



IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



Graphic-e-Health



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October 2024



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IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



INDEX

- 1 Dr. Pratiksha
- 2 Dr. Sakshi
- 3 Dr. Shaista
- 4 Dr. Shimona
- 5 Dr. Sanchaika



- 6 Dr. Amaan
- 7 Dr. Haritha
- 8 Dr. Frederick
- 9 Dr. Prasanna
- 10 Dr. Rashmi

- 11 Dr. Sanika
- 12 Dr. Shaista
- 13 Dr. Gaurav
- 14 Dr. Shreya
- 15 Dr. Rajeswari
- 16 Dr. Hemangini





IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



INDEX

- 17 Dr. Niharika
- 18 Dr. Muhammed
- 19 Dr. Angel
- 20 Dr. Nilufar
- 21 Dr. Swetha



- Dr. Jithin 22
- Dr. Nitin 23
- Dr. Jyothisree 24
- Dr. Arunima 25
- Dr. Narasimha 26
- Dr. Frederick 27
- Dr. Venkat 28



WARNING

Signals of poor mental health



Worrying constantly



Difficulty concentrating



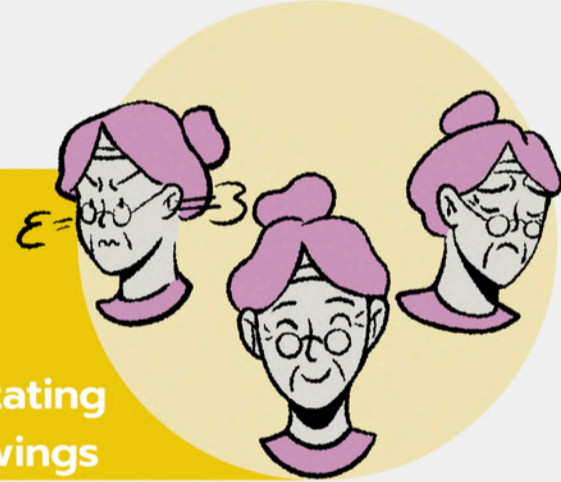
Persistent unexplained sadness



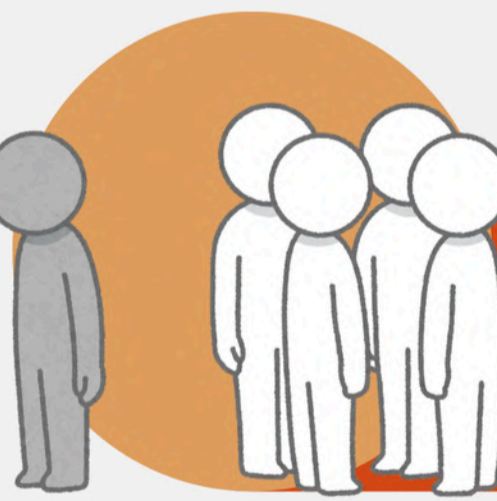
Frequent anger outbursts



Regular insomnia



Incapacitating mood swings



Social withdrawal



Groundless fear



Constant irritation with children



Unexplained physical aches and pains

Help is necessary if any of these definitely applies to you



Mental health MATTERS



Mental health is a state of mental well being that enables people to cope with the stresses of life, realize their abilities, learn well and work well and contribute to their community.



WHY DOES IT MATTER?



Nearly 15% of the indian population grapples with some form of mental health issues

WHO estimates the burden of mental health problems in India is 2443 disability affected life years (DALYs) per 10000 population.

Only 0.16 per cent of the national healthcare budget is allocated to mental health



Various mental health disorders include anxiety, depression, bipolar disorder, schizophrenia etc.



DETERMINANTS OF MENTAL HEALTH



Substance use



Genetics



Emotional skills



Stress



Poverty

SIGNS OF MENTAL HEALTH ILLNESS



Change in sleep patterns



Lack of energy



Lack of appetite



Difficulty concentrating



Suicidal thoughts

PREVENTION AND MANAGEMENT



Exercising Well



Advocacy and Awareness



Therapy



Meditation



Lifestyle changes

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Source Of Information

<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>



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MENTAL HEALTH MATTERS



“I have schizophrenia. I am not schizophrenia. I am not my mental illness. My illness is a part of me.”



SCHIZOPHRENIA

Schizophrenia is a serious mental illness that affects how a person thinks, feels, and behaves. People with schizophrenia may seem like they have lost touch with reality, which can be distressing for them and for their family and friends.



1 in 300

Affects approximately 24 million people or 1 in 300 people worldwide.



SYMPTOMS

Psychotic symptoms:

Hallucinations, Delusions, Thought disorders.

Negative symptoms include loss of motivation, loss of interest or enjoyment.



Cognitive symptoms:

include problems in attention, concentration, and memory.

TREATMENT

Antipsychotic medications:

Can help make symptoms less intense and less frequent.

Psychosocial treatments:

Help people find solutions to everyday challenges and manage symptoms.



Psychosocial treatments

help people find solutions to everyday challenges and manage symptoms

Assertive community treatment (AT) is designed especially for people with schizophrenia.

HOW CAN I FIND HELP?

Talking to a primary care provider:

They can refer you to a mental health professional who can help you find the next steps.

Finding a support group:

Support groups can help you connect with others who are facing similar challenges.



Encouraging your loved one to seek care:

Early diagnosis and treatment can make a big difference.

Connecting with someone face-to-face:

Helps relieve stress and calm your nervous system.

Created by:

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Source:

<https://www.nimh.nih.gov/health/topics/schizophrenia>

[https://www.who.int/news-room/fact-](https://www.who.int/news-room/fact-sheets/detail/schizophrenia)

[sheets/detail/schizophrenia](https://www.who.int/news-room/fact-sheets/detail/schizophrenia)

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HEALTHY MIND: HAPPY LIFE



970 million people suffer from mental disorders



197.3 million people suffer from mental disorders



52.4%
Female



47.6%
Male



8% Young Children



1 in 7 are affected by mental disorders



14%
Adolescent

13% Older adults



Disability adjusted life years **2443** per 1 lakh population

Global suicide rate: **9** per 1 lakh

Treatment gap: **80.4%**

Suicide rate of India: **12.4** per 1 lakh

WARNING SIGNS OF MENTAL ILLNESS



Difficulty in concentrating



Substance abuse



Drastic weight changes



Mood changes



Physical symptoms: insomnia, headache, muscle tension, fatigue



Intense emotions



Physical harm

TIPS FOR GOOD MENTAL HEALTH



Physical activity and exercise



Be social



Avoid alcohol/smoking



Ask for help



Help others



Learn to manage stress



Eat healthy



Get enough sleep



Tele MANAS : 14416 OR 1800-89-14416

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SOURCE
• <https://phfi.org/the-work/research/the-india-state-level-disease-burden-initiative>
• <https://www.who.int/health-topics/mental-health>




MENTAL HEALTH MATTERS



According to a Lancet study, 1 in 7 Indians suffer from some form of a mental health disorder which includes conditions such as anxiety, depression and substance abuse.


SYMPTOMS




Emotional outbursts



Feeling depressed or unhappy




Weight or appetite changes



Feeling guilty or worthless




Feeling anxious or worried



Quiet or withdrawn



Substance abuse



Sleep problems



Changes in behaviour or feelings



Language around mental health

Mental health is about your wellbeing rather than about an illness. It affects how we:



Think



Feel



Act


5 TIPS TO LOOK AFTER YOUR WELLBEING



Focus on your physical health (sleep, exercise, food).



Nurture relationships and connect with others.



Learn to manage stress.



Take time out for things you enjoy. Balance in life is important.



Reach out for help when you need it.

Its okay to not be okay....

Sanchaika Sarkar
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MENTAL HEALTH



It matters.



and together, we can make it better.

In today's day and age, more than 80% of people describe their lifestyle as emotionally draining and almost 85% of mental health conditions go under the radar



WHY DOES IT MATTER?



Ignorance of mental health issues among the general population leads to losses upwards of 12 billion workdays each year in addition to interference in quality of life!



THESE ISSUES IMPACT OUR DAILY LIVES...



From Depression to Frustration, these unchecked mental health issues continue to put a break on the peace and prosperity of the individual and the community



It's time to recognize these issues and take a strong initiative towards its betterment!



PRACTICES FOR BETTER MENTAL WELLBEING!

Adequate Sleep

Ensuring 7-8 hours of sleep everyday



Diet and Nutrition

A balanced diet maintains both mental and physical health



Practice a Hobby

boosts productivity and confidence



Relaxation

Devoting enough time to unplug



Daily Exercise

for at least 30 minutes



Setting up priorities

helps focus on important things



Help is always around the corner!

REMEMBER, SEEKING HELP IS A SIGN OF Courage



If you are dealing with mental health issues, plenty of help is available. Remember, you are NEVER alone!

Tele-MANAS national helpline number: 1800-599-0019

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source of information:

<https://medlineplus.gov> <https://www.healthline.com>
<https://www.nhs.uk> <https://www.iapsm.org>
<https://www.nimh.nih.gov>



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AGEING WITH DIGNITY: MENTAL HEALTH MATTERS



"Hello Golden agers"
Are you disappointed in life? Feeling stressed out?
Not having any fun? Feeling worn out?
IF YES.....

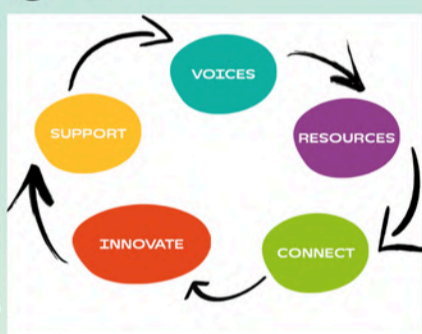


1 in 4 older adults experience mental health condition

OFTEN UNDER RECOGNISED AND UNDER TREATED



BREAK the STIGMA



*** Reach out family and friends**



*** Learn New skills**



*** Engage in recreational activities**

*** Seek Professional help**



ELDER LINE
NATIONAL HELPLINE FOR SENIOR CITIZENS
Call Toll-Free **14567**

Change how we think, feel, act towards age and ageing



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Source of information: WHO's work on the UN
Decade of Healthy Ageing (2021-2030) Available
from: <https://www.who.int/initiatives/decade-of-healthy-ageing>





MENTAL WELL BEING THROUGH



STUDENT MENTORING PROGRAMME

A Primer On Mentoring Programme For Medical Students

MENTOR

- "A mentor is usually a faculty member assigned to look after the welfare of a student or a group of students under mentoring programme."

MENTEE

- "A mentee is an undergraduate or postgraduate student pursuing his/her academic career and who may need guidance as a part of study curriculum which caters to his/her academic interest or day-to-day personal, social or psychological problems."



MENTORING

- "A process whereby an experienced, highly regarded, empathetic person (the mentor) guides another (usually younger) individual (the mentee) in the development and re-examination of their own ideas, learning, and personal and professional development."

CRITERIA TO BE A MENTOR

- Mentor may be selected from all disciplines from the level of Professor/HOD to Assistant Professor in a ratio of *one* Mentor to *three* Mentees for each batch.

NMC REQUIREMENTS

- Every Medical College must constitute a Mentoring Cell.
- Mentor to be allotted the *three* mentees during the foundation course itself from Phase 1 of the MBBS course.
- The mentee shall stay connected with the Mentor throughout her/his career till completion of CRMI*.
- Each year *Three* new mentees are added from phase 1 to the mentor.
- The senior batch students shall support the junior students and create a healthy sibling environment.



*CRMI: Compulsory Rotatory Medical Internship



SCOPE OF MENTORING

- Helping the fresher student in initial days with problems and difficulties.
- Solving difficulties in academics and curriculum.
- Dealing with problems faced by students including personal problems.
- Identify and take appropriate action in case of psychological distress, Stress, anxiety in students.
- Involve mentee in student research, extracurricular activities like competitions, sports, etc.

BENEFITS OF MENTORING

Benefit to Mentee

- Personal and professional development through constructive feedback and mentor as role model.
- Development of communication skills.
- Socialization of the profession and networking.

Benefit to Mentor

- Leadership skills and personal satisfaction.
- Professional development.



"My mentor said, 'let's go do it', not 'you go do it'. How powerful when someone says 'let's'!" – Jim Rohn

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Sources:

1. Padhy GK, Panigrahi SK. Guidebook for Mentorship Programme in a Medical College. Xpress Publishing 2024, Raipur.
2. St. John's Medical College Hospital. Handbook for Mentors of Medical Undergraduates. St. John Medical College, Bangalore.
3. Competency Based Medical Education (CBME) Curriculum 2024, National Medical Commission, New Delhi.
4. Nimmons D, Giny S, Rosenthal J. Medical student mentoring programs: current insights. Adv Med Educ Pract. 2019 Mar 4;10:113-123. doi: 10.2147/AMEP.S154974.



"मानसिक स्वास्थ्य पर बात करें, आप अकेले नहीं हैं।"

"HEALING MINDS, CHANGING LIVES—MENTAL HEALTH FOR ALL THRIVES"

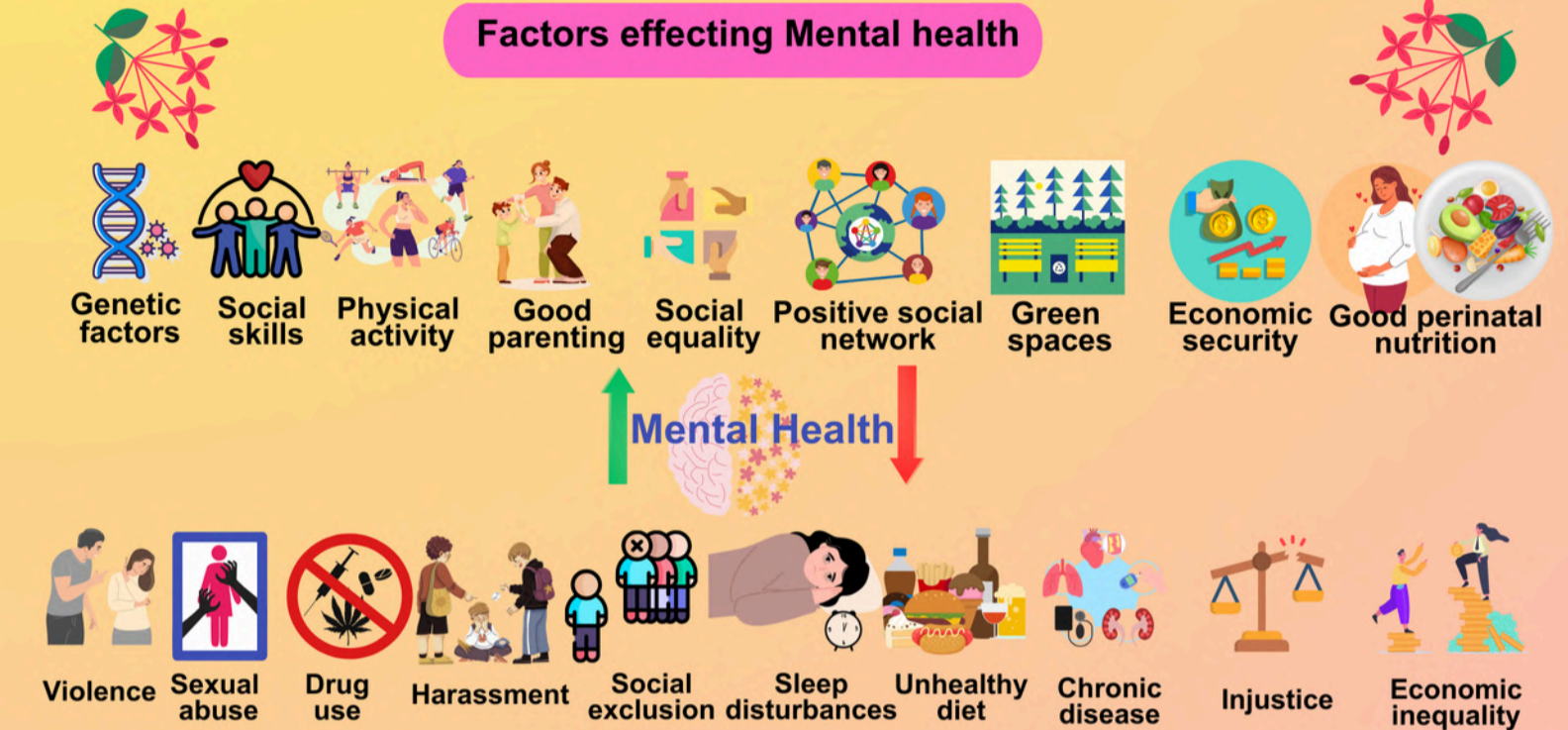
What is Mental Health?



Mental health magnitude

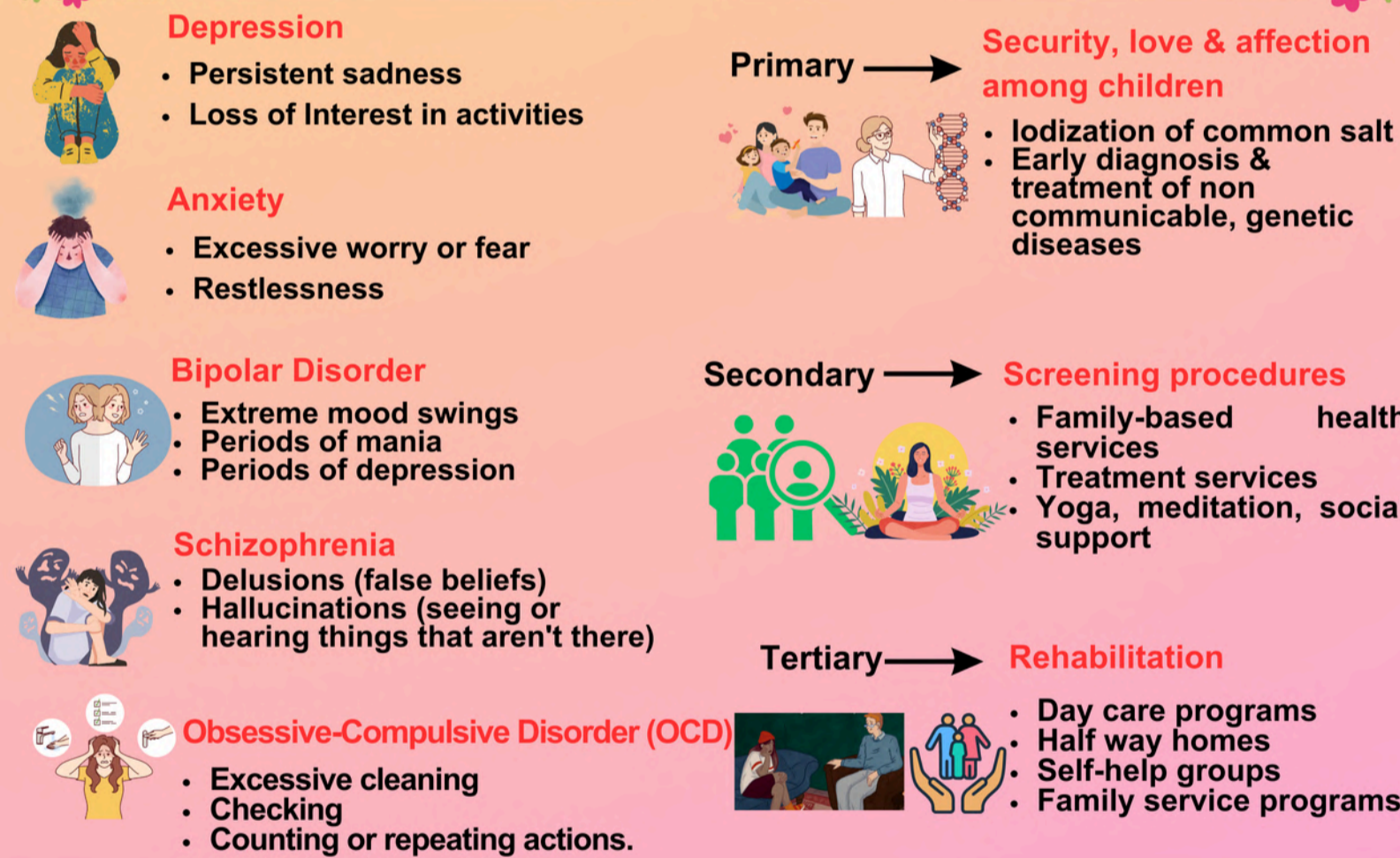


Factors effecting Mental health



Mental health disorders

Prevention and control



Mental Health Awareness

Plans, Programmes & Support



★ 2024 - THEME - "MENTAL HEALTH AT WORK" ★

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Sources:

1. Freeman M. The World Mental Health Report: transforming mental health for all. World Psychiatry [Internet]. 2022 [cited 2024 Nov 13];21. Available from: <https://www.who.int/publications/i/item/9789240049338>
2. Mental health EURO [Internet]. Who.int. [cited 2024 Nov 13]. Available from: <https://www.who.int/europe/health-topics/mental-health/strengthening-mental-health-promotion-programmes>

MENTAL HEALTH

MATTERS



Mental health is defined as a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community.



What are the factors that affect mental health?

Biological factors, Psychological, Social and environmental factors, Trauma, Substance abuse and work place stress are some leading factors.

How to overcome Stigma?

Improving health seeking behaviour
Targeted contact based intervention
Effective community participation



What should you do?

Seek Professional help,
Cognitive Behavioral Therapy (CBT)
Mindfulness and Meditation
Healthy Lifestyle Choices
Goal Setting and Positive Activities

What are your rights?

Right to access mental healthcare,
Right to equality and non-discrimination,
Right to information,
Right to confidentiality,
Right to legal aid.



Key message: Mental illness can happen to anyone and is treatable. remember "Mental health matters"

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YOUR MIND MATTERS



Let's prioritise mental health

WHAT IS MENTAL HEALTH?

Mental health is the component of behavioral health that includes our emotional, psychological, and social well-being.

It is estimated that 6-7 % of Indian population suffers from mental disorders.



HOW CAN YOU TAKE CARE OF YOUR MENTAL HEALTH?



Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.



Eat healthy, regular meals. A balanced diet can improve your energy and focus throughout the day.



Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep.



Try a relaxing hobby. Try meditation or listening to music, reading, spending time in nature, and



Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down



Stay connected. Reach out to friends or family members who can provide emotional support and practical help.

Created by:
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Sources:

• <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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MENTAL HEALTH MATTERS



CARING FOR YOUR MENTAL HEALTH



"Mental health care for all: let's make it a reality"

Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.



Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day.

Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Reduce blue light exposure from your phone or computer before bedtime.

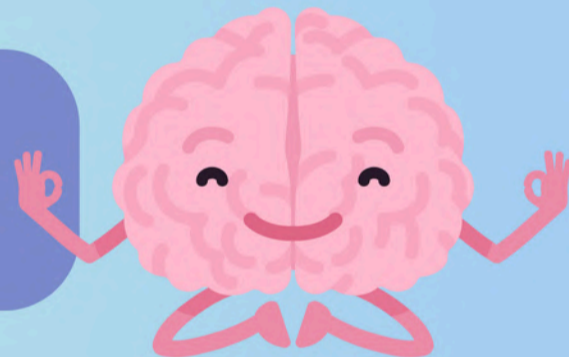


SLEEP



Try a relaxing activity. Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises.

Focus on positivity. Identify and challenge your negative and unhelpful thoughts.



Stay connected. Reach out to friends or family members who can provide emotional support and practical help.



Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much.



Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.



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Source of information:
<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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Mental Health Matters: It's Time to Talk



What is Mental Health?

“Mental health is a state of mental well-being that enables people to **cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.**”

Mental health struggles are more common than you might think.



Burden of Mental Disorders



Excluding tobacco use disorders, **10.6%** Indian's above the age of 18 are suffering from mental disorders. Nearly **150 million** Indian's are in need of active interventions.



Bar chart showing prevalence of different mental disorders

Signs and Symptoms



Feels sad



Excessive worry



Fatigue, lack of appetite



Unable to focus



Disorganized thinking



Get mad easily

Take care of your Mental Health



Talk to someone you trust



Be physically active



Do activities you enjoy



Stay away from harmful substances



Take 2 mins to focus around the world



Seek Medical help 1800-89-14416

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Sources:
1. National Mental Health Survey 2015-2016
2. <https://www.who.int/news-room/fact-sheets/detail/mental-disorders>
3. <https://www.who.int/westernpacific/about/how-we-work/pacific-support/news/detail/07-10-2021-6-ways-to-take-care-of-your-mental-health-and-well-being-this-world-mental-health-day>



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MENTAL HEALTH MATTERS

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

Mental health awareness involves understanding and recognising the importance of mental well being and the impact of mental health on overall quality of life.

To keep your mental health in check, you need to determine your baseline — how you are feeling and behaving on a good day, a normal day and a bad day. Early warning signs are typically deviations from your baseline, often starting with small changes.

SYMPTOMS



- Fatigue OR Insomnia** (Icon: person with lightning bolts)
- Tremors** (Icon: hand with lightning bolts)
- Digestive issues** (Icon: stomach with lightning bolts)
- Dizziness** (Icon: person with 'x' eyes)
- Breathing problems** (Icon: person coughing)
- Chest pain** (Icon: hand holding chest)
- Changes in appetite** (Icon: fork and knife with arrows)
- Palpitations** (Icon: heart with lightning bolt)

IT'S OK TO ASK FOR HELP

WAYS TO BOOST YOUR MENTAL HEALTH

- TALK OPENLY** (Icon: two heads with speech bubbles)
- EXERCISING REGULARLY** (Icon: woman running)
- EAT HEALTHY** (Icon: woman with vegetables)
- GET ENOUGH SLEEP** (Icon: person sleeping)
- MEANINGFUL SELF CARE INCLUDES MAKING MINDFUL CHANGES IN PATTERNS OF THOUGHTS AND BEHAVIOURS THAT CONTRIBUTE TOWARDS YOUR WELLBEING.**
- SELF CARE ISN'T SELFISH**
- It improves productivity, increases self esteem, and brings happiness.**
- SPEND TIME OUTDOORS** (Icon: tent and trees)
- TAKE A HOBBY** (Icon: person with camera)
- CREATE A ROUTINE** (Icon: alarm clock)
- ASK FOR HELP** (Icon: hand holding knife)

Created by:

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Sources :

https://www.who.int/health-topics/mental-health#tab=tab_1
<https://www.nami.org/recovery/understanding-the-early-warning-signs-of-mental-illness/>

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Your Mental Health matters !!



A journey towards identifying, treating & preventing

DEPRESSION



A mood disorder causing persistent feeling of sadness and loss of interest.

1 in 20 Indians suffer from depression

What Depression feels like?

I am Helpless !
I am Hopeless !
I am Worthless !



Overeating / weight changes

Sad/ Crying



Over sleeping / No sleep

Suicidal tendencies



What Depression looks like usually?

Poor work performance



But Depression can also look like this !!!

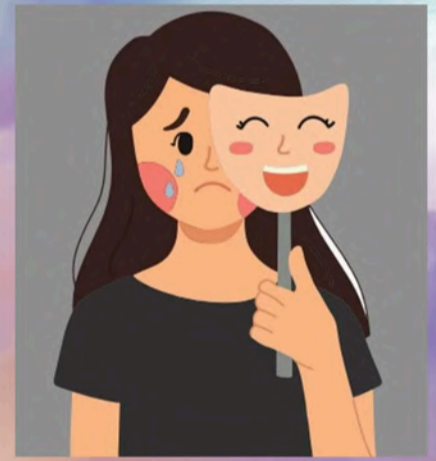


High functioning depression

- Handles daily responsibilities well
- Excellent performance at work
- But struggling internally – feeling of “hanging by a thread”

Smiling/Masked depression

- Appears to be happy & smiling on the outside
- Feeling of distress – unrecognized by self – difficult to identify by others



Overcoming depression....

Professional help - Medications/ Therapy



Family/Peer support



- Walk in sunshine
- Yoga/Meditation
- Balanced diet
- Healthy hobbies

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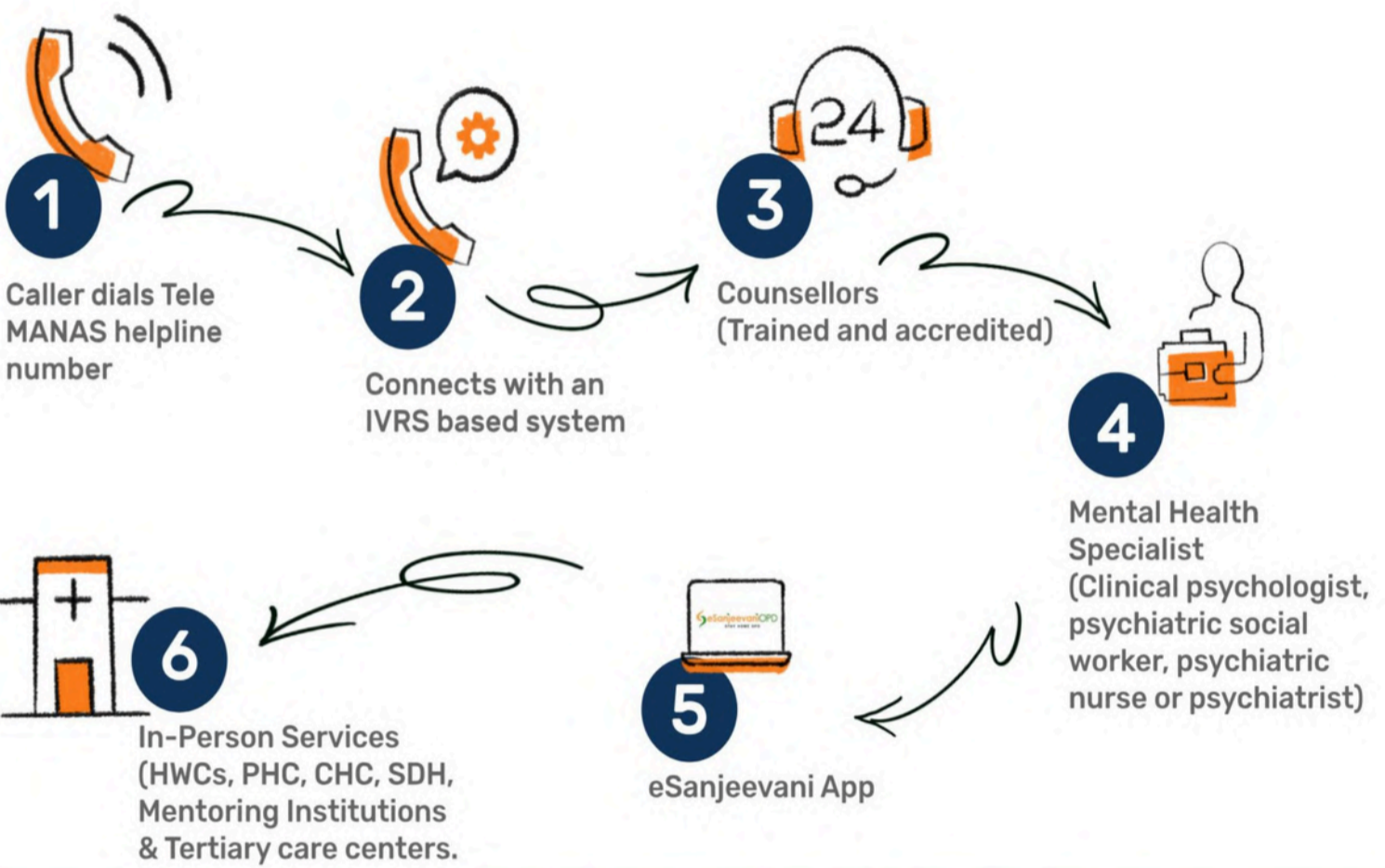
Sources:

- who.int/fact-sheets/depression
- www.iapsmupuk.org/journal/IJCH/article/1255

Tele Mental Health Assistance and Networking Across States



A SIMPLE 6 STEP INTEGRATED PROCESS



Comprehensive Mental Health Care Services



- Counsellor Support
- Mental Health Care
- Patient Anonymity
- Professional Help
- Toll-free Services
- Confidentiality
- 24/7 Services
- In Multiple Languages

HELP IS JUST A CALL AWAY- REACH OUT!

14416



OR



1-800 891 4416



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Department of Community Medicine

Goa Medical College

Source: Official website of TeleManas: <https://telemanas.mohfw.gov.in/home>

Chief Coordinator

Dr. Krishna Jasani

Assistant Coordinators

Dr. Kushant Bhatt

Dr. Nanda Kumar

Dr. Nidhi Patel

Dr. Ramakrishnan



MENTAL HEALTH MATTERS



**Empower your mental health,
Empower yourself**



Healing takes time and asking for help is a courageous step

Take care of yourself!

- Embrace a healthy and active lifestyle
- Practice self care daily
- Start a new hobby

Reach out!

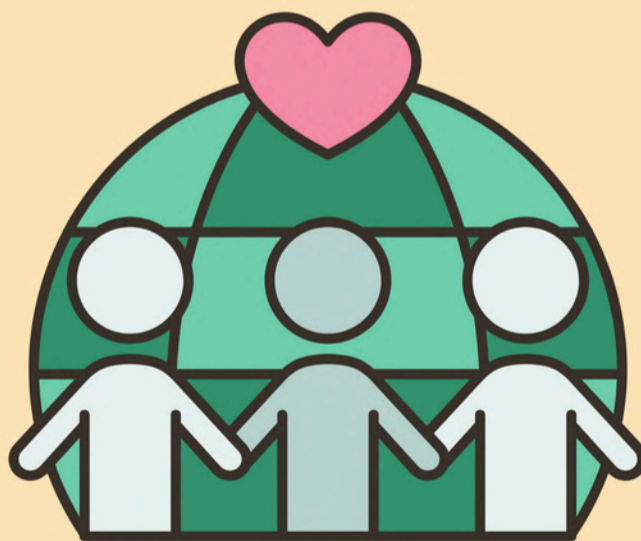
- Reach out to your friends, family or co-workers
- Avoid toxic and dysfunctional people



Get help!

If reaching out to your support systems doesn't help!, it may be the time to get professional help

**You deserve a fresh start!
You deserve happiness!**



**You are never alone
JUST BE KIND TO YOUR MIND**

Created by:
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Department Of Community
Medicine
MGM MCH
Aurangabad

IPHI TEAM



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Dr. Nidhi Patel
Dr. Ramakrishnan

Chairperson
Dr. Annarao Kulkarni

Co-Chairperson
Dr. Krupal Joshi

Source of information
portagecountysafetycouncil.
com



“Pride in Mind”

Supporting LGBTQ Mental Health



**2.5 X THE STRUGGLE,
100% DESERVING SUPPORT**

‘Break silence, shatter stigma’

**Don't
bully
reject
discriminate**

**Hands united,
hearts open**



**“Pride, not prejudice”
no more violence
against LGBTQ**

**Right to marry
Right to adopt
Right to change legal gender
Right to advocate**

#HateCrimesHaveNoPlace



**Dr Muhammed
Rahees E
Junior Resident
Calicut Medical
College**

Source of
information:
MHAmentalhealthamerica

IPHI



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**Co-chariperson
Dr. Krupal Joshi**

Childhoods chaos:

NAVIGATING BEHAVIORAL DISORDERS



Behaviors that deviate from the norms of a particular society or culture, and cause significant distress, impairment in social, occupational, or other areas of functioning.



TYPES OF BEHAVIOURAL DISORDERS

1. Conduct Disorders - Oppositional defiant disorder (ODD) & Conduct disorder (CD)
2. Hyperkinetic Disorders - Attention-deficit/hyperactivity disorder (ADHD)
3. Emotional Disorders - Anxiety disorders & Mood disorders (e.g., depression)
4. Neurodevelopmental Disorders - Autism spectrum disorder (ASD) & Learning disabilities

SYMPTOMS

- Easily annoyed or nervous
- Often appearing angry
- Putting blame on others
- Frequent lying
- Refusing to follow rules or questioning authority
- Arguing and throwing temper tantrums
- Having difficulty handling frustration
- Inattention
- Hyperactivity
- Impulsivity
- Defiant behavior
- Drug Use
- Criminal Activity



CAUSES

- Divorce or other emotional upset at home
- Coercion from parents
- Unhealthy or inconsistent discipline style
- Poor attitude toward education or schooling
- Physical illness or disability
- Malnutrition
- Brain damage
- Hereditary factors
- Trauma
- Social media and technology
- Substance Abuse



TREATMENT

- Parental education
Teaching parents to communicate & manage their children.
- Family therapy
Improves communication and problem-solving skills.
- Cognitive behavioural therapy
Helps the child to control their thoughts and behaviour.
- Social training
The child is taught important social skills.
- Anger management
- Encouragement
- Medication



CREATED BY -
ANGEL ASHISH RAJ KAMAL
MBBS (2023-2028)
RAIPUR INSTITUTE OF MEDICAL SCIENCES

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DR. RAMAKRISHNAN

CO - CHAIRPERSON
DR. KRUPAL JOSHI



SOURCE OF INFORMATION-

- <https://www.who.int>
- Park's Textbook of Preventive and Social Medicine
- ICD-10 classification of mental and behavioural disorders (WHO)

MENTAL HEALTH MATTERS



'It is Time to Prioritize Mental Health in the Workplace'

"Maintaining a healthy work-life balance is key to supporting mental health and overall happiness."



"There is no shame in seeking help for your mental health."

- TALK ABOUT IT:** Share your feelings with someone you trust. Speaking up is a sign of strength.
- SELF-CARE:** Prioritize activities that bring you peace and joy.
- REACH OUT:** Don't hesitate to seek professional help if you need support.
- BREAK THE STIGMA:** Let's create an environment where it's okay to seek help.

1-800 891 4416

Toll Free No. 14416

Let's Talk 1800-120-820050

KIRAN 1800-599-0019

- FREE Toll-free Services
- Counsellor Support
- Professional Help
- Mental Health Care
- Tele Mental Health Assistance and Networking Across States
- Patient Anonymity
- In Multiple Languages
- Confidentiality
- 24/7 Services



01 FACTORS INFLUENCING MENTAL HEALTH

<p>childhood trauma</p>	<p>addictions - drinking smoking</p>	<p>social - multiple responsibilities and financial issues</p>	<p>other factor- genetic</p>
<p>environmental problems family issues</p>	<p>working pressure</p>		

02 NEGATIVE SELF TALK

03 PSYCHOLOGICAL ISSUES

04 SYMPTOMS

05 WHAT TO DO ???

<p>Practice yoga/any exercise Eat healthy</p>	<p>Practice positive self talk Keep a gratitude journal Do your hobbies</p>	
---	---	--

VALIDATE YOUR FEELINGS

PRACTICE SELF-DISCIPLINE

HAVE ADEQUATE SLEEP

NURTURE YOUR INNER CHILD



ASK FOR HELP

SURROUND YOURSELVES WITH SUPPORTING GROUP

FEEL OKKAY TO SEEK HELP FROM PROFESSIONALS



YOU MATTERS .ITS OKAY TO BE NOT OKKAY

Dr.Swetha nirmal.p
2nd year postgraduate
Department of Community Medicine
Malabar Medical College,Calicut
Kerala

sources :K. Park. Park's Textbook of Preventive and Social Medicine. 27th ed. Jabalpur: Bhanot; 2023. Mental Health.WHO [Internet]. World Health Organisation [cited 2024 November 13]. Available from: <https://www.who.int/news-room/fact-sheets/detail/Mental-health>



Your

Pain



Mind

It's time to prioritize Mental Health In the Workplaces



SPEAK

Start it

SELF CARE

Make time for it



HELP

Seek it



SLEEP

Get enough of it



STIGMA

End it

STRESS

Control it



" Talking about
problems can help
release pent-up
feelings and find a
solution "

Speak Up

Reach Out

" If you're feeling
overwhelmed,
don't hesitate to
reach out "

You're NOT ALONE



Created by:

Dr. Jithin T Joseph
MD Community medicine
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Source of information

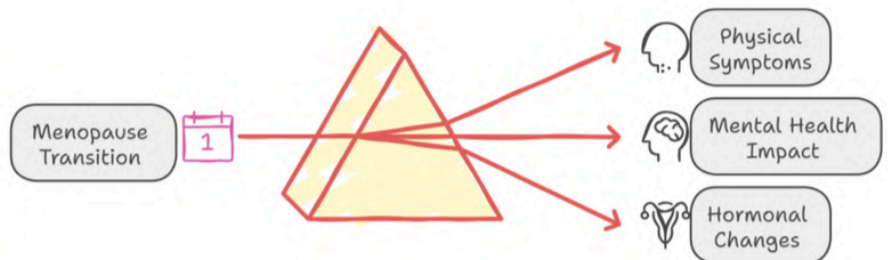
<https://www.who.int/campaigns/world-mental-health-day/2024>



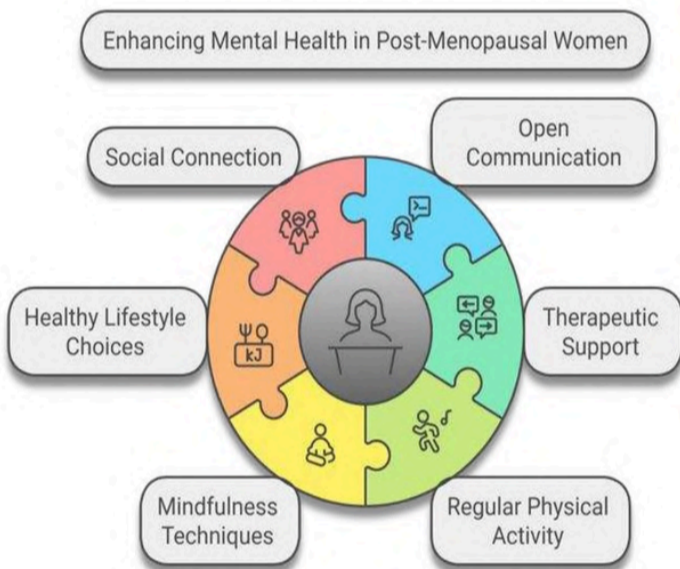
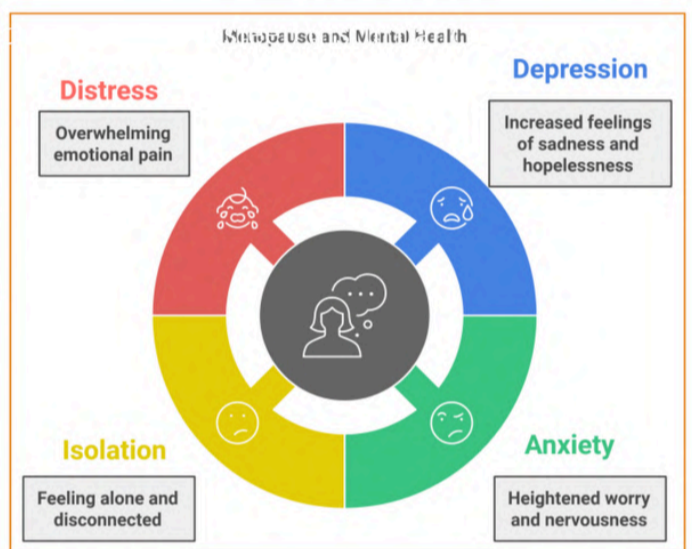
Embracing Change of Menopause Support Women's Mental Health



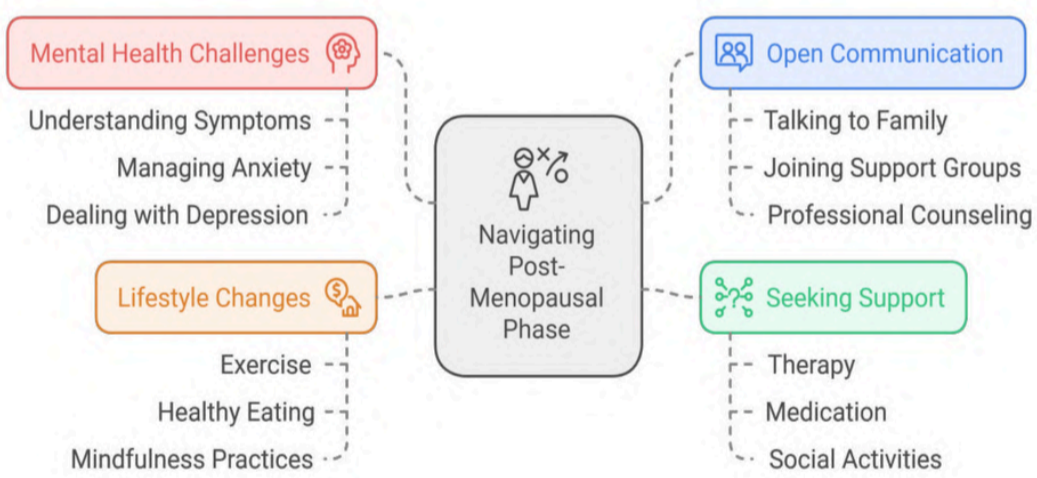
Menopause is a natural biological process that marks the end of a woman's menstrual cycles, typically occurring between the ages of 45 and 55.



The transition into menopause often brings profound mental changes for women, including shifts in mood, memory lapses, and increased anxiety, which can significantly impact their overall well-being and daily life.



Navigate and prepare yourself



Created by : Dr. Nitin Solanki,
GMERS Medical College, Valsad



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Dr. Krupal Joshi

REBUILT THE RESILIENCE

HE "WAS SAYING THINGS THAT A 10-YEAR-OLD SHOULD NOT TELL YOU, HOW THE BODY WAS IN PIECES, HOW THE HEAD WAS FAR AWAY", HE RECALLED

"AS I WRITE THIS MESSAGE, MY SON IS SLEEPING ON MY LAP, I CAN'T BEAR TO LET HIM GO BECAUSE HE STARTLES EASILY

MENTAL HEALTH OF CHILDREN AFTER WAR



STEPS TO HELP

- Creating safe and stable space
- Fostering a sense of control
- Encourage child to ask questions
- Don't force them
- Understand Them
- Consistent support from care givers



National Crisis Lifeline, call 988, text 988, or chat at 988lifeline.org

Provide professional support when needed

FUTURE'S IN THEIR HANDS, LET'S HEAL THEIR MINDS



Created by
Dr Jyothisree N
junior resident
Dept. Community Medicine Kozhikode
Source of information:
<http://boldscience.org/learning-education>

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CLIMATE RESILIENT WORKPLACES



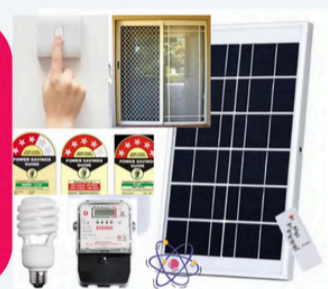
Healthy, safe and resilient workplaces are places where all people can perform their jobs:

- without getting sick or injured because of their work,
- with opportunities to enhance their physical and mental health and social wellbeing,
- while preserving harmony with nature and being protected in case of disaster in the community.



ENERGY CONSERVATION:

- Mesh windows: Natural lightings & Ventilation
- Usage of LED, Solar panels, Energy saving equipments(ISI/BEE labelled),
- Switch off policy, Regular educational meetings
- Submeter: check energy usage pattern
- Energy Audit



WATER CONSERVATION:

- Rainwater Harvesting- Rooftop, Pavements, Pits, Dug well
- Water conservation plan- Low flow plumbing fixtures, double flush toilet systems, repair leaks
- Waste water treatment
- Water audit



SMART BUILDING:

Your paragraph text

- Floorwise proper planning, Disaster mitigation plan, Hazard signs
- Fire resistant- Fire exit (illuminating sign), Fire suppression system (gas/ water sprinklers), Fire alarm, Emergency lightings
- Worker safety & comfort: Handrails, ramps, disability friendly toilets, Flooring: anti-skid, non-slippery, properly illuminated, Stress relieving area



GREEN CLEANER FACILITY:

- Waste reduction, management, recycling, Landscaping
- Connectivity with biomedical waste management agency
- Segregation of biodegradable & recyclable waste
- Use of ecofriendly green materials
- Waste audit



WORKER RIGHTS:

- Provide supervision & training to use equipments, safety & hazard sign education, Exercises & stretches, strict discipline & law enforcement
- Regular health checkup, Vaccination, Canteen/Sitting area
- Welfare amenities, sanitary facilities, protective equipment and clothing, separate male-female washing area & restroom
- Register maintenance: work hours(8hrs/day), leave, wage paid



Created by: Dr Arunima Sharma Junior Resident
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- Nilsson, M., & Kjellstrom, T. (2010). Climate change impacts on working people: how to develop prevention policies. Global Health Action, 3(s3), <https://doi.org/10.3402/gha.v3i0.5774@zgha20.2010.3.issue-s3>



World Mental Health Day, 10 October 2024 "Mental Health at Work"

WHO is uniting with partners to highlight the vital connection between mental health and work.

Impact:

Unhealthy conditions including stigma, discrimination, and exposure to risks like harassment and other poor working conditions, can pose significant risks, affecting mental health, overall quality of life and consequently participation or productivity at work.



Key messages



Mental health and work are closely linked.

A poor working conditions can harm mental well-being, reducing both job satisfaction and productivity.



Workers face risks to mental health.

Low paid or insecure jobs often lack adequate protections, leaving workers in these jobs more exposed to psychosocial risks.



Wider impact on work and society.

Depression and anxiety alone result in the loss of approximately 12 billion workdays each year.



Impact on individuals.

Lack of support for people with mental health conditions can negatively impact their self-confidence, enjoyment at work, capacity to work, absences and ability to gain employment.



Taking care of your own mental health.

Learn techniques to manage stress and stay mindful of changes in your mental health. If needed, reach out for support.



Government action and collaboration are essential.

Governments, employers, and representative organizations must work together to create policies that prevent mental health risks, promote well-being, and build supportive workplaces where mental health is prioritized.



Employer To Do List:



Flexible working hours



Extra time to complete tasks



Regular, supportive check-ins with supervisors



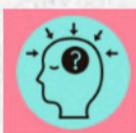
Assist people living with mental health conditions to return to work after an absence



Employees Can Do :



Learn about stress management techniques



Watch out for changes in your mental health



Reach out to a colleague, friend, or a health worker for support if you need it



THE RIGHT WEANING FOODS

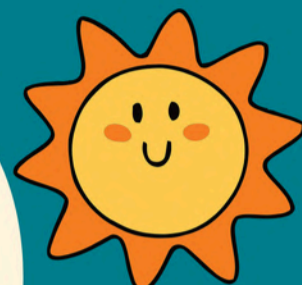
Yahi Sahi Hai!

On Completion of 6 Months

6 Months



- Continue Breastfeeding...
- Start feeding baby with 2-3 tablespoons of soft well mashed foods
- Feed 2-3 times a day
- Increase amount of the feed slowly
- Introduce one food at a time
- Vegetables, fruits, dal, cereals
- Give Iron drops



From 6 to 9 Months

6-9 Months



- Continue Breastfeeding...
- Change consistency to lumpy feeds.
- Feed 2-3 times and 1-2 snacks.
- Introduce one new food at a time.
- Include 4 food groups: 1-Cereals, 2-Green vegetables & fruits 3-Oil, ghee, 4-Mashed dal/fish/egg (only hard boiled)
- Give Iron syrup.

From 9 to 12 Months

- Continue Breastfeeding...
- Feed at least half katori food requiring chewing 3-4 times a day
- After 12 months, introduce family foods, give one katori, 3-4 times each day with 1-2 snacks
- Give finely chopped food, that baby can pick with thumb and fingers
- Give Vitamin A and Iron syrup

9-12 Months



General Tips for Feeding your Baby

- Wash hands with soap & water before preparing feeds and before feeding the baby
- Wash vegetables and fruits thoroughly
- Use only iodized salt for cooking
- Cook thoroughly, use safe water
- Discard left over food



Give Your Baby The Right Weaning Foods

Yahi Sahi hai!

Created By:

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Goa Medical College, Goa.

Source: Mother and Child Protection Card, Ministry of Health and Family Welfare

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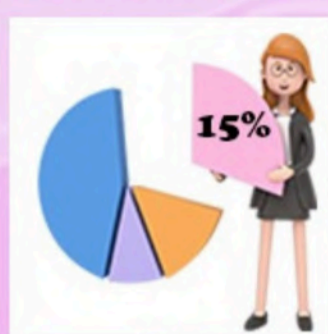
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Mental Health At WORKPLACE

A Mentally Healthy Workplace: Key to Success and Well-being.



of working aged adults were estimated to have a mental disorder.

Worldwide, depression and anxiety lead to an estimated **12 billion** lost workdays annually, resulting in a productivity loss of approximately

US\$ 1 trillion each year.



"Take a Break, prioritise your Mental Health"

Include mental health in existing safety and health systems at work

Investing in resources: Provide enough funding and support

Build a mentally healthy workplace

Rights to participate in work & Participation decision-making

Leadership and focus on mental health at work.



Created by:
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Junior Resident
S.R.T.R Govt. Medical College

Sources: <https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>
<https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>



IAPSM - PUBLIC HEALTH INFOGRAPHICS (IPHI)



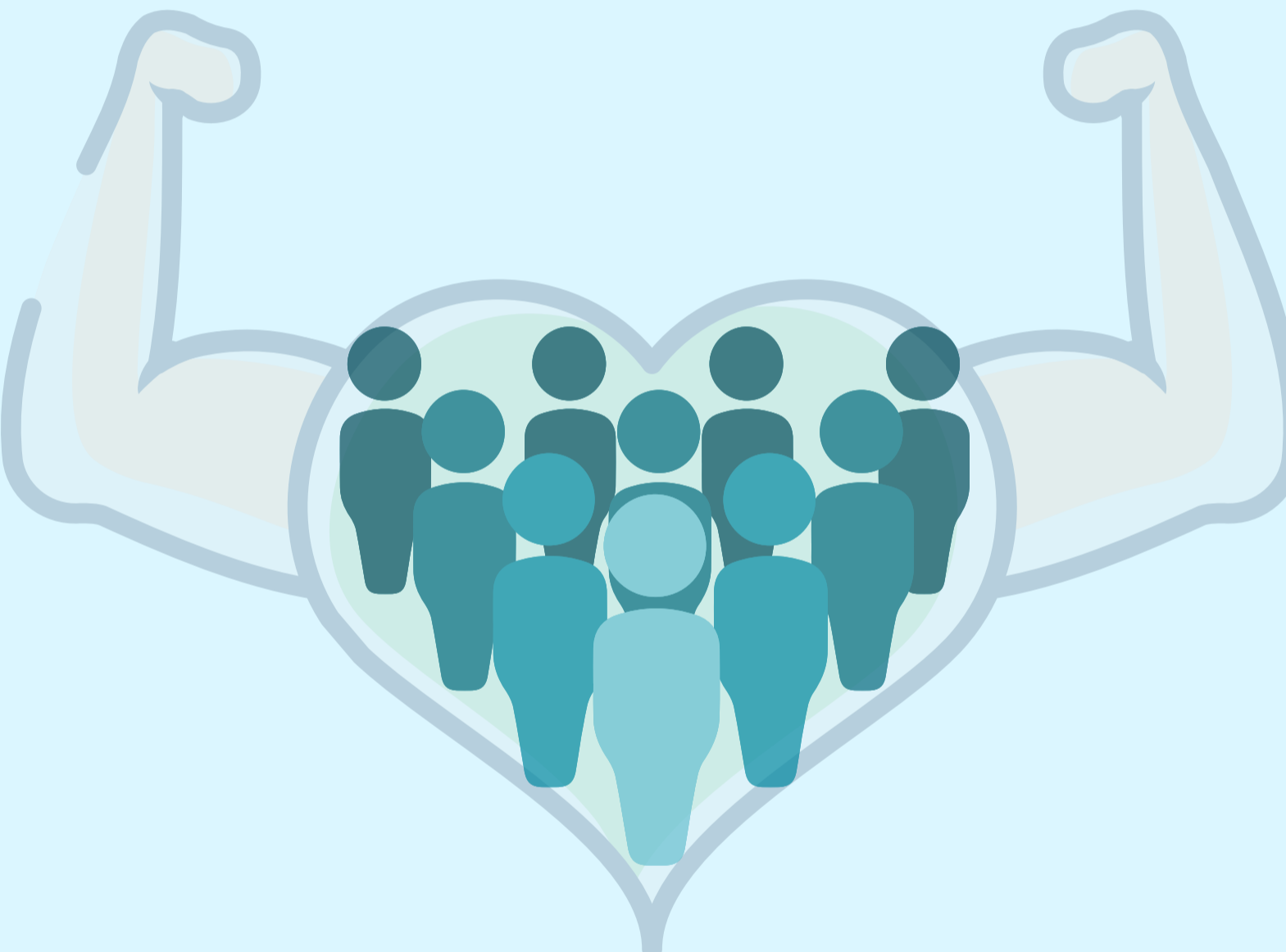
Graphic-e-Health

Highlights how infographics can educate the public about the health system and its services

Represents use of infographics to enhance collaboration and communication between public health professionals and the community

Tagline for this initiative

Represents the role of infographics in making public health data clear and simplified



Dear IAPSM Members,

Thank you for taking the time to explore our latest Public Health Infographics Edition. It is gratifying to know that these visual resources contribute to enhancing public health knowledge within our IAPSM community.

Your continued support and engagement with the Public Health Infographics initiative are truly appreciated. Our aim is to consistently improve the quality and relevance of our content, ensuring it serves as a useful resource for all. If you have any suggestions, feedback, or ideas for future infographic topics, we encourage you to reach out to us at iapsminfographics.iphi@gmail.com. We welcome your insights and are eager to incorporate changes that can enrich your experience.

Together, let's make this initiative even more impactful for our community.



Best Regards,
Team IAPSM Public Health Infographics

CONTACT US

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Infographics iapsm

[iapsm_infographics](https://www.instagram.com/iapsm_infographics)



MORE INFO



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