

World Mental Health Day

The Department of Psychiatry, DLNPGMC Ratlam, observes World Mental Health Day annually to promote awareness and understanding of mental health issues within the community. The occasion is marked by interactive lectures, awareness campaigns, expert talks, and plantation drives involving students and healthcare professionals. These activities focus on reducing stigma, encouraging help-seeking behavior, and highlighting the importance of mental well-being as an integral part of overall health. Through community engagement and educational initiatives, the department strives to foster a culture of awareness, empathy, and psychological resilience