

Report on "World Mental Health Day 2025"

Organised by: Mental Health Club in collaboration with the Department of Occupational Therapy, Jamia Hamdard

In observance of World Mental Health Day on October 10, 2025, the Mental Health Club, under the aegis of the Dean Students' Welfare (DSW), organized a vibrant series of interactive and awareness-driven activities at the Department of Occupational Therapy, Jamia Hamdard. The event was conducted in the esteemed presence of Honourable Vice Chancellor Prof. (Dr.) M. Afshar Alam, who also unveiled the Handbook on Anxiety and Stress Management.

Key highlights of the day included **Anxiety and Stress Screening and Intervention sessions**, awareness activities led by Occupational Therapy professionals, a **Rangoli Making Competition on the theme "Resilience and Recovery (Darkness to Light)"** that brought the campus alive with vibrant colours, and a creative Reel-Making Contest.

These initiatives aimed to foster open conversations, reduce stigma, and promote mental well-being. The event witnessed enthusiastic participation from around **300 students** across all activities, reflecting a strong collective commitment to mental health awareness and resilience.

Details of the Events

Event: Rangoli Making Contest

Date and Time: 10 October 2025, 10:00 AM

Venue: Rehabilitation Centre, Jamia Hamdard

The Mental Health Club, under the aegis of the Dean Students' Welfare and in collaboration with the Department of Occupational Therapy, Jamia Hamdard, successfully organised a *Rangoli Making Contest* on the occasion of World Mental Health Day 2025. The event was conducted at the Rehabilitation Centre as part of the celebration aimed at spreading awareness about mental health and emotional well-being through creative expression.

The competition received an enthusiastic response from students across different schools and departments of the university. A total of 12 registrations were received for the contest. Participants showcased their artistic talent by creating vibrant and meaningful rangoli designs reflecting themes such as positivity, emotional balance, hope, harmony, mindfulness, and mental wellness.

The event provided students with a creative platform to express their thoughts and emotions through colours and traditional art forms. The rangoli artworks beautifully conveyed messages of mental health awareness, stress management, inner peace, and social connection. The activity also encouraged teamwork, innovation, and cultural appreciation among participants.

Faculty members and organisers appreciated the efforts and creativity displayed by all participants. The contest created a lively and engaging atmosphere, promoting awareness about mental health in an interactive and artistic manner. The event concluded with the announcement of winners and appreciation for all participants for their enthusiastic involvement and contribution to making the programme successful.

Snapshots:



Anxiety, Stress Screening, and Occupational Therapy Intervention

Details of the Events

Event: Anxiety, Stress Screening, and Occupational Therapy Intervention

Date and Time: 10 October 2025, 11:00 AM

Venue: Rehabilitation Centre, Jamia Hamdard

The Department of Occupational Therapy, Jamia Hamdard, in collaboration with the Mental Health Club, organized the World Mental Health Day 2025 program on 10th October 2025. The program focused on the theme “**Anxiety, Stress Screening, and Occupational Therapy Intervention.**” The event was held under the guidance of **Chief Patron, Janab Hammad Ahmed Sahab (Hon’ble Chancellor, Jamia Hamdard)**, and **Patron, Prof. (Dr.) M. Afshar Alam (Hon’ble Vice-Chancellor, Jamia Hamdard).**

Faculty Participation and Contribution:

- **Prof. (Dr.) Reshma Nasreen**, Dean Students’ Welfare
- **Dr. Sadaf Siraj**, President, Mental health club
- **Dr. Rashida Begum**, Vice President, Mental Health Club and Head, Dept. of OT
- **Dr. Ruchi Nagar Buckshee**, Superintendent, OT, Rehabilitation Centre

ORGANISING MEMBERS OF THE EVENT;

- **Dr. Shubha Arora (SAHSR)**
- **Dr. Nazia Ali (SAHSR)**
- **Dr. Khushboo Bhasin (SMBS)**
- **Ms. Ayisha Shaikh (SMBS)**
- **Ms. Richa Gupta (SEST)**

Highlights and Overview of the Celebration:

The event comprised multiple engaging and awareness-driven activities, including a **Rangoli Making Contest**, a **Reel Making Contest**, and an **Anxiety and Stress Screening Camp** conducted by the Department of Occupational Therapy, emphasizing the role of occupational therapy in promoting mental well-being.

Students and faculty members from various departments across Jamia Hamdard actively participated, showcasing their creativity and raising awareness about mental health through artistic and therapeutic expression.

A key highlight of the event was the **inauguration of an educational booklet on Mental Health Awareness** by the **Hon’ble Vice-Chancellor, Prof. (Dr.) M. Afshar Alam**. The booklet, developed by the **Department of Occupational Therapy**, was distributed to all **esteemed guests** present, serving as an informative resource to enhance understanding and encourage proactive engagement with mental health initiatives.

The screening camp offered participants an opportunity to understand their stress and anxiety levels and receive basic guidance on coping and occupational therapy approaches.

During the program, **faculty members** addressed the gathering, emphasizing that Jamia Hamdard encourages its students to actively contribute to **nation-building through health awareness and community participation**. They highlighted the university's commitment to fostering mental well-being and creating a supportive environment for students. The speakers also acknowledged the significant contribution of **Occupational Therapy**, noting that its **therapeutic and holistic approach** plays a crucial role in mental health care.

Conclusion and Reflections:

The **World Mental Health Day 2025** celebration at Jamia Hamdard reflected a strong commitment to promoting mental well-being through awareness, screening, and therapeutic engagement. By integrating cultural and creative activities with professional interventions, the event effectively illuminated the importance of mental health across the university community. The collaborative efforts of the **Mental Health Club** and the **Department of Occupational Therapy** highlighted the department's leadership in advancing holistic, need-based approaches to mental health care and education.

Snapshots of the Event





