



INTERNATIONAL INSTITUTE OF
HEALTH MANAGEMENT RESEARCH

SYNAPSE



SEPTEMBER- OCTOBER
2022

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NEWS FROM THE CAMPUS

TEACHERS DAY CELEBRATIONS

DATE: 05 SEPTEMBER 2022

IIHMR Delhi celebrated teacher's day on 5th September 2022 in the presence of all the faculty and staff members. The event was made successful with astonishing performances which included songs, dance and stand-up organized by the first and second year students. The students had also included games for the faculty members which made the event memorable.



BLOOD DONATION CAMP

DATE: 17 SEPTEMBER 2022

International Institute of Health Management Research Delhi had organized a blood donation camp on 17th September 2022 in memory of our founder Shri P.D. Agarwal Ji. Faculty members and students came forward to donate blood to help those in need.



NEWS FROM THE CAMPUS



WORLD MENTAL HEALTH DAY CELEBRATIONS

DATE: 12 OCTOBER 2022

Students of International Institute of Health Management Research Delhi conducted health talks for awareness generation in Goyla dairy on the occasion of World Mental Health day 2022 on 12th October 2022. They addressed various important themes like self-care, mental wellbeing, myths and facts in mental health, postpartum depression, anxiety disorders, mental health in children and adolescents and protection against suicide and self-harm.



BOOK EXHIBITION

DATE: 29 AND 30 JULY 2022

International Institute of Health Management Research Delhi had organized book exhibition on 29th and 30th July 2022 at IIHMR Delhi at Basement Hall. The book exhibition was inaugurated by Dr. Sutapa B Neogi (Director IIHMR Delhi) along with Library Staff and students. It was open for the faculty, students and staff between 10.30 AM to 5.30 PM. Books covering different fields as well by various publishers were showcased. The response was positive as many aspiring young readers including faculty were seen showing interest for recommendation and procurement.



NEWS FROM THE CAMPUS

CONVOCATION PGDM BATCH 2020-22

DATE: 20 SEPTEMBER 2022

The 13th Convocation ceremony for the PGDM Batch 2020-2022 of IIHMR Delhi was held at Indian Habitat Centre, Delhi. The honourable chief guests for the event were Dr. Luigi D'Aquino (Chief of Health, UNCIEF India), Dr. Somesh Kumar (Country Head India Jhpiego), Dr. Rakesh Kaul (Partner EY India) and Dr. SD Gupta (Trustee Secretary of IIHMR Society). The event was also graced by Dr. Sutapa B. Neogi (Director, IIHMR Delhi), Dr. Sumesh Kumar (Associate Dean-Academics, IIHMR) and other faculty and staff members. The students were awarded their diploma degrees during the ceremony in the presence of their beloved ones. Shri PD Agrawal Memorial Gold Medals are awarded every year to the students in the health, hospital and health IT streams in recognition of academic excellence.

Gold Medal Awardees:

1. Hospital: Col. Vikram
2. Health: Col. Sushil Kumar
3. Health IT: Saloni Chawla
4. All Rounder: Rinki Gupta



ACADEMIC CORNER

MEDICAL ETHICS

Ethics is derived from the Greek word, "Ethos" which means custom or character. It is the branch of philosophy which is concerned with human conduct, specifically behavior of individuals in society. Ethics examines the rational justification for our moral judgments, it studies what is morally right or wrong, just or unjust.

Ethics is an understanding of the nature of conflicts that arises from moral imperatives and how best we can deal with them. Ethics does not decide what is morally right or wrong; rather it considers how we should act best in our duties and obligations as moral agents.

MEDICAL ETHICS deals with the right choices of conduct in the field of human health and patient care. It deals with what is considered as right or wrong at a given time in a given culture.

Medical ethics is concerned with the obligations of the doctors and the hospital to the patients along with other health professional and society.

PUBLIC HEALTH ETHICS are principles and values that guide action to promote health and prevent injury and disease among the population.

ETHICS IN BIOMEDICAL RESEARCH is concerned with the conflicts of interest across various levels. Research involving human rights raises important ethical and legal questions. Research ethics involves systematic analysis of the question to ensure that study participants are protected and research is conducted in a manner that serves the need of participants and society as a whole.

PRINCIPLES OF MEDICAL ETHICS

- **AUTONOMY:** Respect a person's freedom to choose what's right for them.
- **BENEFICENCE:** All choices for patient are made with the intent to do well.
- **NON MALEFICENCE:** To do no harm.
- **JUSTICE:** Fair treatment to the patients.
- **CONFIDENTIALITY:** Based on loyalty and trust. Medical and treatment information of the patient should be confidential. It should be revealed for the benefit of patient and when ethically and legally required.
- **VERACITY / TRUTHFULNESS:** The patients deserve to know the truth about the illness and treatment.

MEDICAL ETHICS IN ANCIENT INDIA

Charaka, one of the principal contributors of ancient Indian medicine, outlined four Ethical principles of a Doctor

- Friendship towards the sick.
- Sympathy towards the sick.
- Interest in cases according to one's capabilities.
- No attachment with patients after his recovery.

The CHARAKA SAMHITA emphasized the values that are central to the nobility of their profession, "Those who trade their medical skills for personal livelihood can be considered as collecting a pile of dust leaving aside the heap of real gold."

Ethics is not a prescription or set of rules that should be followed blindly. There is rarely a single "RIGHT" answer to the ethical dilemmas in practice, but ethics involves a systematic approach to the moral dilemmas. Choices should be made or presented fairly and should be in the best interest of the patients.

In Modern clinical practice, Ethics is the dignity and respect for the patients as an individual who is capable of understanding and whenever possible taking decision about their treatment.

"Ethics is knowing the difference between what you have a right to do and what is right to do."

POTTER STEWART

COVID-19 and Antimicrobial Resistance: Parallel and Interacting Health Emergencies

The COVID-19 pandemic and antimicrobial resistance are parallel and interacting health emergencies with opportunity for mutual learning. As their measures and consequences are comparable, the COVID-19 pandemic helps to understand the potential long-term impact of AMR, which is less acute but utmost important. The swift spread of COVID-19 pandemic forced most countries to deploy all possible counter measures to contain and treat COVID-19. Certainly, other health care issues need to adjust and may briefly receive less attention. Antimicrobial resistance (AMR) is an emergency that should not be taken lightly. The injudicious use of antibiotics in humans and animals, and environment contamination with them, are substantial contributors to AMR. In the USA alone, each year at least 2.8 million people become infected with antibiotic resistant bacteria and at least 35,000 people (1.3%) die as a result of it. It was estimated in 2014 that globally, if there was no change in the increasing trend of AMR, it could result in as many as 10 million deaths in 2050 and economic loss of at least 60 trillion USD by 2050. AMR will not be restrained if we do not also develop new vaccines, drugs and rapid tests that are scalable, as is the mandate for COVID-19. The estimated annual number of deaths from AMR of 10 million by 2050 may well be higher than the toll from the entire COVID-19 pandemic. A potentially high use of antimicrobials in COVID-19 patients may also shift gains in short-term COVID-19 mortality to an increase in long-term AMR mortality. COVID-19 was declared a global pandemic by the World Health Organization (WHO) on March 11, 2020. AMR is also pandemic in nature. Behaviour changes that have been implemented to deal with the COVID-19 pandemic would also benefit AMR that faces a similar path. Infection protection and control measures such as handwashing, physical distancing, quarantining, and travel restrictions can be seen as an effective adaptation to reduce the health risks of AMR. Evidence-based antimicrobial stewardship across all sectors (agriculture, veterinary and human medicine) can mitigate the AMR. Researchers should now start collecting data to measure the impact of current COVID-19 policies and programs on AMR.

[Click to view the full article](#)

HEADLINES: HOSPITAL

INDIAN SCIENTISTS DECODE THE GENETIC MYSTERY BEHIND INFERTILITY IN MEN

DATE: 08 SEPTEMBER 2022

INDIAN SCIENTISTS FROM HYDERABAD HAVE FOR THE FIRST TIME IDENTIFIED A SET OF EIGHT GENES THAT ARE RESPONSIBLE FOR INFERTILITY IN MEN IN INDIA

[Click here to view full article](#)

~SOURCE: THE TIMES OF INDIA

WOMEN'S BODY RECOMMENDS MANDATORY HIV TESTS OF SEXUAL ASSAULT SURVIVORS

DATE: 29 SEPTEMBER 2022

THE DELHI COMMISSION FOR WOMEN (DCW) HAS RECOMMENDED HOSPITALS TO CONDUCT HIV TESTS OF SEXUAL ASSAULT SURVIVORS ON THEIR FIRST VISIT.

[Click here to view full article](#)

~SOURCE: NDTV

PRIME MINISTER MODI INAUGURATES AIIMS BILASPUR IN HIMACHAL PRADESH

DATE: 05 OCTOBER 2022

PM NARENDRA MODI INAUGURATED AIIMS BILASPUR WHICH IS A STATE OF THE ART HOSPITAL WHICH HAS BEEN CONSTRUCTED AT A COST OF MORE THAN RS 1,470 CRORES.

[Click here to view full article](#)

~SOURCE: ECONOMIC TIMES

APOLLO HOSPITALS TO ACQUIRE 60% STAKE IN AYURVEDA HOSPITAL CHAIN AYURVEDA

DATE: 07 OCTOBER 2022

APOLLO HOSPITAL ANNOUNCED THE EXECUTION OF DEFINITIVE AGREEMENTS TO ACQUIRE A 60% STAKE IN LEADING CLASSICAL AYURVEDA HOSPITAL CHAIN AYURVAID.

[Click here to view full article](#)

~SOURCE: THE TIMES OF INDIA

PSYCHIATRY HOSPITAL TO CREATE AWARENESS ON SUICIDE PREVENTION AMONG TRIBALS VILLAGE

DATE: 14 SEPTEMBER 2022

THE CENTRAL INSTITUTE OF PSYCHIATRY (CIP) HAS DECIDED TO CREATE AWARENESS IN FOUR REGIONAL LANGUAGES AMONG THE TRIBAL AND RURAL POPULATION.

[Click here to view full article](#)

~SOURCE: THE TIMES OF INDIA

HEADLINES: HEALTH

INDIA'S MALE AND FEMALE IMR EQUALIZE IN 2020

OCTOBER 4TH, 2022

THE GAP HAS BEEN REDUCING SINCE THE YEAR 2011, WHEN ALL STATES IN INDIA HAD A HIGHER IMR FOR FEMALES EXCEPT FOR UTTARAKHAND WHERE THE NUMBER WERE EQUAL.

[Click here to view full article](#)

~SOURCE: DECCAN HERALD

MENTAL HEALTH ISSUES COST INDIAN FIRM \$14 BILLION A YEAR, SAYS DELLOITE

SEPTEMBER 08TH, 2022

WORKPLACE RELATED STRESS: BIGGEST FACTOR AFFECTING MENTAL HEALTH FOLLOWED BY FINANCIAL AND COVID-19 CHALLENGES.

[Click here to view full article](#)

~SOURCE: THE HINDU

INDIA RANKS 132 IN UNDP'S HUMAN DEVELOPMENT INDEX, AMID A GLOBAL FALL

SEPTEMBER 09TH, 2022

DROP IN SCORE IS IN LINE WITH THE GLOBAL TREND SINCE THE OUTBREAK OF COVID-19. UNCERTAINTY. FACTORS IMPEDING HUMAN DEVELOPMENT INDEX: STRESS, SADNESS, ANGER AND WORRY.

[Click here to view full article](#)

~SOURCE: THE HINDU

STAYING SAFE: DAUGHTERS OF WOMEN WITH BREAST CANCER GO FOR SURGERY AT AIIMS DELHI

SEPTEMBER 14TH, 2022

ONCOLOGISTS ADVICE SURGERY TO OFFSPRINGS OR SISTERS OF WOMEN HAVING HIGHLY MUTABLE BREAST CANCER TO PREVENT FURTHER SPREAD OF THE DISEASE.

[Click here to view full article](#)

~SOURCE: THE TIMES OF INDIA

OVER 47% ANTIBIOTICS USED IN INDIA UNAPPROVED: LANCET

SEPTEMBER 07TH, 2022

MORE THAN 47% OF ANTIBIOTIC FORMULATIONS USED IN INDIA'S PRIVATE SECTOR IN 2019 WERE NOT APPROVED BY THE CENTRAL DRUG REGULATOR, ACCORDING TO A STUDY PUBLISHED IN THE LANCET REGIONAL HEALTH-SOUTHEAST ASIA.

[Click here to view full article](#)

~SOURCE: LIVEMINT

HEADLINES: HEALTH IT

INDIAN PHARMA TO STEP UP QUALITY STANDARD TO MEET GLOBAL GENERIC DEMAND

OCTOBER 06TH, 2022

Indian pharma companies received 19 warning letters, nearly half from the office of manufacturing quality, US Food and Drug Administration (FDA). Alarm to step up vigilance for India's drug regulators and government.

[Click here to view full article](#)

~SOURCE: THE ECONOMIC TIMES

IIS THE FALL IN OUT-OF-POCKET HEALTH SPENDING A MIRAGE?

OCTOBER 06TH, 2022

The National Health Accounts project a substantial reduction in not just the share of out-of-pocket expenditure (OOPE) in total healthcare expenditure but even a reduction in absolute terms in the 2017-2019 period. Health financing experts feel such reduction not possible.

[Click here to view full article](#)

~SOURCE: THE TIMES OF INDIA

GOQII LAUNCHES SMART VITAL 2.0

SEPTEMBER 30TH , 2022

A newly launched product is a combination of GOQii's preventive healthcare ecosystem and smart technology that improve Health SAFE (Sedentary, Active, Fit, Elite) score. GOQii Smart Vital 2.0 comes with ECG, body temperature, SpO2 Oximeter, heart rate, fitness tracker

[Click here to view full article](#)

~SOURCE: EXPRESS HEALTHCARE NEWS BUREAU

W HEALTH VENTURES INVESTS IN HEALTHCARE STARTUPS THAT ADDRESS A LARGE UNMET NEED

SEPTEMBER 30TH, 2022

W Health has committed to invest \$100 million fund in India and US Healthcare, investing in 8 companies in India and the US: most recent investment in pregnancy and parenting platform.

[Click here to view full article](#)

~SOURCE: OUTLOOK INDIA

WHO AND PARTNERS LAUNCH FREELY ACCESSIBLE AI HEALTH WORKERS

OCTOBER 04 TH, 2022

WHO, with the support from Qatar ministry of health has launched the A.I. powered WHO Digital Health Worker', Florence version 2.0, offering an innovative and interactive platform to share a myriad of health topics in seven languages at the world innovation summit for health (wish) in Qatar.

[Click here to view full article](#)

~SOURCE: EXPRESS HEALTHCARE NEWS BUREAU

REVOLUTIONIZING DISEASE MANAGEMENT WITH TECHNOLOGY

OCTOBER 10TH , 2022

Balancing the clinical, financial, and operational value of digital offerings in healthcare is the need of the hour. Integration of IT with healthcare emerge as pivotal pillar in the delivery of healthcare in India.

[Click here to view full article](#)

~SOURCE: EXPRESS HEALTHCARE NEWS BUREAU

STUDENT ACHIEVEMENTS

WORLD PATIENT SAFETY DAY is observed every year on 17 September to increase public awareness, enhance global understanding and to increase patient safety and reduce patient harm. The day focuses on preventing and reducing risks, errors, and harm that patients face. It is important to understand the implications of negligent patient care and work toward modern standards regarding patient care.

Rajiv Gandhi Cancer Institute and Research Centre on World's Patient Safety Day organised the 'national conference – **SAFETYCON2022**', which was the first patient safety conference on medication safety on 17th September'2022 where our students participated and won in different competitions.

1st PRIZE

Dr. Aakanksha Popli – Paper presentation on the topic **MEDICATION RECONCILIATION**
(2nd year)

Dr. Aakanksha Popli – Quiz competition (2nd year)

Dr. Nida Shaikh

Ms. Mishraba

(2nd year)

Dr. Sonia – E-poster presentation on the topic **STOP SELF MEDICATION**

Ms. Himanshi Goel

(1st year)

2ND PRIZE

Ms. Shreeya Wadhwa – Poster presentation

Ms. Ketaki Kokate

Dr. Avishi Sethi

(2nd year)

On the same occasion, IIHMR Delhi also conducted intracollege

Nukad Natak Competition in which-

First Prize was secured by Bhawana, Palak, Chirag, Avantika, Harshit, Nancy, Sakshi, Kriti, Animesh, Atul, Pallavi, Ajeet, Pawan, Vaidrumi (1st Year)

[Click on the link to watch the full video](#)

Second Prize was secured By Anushka Tyagi, Chetna, Garima, Upasana, Shivam, Neha Rana, Pallavi Suman, Nehadur, Saif, Rohit, Shakshi Gupta, Shefali, Sheetal, Soni, Vaibhav (1st Year)

Third Prize was secured by Purna, Aradhana, Tanya, Mimanshi, Danyal, Sheetal, Richa, Divya Gupta, Swadha Priya. (2nd Year)

POSTER

First Prize – Patient safety day – Ishita Maji, Pooja Kumari, Abhaya Gupta, Akanksha, Shreya Malik (2nd Year)

- Stop self medication – Himanshi Goel, Sonia (1st year)

Second Prize – Medication safety in community – Vaibhav Sundriyal, Shruti Tyagi, Shubhi Gupta, Anmol Chauhan (2nd year)

Third Prize – Medication Safety – Shaveta Sharma, Anmol Rai (1st year)

STUDENT ACHIEVEMENTS

CREATIVE WRITING COMPETITION:

On the occasion of World Mental Health Day 2022, IIMR Delhi organized a creative writing competition for its students. The theme for the competition was "Mental health matters" where students submitted original poetry and prose.

WINNING ENTRIES

First prize: Sudiksha Gupta (First year, PGDM)

Second prize: Upasana Suryavanshi (First year, PGDM) and Palla Gayatri (First year, PGDM)

Third prize: Ruchita Singh (First year, PGDM) and Shraiya Srivastava (First year, PGDM)

MARY'S LITTLE FRIEND

By Sudiksha Gupta

Mary had a little friend,
He was as dark as a moonless night
And everywhere that Mary went,
He followed her like a parasite

One day, Mary was beaming as she got
great news
Her dream, her life goal was just one
step away
When her friend loomed over her
shoulder,
And whispered, "Mary, all of this is
useless anyway."

Her smile suddenly faded,
She realized that it was true
Her future looked bleak and dark,
Like a dark tunnel, she couldn't pass
through

Her friend told her she should not try,
Mary agreed, accepted that she wasn't
the right fit
He hugged her tight and whispered,
"Yes, my girl, you know you don't
deserve it."

Mary was miserable and tears rolled
down her cheeks
But time went by and he grew stronger
While Mary kept losing a part of her in
that tunnel,
As he was the one who kept pushing
her in deeper

Alone with her thoughts, Mary lay
sleepless at night
Within her friend's deep and warm
embrace,
She lost her smile, her joy, her spark
She was now left with a dark, sullen
face

"Nothing even matters anymore," she
kept telling herself
And he cooed, "Yes, that is true my
sweet dear."
Tired of trying, Mary decided to give up
She gave in to his words and his voice
of fear.

Her mind played games with her
She felt broken, disappointed, and
worthless
"I don't deserve this; I can't be happy"
But she forgot she was the same old
bubbly Mary, nevertheless

Only if Mary knew she wasn't alone,
Only if she could hope for light at the
end of her tunnel
She just had to take the first step and
take a deep breath,
And accept the fact that she was, in
fact, very lovable.

STUDENT ACHIEVEMENTS

OFTEN

By Upasana Suryavanshi

Often neglected, often kept aside
Daily hustle is taking a piece of their
Life,
Standing at the window, gazing at
the sky,
Waiting for the last silver lining,
Before their conscience says
Goodbye,

Often their solitude is judged,
But they are screaming inside.
Waiting for that friendly face,
To catapult them back to their life.

The mind, it's complex but fragile
Have passed a whiplash of emotions
Trying and explaining the pain
They went by.

Everyday, they swim in the dark
waters,
Though they are yet to find the
shore,
It breaks them, tears their will
To survive,
Don't give them labels
They are crying for help, hold their
hand
Listen to them,
Turn the cocoon into a butterfly.

MELANCHOLIC THOUGHTS

By Palla Gayatri

Health for all
Mental health for all?!
Anxiety guilt depression suicide
Am I hopeless
Am I helpless
Putting a smile on everyday
Suppressing my emotions
Alone in this darkness
Will happiness ever find me
World around me is passing by
Everything is blurred
Heartache sorrow takes over me
Heart is bleeding, pushing me to
suicide
Days months years pass by
Therapies treatment
What about family friends love
Darkness hovering around them too
Together we fight
A Ray of hope
Comfort takes over
Happiness comes around
Is this permanent
Is this forever
Small bouts of anxiety
Small bouts of panic attacks
Still surviving
Anxiety guilt depression Suicide.

STUDENT ACHIEVEMENTS

PHOENIX

By Ruchita Singh

I was called weak
Ugly, stupid and meek
At first it seemed fine,
But eventually I felt that fault was mine
My heart shattered, I wanted to be perfect
Wanting someone to tell me I am
I was waiting so desperately to be stitched back
From broken little pieces with darkness
That it won't shatter again
I was waiting to be loved so much so
That I never had to wait to be loved again
The world seemed a lonely place
I felt alone even in crowd
There was not a soul I could trust
Nor a friend I could count
Sad days turned into depressed weeks
And depressed weeks into darker months
There was no love, no hope
All I remember is fall in abysmal low
This pain was endless and nothing could amortize it

My blithe freedom was long gone
Only a lugubrious trail left behind
The journey that once seemed aggrandizing was burden now
The shrouds of disappointments covered my grandeur
My heart was already black
The world seemed melancholy
The nights looked musky
I turned around
And all that surrounded me was darkness
I could hear death
It whispered me every night to embrace it
Like my only friend who would not disappoint me
It seemed right, the world was not for me
But wait no, I refuse to accept this as my fate
From the ashes I shall rise
Burning the sunrise, I promised myself to shine
Brighter than the universe divine
Because I realised at last
My only true love could be inside me
And only I shall sail my ship's mast!!

MENTAL HEALTH MATTERS

By Shraiya Srivastava

".....and the world seemed to crumple like a withered leaf, the unintended separation from "Self". For once, this purpose of existence felt vague. A huge question mark resurfaced. Was it supposed to be this way? The series of what's, if's and how's overshadowed....."

"YOUR BODY HEARS EVERYTHING YOUR MIND SAYS."

Least spoken about the topic of the era, a taboo indeed revolves around mental well-being e.g. depression, PTSD, etc. No matter how well-off a person might be, it doesn't convey the mental status of the person. Society has always linked monetary stability with mental satisfaction. But reality directs other ways. Certain behaviours like long lasting irritability or sadness, extremely high and low moods, excessive fear, worry, anxiety, social withdrawal, dramatic change in sleeping and eating habits could be the indicators of mental illness. In times of digitisation, folks have started posting almost anything and everything on the social media platform which has more over created peer pressure for others. Young adults often feel it as an obligation to have a glittery online presence and hence become so involved in that fake reality that it ends up being an inevitable part of their existence. The inability to do justice to this leads to some drastic consequences like self-inflicted pain, mental trauma, depression, and in the most severe cases, suicide. Researchers recently discovered that young adults who use social media more are significantly more likely to develop depression within six months, regardless of personality type.

"Mental health matters!" How often do we see the public marching with candles in their hands for this? There's no shame in saying that yes, we live in a hypocritical society where the actual issues go unheard of, all because we all are not able to overcome our own fixated stigmas.

Nowadays, some people have come forward to address the issue. But are we successful into inculcating its real essence? How often are we able to empathise with people stuck in their mental battle? Such questions go unanswered till date. In an article published on 08th September 2022 in The Hindu newspaper, it was mentioned, "Mental health issues cost \$14 billion a year due to absenteeism attrition and other reasons which Deloitte estimated in a report after surveying almost 4000 workers. The World Health Organization estimates that poor mental health cost the global economy \$1 trillion annually in lost productivity. In India alone, a 2019 WHO estimate said the economic loss due to mental health condition between 2012-2030 would be around \$1.03 trillion."

People need to understand that it's not just because of the visible factors that may harm one's mental balance. Often a person suffering might not be able to realise himself about struggling with this illness. The associated stigma makes it a yet more difficult for individuals to come out. Such behaviour affects access to necessary treatment.

In his famous book "Inner Engineering", Sadhguru (an Indian yogi and author) said

"If you have witnessed it, you know there is no other suffering like mental illness because the human mind has a lot of capabilities. If these capabilities work in your favour, life becomes fantastic. If they work against you, there is no escape because the stimuli for suffering are not even coming from outside."

In mediaeval period, people associated the presence of mental imbalance with the possession of some supernatural entity. Exorcism and related rituals were conducted to "free" the soul and later a purification process of the soul was carried out for the patient.

This sort of misunderstanding is something which has passed down over generations and need special policies for the cessation of such malpractices in society.

A nation's government has a huge role to keep the mental illness of the citizens in check. The government of India launched a National Mental Health Programme (NMHP) in 1982, keeping in view the heavy burden of mental illness in the community, and the absolute inadequacy of mental health care infrastructure in the country to deal with it. The district Mental Health Program was added to the Program in 1996. The three components of NMHP are (a) treatment of mentally ill, (b) rehabilitation and (c) prevention and promotion of positive mental health.

The Mental Health Care Act 2017 was passed on 7 April 2017 and came into force from July 7, 2018. The law was described in its opening paragraph as "An Act to provide for mental healthcare and services for persons with mental illness and to protect, promote and fulfil the rights of such persons during delivery of mental healthcare and services and for matters connected therewith or incidental thereto." This Act superseded the previously existing the Mental Health Act, 1987 that was passed on 22 May 1987. The emergence of numerous mental health cases due to the pandemic has been a huge drawback in the proper functioning of such initiatives.

Science has made us realize the gravity of the situation and emphasised on accessing the required medical support to overcome this grave situation. Famous people around the globe have discussed and shed light on the situation. Indian celebrities like Deepika Padukone, Shah Rukh Khan have come forward and opened up about their sufferings.

Mental illness knows no religion, caste, sex, social status or financial status. To say that am stressed and actually being one are two different things. It is always advised to maintain a good and balanced diet. Just the sight of good food releases happy hormones in our brains and makes us less susceptible to mental illness. Try maintaining a proper diet with ample exercise like walking, running, yoga, swimming, etc. Yoga has been proved a really fantastic way to relax your mind.

Let's pledge towards a mentally healthy nation and not only just physically healthy. And remember "its okay to not be okay!". With a little support and empathy, you can bring a positive change into a person's life.

ABOUT THE JUDGE

Samantak Bhadra is a poet and published author. His writings have been featured in Rain Taxi, The Missing Slate, Solstice Initiative, Recours au Poème, Knot Magazine and Taj Mahal Review among others. He has been conducting poetry readings and workshops in Bangalore, Pune and Mumbai since 2014. He is a TEDx speaker and a Millennium Fellow and runs a marketing consulting company called theSound.

SYNAPSE TEAM

- 1. Dr. Sonia Rapadia**
- 2. Dr. Kumari Sristi**
- 3. Dr. Simran Das**
- 4. Dr. Shrutika Shukla**
- 5. Shraiya Srivastava**
- 6. Prachi**
- 7. Dr. Sunayna Singh**
- 8. Dr. Ishita Sharma**
- 9. Dr. Aayushi Singh**
- 10. Ajeet Kumar Yadav**

Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.

Laurette Gagnon Beaulieu