

Mental Health Awareness Training



Dr. Kamlesh Patel



Zzzzz



...



★ What Is Mental Health ? ★

Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

- World Health Organization



A MENTALLY HEALTHY PERSON CAN...



- Think Clearly



- Enjoy good relationships with others



- Can cope with the normal stresses of life and solve problems



- Can work productively and make contributions to the community



★ QUIZ ★

Yes

No

- 1) Mental illness is caused by evil spirit or supernatural power.
- 2) Mental illnesses are untreatable.
- 3) Lack of willpower causes mental illness.
- 4) Marriage can cure mental illness.
- 5) Mentally ill patients belong to hospitals.

★ QUIZ ★

Yes

No

- 6) Mental health problems are only seen in illiterate, poor people.
- 1) People with mental illness can never be productive or do normal work like normal people.
- 2) Mental illness is unlike physical illness; the illness is really all in person's head.
- 3) Mentally ill people have weak characters since they can't cope with the world in the same way that the rest of us do.
- 4) Once a psychiatric patient, always a psychiatric patient.

★ QUIZ ★

Yes

No

11 Children don't suffer from psychiatric illnesses.

12 Mental health disorders are a result of bad parenting.

13 Mental illnesses are contagious.

14 Attempting suicide is a sign of cowardice.

15 Mentally ill patients are violent and dangerous.



Mental Health Scenario In India



18%

Contribution of India
in global population

- WHO
- Ministry of Health and family welfare, Department of Health and Family welfare

2443

DALYs

Disability - Adjusted Life year
per 10000 population

- WHO
- Ministry of Health and family welfare, Department of Health and Family welfare

21.1

Age adjusted suicide
rate per 100000
population

- WHO
- Ministry of Health and family welfare, Department of Health and Family welfare

1.03

Trillion USD
Economic loss

Due to mental health
conditions, between 2012 and
2030 (estimated)

- WHO
- Ministry of Health and family welfare, Department of Health and Family welfare



Mental Health Scenario In India



10.6%

Adult in India suffer from mental disorder



- National Mental Health Survey (NMHS) 2015-16 by NIMHANS
- Ministry of Health and family welfare, Department of Health and Family welfare

13.7%

Lifetime prevalence of mental health disorder



- National Mental Health Survey (NMHS) 2015-16 by NIMHANS
- Ministry of Health and family welfare, Department of Health and Family welfare

15%

Adult Indian population experiences mental health issue requiring intervention



- National Mental Health Survey (NMHS) 2015-16 by NIMHANS
- Ministry of Health and family welfare, Department of Health and Family welfare

13.5%

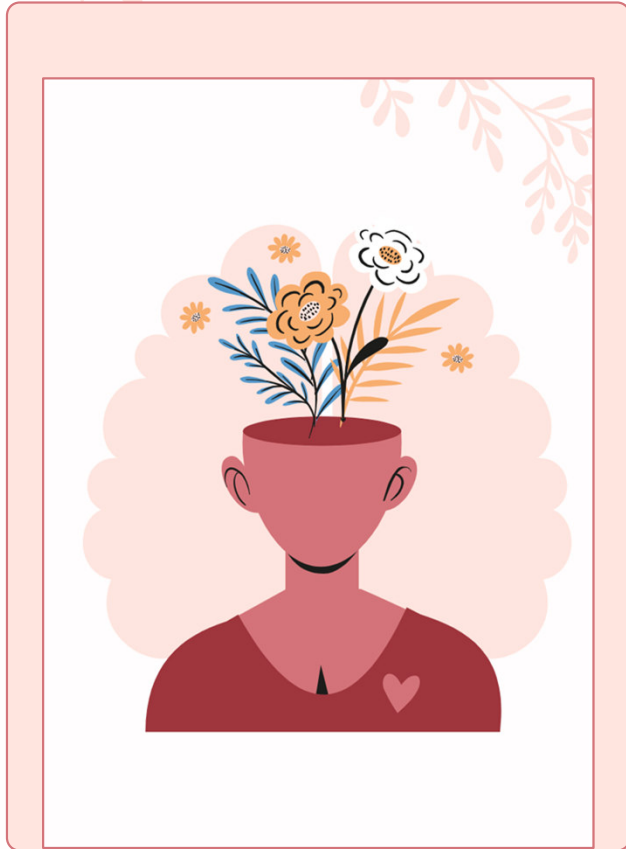
Urban Population Prevalence

6.9%

Rural Population Prevalence



- National Mental Health Survey (NMHS) 2015-16 by NIMHANS
- Ministry of Health and family welfare, Department of Health and Family welfare



Treatment Gpa



70% to 90% of people with mental disorders do not receive proper treatment.



- Lack of awareness
- Stigma
- Shortage of professional

★ Where you can help ? ★



0.75/100000

Psychiatrist in India

3/100000

Required as per WHO (At Leas)

- 1) National Mental Health Survey (NMHS) 2015-16 by NIMHANS
- 2) Ministry of Health and family welfare, Department of Health and Family welfare

WHAT ARE MENTAL DISORDERS?

6



- Person's ability to think, feel and behave is affected.



- This in turn affects relationships and work.

The mental health continuum



- **EXCELLING:** Peak mental wellbeing, functioning at highest level
- **THRIVING:** Good mental health, resilient, able to cope well
- **SURVIVING:** Getting by, some struggles but managing
- **STRUGGLING:** Noticeable difficulties, decreased functioning
- **IN CRISIS:** Severe difficulties, unable to cope, immediate help needed

Mental health is fluid - we all move along this continuum

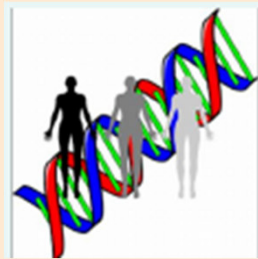
Early intervention at any stage can prevent deterioration



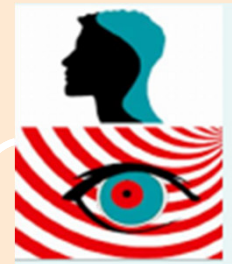
What Causes Mental Illness?



Stressful life event



Biological



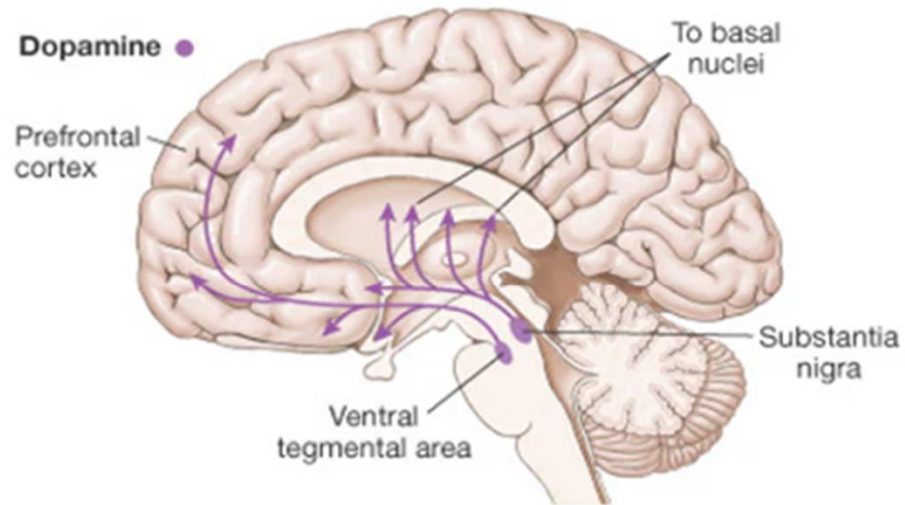
Individual factors



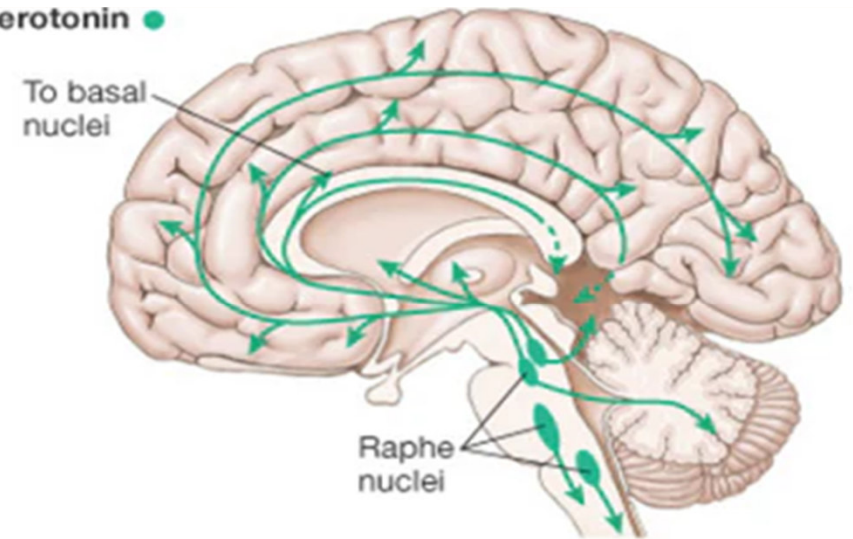
Childhood trauma and abuse

- No single factor responsible
- Interplay of multiple factors
- Every individual had unique combination

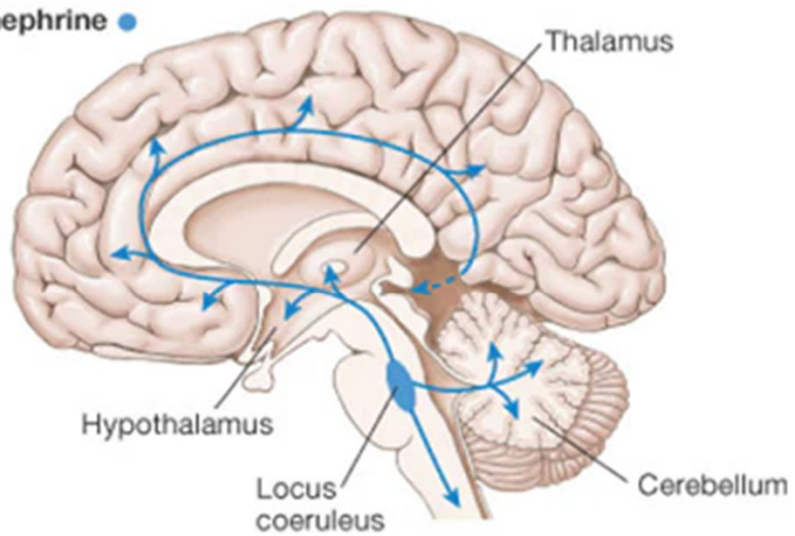
Dopamine ●



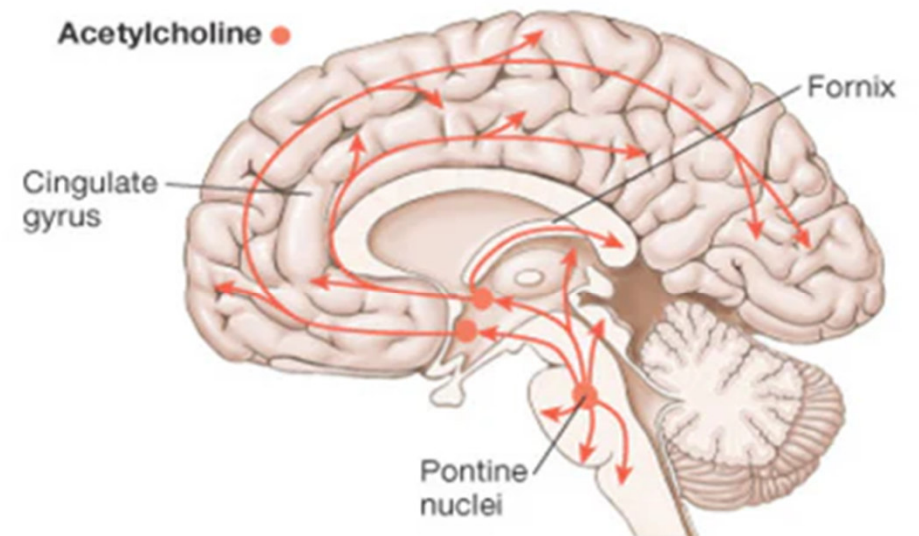
Serotonin ●



Norepinephrine ●



Acetylcholine ●



★ Risk factors and root causes of mental health disorders ★

- Your genes and family history
- Your life experiences, such as stress or a history of abuse, especially if they happen in childhood
- Biological factors such as chemical imbalances in the brain
- ★ • A traumatic brain injury (TBI)
- Prenatal (before birth) exposure to viruses, toxic chemicals, or other substances such as alcohol and drugs.
- Use of alcohol or recreational drugs



Warning Signs for Mental Illness



Each mental illness has its own characteristic symptoms. However, there are some general warning signs that might alert you that someone needs professional help. Some of these signs include :-

Marked personality change,

Inability to cope with problems and daily activities

Excessive **anxieties**

Prolonged depression and apathy,



Marked changes in eating or sleeping patterns

Abuse of alcohol or drugs

Excessive anger

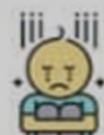


1) Study BS, National Institutes of Health. Information about Mental Illness and the Brain. InNIH Curriculum Supplement Series [Internet] 2007. National Institutes of Health (US).

Early warning signs of mental health disorders



Recognizing early warning signs of mental health disorders is crucial for timely interventions
Early detection can prevent the worsening of symptoms and promote better outcome



Emotional Signs

- Persistent sadness or low mood
- Increased irritability or anger
- Feeling of hopelessness or worthlessness



Behavioral Signs

- Withdrawal from social activity or isolation
- Drastic change in eating or sleeping pattern
- Engaging in risky behavior



Cognitive Signs

- Difficulty concentrating or making decisions
- Memory problems or confusion
- Excessive worry or fear



Physical Signs

- Unexplained aches and pains
- Fatigue or loss of energy
- Change in appetite or weight



Social Signs

- Avoidance of social interaction
- Increased conflict with family or friends
- Loss of interest in previously enjoyed activity

Common Psychiatric Disorders

Depression



Bipolar Disorders



Schizophrenia



Anxiety Disorders



OCD



PTSD



Personality Disorders



Substance Use



Autism



ADHD



Eating Disorders



Dementia



Understanding Depression



Feelings of
excessive guilt or
low self-worth



Disrupted sleep



Thoughts about
dying or suicide

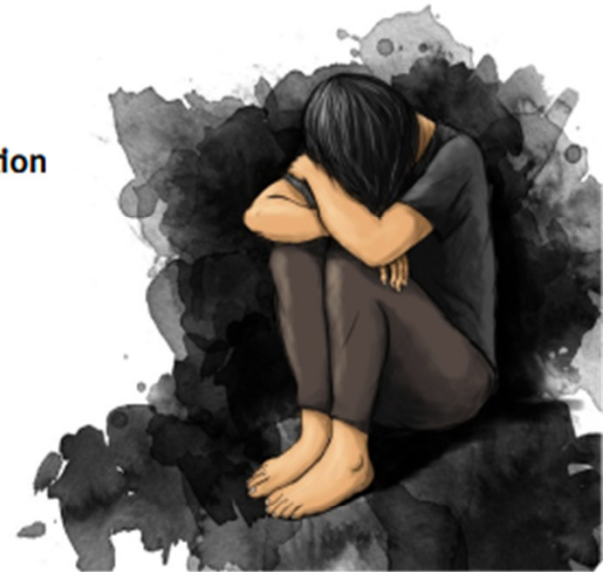


Hopelessness
about the future



Poor
concentration

During a depressive episode, the person experiences depressed mood (feeling sad, irritable, empty) or a loss of pleasure or interest in activities, for most of the day, nearly every day, for at least two weeks.





Understanding Anxiety

Types of anxiety

Generalized anxiety disorder
(characterized by excessive worry)

social anxiety disorder
(characterized by excessive fear and worry in social situations)

panic disorder
(characterized by panic attacks)

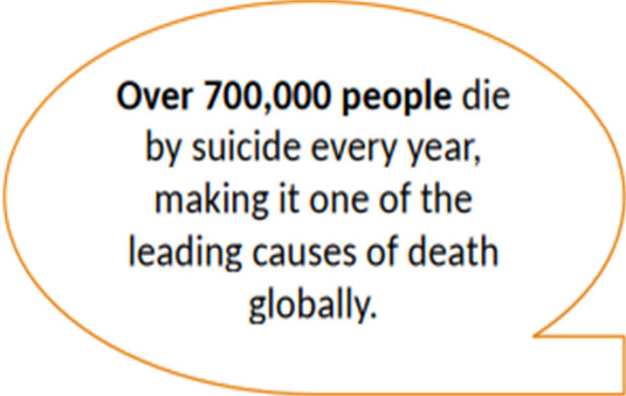
Excessive fear and worry and related behavioral disturbances.

Result in significant distress or significant impairment in functioning.

Understanding suicide Risk


Suicide is one of the most tragic outcomes of mental health struggles.

Suicide is the second leading cause of death among 15-29-year-olds, highlighting the vulnerability of young people.



Over 700,000 people die by suicide every year, making it one of the leading causes of death globally.

90 % of the patients who die by suicide have a treatable mental condition.



Understanding suicide Risk

Patient feels:

Empty, hopeless, trapped, or having no reason to live
Extremely sad, more anxious, agitated, or full of rage

Patients talks about:

Wanting to die

Great guilt
or shame

Being a burden to
others

Changing behavior, such as:

- Withdrawing from friends, saying goodbye, giving away important items, or making a will*
- Taking dangerous risks such as driving extremely fast*
- Using drugs or alcohol more often*

Understanding psychosis

Significant impairments in perception and changes in behavior



Consequences Of Untreated Mental Illness

Ruined Relationship



Job loss or poor job performance



Personal Anguish



Substance Use



Suicide



Psychiatric Hospitalization



Mental Health Disorders

Treatment Options

Psychotherapy or
Counseling



Prescription
Medicine



Support Groups



Brain Stimulation
Therapy



Hospital and
Residential Treatment



Technology



How to Support Others

- 👂 Listen without judgment
- 🙌 Encourage professional help
- 💬 Offer emotional support
- ⌚ Be patient & understanding
- 🔒 Respect confidentiality



✦ Breaking The Stigma ✦



Knowledge & Awareness



Do's

- ✓ Awareness & open conversations help
- ✓ Support reduces stigma








Don'ts

- ✗ Misconceptions & stereotypes
- ✗ Fear of judgment
- ✗ Discrimination at work/society

✦ Resources & Helplines ✦



-  National helplines
-  Local professionals
-  Employee Assistance Programs (EAP)
-  Support groups & NGOs
-  Online counseling services



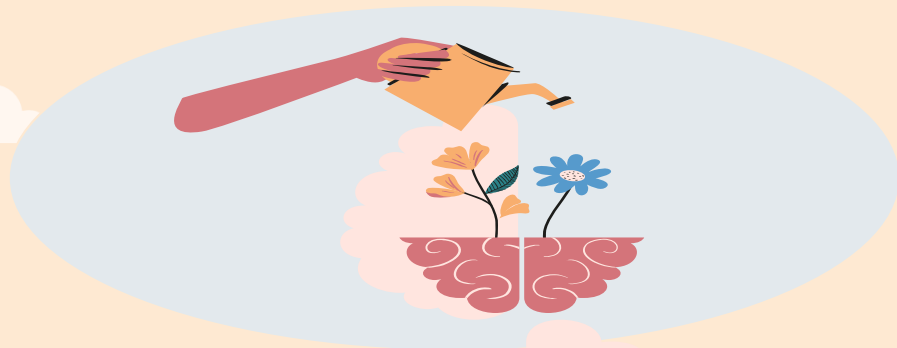
Take Home Message

- Mental health is essential
- Early recognition saves lives
- Reducing stigma is crucial
- Support & resources available
- Together, we create a healthier world 🌍



★ Thanks! ★

Take care of your mind, just as you do your body





RESILIENCE & FITNESS FOR Mental Health

- Lions International
District 3232 B3 | 2025-
26
- Dr. Vipul
Chavda, President



Welcome LIONS



LETS HAVE SOME INTROCEPTION !

- 1- WHAT DO YOU THINK IS YOUR STRENGTH ?
- 2- WHAT IS YOUR GOAL IN NEXT 3 YEARS ?
- 3- WHAT IS HURDLE IN ACHIEVING THAT GOAL ?
- 4 IF YOU GONNA INVEST IN SOMETHING –
WHAT IT WILL BE ?

KASH Framework – Lions Mental Health Leadership

K – Knowledge	A – Attitude	S – Skill	H – Habit
Basics of stress, anxiety, depression	Break stigma: mental health = physical health	Active listening & empathetic talks	Practice self-care: exercise, diet, mindfulness
Warning signs: sleep issues, isolation, behavioral change	Show empathy & compassion	Simple communication for awareness	2-min wellness activity in every club meeting
Resources: psychiatrists, counselors, helplines	Every Lion can be a change agent	Organize yoga days, workshops, fitness events	Check regularly on fellow Lions
Global facts: 1 in 4 face mental health challenges	Spread hope, not fear	Lead gratitude circles & relaxation sessions	Celebrate small wins & share stories



Lions Clubs International

Mission of 'lead to
Serve & serve to lead'
SARVAMANGAL

•1.4 million active
members worldwide

Focus areas:
Vision, hunger,
environment, diabetes,
mental health, cancer



Why Mental Health Matters

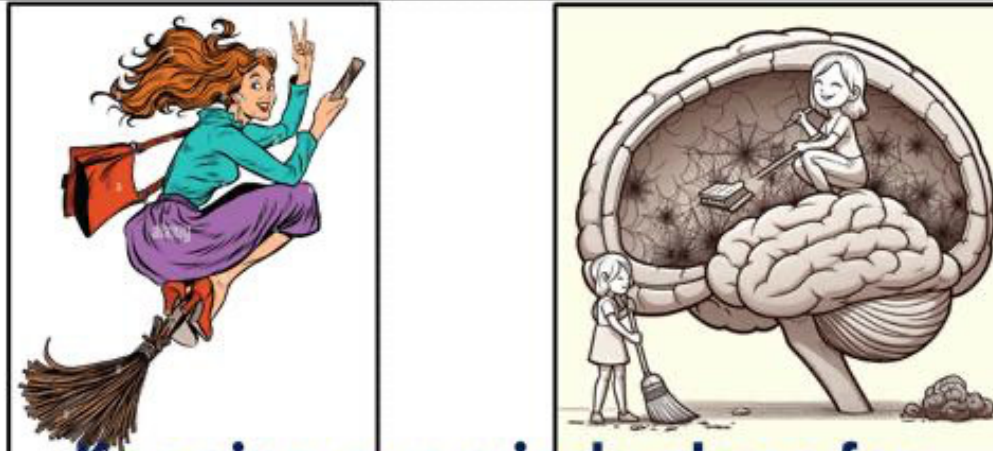
1 in 8 people face
mental health
challenges- GLOBALLY
:- INDIAN SCENARIO

Impacts families,
workplaces, and the
community



Why Mental Health Matters

The most difficult space to clean



KEEPING OUR MINDS CLEAN FOR: Mental Wellness



Lions Mental Health Initiatives

Overview of global,
national, and
district programs

Success stories
from Lions clubs:-
PROJECT HOPE



Today's Goals

Build capacity
among trainers

Multiply
positive impact

Empower clubs
for sustainable
wellness



Who Can Be a Trainer?

- Any committed Lions member
- Key qualities: Willingness to serve, empathy, adaptability



Challenges in Our Community

- Stress and anxiety in youth and adults
- Stigma around mental health
- Need for awareness campaigns



Leadership



“પ્રિય મિત્રો,
શું તમને ખબર છે? મહાભારતના યુદ્ધમાં અર્જુન ાસે ગાંડીવ ધનુષ હતું,
લાખો સૈનિકો ાછળ ઉભા હતા, છતાં એણે કહ્યું – ‘હું લડી શકતો નથી’.

એનું કારણ શું હતું? ભય... થાક... શંકા... અને ભાવનાઓનો ભાર.

કૃષ્ણે તેને કોઈ નવું શસ્ત્ર આપ્યું નહોતું. એણે આપ્યો આત્મવિશ્વાસ, ધ્યાન
અને શાંતિ.

👉 એ જ છે Resilience – મુશ્કેલી વચ્ચે સંતુલન રાખવાની શક્તિ.
આજે આપણે જાણશું કે કેવી રીતે આધુનિક વિજ્ઞાન અને આપણા શાસ્ત્રોનું
જ્ઞાન – મળીને આપણને માનસિક રીતે મજબૂત બનાવી શકે.”

What is Resilience?



Stress અવરોધ છે, Resilience પ્રગતિનો પુલ છે.”



Stress & Brain:

- Stress activate કરે છે *Amygdala* → ગભરાટ, ડર, ચિંતા.
- Resilience strengthen કરે છે *Prefrontal Cortex* → સ્પષ્ટ વિચાર, નિર્ણયશક્તિ.

Exercise & Mind:

- Harvard Medical School (2023): નિયમિત કસરતથી depression નો જોખમ 30% ઓછો થાય છે.

Hormones:

- Stress → Cortisol વધે → થાક, ચીડ, બીમારી.
- Breathing, Sports, Meditation → Endorphins, Dopamine વધે → સ્વાભાવિક ખુશી.

WHO Data:

- દુનિયામાં દર 8 માંથી 1 વ્યક્તિ mental health challenges સાથે જીવે છે.
- 👉 એટલે resilience હવે *luxury નહીં, survival skill* છે.

RESILIENCE

Breathing exercise

Gratitude Journaling

Positive Self-talk – Manifestation

Time & Priority Management –
time boxing -168 rule

Servival of fittest

Multi-tasking



Fitness & Community



**MIND-BODY
CONNECTION:**



**COMMUNITY
SPORTS EVENTS:**



CLUB CAN HELP



Nutrition & Healthy Living



- Diet tips for emotional wellness



- Addressing lifestyle factors affecting mental health



Breaking the Stigma



- LIONS ADVOCACY PROJECTS



- CREATING SAFE SPACES FOR CONVERSATIONS



Counseling and Support



- COLLABORATING
WITH HEALTH
PROFESSIONALS



- PEER SUPPORT
NETWORKS IN CLUBS



Developing Club Leadership

Essential skills:
Communication,
team building,
trust

Training resources
for leaders



Engaging Volunteers



- Strategies to recruit and motivate volunteers



- Youth engagement for future readiness



Measuring Success



- SETTING GOALS AND TRACKING OUTCOMES



- SHARING IMPACT STORIES AND TESTIMONIALS



KASH Framework – Lions Mental Health Leadership

K – Knowledge

Basics of stress, anxiety, depression

Warning signs: sleep issues, isolation, behavioral change

Resources: psychiatrists, counselors, helplines

Global facts: 1 in 8 face mental health challenges

A – Attitude

Break stigma: mental health = physical health

Show empathy & compassion

Every Lion can be a change agent

Spread hope, not fear

S – Skill

Active listening & empathetic talks

Simple communication for awareness

Organize yoga days, workshops, fitness events

Lead gratitude circles & relaxation sessions

H – Habit

Practice self-care: exercise, diet, mindfulness

2-min wellness activity in every club meeting

Check regularly on fellow Lions

Celebrate small wins & share stories



LETS HAVE SOME INTROCEPTION !

- 1- WHAT DO YOU THINK IS YOUR STRENGTH ?
- 2- WHAT IS YOUR GOAL IN NEXT 3 YEARS ?
- 3- WHAT IS HURDLE IN ACHIEVING THAT GOAL ?
- 4 IF YOU GONNA INVEST IN SOMETHING –
WHAT IT WILL BE ?

Thank You



- Express gratitude to organizers and participants



- Share contact details for collaboration



- Lions Club motto: 'LEAD TO SERVE & SERVE TO LEAD'
SARVAMANGAL





NUTRITION & LIFESTYLE FOR A HEALTHY MIND

Dr Vachini Bhatt

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Introduction to Mental Health

- **Definition:** Mental health encompasses emotional, psychological, and social well-being, influencing how we think, feel, and act.
- **Prevalence:** Approximately 1 in 5 adults experience mental illness in a given year.
- **Nutrition's Role:** Nutrition is fundamental for brain health, influencing mood, energy levels, and cognitive function. Emerging research indicates that dietary choices can significantly impact mental health outcomes.

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The Gut-Brain Connection

- **Gut-Brain Axis:** The bidirectional communication between the gut and the brain. Gut microbiota produce neurotransmitters and metabolites that affect mood and cognition.
- **Microbiome Influence:** A balanced microbiome can enhance mental health, while dysbiosis (an imbalance) is linked to anxiety and depression.
- **Probiotics and Prebiotics:** Foods rich in probiotics (yogurt, kefir) and prebiotics (fiber-rich foods) support gut health, potentially improving mental health symptoms.

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Dopamine – The Spark of Achievement

- Often called the “**feel-good**” **hormone**, dopamine is the burst of joy you feel when you tick off a goal, receive appreciation, or indulge in something you love.
 - *It's your inner motivator – rewarding you with pleasure when you strive, succeed, and shine.*
- **Nurture it with:**
 - Small wins and celebrations
 - Listening to music
 - Creative pursuits
 - Practicing gratitude

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Serotonin – The Sunshine Within

- This is your **mood balancer**—quietly working behind the scenes to help you feel calm, confident, and emotionally centered.
 - *It's the sunlight in your soul, lifting your spirits when skies are grey.*
- **Nurture it with:**
 - Time in nature and sunlight
 - Deep breathing and meditation
 - A nourishing, gut-friendly diet
 - Reflecting on happy memories

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Oxytocin – The Bond of Love

- Known as the “**love hormone**”, oxytocin blooms in moments of connection—be it a warm hug, heartfelt conversation, or acts of kindness.
 - *It's the gentle heartbeat of trust, intimacy, and togetherness.*
- **Nurture it with:**
 - Warm touch and hugs
 - Kindness to self and others
 - Meaningful conversations
 - Time with pets or loved ones

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Endorphins – The Joyful Escape

- Your body's **natural painkillers**, endorphins bring bursts of euphoria, especially during laughter, dancing, or a great workout.
 - *They are the bubbles of delight that rise when you let go and live fully.*
- **Nurture them with:**
 - Laughter and play
 - Exercise or dance
 - Singing or creativity
 - Enjoying dark chocolate or spicy food

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Nutritional Deficiencies and Mental Health

- **Common Deficiencies:**

- Omega-3 fatty acids (linked to mood regulation)
- B vitamins (essential for neurotransmitter synthesis)
- Vitamin D (associated with depression)

- **Impact on Mood:** Deficiencies can lead to fatigue, mood swings, and cognitive impairments, exacerbating mental health disorders.

- **Balanced Diet Importance:** Emphasize the need for a varied diet to ensure adequate nutrient intake.

Depression and Diet

- **Dietary Links:** Research shows diets high in processed foods and sugars correlate with higher depression rates.
- **Foods that Alleviate Symptoms:**
 - Fatty fish (rich in omega-3s)
 - Leafy greens (high in folate)
 - Whole grains (stabilize blood sugar)
- **Mediterranean Diet:** This diet, rich in fruits, vegetables, whole grains, and healthy fats, has been associated with lower rates of depression in various studies.


Anxiety and Nutrition

- **Diet-Related Anxiety:** High intake of refined carbs and sugar can lead to mood swings and increased anxiety.
- **Nutritional Strategies:**
 - Include magnesium-rich foods (nuts, seeds, leafy greens) to help regulate mood.
 - Complex carbohydrates (oats, quinoa) for stable energy levels.
- **Hydration's Role:** Proper hydration can enhance cognitive function and mood stabilization; aim for at least 8 glasses of water daily.

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Bipolar Disorder and Nutrition

- **Bipolar Overview:** A mental disorder characterized by extreme mood swings from mania to depression.
- **Nutritional Approaches:**
 - Consistency in meal timing can help stabilize mood.
 - Omega-3 supplementation has shown promise in reducing mood episode frequency.
- **Balanced Diet Importance:** A diet rich in whole foods helps mitigate mood fluctuations.

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The Role of Omega-3 Fatty Acids

- **Sources:** Fatty fish (salmon, mackerel), flaxseeds, walnuts.
- **Evidence:** Studies show that omega-3 supplementation may reduce symptoms of depression and anxiety.
- **Recommended Intake:** Aim for at least two servings of fatty fish per week or consider supplements if dietary intake is insufficient.

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Importance of Antioxidants

- **Role of Antioxidants:** Protect brain cells from oxidative stress, which can exacerbate mental health disorders.
- **Rich Sources:** Berries, dark chocolate, nuts, and green tea.
- **Connection to Mental Health:** Regular consumption of antioxidant-rich foods is linked to lower rates of depression and cognitive decline.

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Meal Timing and Mental Health

- **Impact of Meal Timing:** Irregular eating patterns can lead to mood swings and decreased cognitive function.
- **Regular Meal Patterns:** Eating at consistent times can help regulate mood and energy levels.
- **Breakfast Importance:** Skipping breakfast can impair cognitive performance; a balanced morning meal is vital for mental clarity.

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The Impact of Sugar and Processed Foods

- **Negative Effects of Sugar:** High sugar intake is associated with mood swings, anxiety, and increased risk of depression.
- **Processed Foods:** Often lack essential nutrients and are high in unhealthy fats, contributing to inflammation and poor mental health.
- **Strategies:** Encourage reducing sugar and processed food consumption and replacing them with whole, nutrient-dense options.

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Hydration and Mental Health

- **Cognitive Function:** Dehydration can lead to difficulty concentrating, fatigue, and irritability.
- **Hydration Recommendations:** Aim for 8-10 glasses of water daily, more if physically active.
- **Mood Stabilization:** Encourage incorporating hydrating foods like fruits and vegetables into the diet.

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Supplements for Mental Health

- **Beneficial Supplements:**

- **Vitamin D:** Important for mood regulation; consider supplementation in low-sunlight areas.
- **Probiotics:** May improve gut health and, consequently, mental well-being.
- **Consultation:** Emphasize the importance of consulting with a healthcare provider before starting any supplements.

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The Mediterranean Diet

- **Overview:** A dietary pattern focusing on whole grains, fruits, vegetables, nuts, and healthy fats (olive oil).
- **Mental Health Benefits:** Studies suggest adherence to this diet is associated with improved mood and lower rates of depression.
- **Research Support:** Multiple studies link the Mediterranean diet to improved mental well-being and cognitive function

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Practical Tips for Implementing Dietary Changes

- **Steps to Improve Diet:** Start with small, manageable changes; focus on one meal at a time.
- **Meal Planning:** Encourage planning meals ahead of time to ensure balanced nutrition.
- **Resources:** Suggest consulting with a registered dietitian or nutritionist for personalized advice.

Move Your Body, Lift Your Mood: The Role of Physical Activity



- Regular **physical activity** is a natural antidepressant. Exercise releases **endorphins**, brain chemicals that create feelings of happiness and euphoria. It also reduces levels of cortisol, the stress hormone, and improves sleep quality. You don't need to be a marathon runner; even a daily walk or some gentle stretching can make a big difference in your mental state. 🏃

Rest and Recharge: The Importance of Sleep

- **Quality sleep** is crucial for mental and emotional regulation. During sleep, your brain processes emotions, consolidates memories, and repairs itself. Chronic sleep deprivation can lead to irritability, poor concentration, and an increased risk of mental health disorders. Aim for 7-9 hours of uninterrupted sleep each night to help your mind reset and prepare for the day ahead. 🇸🇦

Connection and Calm: Social Bonds and Mindfulness

- **Social connection** and **mindfulness** are vital for a healthy mind. Spending time with loved ones and fostering strong relationships provides a sense of belonging and support, which can buffer against loneliness and stress. Practices like meditation and deep breathing train your mind to stay present, helping to reduce anxiety and cultivate a sense of calm. Together, these practices build a strong foundation for lasting mental well-being. ❤️

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Conclusion

- **Recap:** Reiterate the significant impact of nutrition on mental health.
- **Call to Action:** Encourage healthcare providers to incorporate nutritional assessments into mental health care.
- **Future Directions:** Highlight the need for further research into specific dietary interventions for various mental health disorders.

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■ **THANK YOU**