

Wednesday, February 11th 2026

Mental Health is as important as physical health: Speakers



Published on October 12, 2024

Document Date: Wed, Feb 11 2026 11:53:30pm

Category: , English, Qatar - , Snippets

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Doha : Speakers at the World Mental Health Day celebrations organized by Mediaplus in association with NVBS and Neeraj Foundation have called up on the society to act as a weeping shoulder for the needy and stand together to ensure welfare and well being of all. Timely interreference of the society on issues threatening the mental stability of individuals can make wonderful effects, they said. This year's theme 'It is time to prioritize mental health in the workplace' is highly significant.

Workplace stress is a growing cause of mental health problems. The demand for productivity, job insecurity, and long working hours contribute to stress, burnout, and anxiety. World Mental Health Day 2024 encourages employers to foster a work environment that prioritizes employee well-being. This includes offering mental health resources, ensuring a healthy work-life balance, and creating spaces where employees can openly discuss mental health challenges without fear of reprisal.

World Mental Health Day is not just a day of awareness, but a call to action. It is an opportunity to rethink how we view mental health and ensure that mental health care becomes a universal priority. By addressing mental health as a basic priority, this year's theme urges individuals, communities, and governments to take meaningful steps towards providing equitable and comprehensive mental health care services for all.

NVBS founder and chief coach Manoj Sahib Jan inaugurated the event which was held at the Skills Development Centre auditorium. He underlined the importance of a balanced approach and highlighted the positive effects of cocurricular activities for children. Children should enjoy their childhood. Academic excellence alone will not give success. We should always look for developing a rounded personality, he advised parents.

Jose Philip, founder of Neeraj Foundation urged the gathering to ensure all kids a healthy

environment. Educational systems and examinations methods should not spoil the mental equilibrium of our children.

World Mental Health Day, observed on October 10 every year, is a global initiative aimed at raising awareness about mental health issues and mobilizing efforts in support of mental health. The day provides an opportunity for everyone working on mental health issues to speak about their work and share strategies that can promote better mental health outcomes.

Jisha AG , a councilor and Nimmy Midhulaj, a soft skill trainer made presentations on the topic and elaborated on various ways and means to ensure mental health in the society.

Mediaplus CEO Dr. Amanulla Vadakkangara conducted the event. He explained 'mental health issues are one of the leading health challenges globally, affecting people from all walks of life.

According to the WHO, an estimated 1 billion people globally suffer from some form of mental illness, and depression is one of the leading causes of disability. Conditions like anxiety disorders, bipolar disorder, schizophrenia, and post-traumatic stress disorder (PTSD) continue to impact millions.

In 2024, the mental health challenges continue to evolve. Stressful work environments, rising inflation, climate change anxiety, and the pressures of social media are some of the growing factors contributing to poor mental health. Mental health disorders do not discriminate, affecting

individuals of all ages, genders, and backgrounds, making it a critical issue that needs sustained attention and action. Mental health is foundational to the well-being of individuals and societies. As we move forward, we must work together to ensure that every person has access to the mental health care they need, without fear of stigma or discrimination.

Benezir Manoj, co founder and CEO of NVBS chaired the function.

Dr. Muhammedunni Olakara, Global chairman of Anti Smoking Society, Abdul Rauf Kondotty, member of Lok Kerala Sabha, Muthalib Mattannur, Qatar chairman of mind tune ecowaves, Usman Kallan, Dom Qatar president and Ashraf P of Naseem Health Care spoke on the occasion.