

Mental Health Awareness Programme Organised in Village Tira under Unnat Bharat Abhiyan

Under the aegis of the Unnat Bharat Abhiyan initiative, Panjab University, Chandigarh organized a mental health awareness programme in Village Tira on May 11,



2026. The programme aimed to spread awareness about mental well-being and encourage healthy lifestyle practices among rural residents. Village Tira has been adopted by the university under the Unnat Bharat Abhiyan programme. Unnat Bharat Abhiyan is inspired by the vision of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India and to have a paradigm shift in academic and research programs of the country.

The programme was coordinated by Prof. Satvinderpal Kaur from the Department of Education, Panjab University. Dr. Sumandeep Kaur, Assistant Professor, Department of English and Cultural Studies, and Dr. Bharati Garg from the Department of Public Administration accompanied the team to the village as co-coordinators.

The awareness session was conducted by Dr. Lalit Kumar from the Department of Psychiatry, Postgraduate Institute of Medical Education and Research (PGIMER). During his interaction with the villagers, Dr. Kumar discussed several important issues related to mental health, including stress management, emotional well-being, nutrition, and the importance of regular medical check-ups. He also encouraged participants to openly discuss their health concerns and seek timely medical guidance whenever required.

The interactive session witnessed enthusiastic participation from village residents, especially women, who actively engaged in discussions and shared their experiences. Students and volunteers associated with the Unnat Bharat Abhiyan initiative also contributed significantly to the successful conduct of the programme.

The event proved to be highly informative and beneficial for the community, promoting awareness about healthcare and motivating residents to prioritize their mental and physical well-being. The programme concluded with a vote of thanks delivered by Dr. Sumandeep Kaur.