WORLD MENTAL HEALTH DAY 2026

"Lived Experiences Heard: Real Voices, Real Change"

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Eminent Speaker

DR. SAMANT SINGH
M.D. (Psychiatry) | MIPS | CIPS
All India Institute of Medical Sciences, Gorakhpur, Uttar Pradesh, India

PROF AKHILENDRA KUMAR SINGH
Department of Psychology, BHU

DR P C SHAHI
Cardiologist

DR. ABHILASHA AGARWAL
Dentofacial asthetic surgeon

DR. POOJA KUMARI
Obs/Gynae

Organising Committee

Dr. Milind Raj Anand
(Convenor)

Ms. Garima Yadav
(Organising Secretary)

Aakriti Pandey
(Coordinator)

Dr. Sudhir Narayan Singh
(Chairperson)

Activities: Poster Color Painting, DIY T-Shirt Painting, Poem & Slogan Writing Competition and Cultural Events, Expert Talks

Organised by:- Department of Humanities and Social Sciences & Department of Indian Knowledge Systems. MMMUT, Gorakhpur

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SPARKING CURIOSITY

the Clinical Psychologist
Dr Nitesh Mishra