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## World Mental Health Day | Haryana | 09 Oct 2021

### Why in News

- **World Mental Health Day** was celebrated on **October 8, 2021** by the **Directorate General of Health Services, Haryana** with the **theme 'Mental Health in Unequal World'**.

### Key Points

- A **state level CME** was organized by the State Mental Health Cell under the chairmanship of Dr. Vandana Gupta, DHS Haryana in the presence of Dr. Parveen Garg, former Director, Haryana Health Services Department.
- It was attended by **Program Officers, Psychiatrists and Psychologists from all 22 Districts of Haryana**. To focus on the topic of 'Mental Health Care for All', CME involved faculty from the Tricity.
- The purpose of World Mental Health Day is to spread awareness and talk about the importance of mental illness.
- Pradeep Kumar, Consultant Ayush Panchkula organized a mini workshop on stress management and good mental health and Dr. Swapnjeet Assistant Professor, Department of Psychiatry, PGIMER Chandigarh gave a detailed presentation on gender inequality and mental health.
- All 75 participants of 22 districts of Haryana were presented attendance certificates for the CME program organized by State Mental Health Cell, Haryana.