

Report on the World Mental Health Day Event – Chetnana's Institutes of Management

10th October 2023

On the occasion of World Mental Health Day, a significant event was organized for the students of CRKIMR & CIMR. The event, attended by approximately 400 students and faculty, was graced by Dr. Madhumita Patil CEO CRKIMR, CIMR, Prof. Suhas Gharat IC Director CRKIMR, Dr Nandita Mishra Director CIMR along with distinguished faculty members from both the institutes. The highlight of the event was the presence of Dr. Milind Joshi, a renowned psychiatrist and soft skills trainer, who was invited as the Chief Guest.

Dr. Milind Joshi's Address:

Dr. Joshi initiated the event with a compelling and relatable discussion on the topics of anxiety and depression. He began by engaging the audience, asking them about their knowledge and personal experiences with anxiety. His approach was informal, making the audience comfortable and open to the conversation. Dr. Joshi shared his extensive experience, recounting cases related to the impact of dating apps on mental health.

One of the notable segments of his talk was his take on mobile phones and their role in contributing to modern stress and anxiety. He humorously referred to mobile phones as the start of all mistakes and explained how the constant connectivity and distractions can lead to mental health challenges. Dr. Joshi adopted Gen Z lingo, making the session relatable and engaging.

The audience was encouraged to share their experiences, especially regarding visits to a psychiatrist and post-session feelings. Dr. Joshi shared his perspective on therapy, highlighting that it might not be as effective as expected. Throughout his talk, he incorporated catchy taglines and encouraged audience interaction.

CEO Dr. Madhumita Patil's Address

Following Dr. Joshi's insightful talk, Ms. Madhumita Patil, the CEO of the institutes, addressed the audience. She stressed the significance of mental health and shared her thoughts on its importance in the educational and professional journey. To illustrate this, she led a small, engaging activity that left the audience with smiles on their faces.

Key Learnings:

Interactive Approach: The event highlighted the importance of an interactive and friendly approach to discussing mental health. Dr. Joshi's engagement with the audience, the use of Gen Z lingo, and encouraging audience participation made the topic more accessible and relatable.

Awareness of Mobile Phone Usage: Dr. Joshi's take on the impact of mobile phone usage on mental health raises awareness about the potential negative consequences of excessive screen time. It's a reminder to maintain a healthy balance between the digital and real world.

Open Conversation: The event emphasized the value of open and candid conversations about mental health. Dr. Joshi's encouragement for students to share their experiences and feelings, coupled with CEO Dr. Madhumita Patil's supportive activity, created a safe and approachable environment for such discussions.

Importance of Mental Health: Both Dr. Joshi and Dr. Madhumita Patil reiterated the critical importance of mental health, not only in personal lives but also in educational and professional settings. It is a reminder that taking care of one's mental well-being is equally crucial alongside academic and career pursuits.

In conclusion, the World Mental Health Day event at CRKIMR and CIMR Institutes served as a valuable platform to address and discuss critical mental health issues. Dr. Milind Joshi's engaging talk and Dr. Madhumita Patil's interactive activity contributed to a memorable and informative event that left a positive impact on the audience. The event reinforced the idea that open conversations about mental health can lead to a healthier and more supportive community



