

Activity Completion Report

Activity Details:

Activity Title: Webinar on World Mental Health Day

Date & Duration of activity (Days): October 8, 2025

Name of the school: SDG-SPH

Name & Contact Details of the organiser (s): Dr. Nutan P. Jain

Event Details & Description:

IIHMR University Jaipur organized a webinar on “Adolescent Mental Health: Access to Services” on October 8, 2025, in the context of World Suicide Prevention Day (10 September) and World Mental Health Day (10 October). The webinar featured eminent panelists including Dr Regina Guthold (WHO Headquarters), Dr S M Swami (State Nodal Officer – NMHP, Government of Rajasthan), Mr Tapas Chatterjee (WHO India Country Office), Ms Mrigtrishna Rathore (Independent Psychotherapist and Group Analyst) and Dr. Vinod Kumar S V. The session aimed to raise awareness on adolescent mental health among students and teachers, highlighting the importance of accessible mental health services and the vital role of educational institutions in promoting early intervention and psychological well-being.

Participants Details:

Total Participants	Number of Male	Number of Female
53	17	36

List with name of participants, affiliation:

S. No.	Name of Participant	Affiliation
1.	Mr. Tapas Chatterjee	WHO, India
2.	Dr. S M Swami	India
3.	Ms Mrigtrishna Rathore	India
4.	Dr. Vinod Kumar SV	IIHMR University, Jaipur
5.	Dr. Nutan P. Jain	IIHMR University, Jaipur
6.	Matadin Sharma	India
7.	Dr VB Tripathi (Vidya Bhushan Tripathi)	IIHMR University, Jaipur
8.	Rahul (Vidya Bhushan Tripathi)	IIHMR University, Jaipur
9.	Puneet Sharma	IIHMR University, Jaipur
10.	Amrita Sharma	IIHMR University, Jaipur

11.	Dr. Muskan Maheshwari	Mahatma Gandhi University of Medical Sciences and Technology
12.	Priya Sharma	Jaipur international public school Bani Park
13.	Yogender Singh	IIHMR University, Jaipur
14.	Anju Mutha	Jaipur international public school
15.	Abhishek Sagar	Centre for Cancer Epidemiology, ACTREC, TMC Mumbai
16.	Ayan Mohamed salaad	IIHMR University, Jaipur
17.	Dr mahender Kumar	IIHMR University, Jaipur
18.	Aakanksha Dua	IIHMR University, Jaipur
19.	Aisha Abdullahi Gure	IIHMR University, Jaipur
20.	Daram Vikas Emmanuel	HCL Foundation
21.	Rupsa Banerjee	IIHMR University, Delhi
22.	Divya Verma	Maheshwari Public School
23.	Vaishnavi Bhimnath	IIHMR University, Jaipur
24.	Disha Bhavsar	IIHMR University, Jaipur
25.	Elijah Kalkumbe	IIHMR University, Jaipur
26.	Arpana Kurwati	IIHMR University, Jaipur
27.	Dr. Drashti Agrawal	IIHMR University, Jaipur
28.	S SNEHA	IIHMR University, Jaipur
29.	Prabha Agrawal	Jaipur International Public school, BaniPark , Jaipur
30.	Rashi Soni	IIHMR University, Jaipur
31.	Kalyani Kumari	IIHMR University, Jaipur
32.	Christina Maria	IIHMR University, Jaipur
33.	Dr. Kunal Parmar	Anuragh Welfare foundation
34.	Rushangi Dave	IIHMR University, Jaipur
35.	Devi das Chelani	Ever Bright School

36.	Anil Kumar Choudhary	Gyandeep Academy
37.	Anju Sharma	Dayjoy
38.	Dr.Mohini Kanik	Anuragh welfare Foundation
39.	Mahima Purohit	IIHMR University, Jaipur
40.	Mohammad Intesar Alam	IIHMR University, Jaipur
41.	Soni Kumari	IIHMR University, Jaipur
42.	AASHI Rajwani	IIHMR University, Jaipur
43.	Radha Bulchandsni	WHO, India
44.	Madhumita Singh	IIHMR University, Jaipur
45.	Kedar Prasad Shrimal	Gramodaya Samajik Sansthan
46.	Amit Kumar Nagar	NHM
47.	Soni Kumari	IIHMR University, Jaipur
48.	Dr Suman Satyal	Independent Consultant
49.	Neelam Sadique	WHO
50.	Haider Ali	SRKPS
51.	Deepti Sharma	GGSSS Telipada, Jaipur
52.	Shanker Lal Gupta	RKSK
53.	Hitendra Singh	IIHMR University, Jaipur

Attach Photographs of the activity

Main causes of adolescent deaths by age, global, 2021

WHO Global Health Estimates for 2021, released in 2024

Results from the 'Empowering adolescents' study

Baseline surveys with students were carried out in 2022 in Sekondi-Takoradi/Ghana, Jaipur/India, St Catherine/Jamaica, Fès/Morocco

Key findings:

- Many health behaviours vary across these culturally different cities (e.g. substance use, weight status, violence)
- Mental health is an issue in all of these cities:**
 - 10-30% of students report having already attempted suicide
 - The majority of students across the cities reported NOT having somebody to talk to about problems

WHO Global Health Estimates for 2021, released in 2024

Possible Interventions to Increase Accessibility of Mental Health Services among Adolescents

From Awareness to Accessibility: Building Adolescent Mental Health Systems

World Health Organization
India