

WORLD MENTAL HEALTH DAY

Importance of mental well-being discussed at IIT Indore

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As part of the celebration of World Mental Health Day, IIT Indore organised a two-day event on October 13 and 14 in line with the theme of this year 'Make mental health & well-being for all a global priority'.

Three eminent speakers with expertise in the domain of psychology were invited to deliver talks on topics of mental well-being.

Prof Vijendra Singh, MD (Psychiatry), HOD, department of psychiatry at All India Institute of Medical Sciences (AIIMS) Bhopal, Dr Lilavati Krishnan, a retired professor of psychology from the department of humanities & social sciences, IIT Kanpur and Dr Ashutosh Singh, MBBS, DNB (Psy-



chiatry), consultant psychiatrist and de-addiction specialist at Apollo Hospitals, Indore addressed the event emphasising on the importance of mental wellbeing in leading a healthy and joyous life. It was an enriching experience for all as it not only deepened the understanding about mental health issues but also provided

effective ways to deal with them.

A creative art competition named 'Paint your Perspective' was also organised for all UG, PG, and PhD students of the institute. The participants displayed their artistic talents and contributed to the noble cause of spreading awareness about mental health through their art.