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INSTITUTE OF DENTAL SCIENCES

(Recognised by Dental Council of India
& Ministry of Health & Family Welfare, New Delhi)

Constituent Unit of Malwanchal University, Indore



Ref.No.:IIDS/ Misc.VAC /2024/ 25-c

Date: .13.02.2024

CIRCULAR

Index Institute of Dental Sciences, Indore is organizing a value added course entitled "**MENTAL HEALTH AWARENESS**" to aware students and secure their future and life . Interested students and interns can attend the session and gain insights for the same. The value added course will be held on 16/02/2024- 19/02/24 ,at Auditorium IIDS.

Details are as per the brochure attached

S. Ganguly

Dean
Index Institute of Dental Sciences,
Indore



Copy for information to:

- Registrar (Malwanchal University, Indore)
- All concerned authorities
- File

Prepared By: Dr. Chinmay Vyas.

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Malwanchal University
Indore (M.P.)

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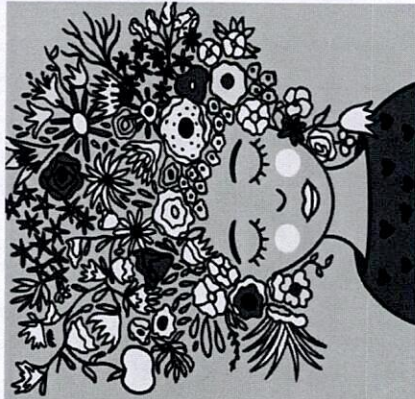
Email : dental@indexgroup.co.in, Website : www.indexgroup.co.in

City Office : 104, Trishul Apartment, 5, Sanghi Colony, A.B. Road, Indore M.P. - 452008



**MALWANCHAL UNIVERSITY
IQAC, MALWANCHAL UNIVERSITY & INDEX
INSTITUTE OF DENTAL SCIENCES**

Mental Health Matters



COURSE OBJECTIVES

- Raising awareness about mental health matters because it Breaks Down Stigma
- Encourages Early Intervention
- Promotes Holistic Well-being

MODULES

- Importance of Mental Health Awareness
- Common Mental Health Conditions
- Challenges to Mental Health Awareness
- Expanding Mental Health Awareness
- The Role of Technology in Mental Health Support

MENTAL HEALTH AWARENESS

ABOUT

Mental health, a foundation of our overall well-being, influences how we think, feel, and connect with the world around us. Despite its significance, mental health is often overlooked, overshadowed by stigma, misunderstanding, and lack of access to resources. Mental health awareness seeks to shed light on these issues, encouraging compassion, understanding, and support.

RESOURCE PERSON

Dr. Deepak Jha
16th Feb-19th Feb 2024
Venue - Index Institute Of Dental Science,
Indore
Timing - 9:30 am onwards
Registration Free



Registrar
Malwanchal University
Indore (M.P.)
S. Ganesh

REGISTRATION CONTACTS

Dr. Anu Vashist 9561910483 Department of
Conservative Dentistry
Mr. Shivam Sharma 91952770393
Student Section , Malwanchal University

PROGRAM OUTCOMES

Mental health awareness is the foundation of a society where mental health is valued, understood, and supported. While the journey toward full acceptance and comprehensive resources is ongoing, the growing focus on mental health brings hope for a world where everyone feels seen, supported, and empowered. Through continued readiness, education, and compassion, we can foster a future where mental health is universally respected as essential to living a fulfilling life.

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Value Added Course - Mental Health Awareness

REPORT

Date- 16/02/24- 19/02/24

Venue- IIDS Auditorium

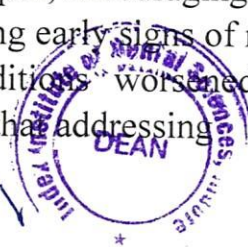
Course Code: IIDS/VAC/2024/02

Number of attendees: 75

The **Index Institute of Dental Sciences (IIDS)**, Indore, had organized a comprehensive 3-day value-added course titled "Mental Health Awareness" from February 16 to February 19, 2024. The course had been a resounding success, featuring notable sessions led by the esteemed expert **Dr. Anu Vashisht, M.D.S.**, who delivered insightful lectures.

The value-added course had been scheduled for 16 hours from **February 16 to February 19, 2024**, and was conducted during the free hours of the students. Registration for the course had been free for all students, and the total duration of the course had been 16 hours. Dr. Anu Vashisht had served as the resource person, covering various modules in detail with active student interaction. Mental health, as highlighted in the course, forms the foundation of overall well-being. It influences how individuals think, feel, and interact with others. However, despite its importance, mental health issues are often overshadowed by stigma and misunderstanding, preventing many from seeking help. This module aimed to raise awareness of the crucial link between mental health and general well-being, advocating for a compassionate, non-judgmental approach to mental health. The second module emphasized why it was essential to raise awareness about mental health. Key points discussed included. Understanding mental health was crucial in dismantling harmful stereotypes, encouraging individuals to seek help without fear of judgment. By recognizing early signs of mental health issues, individuals could seek help before conditions worsened, ultimately promoting better outcomes. The course stressed that addressing

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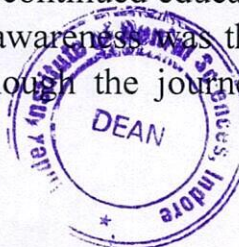
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mental health was integral to overall well-being, highlighting its deep connection with physical health and personal resilience. In this module, the global impact of mental health issues was discussed. According to the World Health Organization (WHO), one in four people would experience mental health challenges at some point in their lives. Disorders like anxiety and depression are widespread, affecting millions. However, many individuals are reluctant to seek help due to societal stigma or lack of accessible resources, further exacerbating the global mental health crisis. This module aimed to foster empathy and understanding by providing information on common mental health conditions. Conditions marked by excessive worry or fear that can significantly affect daily life. Persistent sadness and a loss of interest in activities once enjoyed, often leading to physical symptoms and difficulty in functioning. Characterized by extreme mood swings, which can disrupt personal relationships, work, and daily life. A complex mental health disorder affecting thoughts, emotions, and behaviors, often leading to difficulty in interacting with the world. Dr. Vashisht outlined the challenges that hinder the widespread acceptance and support for mental health. Negative stereotypes associated with mental illness often prevent people from reaching out for help. Many communities lack sufficient mental health resources, such as trained professionals and mental health facilities. The cost of mental health care can be prohibitive for many individuals, limiting access to necessary services. Myths and misconceptions about mental health can prevent proper care and support, perpetuating ignorance and fear. The course also explored initiatives aimed at expanding mental health awareness and improving access to care. Governments and organizations worldwide have been working to educate communities on mental health, aiming to reduce stigma and increase understanding. Accessible hotlines and support groups have provided safe, non-judgmental spaces for individuals in need. Introducing mental health education at an early age helps children grow into empathetic, informed adults who value mental well-being. Governments are increasingly implementing policies that prioritize mental health, allocating more resources to improve mental health services. This module explored how technology was helping to bridge the gap in mental health support. Remote consultations have made it easier for individuals in underserved areas to access mental health professionals. A variety of mobile applications provide accessible tools and resources to manage mental health. Social platforms have become a space where people share personal stories, reducing stigma and fostering greater understanding of mental health issues. The course concluded with a reflection on the growing global awareness of mental health and the ongoing need for continued education and advocacy. Dr. Vashisht emphasized that mental health awareness was the cornerstone of a society that valued mental well-being. Although the journey toward full acceptance and

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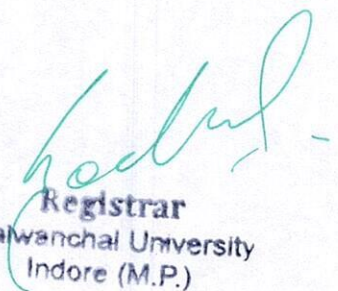
access to mental health resources is far from complete, there is growing hope for a future where mental health is no longer stigmatized but embraced as an essential part of overall well-being.

Dr. Anu Vashisht was warmly felicitated by Dr. Rajeev Shrivastava in recognition of her invaluable contribution to the course. The collective aim of the course was clear: to foster a world where mental health is celebrated as a vital aspect of shared humanity, encouraging understanding, empathy, and support for all.

The *Mental Health Awareness* course at IIDS, Indore, was a resounding success. Through meaningful discussions and expert-led sessions, participants gained a deeper understanding of mental health issues, equipping them with the tools to address these challenges in both personal and professional settings. The event's success highlighted the importance of continued efforts to spread awareness, reduce stigma, and ensure that mental health support is accessible to all.

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Attendees-

AASTHA PARMAR
AAYESHA GOURI
ADITI SHRIVASTAVA
ADITI WAGELA
AKANKSHA KUMARI
AKANKSHA PURI
ANUJA CHOUDHARY
ANUSHKA AVADHI
ANUSHKA SHUKLA
ANUSHREE KUSHWAH
APURV BHAT
ARSHI SHEIKH
ASFIYA SHEIKH
ASHITA LAD
AVNI TETWAL
AYUSHI BHOJ
BABITA KUMARI
BUSHRA KHAN
CHANDA KUMARI
DIKSHA KHATRI
DIKSHA YADAV
FIZA KHAN
HABEEL MATKAWALA
HARSH VARDHAN SINGH
HIMANGI NIGAM

S. Garguly



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 Mawanchal University
 Indore (M.P.)

HITESH NAVARE
INSIYAH CHAKERA
IRUM FATIMA KHAN
ISHAN KANUNGO
JAISWAL KASHISH KAMLESH
KHUSH SHARMA
KUNAL ADHIKARI
LALIT KUSHWAH
MAHIMA BILODIYA
MARIA NAZIR
MEENAL HARAL
NAMRATA ADHIKARI
NAVANSHI YADAV
NEHA KARIYA
NIKITA CHOURASIA
NILESH SILVADIYA
NISHANT YADAV
NITIKA SUMAN
PRACHEE KUSHWAH
PRADYUMN SISODIYA
PRERNA MAKHIJA
PRIYA TIWARI
RASHIDA KOTWALA
RIYA GOPAL DANGI

S. Gargya



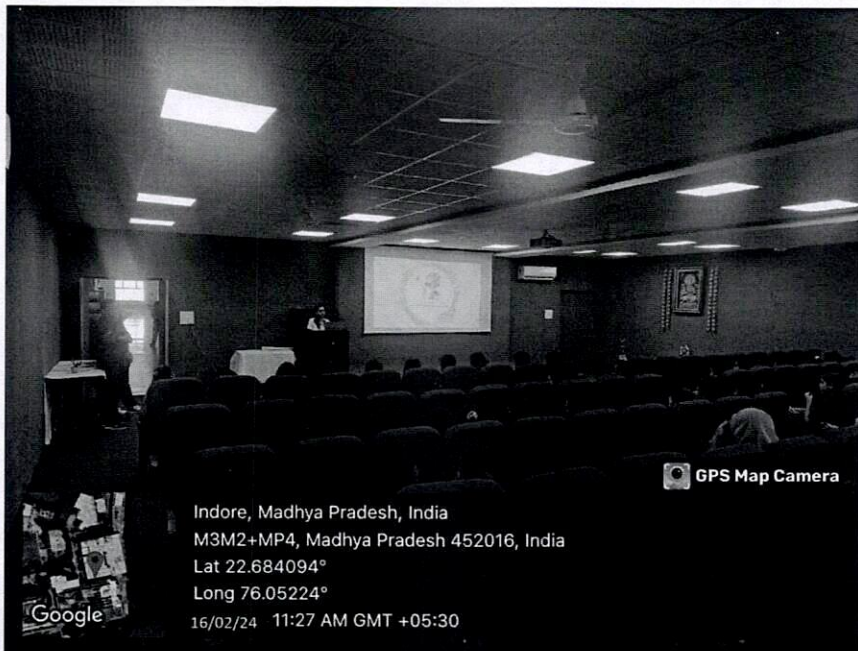
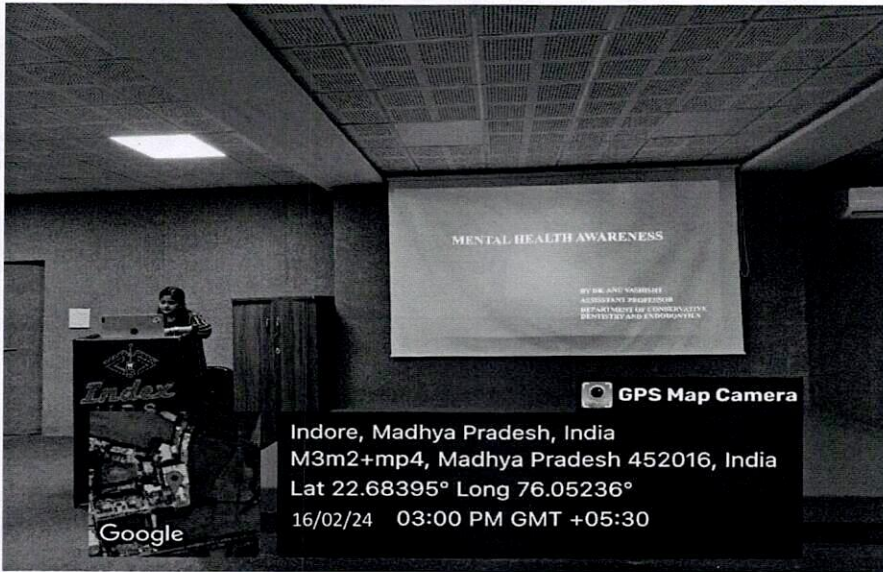
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RIYA GOPAL DANGI
RUHI CHOUDHARY
RUPENDRA SINGH PATEL
SACHIN PANWAR
SAKSHI SWARNKAR
SALUNKE GAURI ANNASAHEB
SAMREEN KHAN
SA NKALP SHUKLA
SATYAM PATHAK
SEEMA PATIDAR
SHAILEE KANUNGO
SHALI JAIN
SHIFA QURESHI
SHIVANI DAYAL
SHIVANI MANDRAI
SHIVANI MANTRI
SHRIYA AGARWAL
SHRUTI TIWARI
SHUBHAM SHARMA
SIMRAN KATARIA
SNEHA YADAV
SOLINA PARVEZ
SOMYA JAIN
SCUNDARYA BISWAS
SRUSHTI SURYAWANSHI
SUBAHANA KHAN
TAIBA KHAN

S. Gargu



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