

Information, Education and Communication (IEC) Activities



The Department of Psychiatry, DLNPGMC Ratlam, actively conducts Information, Education and Communication (IEC) activities in colleges and educational institutions to promote mental health awareness among students. Through interactive lectures, group discussions, and awareness programs, our doctors educate students about stress management, anxiety, depression, substance use, suicide prevention, and emotional well-being. In addition, students are offered individual interactions and screening sessions to identify psychological concerns and provide appropriate guidance, counseling, or referral for treatment when required. These activities aim to reduce stigma, encourage early help-seeking behavior, and foster a mentally healthy academic environment.