



# World Mental Health Day observation by NSS volunteers

On 12 October 2019, NSS volunteers organized a programme at Government Hospital, Kunnankulam for observing World Mental Health Day. The programme started with Punarjani works at the hospital. After that, volunteers were divided into three groups of seven members and performed art forms like mime, dance etc.

## World Mental Health Day: 10 October



World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.