



Department of PSYCHIATRY

Chinthareddy Palem, Nellore - 524003, Andhra Pradesh.

#worldmentalhealthday2026

WORLD MENTAL HEALTH DAY 2026

Theme : “ Lived Experiences Heard, Real Voices, Real Change,”

World Mental Health Day 2026 was celebrated at Narayana Medical College & Hospital on 10 October 2026 under the guidance of **Dr. P. Sreenivasulu Reddy, Dean**, through the active efforts of the **Department of Psychiatry** in collaboration with the **NSS Unit**. The programme was organised around the theme “**Lived Experiences Heard, Real Voices, Real Change**,” advocated by the **World Federation for Mental Health**.

Dignitaries Present

1. **Dr. P. Sreenivasulu Reddy** – Dean, Narayana Medical College & Hospital.
2. **Dr. R. Viswa Kumar** – Vice Principal, Narayana Medical College.
3. **Dr. V. V. Seshamma** – Consultant Psychiatrist, NMCH.
4. **Dr. K. Uday Kumar** – Professor & Head, Department of Psychiatry.
5. **Dr. R. Harish** – Additional Medical Superintendent

Special Guest

Dr. Ramesh Balaji – President, Indian Psychiatric Society, Andhra Pradesh State Branch.

Programme Highlights

1. **Welcome Address:** Delivered by **Dr. D. M. Karthik, NSS Programme Officer**.
2. **Lamp Lighting Ceremony:** Marking the formal inauguration of the programme.
3. **Opening Remarks:** Delivered by **Dr. K. Uday Kumar , HOD Department of Psychiatry**
4. Dean’s address by **Dr. P. Sreenivasulu Reddy- about** Institutional efforts for overall well being
5. **Cultural Performances:** Students presented engaging performances promoting mental health awareness, empathy and emotional well-being.
6. **Vote of Thanks :** The programme concluded with a vote of thanks

The celebration encouraged **students, faculty members, postgraduate students, interns and other participants** to foster open conversations about mental health, reduce stigma and create

a supportive campus environment. The **Department of Psychiatry** and the **NSS Unit** reaffirmed their commitment to promoting **mental well-being** and building a **compassionate community** where **every lived experience is heard, every voice matters, and every step can bring real change.**









































