

ACTIVITY REPORT

1.	Name of the activity	Mental Health Week : Slogan Competition
2.	Date & Time	14/10/2025
3.	Venue / Place	Psychiatry opd
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	13
5.	Organizing Faculty / Medical team	Dept. Of Psychiatry
6.	In-charge	Dr. Aneesh Bhat
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	The Department of Psychiatry, MIMER Medical College & Dr. Bhusaheb Sardesai Talegaon Rural Hospital, celebrated World Mental Health Day 2025 from 10th to 15th October based on the theme “Mental Health in Humanitarian Emergencies” also expressed as “Access to Services – Mental Health in Catastrophes and Emergencies.” A slogan competition for students and staff promoting mental health awareness in crisis situations (14th Oct), The celebration effectively conveyed the importance of ensuring access to mental health services in times of catastrophe, fostering empathy, awareness, and preparedness among patients, students, and healthcare staff.
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/ Health camps)	-
9.	Number of Students Attended	04


Dr. Aneesh Bhat
 MBBS, MD (Psychiatry)
 Reg No.: 2005/03/1908
 Professor & Head

Teaching Staff

English

"Your mind matters — care for it like your body."

Hindi (हिंदी)

"आपका मन भी महत्वपूर्ण है — इसकी देखभाल अपने शरीर की तरह करें।"

Marathi (मराठी)

"तुमचा मनही महत्त्वाचं आहे — त्याची काळजी शरीरासारखी घ्या."

Dr Shobha Vatkar (Associate professor, Department of Anesthesia Mobile: 8888804252)

" Life is precious, GOD's Gift: Do not destroy it".

Dr shobha Vatkar (Associate professor, Dept. Of Anesthesia - 8888804252)

Not Winning Is Not Failure, It's Just One Step Closer To What You Want To Achieve.

Slogans For the Mental Health Awareness.

Dr. Raturaj Shirish Desai , Jr. Pharmacology

स्वस्थ मान हेच सुखी आणि आरोग्य वान जीवनाचा पाया हे... पहले पाऊल उचला... मानसोपचार विभागाला भेट दया.

Dr. Payal Deshpande -Psychiatry Department (JR1)

Slogan : "It's OKAY to not be okay!"

Dr. Ruhi Suraj Doshi-Department : Dentistry -Junior Resident (9404732388)

Slogan : "Just like a Bone despite being strong needs a Cast, a fragile Mind definitely needs Care - do speak/ask !"

Dr. Suraj Sudarshan Doshi-Department : Orthopaedics -Senior Resident (9960555434)

1)Don't end the story. Turn the page.

2)Don't close the book — the next page is worth it.

Dr Karina Dalwai, resident, Ophthalmology

“ जीवन अमूल्य आहे, ते व्यर्थ घालतु नका “

Dr Shobha Vatkar (Associate professor, Department of anesthesia –(8888804252)

“ जीवन भगवान की देन है । उसे व्यर्थ नहीं खो देना ।”

Dr Shobha Vatkar (Associate professor, Department of anesthesia –(8888804252)

Slogan: Mental weakness deserves help not harm .Lets break it's stigma and strengthen every weak spirit.

Dr Leena Shibu Paulose -Associate professor -Dept:Anaesthesia (9604865712)

चला जपूया मित्र आणि छंद

घालूया मानसिक आजारांवर निर्बंध!!

साथ सदा व्यायाम सखा सवंगड्यांची

नक्कीच करेल मात मानसिक व्याध्यांची!!

दारू सिगारेट, मोबाईल ठेवूया दूर मानसिक आरोग्य राहिल सुट्ट!!

Dr Smita Pawar -Professor & HOD-Dept of Ophthalmology (9422563943)

Non-teaching staff

मन हे आग आहे,
विषारी नाग आहे,
मन तर माणसाच्या,
शीलाचा डाग आहे,

म्हणून त्याच्यावर विजय मिळवून आपल काम आहे.

Pooja Kadlak-Department - Radiology Post - Clerk (9075587747)

कोई भी व्यक्ति स्वतंत्र नहीं है, जिसका स्वयंम के मन पर नियंत्रण नहीं है।

Pooja Kadlak-Department Radiology Clerk (9075587747)

सूदृढ निरोगी मन आहे मानवाचा खरा (आरसा)जो आयुष्यभर माणसाला देतो सूखावणारा (दिलासा)

Name - Anushree Amol Joshi - Telephone operator Mobile – 9763214338

तुमचे मन प्रसन्न तर तुमचे कुटुंब प्रसन्न! आपल्याला काही वेदना असतील तर त्यांना मोकळे करा!

त्वरित मनोरुग्ण तज्ज्ञांचा सल्ला घ्या.

Kanchan Bhavne -Dept., Ophthalmology clerk (7350184110)

1) A good physique is a great power, and good mental health is a superpower.

2. The mind is flexible. It want to learn, and it's willing to change

Seema Yogesh Katdare -Department of Pharmacology-Clerk (9763252436)

"सकारात्मक सोच रखकर सभी परेशानियों का करे निदान, खुदखुशी का ना करो विचार, जीवन होगा खुशहाल अगर
मानसिक स्वास्थ्य का भी रखेंगे खयाल"

Mrs. Pradnyaa Medicine Clerk(90118 63665)