

The 10th World Congress of Mental Health Pre-Conference Event at Nimhans, held on March 5, 2025

The 10th World Congress of Mental Health Pre-Conference Event, held on March 5, 2025, at NIMHANS, provided Jyoti Nivas College postgraduate psychology students with a unique platform to explore women's mental health through creative engagement. Centered on the theme "Empowering Minds, Embracing Gender – Creative Dialogue on Women's Mental Health," the event featured interactive sessions such as a poster competition, slam poetry, and a theatre performance, each offering diverse perspectives on gender and mental health. Three of the students (names) won the prize for Poster Making. Mr Paul Raj, Coordinator, PG Department of Psychology, contributed as a panel judge, adding academic depth to the discussions. The event fostered critical thinking, creativity, and active participation, allowing students to engage meaningfully with contemporary mental health issues.