Report of " दिल्ली को कूड़े सेआज़ादी- Swacchata Campaign"

Conducted from 01.08.2025 – 31.08.2025

Name of the Institution: **Sanjay Gandhi Memorial Hospital (SGMH), S-block Mangolpuri, Delhi**

**Date: 18.08.2025**

**Activity Conducted**: Mental health and gratitude day was organised in our institution by conducting mental health talks, and gratitude card and reflection session.

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| Mental health talk given in OPD and IPD areas |
| WhatsApp Image 2025-08-18 at 1.13.02 PM.jpeg | WhatsApp Image 2025-08-18 at 1.12.45 PM.jpeg |
| Signages displayed in various areas of hospital  |
| WhatsApp Image 2025-08-18 at 1.49.13 PM.jpeg | WhatsApp Image 2025-08-18 at 2.02.21 PM.jpeg |
| Mental health talk conducted for all cadres of staff of the hospital |
| WhatsApp Image 2025-08-18 at 2.24.11 PM.jpeg | WhatsApp Image 2025-08-18 at 3.42.35 PM.jpeg |

Details (50–100 words): As part of the Swacchata Campaign under the initiative “दिल्ली को कूड़े सेआज़ादी, Mental Health and Gratitude Day was conducted to raise awareness about mental well-being and promote a culture of gratitude. The event featured motivational mental health signages, insightful talks on self-care and emotional health, a gratitude card activity where participants expressed appreciation and a reflection session with mindfulness and journaling. The activities created a supportive space for self-expression, learning, and reflection, encouraging participants to value mental health and practice daily gratitude.

SIGNATURE:

**H.O.O./ DMS (Admin)**

**NAME: DR.SUMITA SAHA KANWAR**