



**DEPARTMENT OF CLINICAL PSYCHOLOGY**  
**SCHOOL OF REHABILITATION AND BEHAVIORAL SCIENCES**  
**VINAYAKA MISSION'S RESEARCH FOUNDATION**  
(Deemed to be University)  
Aarupadai Veedu Medical College & Hospital Campus  
Pondy - Cuddalore Main Road, Kirumampakkam, Puducherry - 607403



## **WORLD MENTAL HEALTH DAY – 10th OCTOBER 2025**

**Event:** World Mental Health Day

**Date:** 10/10/2025

**Venue:** Government Hospital, Cuddalore

**Organized by:** Department of Clinical Psychology, SRBS

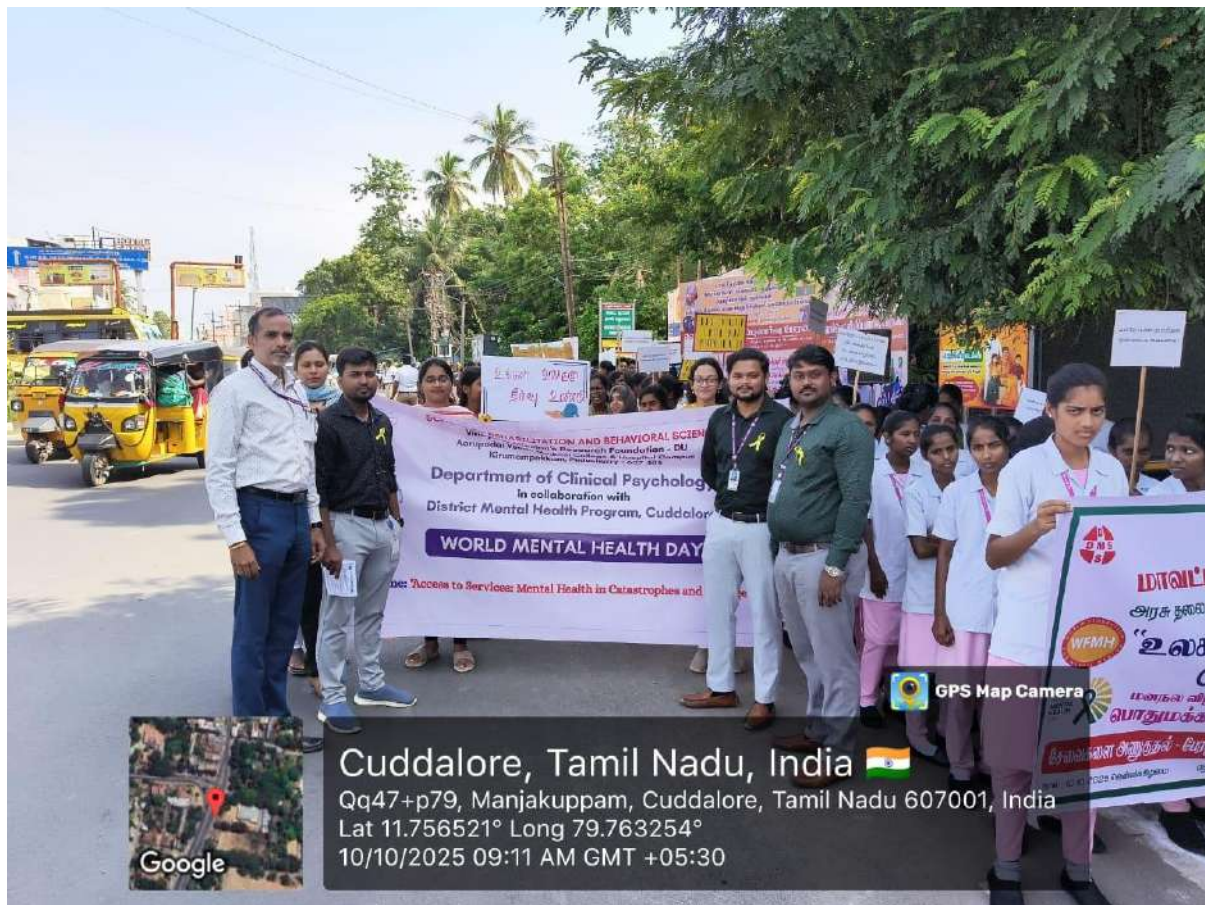
**Program Convenor:** Dr. Saravanan. C, Professor & HOD

**Program Co-Ordinator:** Mr. Ajeethkumar Ramadass, Assistant Professor

The world mental health day program was conducted on October 10, 2025. The program was conducted by the Department of Clinical Psychology, SRBS, AVMC, Pondicherry, in collaboration with the District Mental Health Programme, Cuddalore.



The program was inaugurated by Cuddalore District Collector, Mr. Sibi Adhithya Senthilkumar, IAS, and the Joint Director of Health, Mrs. Manimegalai. Students from the Department of Clinical Psychology participated under the guidance of Dr. C. Saravanan, Head of the Department, along with Program Co-Ordinator Mr. Ajeethkumar Ramadass, Assistant Professor and other faculty members.



This initiative aimed to promote mental health awareness, encourage supportive care for individuals with psychological needs, reduce stigma surrounding mental health, and inspire the community to engage in open conversations about well-being. Nearly 300 people participated in the event, including around 80 students and faculty members from the Department of Clinical Psychology, SRBS, who took part actively. The event was structured into three key segments: a

rally, distribution of flyers, and an institutional visit to the Government Headquarters Hospital, Cuddalore.

**Event overview:**  
**Rally**



An Awareness Rally was organized, during which students carried placards and raised slogans to highlight the importance of mental health. Conducted across key areas of Cuddalore, the rally captured public attention and underscored the urgent need to prioritize mental health in today's society. It effectively conveyed positive messages of hope, resilience, and the shared responsibility of supporting individuals who may be at risk.

## Distribution of Mental Health Awareness Flyers

As part of the World Mental Health Day 2025 activities, students distributed flyers to the public containing essential information on recognizing warning signs, effective coping strategies, and available mental health support services. These flyers served as an important reminder that every life matters and that timely intervention can make a crucial difference. Through this outreach, students sought to challenge the stigma associated with mental health and promote open, empathetic conversations within the community. Their efforts demonstrated a strong dedication to fostering a compassionate and supportive environment for mental well-being.

## Institutional Visit





As part of the program, an institutional visit was organized to the Government Headquarters Hospital, Cuddalore. The District Mental Health Programme has been actively providing outreach services, including school visits and community camps, to enhance mental health awareness and access.



During the visit, students and faculty from the Department of Clinical Psychology were given an orientation about the functioning of the Psychiatry Ward and the Deaddiction Ward. Hospital staff and mental health professionals provided valuable insights into the admission procedures, treatment protocols, and rehabilitation services offered for individuals dealing with psychiatric conditions and substance use disorders. The session showcased a multidisciplinary approach to patient care, stressing early intervention, community support, and ongoing mental health services. In addition to the orientation, students engaged in interactive case discussions with mental health professionals, exploring patient histories, diagnostic processes, and treatment approaches.

In observance of World Mental Health Day 2025, the program stood out as a meaningful and impactful initiative that effectively aligned with the global mission of promoting mental well-being. The awareness rally actively engaged the local community, with students carrying placards and raising slogans to highlight key mental health messages. Anchored in this year's theme, "Mental Health in Humanitarian Emergencies," the event left a lasting impression on all participants and reinforced the importance of continued psychosocial support, crisis preparedness, and trauma-informed care in advancing mental health awareness.

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