

---

**Report on World Bipolar Day observed on 30th March 2022**

5 messages

---

**Communication Cell IUL** <communications@iul.ac.in>  
Bcc: iu@iul.ac.in

Mon, Apr 4, 2022 at 9:24 AM

**World Bipolar Day  
30<sup>th</sup> March, 2022  
Event Organized by the  
Faculty of Humanities and Social Sciences.**

The Faculty of Humanities and Social Sciences, Integral University, Lucknow, organized an event to celebrate World Bipolar Day on 30th March 2022. World Bipolar Day is observed on the 30th of March every year, on the occasion of Dutch painter Vincent Van Gogh's birthday, who was posthumously diagnosed as having a bipolar condition.

This event included Collage competition and a Skit demonstrating symptoms of a person suffering from Bipolar Disorder. The purpose of the program was to create awareness about Bipolar Disorders. This year's World Bipolar Day theme was "Bipolar Together". The IBPF states that a recent survey found 77% of Bipolar-I participants said living with the disorder made them feel "isolated or alone", and 81 said they felt like no one understands what they go through. While mental health issues continue to be stigmatized, the aim is to help those living with bipolar disorder to "connect with others" and get "assistance in gaining access to valuable resources and relationships that can improve their lives through treatment". The event was inaugurated by the welcome of the guests and the dignitaries by Ms. Yashi Verma. Thereafter students of Psychology (Faculty of Humanities and Social Sciences) performed a heartfelt skit to demonstrate the symptoms and challenges faced by a person struggling with Bipolar Disorder.

Next in line was the expert lecture by, Dr. Parul Prasad (MBBS, MD Psychiatry) a renowned Psychiatrist working as an Assistant Professor at the Career Institute of Medical Sciences and Hospital (Department of Psychiatry). She delivered her lecture on the theme of the day, "Bipolar Disorder: Awareness and Treatment". She explained the different symptoms of Bipolar disorder, phases, prognosis, and interventions that can be applied. She stressed the need for early intervention, reducing stigma, and spreading awareness. The informative lecture helped the students and the faculty members to learn about the nuances of the concerns related to Bipolar Disorder. She also clarified numerous doubts and debunked myths about the disorder. Students and faculty enthusiastically asked her questions and got satisfactory answers. Later on, the guest speaker was felicitated with a University memento and certificate of appreciation by our Honourable Dean Prof. Shahid Ali Khan. Other guests who graced the occasion were Prof. T. Usmani, Dr. Adnan Khan Lodi and faculty members of other departments.

The guests bestowed the students with their blessings, experience, and words of hope and wisdom. The Winners of the competition and the guest were felicitated. Lastly, the vote of thanks was given by Ms. Himani Kulkarni, thanking the dignitaries and the students for making the event a success. The event was concluded with abundant student participation and due coordination of faculty and staff of the Faculty of Humanities and Social Sciences.





Regards,  
Zeba Aqil,  
Head of Department,  
Faculty of Humanities and social sciences

---

**Head Humanities** <headhm@iul.ac.in>  
To: khameed@iul.ac.in

Wed, May 11, 2022 at 9:45 AM

[Quoted text hidden]

---

**Head Humanities** <headhm@iul.ac.in>  
To: krubeena@iul.ac.in

Mon, Jun 13, 2022 at 9:49 AM

----- Forwarded message -----

From: **Communication Cell IUL** <communications@iul.ac.in>  
Date: Mon, Apr 4, 2022 at 9:26 AM  
Subject: Report on World Bipolar Day observed on 30th March 2022  
To:

[Quoted text hidden]

---

**Head Humanities** <headhm@iul.ac.in>  
To: Head Humanities <headhm@iul.ac.in>

Fri, Jun 17, 2022 at 3:32 PM

----- Forwarded message -----

From: **Communication Cell IUL** <communications@iul.ac.in>  
Date: Mon, Apr 4, 2022, 09:26  
Subject: Report on World Bipolar Day observed on 30th March 2022  
To:

[Quoted text hidden]

---

**Khurshed Alam** <akhurshed@iul.ac.in>  
To: Head Humanities <Headhm@iul.ac.in>

Sat, Mar 25, 2023 at 10:15 AM

----- Forwarded message -----

From: **Communication Cell IUL** <communications@iul.ac.in>  
Date: Mon, Apr 4, 2022, 9:25 AM  
Subject: Report on World Bipolar Day observed on 30th March 2022  
To:

[Quoted text hidden]