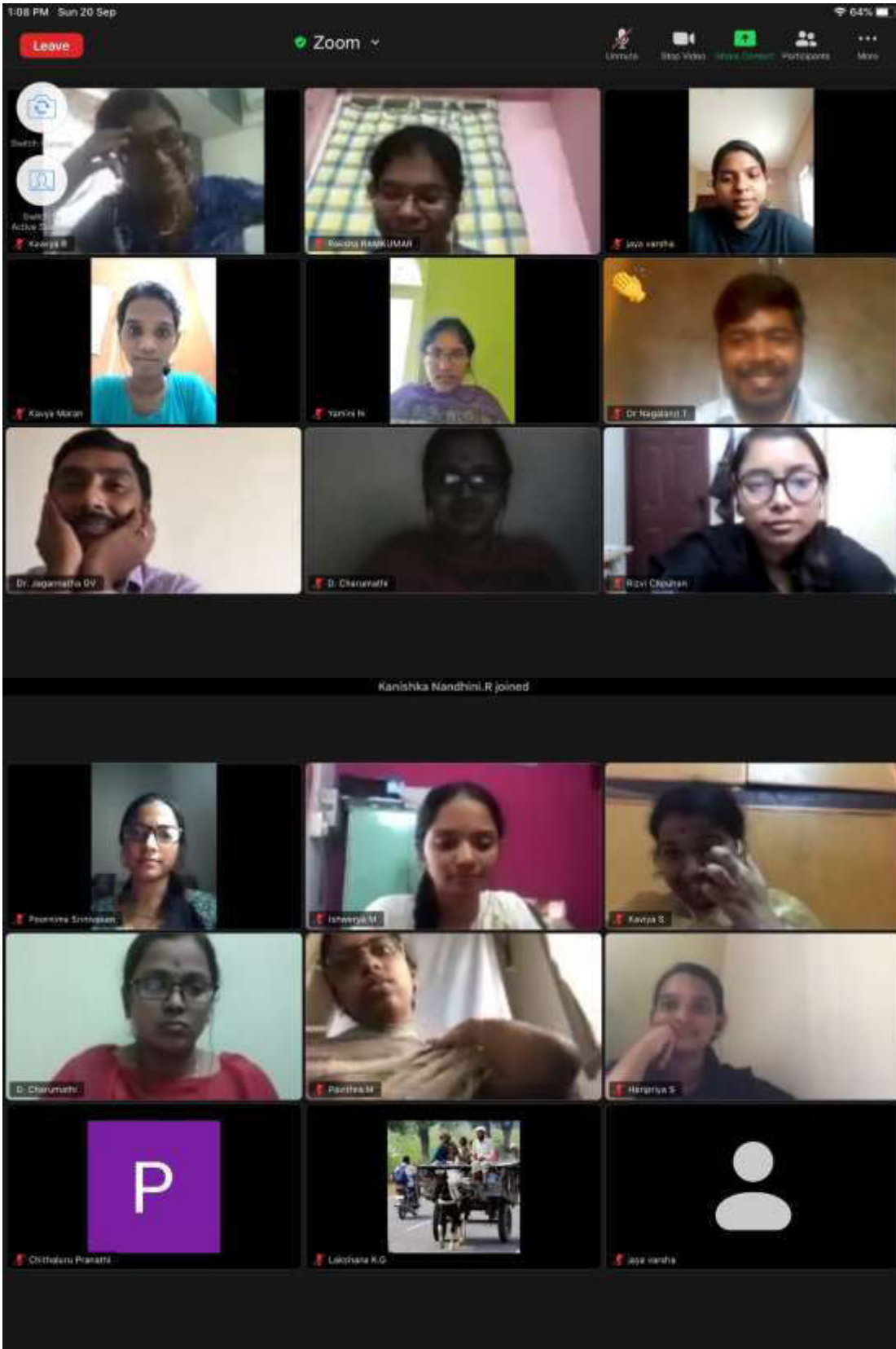






Srivishnu Janakiraman joined

























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Zoom

Unmute Stop Video Show Gallery Participants More

 Switch Camera  Switch to Active Speaker  Rani Santhya Suresh	 Samitha	 Dhanesh P
 Sriram pugaleetti	 Kavya Moran	 Gokul S
 Sujatha Devi	 Di Nagappan N	 Sridevya Janakramani
 Dhishaluru Pralath	 POOJA LAKSHMANAN	 Pavithra D
 Rameya R	 Haritha Sri	 Sowanya S
 Gokul S	 Divya Dharath	 sai shruthi H.N

Dharshini P joined



1:08 PM Sun 20 Sep

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Unmute Stop Video Share Screen Participants More

