



॥ स्वास्थ्य-सेवा-सुशिक्षणम् ॥

MIMER MEDICAL COLLEGE

MIMER CALENDAR

2024

MIMER MEDICAL COLLEGE CALENDAR

“Whether an illness affects your heart, your leg or your brain, it’s still an illness, and there should be no distinction.” -Michelle Obama

As the sun sets on the previous year, we find ourselves at the dawn of a new chapter, where mental well-being assumes its rightful place at the forefront of our collective consciousness. Despite increasing understanding of its importance, mental health still takes a backseat in crucial conversations due to lingering misconceptions.

Thus, we present to you the 2024 Mental Health Awareness Calendar, crafted as a testament to the collective empathy and dedication of our medical college’s students. Beyond its aesthetic appeal, this calendar serves a crucial purpose — to dismantle stigmas, raise awareness and foster conversations that empower individuals navigating these challenges.

Twelve months, each a chapter in its own right, delve into significant disorders, from the elusive grasp of insomnia to the distorted reflections of body dysmorphia. Behind each page lies not just information but narratives, delicately woven by the hands of those who seek to bridge the gap between knowledge and compassion. The students have poured their energies into crafting a calendar that goes beyond the mere marking of days.

We invite you to engage with each page, absorbing the information provided and embracing the opportunity to deepen your understanding of mental health. Let this calendar, a symbol of this institute’s beliefs, be a compass guiding us toward a more compassionate understanding of ourselves and each other.

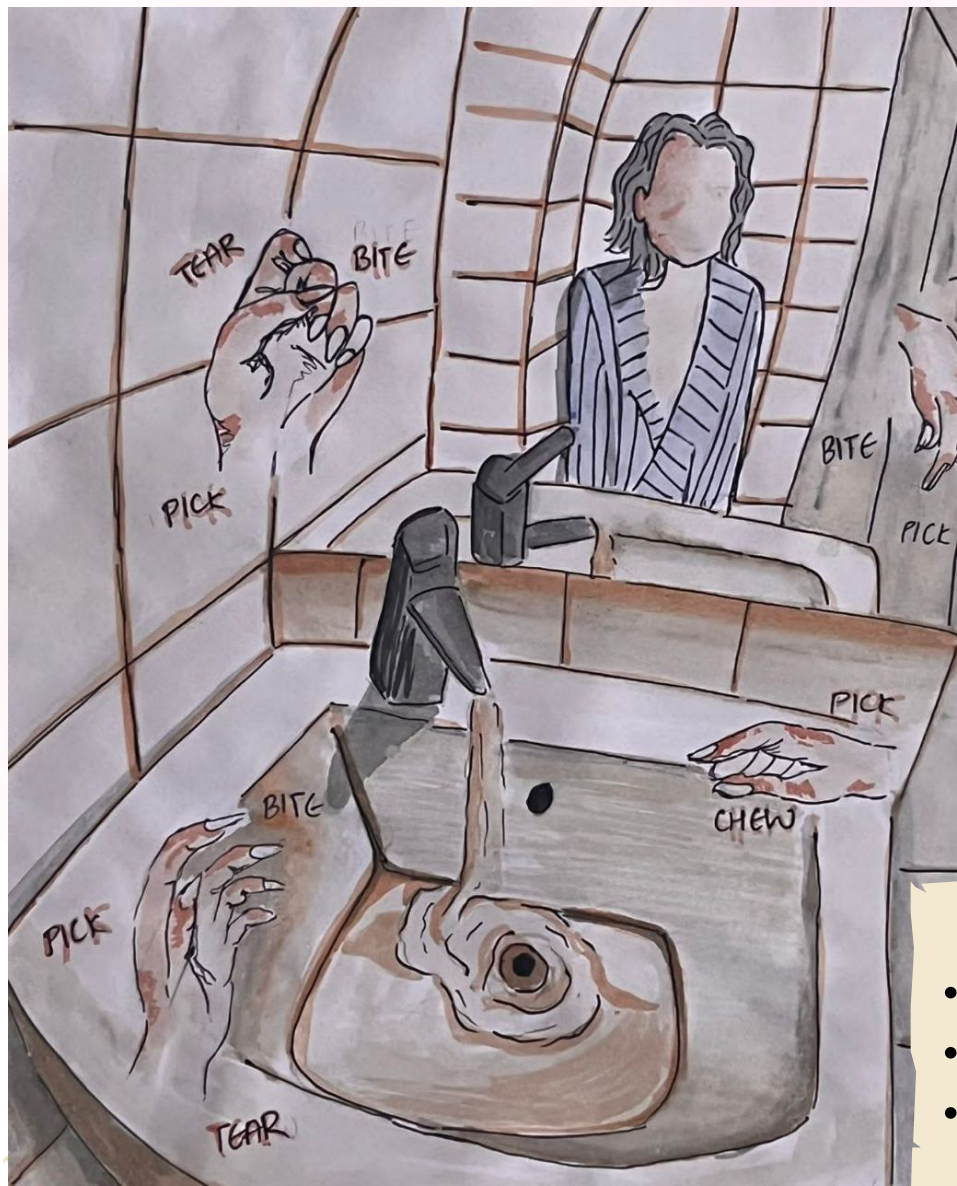
You
are
loved



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OCD

-Sai Jondhale



"Obsessive-compulsive disorder is characterised by unreasonable thoughts and fears (obsessions) that lead to compulsive behaviours."

Monthly Goal

- Organize your study space
- Declutter your closet
- Plan for the week

January

to do

Lined area for writing to-do items.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>New Year Day</i>	2	3 <i>Woman's Education Day (Savitri Bai Phule Jayanti)</i>	4 <i>World Braille Day</i>	5	6
7	8	9	10	11	12 <i>National Youth Day (Swami Vivekanand Jayanti)</i>	13
14 <i>Makar Sankranti / Pongal Begins</i>	15	16	17	18	19	20
21	22	23	24 <i>National Girl Child Day</i>	25	26 <i>Republic Day</i>	27
28	29	30 <i>Mahatma Gandhi Punyatithi World Leprosy Eradication Day</i>	31			

GOAL TRACKER



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"The most common eating disorders are anorexia, bulimia and binge-eating disorder. Most eating disorders involve focusing too much on weight, body shape and food."



Eating Disorder

- Jui Barbhai

Monthly Goal

- Meal prep for the week
- Eat a fruit daily
- Stretch for 10 mins

February

SUN MON TUE WED THU FRI SAT

4

World Cancer Awareness Day

5

6

7

8

9

10

National De-worming day

11

National Day of Women & Girls Science

12

Sexual & Reproductive Health Awareness Day

13

14

International Epilepsy Day
Vasant Panchami

15

16

17

18

19

Chhatrapati Shivaji Maharaj Jayanti

20

21

International Mother Language Day

22

23

24

25

26

27

Marathi Day
Eating Disorder Awareness Week

28

National Science Day (India) Rare Diseases Day

29

to do

Lined area for writing to-do items.

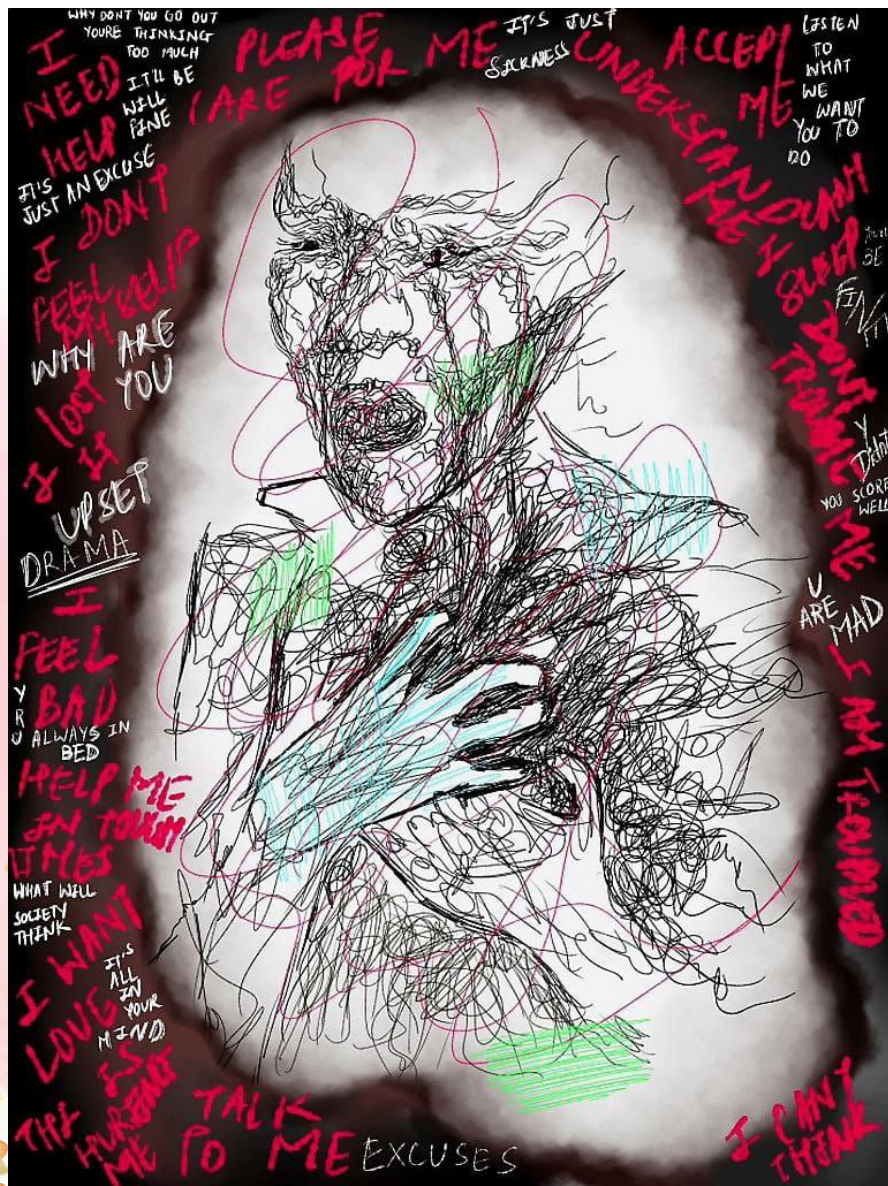
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Depression

"Mood disorder that causes a persistent feeling of sadness and loss of interest."



- Riya Agarwal

*"I am crestfallen in these merry times
Where i curse my fortuitous fate
I wince in all those memories
Cry out loud in bewilderment
And in shackles of depression
Pensively gaze my murk
Behind closed doors"*

-Aakash Joshi

Monthly Goal

- Gratitude journal- write one thing daily that you're grateful for.
- Call a friend/ family.

September

to do

Lined area for writing tasks.

GOAL TRACKER

SUN	MON	TUE	WED	THU	FRI	SAT
1 National Nutrition Week	2	3	4	5 Teachers' Day (India) Onam begins	6	7 Ganesh Chaturthi Vakratunda (MIMER)
8 Physiotherapy Day Eye Donation Fortnight	9	10 World Suicide Prevention Day World First Aid Day	11	12	13	14 Hindi Day (India)
15	16 Eid a Milad	17 World Patient Safety Day Ganesh Visarjan	18	19	20	21 World Alzheimer's Day World Pharmacy Week
22 Rose Day (Welfare of Cancer Patients)	23	24	25 World Day of The Deaf	26 World Contraception Day	27	28
29 World Heart Day	30					



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CALENDAR 2024

JANUARY
2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY
2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29		

MARCH
2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

APRIL
2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY
2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE
2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

JULY
2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST
2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER
2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER
2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER
2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER
2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				