# REPORT ON MENTAL HEALTH DAY

**THEME: - "ACCESS TO SERVICES MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES"**

**DATE: - 10TH OCT 2025**

**VENUE: - VITHAI HALL**

**PREAMBLE: -**

**"WORLD MENTAL HEALTH DAY ("ACCESS TO SERVICES MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES")** was conducted on **10th OCT 2025** at 2:00pm to 3.00 pm by the 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: -**

welcome and inauguration of programme, Mrs. Nutan Kumari Principal & Mrs. Sheetal Gawali Administrative Officer participated as chief guest resource person & guest of honour respectively for the world mental health day. The Inaugural address and programme scheduled anchoring was done by the Ms.Gloriya Bhosale. lamp lighting was done by the guest. World Mental Health Day was scheduled in different session which included introductory session, speaker's session, vote of thanks.




Mrs. Nutan Kumari mam were participated as speaker for World Mental Health Day. Mam discussed on theme the Catastrophies are natural disaster conflict wars and pandemic.in these situation people lose homes and loved one along with it they loss safety and hope.

Further speaker named Mrs.Sunita Chalase explained Theme, the theme was "Access To Services Mental Health In Catastrophes And Emergencies"

Mr. Vishal Adbale conducted session. In session sir were given information on how to develop healthy communication and building better work relationship.Disaster and its management And explained about the healing techniques which was effective for all the peoples and the students as well the ceremony ended with the feedback.




Mr. Satish Ingale conducted session. In session sir were given information And explained about the healing techniques which was effective for all the peoples and the students as well the ceremony ended with the feedback.

Further session continued with Ms.Gloriya Bhosale. i.e. vote of thanks.

The entire world mental health day was coordinated with the support of Administrative officer Mr. Prakash Pandya sir, Administrative officer Mrs. Sheetal Gawali mam Principal Mrs. Nutan Kumari mam, speakers and Faculty members. programme end up with the National Anthom.

Thanking You!

**Sign of Principal** **Sign of Administrative officer**

# 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**<br>**MENTAL HEALTH**<br>• MENTAL HEALTH<br>• HUMAN RIGHTS OF MENTALLY ILL<br>• 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**<br>**MENTAL HEALTH FIRST AID**<br>• HEALTHY COMMUNICATION AND BUILDING BETTER WORK RELATIONSHIP<br>• STRESS MANAGEMENT<br>• COPING STRATEGIES | Mr. Hemant Dange |
| 1:00 PM TO 01:30 PM | **THIRD SESSION**<br>**PSYCHOTHERAPIES** | Ms.Sakshi Dhondge |
| 01:30 PM TO 02:30 AM | LUNCH BREAK | |
| 02:30 PM TO 03:30 PM | **FOURTH SESSION**<br>**MINDFULLNESS**<br>• 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<br>Ms. Pallavi Fulzele |
| 3 | Pretest & Post Test | Ms.Payal More<br>Mr. Amit Gaikwad |
| 4 | Power Point Presentation | Ms. Sakshi Dhondge |
| 5 | Stage: - Sitting Arrangement<br>Inauguration/Felicitation<br>Lamp Lighting/valedictory session | Ms.Mandakini Khemnar<br>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**