

On 18th November 2025, ESIC Hospital, Peenya, Department of Psychiatry, conducted an awareness program on Mental Health in view of WORLD MENTAL HEALTH DAY.

The program was attended by Dr. Mridula, Medical Superintendent, Deputy Director Sri. Subhash, and Matron Smt. Kavitha.

This program was conducted for approximately 90 inpatients.

The program started with a devotional song sung by ANS Mrs. Sujatha, followed by an awareness speech by Dr. Dhananjaya, Senior Specialist, who spoke about various stigmas attached to mental illness, when to approach for help, and what facilities are available for de-addiction in the hospital. He also answered questions raised by the inpatients regarding mental illness. Later, Sri. Subhash spoke about the importance of mental health for day-to-day life and the importance of food in mental health.

Smt. Kavitha spoke about managing pressure at the workplace and seeking help from a psychiatrist.

Dr. Mridula, Medical Superintendent, spoke about how mental health is equally important as physical health and that patients should abandon the stigma attached to mental illness. She informed the patients to utilize the services available in the Department of Psychiatry.



