

**Department Of Community Medicine
Dr. BSA Medical College, Sec-6, Rohini**

World Mental Health Month Oct, 2024- Report

In observance of World Mental Health Day on October 10th and the broader Mental Health Awareness Month, the Department of Community Medicine at Dr. BSA Medical College, following guidance from the Ministry of Health & Family Welfare and the Directorate General of Health Services (DGHS), organized a series of impactful activities. These initiatives aimed to raise mental health awareness among interns and medical students, who are vital stakeholders in promoting mental health.

The 2024 theme is "It is Time to Prioritize Mental Health in the Workplace,".

Below is an overview of the activities conducted throughout October to foster a supportive environment and deepen mental health awareness among students and the community:

1. Health Talk-

Topics- Warning sign of mentally ill person & psychological risk at workplace –

Medical students delivered a health talk in various OPD waiting areas addressing the warning signs of mental illness and workplace-related psychological risks, emphasizing early detection and prevention strategies.

Nursing officers of department delivered a talk on 11.10.2024 at Anganwadi center of Rithala addressing the Anganwadi workers and beneficiaries on the occasion of Save Girl Child.

2. Essay Writing-

Topic- Psychological risk at workplace

Students participated in an essay competition exploring the psychological risks associated with the workplace. The five best essays were selected, promoting critical reflection on mental health challenges within work settings.

3. Slogan Writing-

Medical Interns posted in department created impactful slogans to advocate for mental health awareness, fostering creativity and a commitment to mental health advocacy.

4. Nukkad Natak-

Topic - "Awareness about mental health disorders"

Students performed a Nukkad Natak focusing on raising awareness about mental health disorders in the waiting areas of hospital. This interactive play effectively engaged a broad audience, providing an accessible platform for discussing mental health challenges.

5. Poster Making Competition-

Topic - Mental Health Awareness

Students created posters promoting mental health awareness. Three outstanding posters were selected, enabling students to visually communicate key messages and foster artistic expression on the topic.

6. Development of Information, Education, and Communication (IEC) Materials

Interns prepared IEC materials, which were shared with students to enhance their understanding of mental health, providing essential information on available mental health resources.

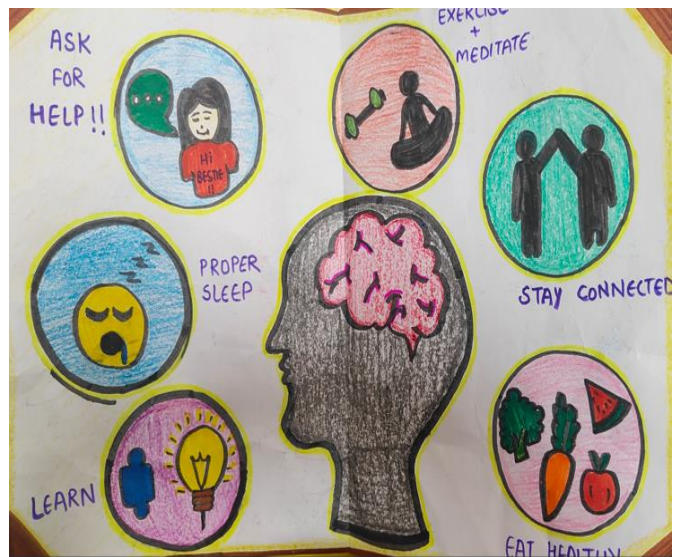
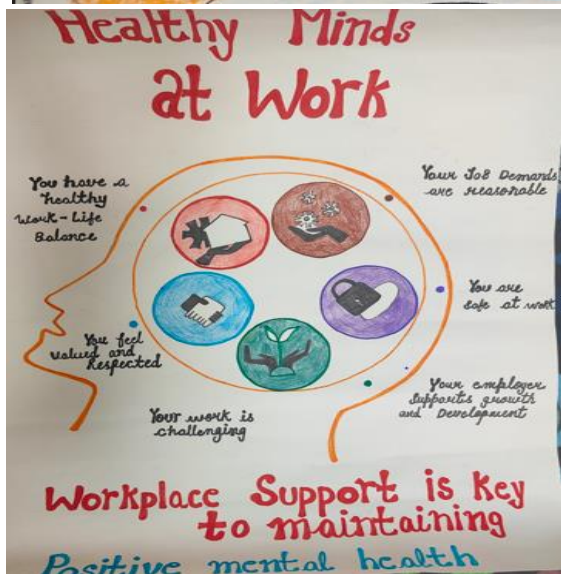
7. Extempore and Interactive sessions

During these sessions, groups of students discussed mental health topics and shared insights with their peers. This activity fostered open communication, increased awareness of mental health issues, and facilitated stronger interpersonal connections among students

Conclusion-

All the activities organized by the Department of Community Medicine at Dr. BSA Medical College between 10-30th Oct, 2024 successfully engaged interns and medical students in a month-long campaign to raise awareness about mental health, particularly in the context of workplace challenges. By integrating various activities—such as health talks, essay and poster competitions, interactive sessions, and performances—the program provided a well-rounded approach to mental health education. These events encouraged students to explore, discuss, and advocate for mental wellness, equipping them with practical knowledge and skills to recognize and address mental health issues.

Best Posters by batch C 2021 batch





Nukkad natak by batch C, 2021 on 14.10.2024



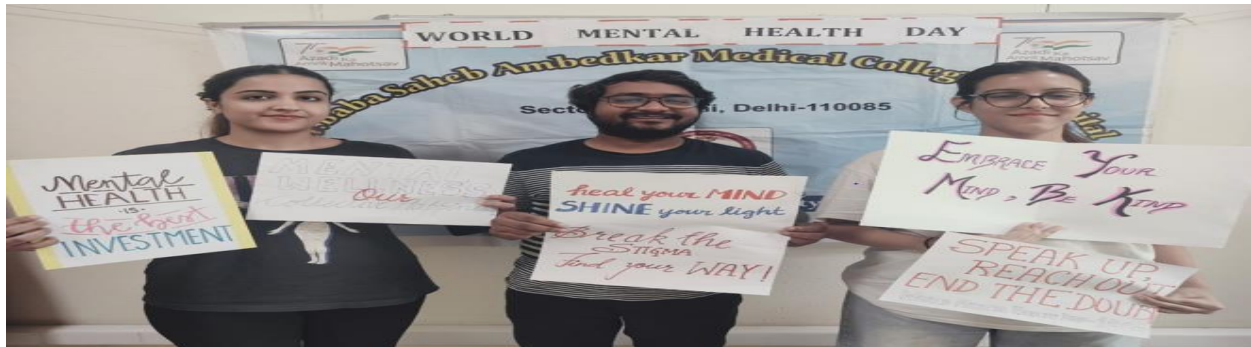
Health talk by Batch C 2024 on 11.10.2024



Health talk by Nursing Officers at Anganwadi Rithala on 11.10.2024



Slogans by interns of 2019 batch on 11.10.2023



Essay writing on 11.10.2024

Name :- Gaurav Ranjan
Roll No. :- 21040

classmate

Date

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Psychosocial Risk at Work Place

A man works to earn money. Earns money to buy happiness in form of materialistic things while doing so they work very hard in their respective work places to earn respect, money and assure themselves a well built status in the society with well deserving respect.

All this leads to unavoidable stress in form of performance pressure, ~~deadline~~ deadline catchup and completing overwhelming tasks. The stress which builds up due to this leads to frustration at individual level for which a man tend to depend upon addictive substances like alcohol, smoking or even prohibited drugs like cocaine, ganja (in extreme cases).

But, it only gives a temporary relief and further pushes a man to severe mental illnesses like the most common being the depression, mania, bipolar disorder.

Other risk factors include the toxic environment which is usually present at work places mostly due to toxic colleagues or even the higher or superiors designated. All because of the high competition in such work places which causes a man to even go to their extremes of toxicity and all in view of "training the underdog" which many a times causes a person to even take extreme steps to get rid of all the torture by

11/10/24

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Date

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Psychosocial Risks At Workplace

Psychosocial risks in the workplace refer to factors that affect employees' mental, emotional and physical well being, arising from work organisation, relationships, and environment. These risks include excessive workloads, job insecurity, workplace bullying, harassment, lack of autonomy, and poor work-life balance.

Excessive job demands, such as long hours and tight deadlines, contribute to chronic stress & burnout, while job insecurity creates anxiety and emotional distress. Workplace bullying and harassment, including sexual harassment and violence, lead to severe psychological harm, such as anxiety, isolation and trauma. Lack of control over tasks and poor organizational communication further increase stress by creating feelings of helplessness and frustration. A poor balance between personal and work life also adds to employee stress and can lead to strained personal relationships.

The consequences of psychosocial risks are significant for both employees and employers. For employees, these risks may result in mental health issues like depression, anxiety and physical illnesses. For employers, the impact is seen through decreased productivity, absenteeism, higher turnover and increased healthcare costs.

Drashti Singh
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11/10/2024

"Psychosocial risks at work place" - Essay

With increasing stress in our day to day lives, people tend to be falling into the dark abyss of mental health issues. The increasing vulnerability of today's generation to psychosocial issues usually stem from number of risks at their workplace where they spend maximum amount of their day. These potential risks can negatively impact employees' well being and productivity.

The most common risks include poor work organization & design, inadequate communication and support, unclear roles & expectations, unmanageable work load and long working hours, bullying, harassment and discrimination, lack of control and autonomy and poor work life balance.

If left unaddressed, psychosocial risks can lead to anxiety, depression & burnout. Most commonly observed signs at workplace is absenteeism. Other inevitable outcomes include decreased job satisfaction and engagement, impaired cognitive function & decision making, strained relationships & conflicts at workplace & decreased productivity & performance.

Employers can mitigate psychosocial risks by fostering an open & supportive culture, encouraging work life balance & flexible work arrangements, providing resources for mental health & well being, hiring of a full time psychiatrist for workplace.

By prioritizing psychosocial safety, employees can create a healthy & productive work environment, reduce absenteeism and turnover, and promote overall well-being for their employees.

DOMS

Interactive session on 21.10.2024

