



Maternal and Child Mental Health Support Seminar

Project Number: 3

Date: 19th July, Saturday

Location: Online (Google meet)

Collaborated with: Rotarct Club Of Changu

Specified committee: Community

Sponsoring Organization(s):

Guests:

1. Rtr. Elina Adhikari Psychologist, MPhil, and PhD scholar, Rotaract Club of Changu

2. Rtn. Anupama Shretha, Rotary Club of Changu PIC

Area of Focus: Maternal and Child Health / Mental Health

About 'Maternal and Child Mental Health Support Seminar'

Introduction:

The Interact Club of Premier International School hosted an awareness session titled "Maternal and Child Mental Health Support Seminar" in collaboration with the Rotary Club of Changu. This online event served as a service-oriented project aimed at raising awareness about the emotional and psychological well-being of mothers. Led by key speakers, the seminar provided vital insights into understanding maternal mental health challenges and how communities can offer proper support. The project brought together members from both clubs to address a critical health topic under the Community Service committee.

Project Summary:

The webinar began with an insightful presentation by guest speaker Rtr. Elina Adhikari, a psychologist and PhD scholar. She defined maternal mental health using the WHO (2022) framework, emphasizing a woman's emotional, psychological, and social well-being during pregnancy and up to one year postpartum. Rtr. Elina highlighted that nearly 10% of pregnant women and 13% of

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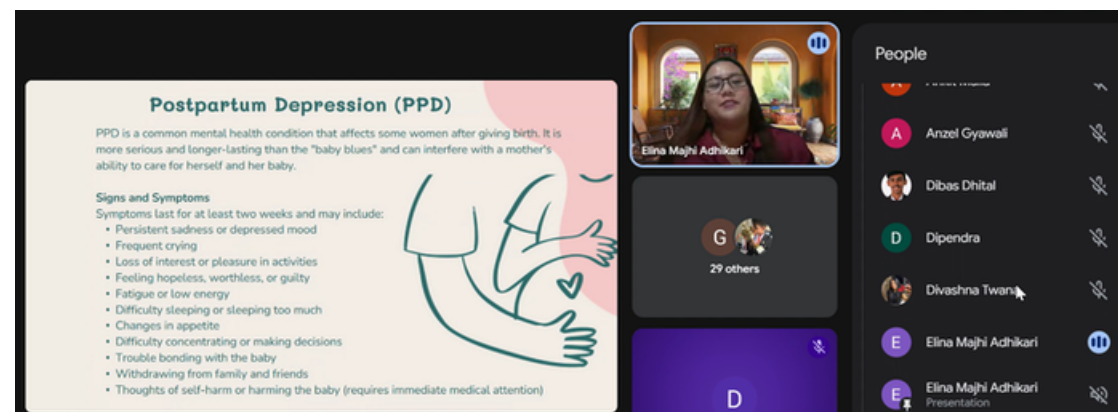
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new mothers experience mental disorders, particularly depression. The session focused heavily on Postpartum Depression (PPD), identifying key symptoms such as persistent sadness, fatigue, sleeping issues, bonding difficulties, and self-harming thoughts lasting at least two weeks. Real-world examples from social media and viral news were shared to demonstrate how new mothers struggle publicly with untreated PPD. The presentation detailed risk factors including previous mental health conditions, lack of social support, relationship/financial stress, and sleep deprivation. Rtr. Elina concluded by sharing actionable support strategies: non-judgmental listening, routine screenings during prenatal/postnatal care, family involvement, and professional referrals.



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