

P02-275 - EARLY PREVENTION OF MENTAL DISORDER IS THE KEY IN KEEPING GOOD MENTAL HEALTH

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Introduction: Keeping and maintaining mental health in a community or at a large in a society is a difficult ,but promising task.Mental health is a dynamic state as that of state of health which is also going to be redefined than a state of complete physical, mental and soceial health. A positive mental health is not merely absence of any mental disorders, rather a flourishing environment where an individual can grow,work, and fulfil his dreams & aspiration & also nurcher own imagination in a fruitful manner.

Objectives: Here it was a comparism between a rural and a community catchment area of 2 different places and mental health questionories were distributed among 2 high scool students who are derived fom 2 different socioeconomic status.

Methods: 50 male & 50 female student of 2 catchment area in rural,as well in city school were collected in same proforma.Facilities in village school includes large playing ground,more joint family stucture & more choseveness.In city per capita income, library facility, playing facility,rcreationalsoopes are more flourishly arranged.Mental disorders noted are early diagonosed and early intervention done in city school.In rural scools all 12 known cases of some mentaldisturbances were taken care of in late.

Results: From the questinary itself, from the reports of teachers and fellow student it shows mental health is more in positively maintanned state in city environment scools, as well early diagnosis & care.In rural settings good library and liberal friend ship & chosive pattern of family & soceity helps.

Keywords: Mental health, early diagnosis, community.