



SHRI GURU RAM RAI UNIVERSITY
SGRRIM&HS
COLLEGE OF NURSING
PATEL NAGAR DEHRADUN

A REPORT ON
“WORLD SCHIZOPHRENIA DAY”
2025

THEME: RETHINK THE LABEL: RECLAIM THE STORY



INTRODUCTION: As a part of curriculum, college of nursing planned and organized World Schizophrenia Day at SMIH, Dehradun on 24th May 2025 at 11:00 am for patients and their caregivers under the guidance of faculty as mentioned below:

SGRRIM&HS, COLLEGE OF NURSING, SGRR UNIVERSITY				
WORLD SCHIZOPHRENIA DAY, 2025				
<i>DATE</i>	<i>BATCHES</i>	<i>NUMBER OF STUDENTS</i>	<i>TOTAL NUMBER OF STUDENTS</i>	<i>MENTAL HEALTH NURSING DEPARTMENT FACULTY</i>
24/05/2025	B.Sc. Nursing VI semester	106	112	Ms. Reena Maibam Ms. Sulekha
	GNM II YEAR	56		Ms. Deepali Rawat Mr. Shashank

Students offer various programs to the patients and their caregivers like:

- 1. Role play**
- 2. Posters**

WORLD SCHIZOPHRENIA DAY

INTRODUCTION:

World Schizophrenia Day is commemorated every May 24. It is a day dedicated to raising awareness of the mental illness that affects over 24 million people worldwide. Schizophrenia is highly stigmatized since it's not talked about and lacks accurate representation in the media. World Schizophrenia Awareness Day was created to fight against stigma and to make it easier for people to seek different resources to get help. It lifts the lid on the challenges that thousands of people with Schizophrenia — from all over the world — have to contend with

every day of their lives.

World Schizophrenia Day, observed every year on May 24, is a crucial global event dedicated to raising awareness about schizophrenia, a severe mental disorder affecting millions of people worldwide. The day honors the birth anniversary of Dr. Philippe Pinel, a pioneer in humane psychiatric treatment, and aims to eradicate the stigma, myths, and misunderstanding surrounding schizophrenia. It also seeks to advocate for better access to mental healthcare and support systems for patients and families.

The theme for World Schizophrenia Day 2025, “Rethink the Label: Reclaim the Story,” calls on society to challenge the limiting and often harmful labels associated with schizophrenia. It urges individuals, media, healthcare providers, and communities to move beyond stereotypes and recognize the full humanity of those living with the condition. The theme emphasizes the power of personal narratives in reshaping public perception and encourages people with schizophrenia to take ownership of their stories, experiences, and identities. By rethinking the label, we begin to break the silence, erase stigma, and create a more compassionate, informed, and inclusive world.

PURPOSE:

World Schizophrenia Day 2025 is an occasion for the global community to come together in support of people living with Schizophrenia. We can improve the lives of those afflicted by this difficult condition by raising awareness, decreasing stigma, promoting early diagnosis and treatment, funding research, empowering people and families, and pushing for mental health policy. As we commemorate this day, let us pledge to create a more inclusive, understanding, and supporting society for all.

Advocates use this day to remind everyone that mental wellness is more important than physical wellness, emphasising the importance of mental health and urging us to support people with schizophrenia. By breaking the silence and dispelling fear, this day helps foster empathy, hope, and change.

How to celebrate World Schizophrenia Awareness Day:

- **Attend or organize events:** Participate in events organized by mental health organizations or create your own event to raise awareness about schizophrenia in your community. This can include walks, runs, or other fundraising events.
- **Wear a silver ribbon:** Show your support for people with schizophrenia and their families by wearing a silver ribbon or other silver accessories.
- **Educate yourself:** Learn more about schizophrenia and its symptoms, causes, and treatment options. You can find information online, by listening to mental health professionals, or by talking with those who have the condition.
- **Spread awareness:** Use social media, blogs, or other platforms to share information and resources about schizophrenia, raise awareness about the condition, and promote understanding and compassion.
- **Volunteer:** Offer your time and skills to organizations that support people with schizophrenia and their families, such as mental health clinics, advocacy groups, or support groups.
- **Advocate for change:** Advocate for improved access to mental health care, reduced stigma around schizophrenia, and increased funding for mental health research and treatment.

Photos/Screenshots of the event:









Master of Ceremony: Ms. Shivani, Ms. Laxmi, Ms. Riya (M.Sc. Nursing 1st year)

Outcome of the Event:

On this World Schizophrenia Day, make sure to cover yourself and your family members against mental health issues by buying a health insurance plan for your complete family to keep yourself safe and protected.

World Schizophrenia Day 2025 is an opportunity for people and communities to unite behind the theme **‘Rethink the Label: Reclaim the story’** to improve knowledge, raise awareness and drive actions that promote and protect everyone’s mental health as a universal human right.

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community.

"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." –

Albus Dumbledore