

REPORT
ACTIVITIES TO MARK MENTAL HEALTH DAY & WEEK 2008
AT DEPT. of PSYCHIATRY, DR. RAM MANOHAR LOHIA HOSPITAL, NEW DELHI

Background:

Dr. Ram Manohar Lohia Hospital, Ministry of Health & Family Welfare, Government of India (established in 1932) and Post Graduate Institute of Medical Education and Research (2008) is a tertiary care teaching hospital offering free services to all patients. The Department of Psychiatry at Dr RMLH-PGIMER was the first to open Psychiatric services in a general hospital setting in Delhi. It offers both indoor and outdoor services. Services comprise of a 40-bed inpatient unit as well as outpatient facilities treating an average of 250 – 300 patients per day. A Tobacco Cessation Centre was initiated in October 2008. Emergency services, consultations and referral services for the other departments in this hospital are also provided. Community psychiatry services as well as disaster mitigation services are planned. The Department also offers yoga training and Day Care services.

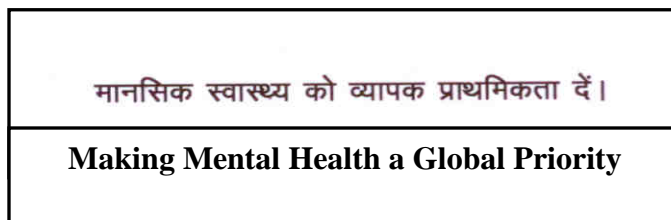
Philosophy:

Based on principles formulated by the World Federation for Mental Health, we began activities to mark Mental Health Week in 2006. The WFMH principles are as follows:

- Mental Health concerns everyone,
- Anyone can experience mental health problems,
- Individuals, organizations and communities can take positive steps to promote mental health,
- People with mental health problems have a valuable contribution to make,
- We all have mental health needs, whether or not we currently have mental health problems.

Hence our goal is to involve as many people NOT currently using mental health services as possible for mental health week programs apart from users, caregivers and professionals.

Mental health week message for 2008:



Mental health week programs in 2008:

With support from the Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India and funds from World Health Organization (India), our activities to mark Mental Health Week October 2008 were:

1. Preparing and releasing our Booklet for free distribution, in Hindi and English, on the 2008 WFMH theme for the WMH Day 2008,
2. A Walk on the Sunday October 5, 2008 Sunday from the Department of Psychiatry to India Gate,
3. Art and handicrafts Exhibition on October 5, 2008,

4. Mental Health Camp at Kathputli Colony, Pandav Nagar, Shadipur, (a slum colony) October 6,7, 8, 2008,
5. Cine Seminar on October 6,7,8, 2008,
6. Awareness program in the General Outpatients Department, Dr. RMLH on October 10, 2008,
7. Painting Competitions on the WMH 2008 theme for
 - a. Delhi School children (above the age of 14 years)
 - b. Psychiatric patients
8. Inauguration of Autism Information Kiosk and Pledge ceremony where all participants pledged to help the mentally ill.
9. Additional programs are planned for the rest of the year.

Acknowledgements- Mental Health Week Programs, 2008:

Firstly I thank our patients and families and all participants of our activities. It is their enthusiastic presence which lent color and joy to all our activities.

I thank the Directorate General of Health Services, Ministry of Health Government of India and World Health Organization (India), for their encouragement and financial support for WMH week.

I am deeply grateful to the Director General of Health Services Govt. of India Dr. R.K. Srivastava, for his unstinting help and constant awareness of mental health issues. He kindly wrote the foreword for our Booklet this year.

We received significant help and support from the Hospital authorities, among whom the most prominent, whom I thank heartily are the Medical Superintendent Dr. N.K. Chaturvedi and the Deputy Director Administration Shri Anil Kumar. The School of Nursing, RMLH participated actively in the OPD Program and Closing Ceremony activities.

I am grateful to all organs of AYUSH- the Central Councils for Research in Yoga and Naturopathy (CCRYN), Central Council for Research in Unani System (CCRUS), and the Central Council for Research in Ayurveda and Siddha (CCRAS), AYUSH, Ministry of Health, Govt. of India for their active participation and support. The CCRYN also participated in the Camp by deputing personnel to sit through the camp every day and distribute material as well as advice on yoga and healthy living.

Personnel from the research projects 'Genetic Susceptibility in Schizophrenia' (funded by the National Institute of Health, Government of USA), 'Training Program in Psychiatric Genetics in India' (funded by the Fogarty International Center, National Institute of Health, Government of USA) and 'An exploratory analysis of genetic correlates & effects of yoga on circadian rhythms, cognitive functions, social burden in major mental disorders: Schizophrenia (Sz), Bipolar disorder (BD1) & Depression (MDD) and their comparison with a Cardiac group' (funded by Central Council for Research in Yoga and Naturopathy (CCRYN), AYUSH, Ministry of Health, Govt. of India) were involved from the outset and deserve my gratitude. I am especially thankful to Dr. N.N. Mishra, Ph.D., post doctoral Scholar, Training Program in Psychiatric Genetics in India for his help in all aspects of these activities. Mr. Gyan Deep Shah, Data Specialist, Genetic Susceptibility in Schizophrenia also gave his time unstintingly.

Members of the Department of Psychiatry, Dr. RML Hospital participated actively in all programs and helped make them a success. Dr. Mina Chandra, Mr. Jai Narayan and students of the Department helped organize the Art Exhibition. Dr. Chandra in association with Dr. Vijay Pathak, Senior Resident Dept. of Psychiatry helped organize the Cine Seminar.

I thank Dr. Rajbala Yadav, Dr. Pushpa Yadav and Dr. A.K. Singhal who found time to judge the painting entries.

As during the previous years, Dr. S. N. Pandey Head, School of Oriental Medicine (SOM), The Global Open University (Nagaland) (TGOU) generously lent his expertise and guidance for which I am grateful. He participated actively in all activities setting aside his own urgent appointments.

I am deeply grateful to our distinguished guests Prof. P.R. Trivedi Pro Chancellor TGOU, Mrs. Poonam Natrajan, Chair National Trust (Ministry of Social Justice and Empowerment, Govt. of India), Dr. B.T.C. Murthy, Director, CCRYN, Prof. Prabhakar Mishra, Chancellor Sanskrit University Bihar (retired). Children's Hope (Prayas)- the NGO working for disadvantaged poor children- also participated in all our activities. Finally I thank the leaders of our polity- Shri R.K. Goswami (MLA) who helped us throughout . Mrs. Vidya Devi (Municipal Councillor) w the Chief Guest at the closing ceremony of our Camp.

Aims, Mental Health Week, 2008:

- To involve ordinary people in the mental health movement
- Reach benefits of mental health to deprived and neglected urban communities
- Improve mental health awareness in general patients and hospital staff.

Description of Activities:

1. Walk:

The Walk was the most popular program this year too. People and organizations invited themselves for it. More than 1000 people participated and most of them were NOT primarily involved with the mentally ill. People from all ages, sexes and regions participated.

The walk took place from the Department of Psychiatry Dr RMLH, to India Gate at 4 PM on October 5 (Sunday), 2008. The Medical Superintendent, Dr RMLH flagged off the Walk with flag bearing the twin logos of the WFMH and the RMLH. T-shirts, caps, and flags bearing mental health messages were distributed and carried by participants.

The number of participating organizations increased significantly from last year (please see enclosed list for details). The morale of participants was high, and they took care to display their mental health messages throughout the walk to all passers by.

The Walk was well covered by the national media.

At India Gate officials from the Directorate General of Health Services, Ministry of Health Government of India welcomed the participants. These were- Dr. Jagdish Kaur (CMO-NMHP) and Dr. S. K. Sinha (Consultant- NMHP). On reaching India Gate participants were greeted with a lively cultural program by children of the NGO Children's Hope-Prayas, which works with children of deprived communities. The program concluded with snacks and fruit juice for all participants.

2. Release of Booklet:

With funds from the WHO (India) we could publish a bilingual Hindi-English booklet entitled 'Manasik Swasthya ko Vyapak Prathamikta Dein- Making Mental Health a Global Priority' based on the mental health message for 2008.

The booklet was released on October 5 just before the Walk by Dr. P. R. Trivedi, Pro-Chancellor, The Global Open University (Nagaland) at a grand function attended among others by Acharya Prabhakar Mishra, retired Vice Chancellor Sanskrit University, Darbhanga, Bihar; Dr. N.K. Chaturvedi, Medical Superintendent, Dr RMLH & PGIMER, Dr. B.T.C. Murthy (Director CCRYN), Dr. S. N. Pandey Head, Dept. of Oriental Medicine, The Global Open University (Nagaland). The booklet was published by the Department with a grant from the World Health Organization and is co-authored by Dr. Smita Deshpande, Head Dept of Psychiatry at Dr RMLH and Dr. N. N. Mishra, Postdoctoral Scholar, Training Program for Psychiatric Genetics in India.

3. Art and Handicrafts Exhibition:

An exhibition of paintings, drawings and handicrafts made by the mentally ill and their caregivers was inaugurated by Dr. P. R. Trivedi, Pro-Chancellor, The Global Open University (Nagaland) in the presence of Dr. N.K. Chaturvedi, Medical Superintendent, Dr RMLH & PGIMER, just before the Walk. It was deeply appreciated by the attendees.

4. Mental Health Camp:

Shri R.K. Goswami (MLA) was generous with his support. With his active help we were able to hold the first ever Mental Health Camp in the premises of the local Community Centre at Kathputli Colony, Pandav Nagar, Shadipur, Delhi. Personnel of Children's Hope-Prayas participated too. The three day Mental Health Camp at this slum colony on October 6, 7, and 8, 2008 was a great success in making the population aware of mental health issues. The concluding ceremony was attended by the Municipal Councilor Mrs. Vidya Devi who promised all help for future activities. The aim of the camp was not only to diagnose patients who presented themselves but direct them to the correct facilities and familiarize attendees with concepts of healthy living through Yoga and Life Skills. We were ably helped in the last by personnel, distribution materials and films from the CCRYN.

5. Cine Seminar:

The first ever Cine Seminar was held in the evenings on October 6, 7, and 8, 2008 in the Seminar Hall, OPD Block of the Dr. RMLH. Three popular films on mental health issues were screened- A Beautiful Mind, Lagey Raho Munnabhai and Taarey Zameen Par. After each screening, discussions were held on mental health issues presented in the film.

6. Awareness program in the General Outpatients Department, Dr. RML Hospital:

Since the Out Patients Department of the RMLH is at some distance from the Dept. of Psychiatry, many patients are unaware of the services offered. Every year we hold an education and awareness program in the general OPD where patients are told about efficacy of treatment for mental illness, and booklets are distributed. Student nurses from the School of Nursing, Dr RMLH presented skits advocating proper treatment for mental illness, which were much appreciated.

7. Pledge ceremony and Inauguration of Disability Information Kiosk:

The National Trust, Ministry of Social Justice and Empowerment, Govt. of India had installed a computerized Information Kiosk in the Department of Psychiatry. On October 10, it was formally inaugurated by the Chair, Mrs. Poonam Natarajan, National Trust. The kiosk will help patients and their families understand disabilities listed under the National Trust Act, India and access suitable care facilities.

The inauguration was followed by a Concluding Ceremony graced by Ms. Poonam Natarajan (Chair, National Trust) Dr. Bina Namshum (Additional Medical Superintendent, Dr. RMLH) and ably steered by Dr. S. N. Pandey, Head SOM, TGOU. Acharya Prabhakar Mishraji retired Vice Chancellor, Sanskrit University, Bihar administered the Pledge. The programme

included rousing songs by children of Children's Hope-Prayas and a skit by student nurses of Dr. RMLH. Vote of thanks was given by Dr N.N.Mishra.

8. Painting competitions:

In September about six weeks before Mental Health Week, with the help of Shri. R.K. Goswami, MLA, we wrote to the Directorate of Education Delhi State to organize painting competitions in every school on the 2008 theme of the World Mental Health Day. We requested them to hold, judge the results and send us the three best entries for each school. We planned to exhibit these paintings before the Walk, judge them and distribute prizes for three best entries on World Mental Health Day. The Directorate duly sent instructions to all schools. One chain of schools under the Government Sarvodaya Co-Ed. Vidyalaya (please see enclosed list for details) sent us detailed information, but well after WMH Day. The Hospital constituted a Judging Committee which judged the best entries who were given prizes. Keeping in mind the relatively lower number of entries and with a view to encouraging greater participation next year, we have given incentives to all participants and also to the organizing school.

On December 6, 2008 a painting competition was held in the Day Care Center, Dept. of Psychiatry, Dr. RMLH on the theme of the 2008 World Mental Health Day. It was the first ever such activity in the 75 years history of Dr. RMLH. Nineteen patients participated. All participants were given incentives and entries were judged by the specified hospital Committee. Three best entries were given prizes. We have all paintings safely stored. All patients wrote their names on the back of their paintings but their names are not being disclosed for confidentiality.

8. Novel publicity:

We distribute T-shirts and caps with the World Mental Health Day logo to participants of all activities. This proves a very effective and long lasting reminder to publicize World Mental Health Day. This year we also distributed T-shirts at WHO-India, DGHS and RMLH administrative offices with a request to wear them on October 10. Many people did so, thus increasing awareness. All WMH correspondence was carried out on a special letterhead, with the WMH 2008 logo at the bottom.

(Smita N. Deshpande)

Enclosures:

1. Certificate issued to participants
2. Table of Participants
3. List of painting competition participants and winners:
 - a. Students
 - b. Patients (initials only)
4. Photographs
5. Media clippings
6. Photographs of prize winning paintings
7. CD of report, books and photographs.

LIST OF PARTICIPANTS WORLD MENTAL HEALTH DAY ACTIVITIES, 2008 DEPT. OF PSYCHIATRY, DR. R.M.LOHIA HOSPITAL, NEW DELHI

We have tried for as comprehensive a list as possible and apologize for any omissions. I thank all departmental colleagues who supported me for all programs.

We are deeply grateful to the Delhi Police, their Officers and the Ministry of Home Affairs, Govt. of India for their unstinting help, cooperation and security arrangements for our Walk.

Government organizations	Educational institutions
<ol style="list-style-type: none"> 1. Directorate General of Health Services, Ministry of Health and Family Welfare, Govt. of India. 2. Department of Ophthalmology, Dr. RMLH 3. Central Council for Research in Yoga and Naturopathy 4. Central Council for Research in Unani Medicine 5. Central Council for Research in Ayurveda and Siddha 6. National Service Scheme of the Ministry of Youth Affairs and Sports Govt. of India 	<ol style="list-style-type: none"> 1. Gyanodaya Public School, Dindarpur, Nazafgarh 2. Siddarth International School, Wazirpur 3. School of Nursing, Dr. RMLH 4. LNJP National Institute of Criminology & Forensic Science, Rohini, 5. Resident Doctors Association, Dr. RMLH 6. Federation of Resident Doctors Association,(FORDA) Delhi 7. Amity University, NOIDA, UP. 8. Jamia Hamdard University, Delhi
Non-governmental organizations	Others
<ol style="list-style-type: none"> 1. Children's Hope Prayas 2. Research, Advocacy, Support and Help for Mentally Ill (RASHMI), 3. Nodal Association for Mentally Ill (NAMI), 4. Navjyoti India Foundation 5. ROSHNI- ACMI 6. Action for Mental Illness(ACMI) 	Pharmaceutical companies: <ol style="list-style-type: none"> 1. Ranbaxy Solus (Art Exhibition) 2. Sun Pharmaceuticals (Participation) 3. Zydus Neurosciences (Participation) 4. Pentacare (Participation) 5. Torrent (Participation) 6. Synochem (Participation)

List of Students Participants for Painting Competition on the occasion of WMH-2008
Dr. Ram Manohar Lohia Hospital, New Delhi

S.No	Students Name	Class	School	School Code	Award
1	Lalit	XI	R. P. V. V. Sec-10, Dwarka	1821137	Consolation
2	Ritesh	XI			
3	Prayash	XI			Ist
4	Jagdeep	XII	Govt. Co-Ed Sarvodaya Vidyalaya , Jaffer pur, Kalau	1822055	
5	Rekha	XII			
6	Neha	X			
7	Ravi Shankar	X	Govt. Co-Ed. Sec School, Barmoli	1821039	
8	Vikram Thapa	X			
9	Poonam	X	Sarvodaya Girls Sec School, Raj Ngarr, Palam	1821039	
10	Jyoti	X	Govt. Co-Ed. Sarvodaya Vidyalaya , Nazafgarh	1822002	
11	Devender	XI			
12	Priya	X			
13	Manoj Kumar	XI	Govt. Co-Ed. Sr. Sec. School, Dwarka	1821031	
14	Nand Kishore	XI			Consolation
15	Satender Kumar	X			
16	Sonam	XII	Govt. Girls, Sr. Sec. School, Nazafgarh	1822044	
17	Renu Gupta				
18	Reeta	XII	Govt. Co-Ed. Sr. Sec. School, Goyala Khurad	1822028	
19	Neha Nager	XII			
20	Deepa	XII	Govt. Co-Ed. Sr. Sec. School, Kanganheri	1821034	IInd
21	Sheetal	XII	Govt. Girls Sr. Sec. School, Ujwa	1822048	
21	Pinki	X			
22	Bharti	XI	Govt. Girls Sr. Sec. School, Najafgarh	1822047	
23	Manju	XI			
24	Ashok	XI	Govt. Boys Sr. Sec. School, Ghuman hera	1822010	
25	Ajay	XII			
26	Manju	XII			
27	Kripa Shankar	XII	Govt. Boys Sr. Sec. School, Najafgarh	1822009	
28	Shushant	XI			
29	Ashwani	X			
30	Ruby	XII	Govt. Girls Sr. Sec. School, Bijwasan	1821035	
31	Jyoti	XII			IIIrd

32	Suman	XII			
33	Parmesh	X	Govt. Boys Sr. Sec. School, Samalka	1821005	Consolation
34	Suraj Kumar	X			
35	Ved Prakash	XII	Govt. Sarvo. Co-Ed. Sr. Sec. School, Dharampur		
36	Vishal	XI	Govt. Co-Ed. Sr. Sec. School, Dwarka	1821203	
37	Manoj	XI	Govt. Boys Sr. Sec. School, Sagarpur	182007	
38	Somnath	X			
39	Sandeep	XI	Govt. Boys Sr. Sec. School, Dichaon Kalan	1822015	
40	Amit	X			
41	Jasbir	X			
42	Sita	XII	Sarvodya Kanya Vidyalaya Palam	1821015	
43	Annu	XI	Sarvodya Kanya Vidyalaya Dhansha	1822039	
44	Chandni	XI	Sarvodya Kanya Vidyalaya Sagarpur	1821017	
45	Archana	XI			
46	Shilpa	XI			
47	Gaurav	XI	Govt. Sarvo. Co-Ed. Sr. Sec. School, Shikarpur	1822007	
48	Ankit	XI			
49	Bhim Singh	XII	Govt. Boys Sr. Sec. School, Ujwa	1822013	
50	Sumit Dagar	XII			
51	Rohit Dagar	XII			
52	Surender Kumar	X	Govt. Boys Sr. Sec. School, Jharoda Kalan	1822005	
53	Gajendra	X			
54	Arti	XI	Govt. Girls Sr. Sec. School, Palam Enclave		
55	Pooja				
56	Gaurav	X	Govt. Boys Sr. Sec. School, Raj Nagar, Palam	1821014	
57	Rakesh	X	Govt. Co-Ed. Sr. Sec. School, Paprawat	1822027	
58	Yogesh	X			
59	Garima	XI	Govt. Sarvodya Kanya Vidyalaya Palam	1821018	
60	Kavita Yadav	XI	Govt. Girls Sr. Sec. School, Khaira	1822056	
61	Ruchi	XII			
62	Javed	XI	Govt. Co-Ed. Sarvodya .Vidalaya, Deendar Pur	1822176	
63	Mukesh	XI			

List of Patient Participants for Painting Competition on the occasion of WMH-2008
Department of Psychiatry, Dr. Ram Manohar Lohia Hospital, New Delhi

S.No	Name	Age	Sex	Award
1	R	30	M	
2	N	22	F	
3	S. T.	23	F	
4	P. S.	21	F	
5	N. S.	28	F	IInd
6	G	25	F	
7	G	27	F	
8	M	25	F	
9	B. P.	15	F	
10	P	21	F	
11	D	22	M	
12	D. S.	27	M	
13	S. K	40	M	
14	H. N.	25	M	
15	R. K.	23	M	IIIrd
16	D. K.	18	F	
17	N. U.	12	M	Ist
18	N. K.	21	M	
19	C. S	40	M	



**Department Of Psychiatry,
Dr. Ram Manohar Lohia Hospital, New Delhi
World Mental Health Day Celebrations October 10, 2008**



Participation Certificate

The participation of.....in the under mentioned activities organized on the occasion of World Mental Health Day, October 10, 2008 for the theme 'Making Mental Health a Global Priority' by Department of Psychiatry, Dr. R. M. L. Hospital, New Delhi, supported by Directorate General Health Services, Ministry of Health & Family welfare, Govt. of India, and funded by World Health Organization, India; is hereby thankfully acknowledged.

- ★ Walk from the Department to India Gate on Sunday October 5, 2008,
- ★ Art Exhibition on October 5, 2008,
- ★ Mental Health Camp at Kathputli Colony, Pandav Nagar, Shadipur, October 6, 7, 8, 2008,
- ★ Cine Seminar on October 6, 7, 8, 2008,
- ★ Awareness program in the General Outpatients Department, Dr. RMLH on October 10, 2008,
- ★ Painting Competition
- ★ Pledged to help the mentally ill throughout the year.

PLEDGE :

"Today on the occasion of World Mental Health Day we pledge:

- That we will raise awareness of mental health issues in all people
- That we will recognize mental illness as part of all health issues
- That we will strive for social acceptance of mentally ill persons
- That we will strive for active plans to make mentally ill people economically productive.

We will work for these issues all the year round".

शपथ

- आज विश्व मानसिक स्वास्थ्य दिवस के अवसर पर हम शपथ लेते हैं कि
- मानसिक स्वास्थ्य की चेतना जन - जन में जगाएंगे
- मानसिक रोग को सामान्य स्वास्थ्य का विषय समझेंगे
- मानसिक रोगी को सामाजिक स्वीकृति दिलवाएंगे
- उसके जीवन - यापन के लिए सक्रिय योजना का गठन करेंगे

इन उद्देश्यों की पूर्ति के लिए हम सदैव सक्रिय रूप से कार्यरत रहेंगे।

Dr. S. N. Deshpande
Head
Department of Psychiatry

THE HINDU

Online edition of India's National Newspaper

Monday, Oct 06, 2008

ePaper | Mobile/PDA Version

Want to read more Asian business news? Alibaba.com
 Stay informed with the latest Asian industry & economic news

New Delhi

Ads by Google

News: ePaper | Front Page | National | Tamil Nadu | Andhra Pradesh |
 Karnataka | Kerala | New Delhi | Other States | International | Opinion |
 Business | Sport | Miscellaneous | Engagements |
 Advts: Retail Plus | Classifieds | Jobs | Obituary |

India's #1 Tender Portal

1 Million Indian
 Government
 Tenders Call
 9824051600 For
 Free Tenders
www.TenderTiger.com

UTVi News

Business News
 site with
 Information
 Intelligence,
 Insights & Much
 More!
UTVi.com/News

Top Career Opportunities

200000+ Jobs of
 all specializations
 Send your resume
 and be hired!
Naukri.com

Why Your Stomach is Fat

Stop making these
 5 mistakes & you
 will finally lose
 your belly fat.
www.StomachFatsUgly.com

New Delhi

Mental Health Day

- Photo: R. V. Moorthy



Rising to the occasion: Children participating in a rally to mark the World Mental Health Day in New Delhi on Sunday.

Printer friendly page

Send this article to Friends by E-Mail

New

Stories in

- TRS-Left finalised
- Reject tra realistic fi
- Police bo leaders
- Another j
- Cabinet n interest to
- To our re
- Celebrati
- Review U Modi: Adv
- New 'Ras malnutriti
- Study pre shopping
- BJP prom and respo
- BJP rally
- IGNOU's
- 3-day Ga concludes
- Road gra foundation
- Delhi May Minister
- Seminar
- 'TRS tie-L opportuni
- Lending a
- No fertiliz says Ragl
- Bengal vil chapter ir
- CBI to re-Talwar ca
- Major fire
- Man knoc
- Gardener labourer



A walk was organised from RML Hospital to India Gate to mark the World Mental Health Day on Sunday.
Newsline photograph by Tashi Tobgyal

सोमवार, 6 अक्टूबर, 2008

‘पागल है’ कहकर खत्म न करें अपनी जिम्मेदारी

मुनिरका में सड़क किनारे भीड़ लगी थी। वहां रखे एक कूड़ेदान में मुंह डाल कर एक गाय व एक कुत्ता कुछ खाने की कोशिश कर रहे थे। उसी कूड़ेदान से जूठन उठा कर एक अंधेड़ स्त्री भी अपने मुंह में डाल रही थी। लोग उसे पगली कहकर पुकार और दुत्कार रहे थे। कुछ लोगों ने उस पर छोटे-छोटे कंकड़ भी फेंके, लेकिन वह बेपरवाह कूड़ेदान से जूठन खाती चली जा रही थी। यह तो एक बानगी भर है मानसिक रोगियों की। हकीकत है कि ऐसे लोगों को पागल समझ अलग-

थलग कर दिया जाता है। कभी परिवार से तो कभी समुदाय से ही।

विश्व स्वास्थ्य संगठन का संदेश स्पष्ट है- ‘मानसिक बीमारी से ग्रस्त लोगों को समुदाय से अलग रखने का कोई सर्वमान्य कारण नहीं है। समाज में सबके लिए स्थान है।’ डॉ. राम-मनोहर लोहिया अस्पताल के चिकित्सा अधीक्षक डॉ. एन.के. चतुर्वेदी के अनुसार वास्तव में मानसिक बीमारियों से ग्रस्त लोगों के मानवाधिकार का जितना अधिक उल्लंघन होता है, शायद ही किसी

का होता हो। विश्व स्वास्थ्य संगठन ने वर्ष 2008 के लिए ‘मानसिक स्वास्थ्य को व्यापक प्राथमिकता’ नामक संदेश दिया है, जो निःसंदेह समय की मांग के अनुरूप है। राम-मनोहर लोहिया अस्पताल की मनोरोग विभाग की विभागाध्यक्ष डॉ. एस. एन. देशपांडे बताती हैं कि यदि इन बीमारियों का उपचार शीघ्र आरंभ नहीं किया गया तो वे न केवल परिजन, बल्कि समाज पर भी भार बन जाती हैं, फिर उनके अधिकारों का उल्लंघन शुरू हो जाता है।

विश्व स्वास्थ्य संगठन का संदेश स्पष्ट है- ‘मानसिक बीमारी से ग्रस्त लोगों को समुदाय से अलग रखने का कोई सर्वमान्य कारण नहीं है।’



विश्व मानसिक स्वास्थ्य के मौके पर डॉ. राममनोहर लोहिया अस्पताल के सहयोग से निकाली गई जागरूकता रैली

गंभीर मानसिक बीमारियां

- उदासीनता
- सিজोफ्रेनिया एवं मनोविकृतियां
- आत्महत्या की इच्छा
- मिर्गी
- डिमेंशिया (मनोभ्रंश)
- शराब के सेवन से उत्पन्न बीमारियां
- ऑब्सेसिव कंपल्सिव डिसऑर्डर

लंबे समय तक चलने वाली बीमारियों के प्रभाव

- मृत्यु संख्या में बढ़ोतरी
- अस्वस्थ जीवनकाल में बढ़ोतरी
- विकलांगता
- परिजन पर अत्यधिक आर्थिक भार

मानसिक स्वास्थ्य सभी के लिए जरूरी

- विश्व में विकलांगता के प्रमुख कारणों में से एक गहन उदासीनता की बीमारी है।
- व्यापक रूप से भार उत्पन्न करने वाले रोगों में उदासीनता का चौथा स्थान है।
- विकलांगता के 10 फीसदी मामले मानसिक बीमारियों के कारण होते हैं।

स्वस्थ समुदाय का निर्माण करें

- सुरक्षित वातावरण व अच्छा गृह निर्माण
- रोजगार व अच्छी कार्यदशा
- स्वयं के निर्णय को बढ़ावा देना व अपने आप पर नियंत्रण करना

- सामुदायिक विश्वसनीयता, सामाजिक सहायता एवं सकारात्मक अनुकरण करना

स्वास्थ्य सप्ताह का आयोजन

डॉ. राममनोहर लोहिया अस्पताल के मनोरोग एवं नशामुक्ति विभाग ने मानसिक स्वास्थ्य को बढ़ावा देने के लिए अस्पताल से इंडिया गेट तक पदयात्रा का आयोजन किया। पदयात्रा में स्कूली बच्चों, डॉक्टरों, नर्सों, स्वयंसेवियों ने हिस्सा लिया। प्रयास के बच्चों ने इस अवसर पर सांस्कृतिक कार्यक्रम का भी आयोजन किया। मौके पर मानसिक स्वास्थ्य की जानकारी से संबंधित एक बुकलेट भी जारी किया गया।

-संदीप देव

राष्ट्रीय स्तरा, सोमवार, 6 अक्टूबर 2008

संक्षिप्त खबरें

मानसिक स्वास्थ्य दिवस

■ नई दिल्ली। विश्व मानसिक स्वास्थ्य दिवस के उपलक्ष्य में आज यहां डॉ. राममनोहर लोहिया अस्पताल से इंडिया गेट जागरूकता पैदल मार्च निकाला गया। केंद्रीय स्वास्थ्य सेवा महानिदेशालय व आरएमएल के मनोरोग विभाग के संयुक्त तत्वावधान में आयोजित इस अभियान की शुरुआत अस्पताल के चिकित्सा अधीक्षक डॉ. एनके चतुर्वेदी ने की। इसमें विभिन्न अस्पतालों के एक हजार से अधिक डॉक्टर, नर्स व अन्य पैरामेडिकल स्टाफ शामिल थे।



फोटो : एसएनबी

■ विश्व मानसिक स्वास्थ्य दिवस पर आरएमएल अस्पताल से जागरूकता रैली निकालते बच्चे।

روانماہ صحافت دہلی



نفسیاتی امراض کے عالمی دن پر انڈیا گیٹ تک پیدل کے دوران ڈاکٹر رام منوہر لوبھیا اسپتال کے شعبہ سائیکلر کے عہدیداران و ملازمین (فوٹو: سید فدا علی)

عالمی دن پر نفسیاتی امراض کے خاتمہ کا عہد

عوام کو بیدار کرنے کے لئے انڈیا گیٹ تک پیدل مارچ

بات چیت میں بتایا کہ پچھلے تین سالوں سے اس پروگرام کا انعقاد ہو رہا ہے جس میں کثیر تعداد میں ڈاکٹر، نرس، اسٹاف کے علاوہ مختلف اسکولوں کے طلباء حصہ لے رہے ہیں۔ انہوں نے بتایا کہ آج کے پیدل مارچ میں تقریباً 1000 ڈاکٹر، نرس، طلباء مریض اور ان کے رشتہ دار اور این جی اوز نے حصہ لیا ہے جبکہ دیگر شرکا میں محکمہ صحت، حکومت ہند کے ایوش سی سی آر یو ایم، این اے ایم آئی، اینڈیا، آر اے ایس ایچ ایم آئی، این ایس ایس، اے آئی ایف ایم آئی، اسکول آف اورینٹل میڈیسن، ٹی جی او یو، گیان ودیہ اسکول، سدھاتھ اسکول، چلدرن ہوپ پریس وغیرہ شامل ہیں۔ اس موقع پر ایک ہندی انگلش بک لٹری کم رسرچر بھی عمل میں آئی۔

پی آر ٹرویدی نے کہا کہ ترقی نے جہاں انسانوں کو سہولیات بخشی ہیں وہیں ان میں نفسیاتی امراض کو بھی جنم دیا ہے۔ عالمی سطح کی آلودگیاں خواہ وہ کسی بھی میدان میں ہوں، انسان کی صحت پر منفی اثرات ڈال رہی ہیں جس سے تحفظ کا واحد راستہ بیداری ہے۔ ڈاکٹر ترویدی نے اس بات پر فحشی ظاہر کی کہ آری ایم ایل کے عہدیداران نے اپنی عوامی بیداری مہم میں طلباء کو شامل کیا ہے۔ پروفیسر چائسلر نے طلباء کے ذریعہ بنائی گئی پینٹنگ کا افتتاح کیا۔ انہوں نے امید ظاہر کی کہ آئندہ پینٹنگ کے علاوہ تحریری و تقریری، میوزک، ڈانس جیسے پروگراموں کا بھی انعقاد کیا جائے گا۔ آری ایم ایل شعبہ سائیکلر کے ایم ایس ڈاکٹر این کے پترویدی نے نمائندہ 'صحافت' سے خصوصی

نئی دہلی، 5 اکتوبر (محمد عاطف) نفسیاتی امراض کے عالمی دن پر آج جہاں پور دنیا میں مختلف طرح کے پروگرام کا انعقاد کیا گیا وہیں راجدھانی دہلی میں اس دن کو ایک نئے طریقے سے مناتے ہوئے مختلف اسکولوں کے طلباء نے ڈاکٹر رام منوہر لوبھیا اسپتال کے شعبہ سائیکلر کے عہدیداران و ملازمین کے ساتھ انڈیا گیٹ تک پیدل مارچ کیا اور یہ عزم کیا کہ وہ انسانی صحت کی فلاح و بہبود کے لئے نہ صرف عوام میں بیداری پیدا کریں گے بلکہ ان امراض کے خاتمہ کے لئے ایک ساتھ کھڑے ہونے کی دعوت بھی دیں گے۔ پیدل مارچ سے قبل آر ایم ایل کے شعبہ سائیکلر کے لان میں منعقدہ تقریب سے خطاب کرتے ہوئے ناگا لینڈ اینڈ گلوبل یونیورسٹی کے پروفیسر ڈاکٹر

World Mental Health Walk Registration, Painting and Handicraft Exhibition and Book Release (October 5, 2008)



Flag off & Walk from Dept. of Psychiatry to India Gate (October 5, 2008)



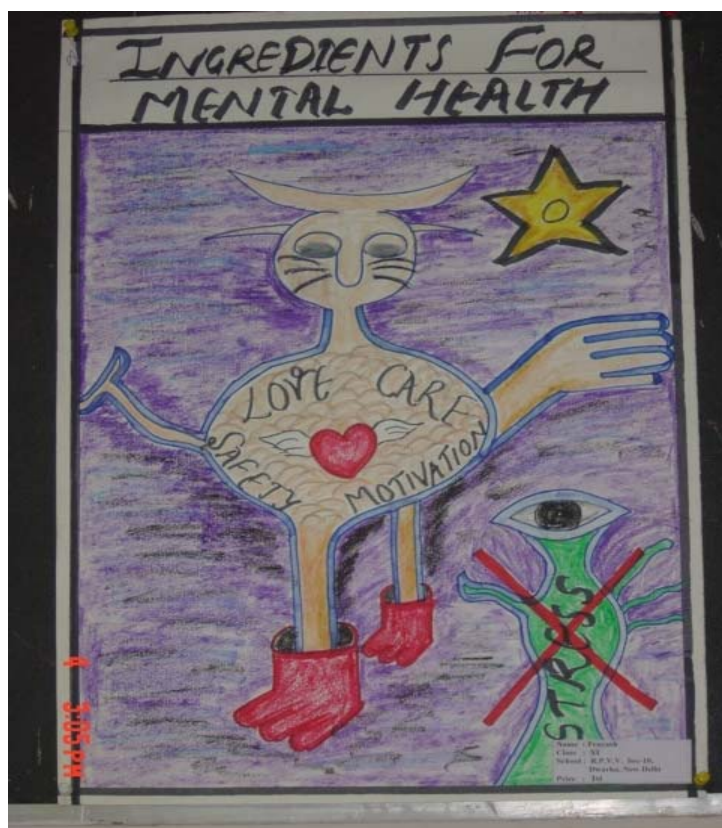
Mental Health Awareness Camp for three days at Shadipur Depot, Oct 6,7,8, 2008



Valedictory Function and General Awareness Program at OPD-RMLH , & Inauguration of Autism Information Kiosk, WMH-2008



Students Painting Competition- Prize Winning Paintings, WMH-2008



First Prize



Second Prize



Third Prize



Consolation Prize- First



Consolation Prize- Second



Consolation Prize- Third

Patient Painting Competition, Dept. of Psychiatry, December 6, 2009



First Prize



Second Prize



Third Prize