

1. World Mental Health Day: National Focus on Awareness and Compassion

On World Mental Health Day, the Prime Minister highlighted the importance of treating mental health as a vital part of overall well-being. He urged citizens to speak openly about mental health challenges and to approach affected individuals with empathy and understanding. Across India, hospitals, schools, and NGOs conducted awareness drives, workshops, and counseling sessions to reduce stigma and promote psychological wellness.

2. Deepika Padukone Becomes India's First Mental Health Ambassador

The Union Health Ministry appointed actor Deepika Padukone as the country's first Mental Health Ambassador. Known for her advocacy in this area, she will collaborate with national mental health programs to promote awareness, early intervention, and access to care. Her appointment aims to bring visibility to mental health issues and encourage people to seek help without hesitation.

3. Punjab Launches Comprehensive State Mental Health Policy

Punjab unveiled its first State Mental Health Policy aimed at integrating mental health services into primary healthcare. The policy emphasizes preventive care, community-based counseling, and targeted programs for vulnerable populations such as women, youth, and rural residents. It also plans to establish mental health units at the district level and provide training for healthcare professionals.

4. Toxic Indian Cough Syrups Not Exported to the U.S., Says FDA

Following reports of child deaths linked to contaminated cough syrups in India, the U.S. Food and Drug Administration confirmed that the tainted syrups were not shipped to the United States. The syrups were found to contain dangerously high concentrations of diethylene glycol and ethylene glycol. Indian authorities continue investigations into manufacturing and testing lapses, with plans for stricter pharmaceutical quality controls.

5. WHO Southeast Asia Regional Health Meeting to Discuss Key Public Health Issues

India and other member nations of the WHO South-East Asia Region are preparing for the 78th Regional Committee meeting in Colombo from 13 to 15 October. Discussions will focus on healthy ageing, pandemic preparedness, strengthening primary healthcare, and controlling antimicrobial resistance. The goal is to enhance regional coordination in tackling emerging health challenges.

6. AIIMS Successfully Performs Five Robot-Assisted Kidney Transplants

AIIMS New Delhi reported completing five successful robot-assisted kidney transplants since September 2025 using the Da Vinci Xi robotic system. The use of robotic technology allowed surgeons to make smaller incisions, improve precision, and reduce recovery time. This advancement reflects India's growing capability in performing high-end surgeries with cutting-edge medical technology.

7. Government Revises CGHS Treatment Package Rates

The Central Government Health Scheme has revised its treatment package rates to reflect current hospital standards, city categories, and accreditation levels. The revised rates will come into effect on 13 October

2025. Healthcare associations welcomed the decision, stating that it would help hospitals maintain service quality and financial stability.

8. Breast Cancer Awareness Drive Held in Madurai

In Madurai, more than 300 women took part in a large-scale breast cancer awareness and screening program organized by local hospitals and NGOs. The event included educational sessions on early detection, lifestyle modification, and regular screening. Free mammography and consultation services were offered to promote early diagnosis and treatment.