WORKSHOP REPORT

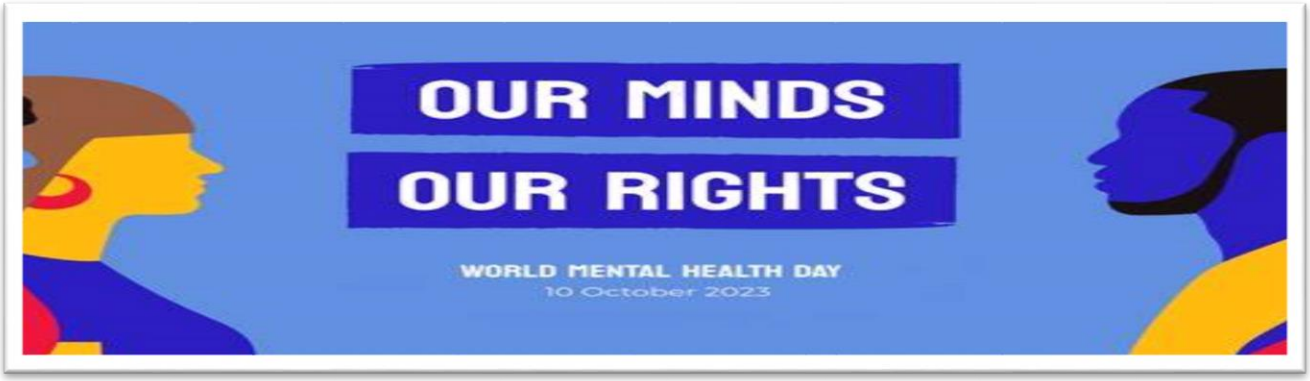
TITLE: - "OUR MIND, OUR RIGHTS"

DATE: - 10TH OCT 2023

VENUE: - VITHAI HALL

PREAMBLE: -

One Day **workshop** on **"WORLD MENTAL HEALTH DAY (OUR MIND, OUR RIGHTS)"** was conducted on **10th OCT 2023** at 09:00am to 04.00 pm by the lecturer, Department of Psychiatric Nursing, Ganpatrao Adke College / Institute of Nursing in order to spread & increase awareness regarding mental illness its early signs and treatments. And how to develop better communication and mindfulness.



DESCRIPTION ABOUT THE PROGRAMME: -

Workshop began with the registration of the participants, welcome and inauguration of programme. Dr. Pravin Gholap & Mr. Hemant Dange participated as chief guest resource person & guest of honour respectively for the workshop. The Inaugural address and programme scheduled anchoring was done by the Ms. Hoorbi Pathan. lamp lighting was done by the guest. Workshop was scheduled in different session which included inauguration, pretest, introductory session, speaker's session, posttest, vote of thanks and lastly valedictory session.







Dr. Pravin Gholap sir were participated as speaker for workshop. Sir discussed what is mental health, rights of mentally healthy ill person and early signs of mental illness.



In between first and second session role play is demonstrated by first year students and refreshment is given to all the participants and guest.



Mr. Hemant Dange conducted second session. In session sir were given information on how to develop healthy communication and building better work relationship. After the sir's session second year students performed skit and lunch break is given.





Further speaker named Ms. Sakshi Dhondge, explained different types of psychotherapies which are used in psychiatric settings.



And after that third year students performed role play on importance of psychiatric care.





Last session is conducted by Mrs. Supriya Kagade, Adv Sonal mam, Mrs. Anupama Ahire on mindfulness.





After the speaker session post test was conducted by Mr. Amit Gaikwad and Ms. Payal More. The response of the participants was recorded through questionnaires i.e post test score.



Valedictory session was done after that.









Mrs. Mandakini Khemnar play an important role as a convener of workshop Ms. Sakshi Dhondge plays an important role as an organizing secretory. Dr. Pravin Gholap Sir plays an important role in grand successfully Total 140 participants attended the workshop in vithai hall.

further session continued with Ms. Payal More. i.e. vote of thanks. therefore, the speakers and participants are provided with the token of love and certificate of attendance.



The entire workshop was coordinated with the support of Principal, speakers and Faculty members. programme end up with the National Anthom.

Thanking You!

SUKHDEO MAHIPAT MOREY-PATIL PRATISHTHAN
GANPATRAO ADKE COLLEGE OF NURSING, NASHIK

WORKSHOP ON

"OUR MIND, OUR RIGHTS"

Date: 10th OCT 2023 Time: 09 am Onwards Venue: Vithai Hall (GACN)

PROGRAMME SCHEDULE		
TIME	**NAME OF TOPIC**	**NAME OF SPEAKER**
9:00 AM TO 10:15 AM	REGISTRATION	
10:15 AM TO 10:45 AM	INAUGURATION	
10:45 AM TO 11: 00AM	PRE TEST	
11:00 AM TO 11:30 AM	**FIRST SESSION** **MENTAL HEALTH** • MENTAL HEALTH • HUMAN RIGHTS OF MENTALLY ILL • AWARENESS OF WARNING SIGNS	Dr. Pravin Gholap
11:30 AM TO 12:00 PM	TEA BREAK/REFRESHMENT	
12:00 PM TO 1:00 PM	**SECOND SESSION** **MENTAL HEALTH FIRST AID** • HEALTHY COMMUNICATION AND BUILDING BETTER WORK RELATIONSHIP • STRESS MANAGEMENT • COPING STRATEGIES	Mr. Hemant Dange
1:00 PM TO 01:30 PM	**THIRD SESSION** **PSYCHOTHERAPIES**	Ms.Sakshi Dhondge
01:30 PM TO 02:30 AM	LUNCH BREAK	
02:30 PM TO 03:30 PM	**FOURTH SESSION** **MINDFULLNESS** • EXERCISE,YOGA,MEDITAION, RELAXATION THECHNIQUES AND GUIDED IMAGINARY	Mrs. Supriya Kagade
03:30 PM TO 03:45 PM	POST TEST	
03:45 PM TO 04:00 PM	VALEDICTORY SESSION	

SMMPP'S

GANPATRAO ADKE COLLEGE OF NURSING, NASHIK

ROLE & RESPONSIBILITIES OF TEACHING STAFF FOR WORKSHOP ON

MENTAL HEALTH DAY (OUR MIND, OUR RIGHTS)

DATE: -10/10/2023

SR. NO	PARTICULARS OF RESPONSIBILITIES	NAME OF STAFF
1	Anchoring	Ms.Hoorbi Pathan
2	Attendance & Registration	Ms.Nikita Nehe Ms. Pallavi Fulzele
3	Pretest & Post Test	Ms.Payal More Mr. Amit Gaikwad
4	Power Point Presentation	Ms. Sakshi Dhondge
5	Stage: - Sitting Arrangement Inauguration/Felicitation Lamp Lighting/valedictory session	Ms.Mandakini Khemnar Mr. Raghvendra Sir
6	Technical (Presentation Content & Sound System)	Mr.Amit Gaikwad
7	Vote Of Thanks	Mr.Payal More
8	Refreshment	Ms. Pallavi Fulzele
9	Programme report	Ms. Sakshi Dhondge
10	Media publication (newspaper/social media)	Ms. Nikita Nehe

PRINCIPAL