

### MIMER CALENDAR



### 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.

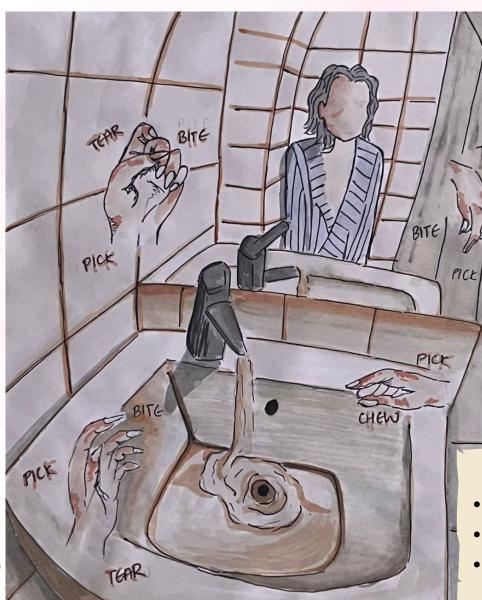
Twelve months, each a chapter in its own right, delve into significant disorders, from the elusive grasp of insomnia to the distorted reflections of body dysmorphia. Behind each page lies not just information but narratives, delicately woven by the hands of those who seek to bridge the gap between knowledge 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.



to do

OCD
-Sai Joudhale



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

### Monthly Goal

• Organize your study space

6

13

- Declutter your closet
- Plan for the week

## January)

MON FRI SUN TUE WED THU SAT 2 5 **New Year Day** Woman's Education **World Braille Day** Day (Savitri Bai Phule Jayanti) 8 10 11 **National Youth Day** (Swami Vivekanand Jayanti) 19 18 Makar Sankranti / **Pongal Begins** 23 25 22 26 24 National Girl Child Day Republic Day 29 30 31 Mahatma Gandhi Punyatithi **World Leprosy Eradication Day** 



"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."





### Monthly Goal

to do

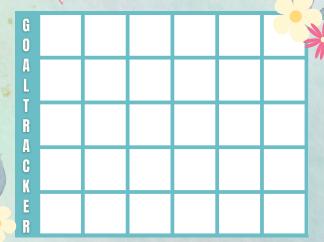
- Meal prep for the week
- Eat a fruit daily
- Stretch for 10 mins



SUN MON TUE WED THU FRI SAT Prof. Dr. Vishwanath 10 **National De-worming World Cancer Awareness** day Day 13 15 16 National Day of Women **International Epilepsy Day** & Girls Science Health Awareness Day

Vasant Panchami 18 20 22 23 Chhatrapati Shivaji **International Mother** Language Day Maharaj Jayanti **25** 26

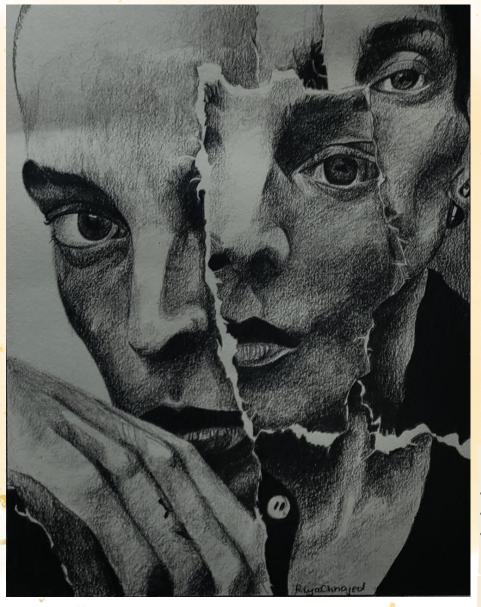
Marathi Day **Eating Disorder** Day (India) Rare **Awareness Week Diseases Day** MIMER MEDICAL COLLEGE & Dr. BSTR HOSPITAL, TALEGAON (D), PUNE.





### Bipolar Disorder - Riya Chhajed

to do



"A disorder associated with episodes of mood swings ranging from depressive lows to manic highs.
The exact cause of bipolar disorder isn't known, but a combination of genetics, environment and altered brain structure and chemistry may play a role".

### Monthly goal

- Use a Mood tracker
- Timelog your sleep pattern, meals
- Identify triggers that shift your mood

Mulch

SUN MON TUE WED THU FRI SAT

1 2

Maha Shivratri

3 4 5 6 7 8 9

World Obesity Day

National Dentists Day
Forensic Science Day

National Women's Day
(Birthday of Sarojini Dev
Naidu)

10 11 12 13 14 15 16

World Kidney Day World Consumer Rights National Vaccination

18 19 20 21 22 **23** 

World Oral Health Day World Down World Day for water World Optometry Day
Brain Injury Awareness Day Syndrome Day Shaheed Diwas
Social Empowerment Day

25 26 27 28 29 30 World Riveled Dilleger W.

Holika Dahan Holi Purple day (Epilepsy Good Friday World Bipot World Tuberculosis Day Awareness Day)

Good Friday World Bipot I



"Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences."



Addiction
- atharva Rave

### Monthly Goal

• Reduce screentime to 6-7 hrs / day (Work+ entertainment)



SUN MON TUE

WED

THU

FRI

SAT

**World Autism Awareness** 

5

6

10

National Safe Motherhood Day

World Parkinson's Day Mahatma Jyotiba Phule Jayanti 12

13

**World Health Day** 

Eid al-Fitr (Ramadan)

16

World Haemophilia Day

Ram navami

18

**World Liver Day** 

Dr. Babasaheb

Ambedkar Jayanti

22

15

23

World

**Immunization** 

Week

**World Malaria Day** 

26

**World Intellectual** 

**Property Day** 

Mahavir jayanti

World Day for Safety and Health at work

30

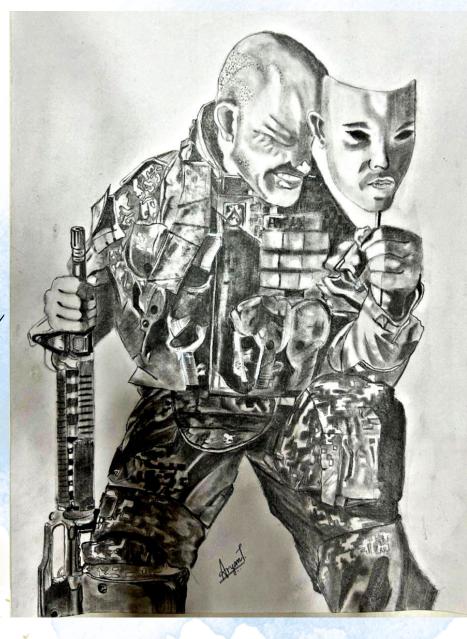
**Ayushman Bharat Diwas** 

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PTSD
- Aryan Thakur



"Post traumatic stress disorder-A disorder characterised by failure to recover after experiencing or witnessing a terrifying event. The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions."

### Monthly goal

to do

- Identify your triggers and record them on a page.
- List activities/places that make you feel safe daily
- Doodle a day

SUN MON TUE WED THU FRI SAT 8 6 **World Clubfoot Day World Brain Tumor Day World Environment Day** 15 3 **MUHS Foundation Day** World Day Against Child International Albinism World Blood Donor **World Eye Donation Day** Labour **Awareness Day** Day Palkhi begins (Dehu/Alandi) Non Alcoholic Steato Hepatitis (NASH) Day 16 18 20 Eid al Adha (Bakrid) World Sickle Cell Day **International Yoga Day** 26 23 25 27 28 24 **National PTSD** 

G O A L T R A C C K E

30

Awareness Day



The silent whispers
The uncertainty that fleets

The Acidity of self sabotoge

Mixtured with basicity of self love

The healing in parts
The destruction in seconds

The confidence in bits
The misbelief in bundles

And the answers to the Questions i will never be asked

They give it a name
But i say i have learnt this game

Anxiety - a strength in frame

- Nidhi Parikh



Anxiety

"Intense, excessive and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating and feeling tired may occur."

### Monthly goal

- Listen to 1 of your favorite songs daily
- Journal -5 lines a day. Take a few moments to describe an everyday experience in detail.



-Nardini Naik

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	National Doctors Day (India)					World Zoonoses Day
7	8	9	10	11	12	13
				World Population Day		
14	15	16	17	18	19	20
			Muharram Ashadi Ekadashi			
21	22	23	24	25	26	27
Guru Purnima			_ :			CPR Day
28	29	30	31			
World Hepatitis Day	20	International Day o				
The same of the sa						



## Schizophrenia -Ritika Kumar

Them (inside the schizophrenic brain).

She's the sweetest, I know. He's the cruelest, I know. They are real, I know.

She whispers calmly, the words I desire.

He dictates strongly, the acts I dissent.

The outside is fresh The inside is rotten

How long has it been? 2!? 4!? 5 days I guess

How long will it go? That's something I don't know

Should today be the day?
I asked.....

But she said no , and he held me back And I confined to "Them" -Ritika Kumar A disorder that affects a person's ability to think, feel and behave clearly. The exact cause of schizophrenia isn't known, but a combination of genetics, environment and altered brain chemistry and structure may play a role."

### Monthly goal

• Practice the ABC model-

C= Assess the 'consequence' & divide it into emotions & behavior.

A= Identify the 'Activating event' that caused C

B= Discuss your 'Beliefs' that caused C



SUN

MON

TUE

WED

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FRI

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1

World Breast Feeding

2

3

4

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7

8

**International Ophthalmologist** 

9

10

Bone & Joint Day

12

13

**Organ Donation Day** 

14

15

Independence Day
Parsi New Year

16

17

18

19

20

21

22

23

24

10

Raksha Bandhan

National Scientific Temper Day MIMER Foundation Day World Senior Citizens

Day

30

**Hand Surgery Day** 

(ISSH)

3

25

Eye Donation Fortnight Krishna Janmashtami

26

27

28

29

National Sports Day (India)





### Depression

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



"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.

- Riya Agarwal

to do

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## Sulling of the second of the s

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

MIMER MEDICAL COLLEGE & Dr. BSTR HOSPITAL, TALEGAON (D), PUNE.

30



### ADHD -Shruti Ghadge

"Attention-defi<mark>cit/hyperactivity</mark> disorder-A chronic condition including attention difficulty, hyperactivity and impulsiveness."

### WANDER

Millions of words and lines Yet I see doodles and drawings My mind is always on run My body stays Frozen Scattered thoughts all over my mind That goes from feeling everything to nothing I don't know where to start A map with no legend Miles of roads without destination Consistency is a state of depression success comes from experimentation ADHD is a Challenge The lure for novelty Find the strength and shine

shruti

### monthly

 Mindfulness moments-Reflect & jot down 3 things you accomplished or moments that made you proud. Then list 3 challenges where ADHD symptoms affected your day

• Stretch for 10 mins



MON TUE WED THU FRI SAT SUN

> International Day for the Elderly

World ADHD Day

Jayanti National Anti Drug **Addiction Day** 

Lal Bahadur Shashtri

**World Mental Health Day** 

5

8

World Arthritis Day

Punyatithi

World White Cane Day **World Anatomy Day** 

**World Anesthesia Day World Spine Day World Food Day** 

**World Trauma Day International Infection Prevention Week** 

18

World Pediatric Bone Joint Day (AAOS)

**World lodine Deficiency Disorder Day** 

22

World Students' day

23

**World Polio Day** 

25

26

**World Osteoporosis** Day

28

**World Stroke Day** 

30

Foetus Day (FOGSI)



MIMER MEDICAL COLLEGE & Dr. BSTR HOSPITAL, TALEGAON (D), PUNE.

Diwali



### Insomnia - Khushi Javkar



"Persistent problems falling and staying asleep.Most cases of insomnia are related to poor sleeping habits, depression, anxiety, lack of exercise, chronic illness or certain medication."

### nonthly goal

- Sleep for 6-7 hrs daily
- Avoid using screen 1hr before bed
- Set up a night routine



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SUN MON TUE WED THU FRI SAT **National Stress Awareness National Cancer Awareness International Day of** Day 13 15 16 **World Immunization Day** World Pneumonia Day **World Diabetes Day Newborn Care Week** 20 **World Prematurity Day World Chronic Obstructive National Rural Health Day Pulmonary Disease Day** National Epilepsy Day **Antibiotic Awareness** 

**Constitution Day** 

Day

(National Law Day)

Iron Deficiency Awareness

MIMER MEDICAL COLLEGE & Dr. BSTR HOSPITAL, TALEGAON (D), PUNE.

**International Day for** 

against Women

**Elimination Of Violence** 



### Gender Dysphoria -Nandini Naik

SUN

29

MON

30



"Gender dysphoria is a term that describes a sense of unease that a person may have because of a mismatch between their biological sex and their gender identity."

### Monthly goal

- Compliment yourself daily
- Click a picture every week wearing the clothes you feel comfortable in

TUE

31

New Year's Eve

World AIDS Day	2 National Pollution Control Day	International Day of Disabled Person	4	5	6	7
8	9	10	11	12	13	National Energy Conservation Day (India)
15	16	17	18	19	20	21
22	23 Farmers' Day (India)	24	25 Christmas	26	27	28

WED

THU

FRI

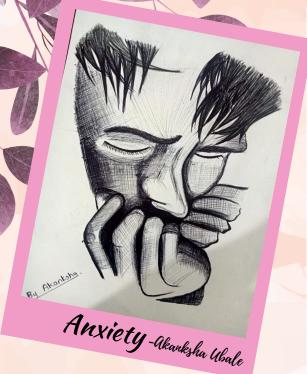
SAT



## Year In Pixels







#### Behind closed doors

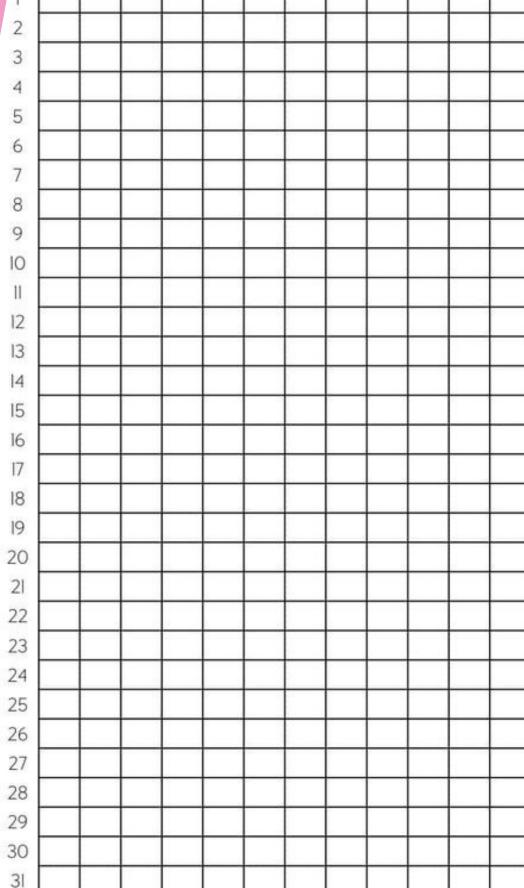
There i am stuck with no one
To share the mishaps of my fortune
There i am sitting...looking at myself
In the reflection of my crinkled soul
Nobody opens this closed door

Sombre and derelict this bastille
Where i keep knocking and hope
That someone with love will open it
Longing for my fake opulence
I sit in solitude for hours long
Where roaring cries embellish
Here my flamboyant slammer

Nobody gives me priority
Pays nobody no heed
But there through those doors
I see people appreciating my presence
Lost delusion i laugh hysterically
My earthly body rejoices in pain

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



Fill in the squares to create your own pixel art









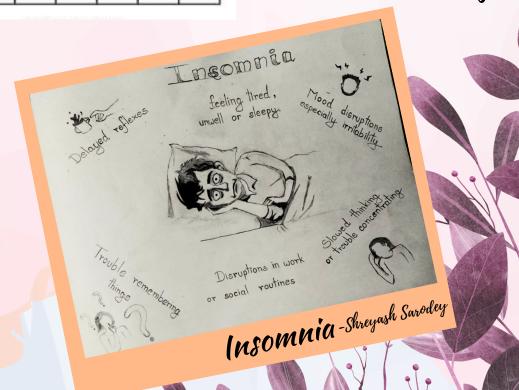








Addiction - asmi Momin







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CHLENDAR

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JANUARY

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### 2222223

FEBRUARY

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MARCH

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#### Initiative by: Annual Events Committee, MIMER Conceptualized by: Dr. Darpan Maheshgauri **Professor (Orthopedics)**

Designed by- Khushi Javkar (II MBBS) **Cultural Secretary** 

Compiled by-Shruti Patil (II MBBS) **General Secretary** Editor's Note- Anushka Gupta (II MBBS)

Paintings by- Atharva Rane (III MBBS)

(II MBBS)- Sai Jondhale, Ashutosh Jadhav, Akanksha Ubale, Nidhi Parikh, Nandini Naik, Shruti Ghadge, Khushi Javkar

(I MBBS)- Aryan Thakur, Riya Chhajed, Jui Barbhai, Riya Agarwal, Asmi Momin, Ritika Kumar, Aakash Joshi, Shreyash Sarodey

### rrrrrrr

APRIL 2024									
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### ccccccc

AUGUST

SUN MON TUE WED THU FRI SAT 23

29

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CEPTEMBED

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OCTOBER

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NOVEMBER

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27 28

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DECEMBER

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