

Fortis Malar conducts a special session called *UNMUTE YOURSELF* on the occasion of World Mental Health Day

An awareness session with Patrician college students laid emphasis on the ability to express oneself

Chennai, 10th October 2019: On the occasion of World Mental Health Day, Fortis Malar Hospital today conducted an enlightening session titled “UnmuteYourself” for the enthusiastic students of Patrician College of Arts And Science. The session led by **Ms. Sneha George, Counselling Psychologist, Fortis Malar Hospital** focused on the significance of silence and stigma attached to mental health. The session served as a platform to break the stigma attached to mental health and its related discussions.

Commenting on the occasion, **Ms. Sneha George** said, “It is extremely important for people to talk about how they feel and openly discuss their mental health related issues. Due to various inhibitions like the aspect of shame, powerlessness, probable societal reactions and the associated consequences, people often refuse to speak up and share what they go through which thereby hinders their overall mental health condition. This forum was not only to express and share but also to increase awareness among the students to give the right kind of help and assistance to those who require. ”

The interactive workshop also focused on various topics namely problem Solving, seeking support and assistance, building meaningful relationships, managing emotions and how to nip it in the bud, coping up with issues, augmenting the capacity of resilience and getting to understand alternative perspectives. As a part of the awareness program, various activities were conducted aimed at educating and motivating the students to understand the difference between feelings and emotions – since these two are often misinterpreted often leading to miscommunication and improper understanding between individuals. Also students were encouraged to practice gratitude on a day to day basis to elevate their mood and feel good.

To extend the awareness on mental health, Fortis Healthcare, in association with [TikTok](#), the world’s leading short video platform and People Like Us Create (PLUC), India’s leading mobile storytelling network has launched a hashtag #UnmuteYourself, an in-app challenge inviting users to join movement against silence and stigma. Additionally, the hashtag description will provide information about the 24*7 helpline run in 14 languages by The

Press Release

For Immediate Publication



Department of Mental Health and Behavioural Sciences at Fortis Healthcare
at +918376804102.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.

About Fortis Malar Hospital:

Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

For more information, please contact:

Fortis Healthcare	Brand –Comm
Rokesh, 9094745180 rokesh.a@fortishealthcare.com	Nisreen, +91 9488994494 nisreen@brand-comm.com
Fortis Healthcare Ltd. Head, Corporate Communications Ajey Maharaj: +919871798573 ajey.maharaj@fortishealthcare.com	