



SANDRA SHROFF ROFEL COLLEGE OF NURSING

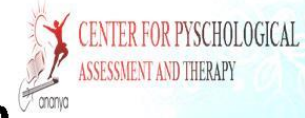
WORLD MENTAL HEALTH DAY 2023

DATE: 10/10/2023 & 11/10/23





**SANDRA SHROFF ROFEL
COLLEGE OF NURSING, VAPI
IN COLLABORATION WITH
ANANYA PSYCHOLOGICAL AND
ASSESSMENT THERAPY CENTRE, VAPI**



**ORGANIZES
WORLD MENTAL HEALTH DAY 2023**

THEME: "Mental Health is a Universal Human Right"



**DATE: 10/10/23
TIME: 10 AM-12 PM
VENUE: Multipurpose Hall, SSRCN, VAPI**



PROGRAM SCHEDULE

SR NO.	TIME	EVENTS
1	10:00 to 10:05 am	Welcome Address By Mr. Krunal Solanki & Ms. Vidhi Patel 3rd Year B.Sc. Nursing students
2	10:05 to 10:10 am	Speech on Mental Health Well being for students By Prof. Mr. Samuel Fernandis M.Sc. (N), Principal, SSRCN, Vapi
3	10:10 to 10:25 am	Theme Opening And Speech By Dr. Lavanya Patel, Consultant Psychologist & Counselor, Ananya Clinic, Vapi
4	10:25 to 10:35 am	Street Play on "Mental Health Awareness" By 2nd Year GNM students
5	10:35 to 10:40am	Stand up Comedy By 2nd Year GNM students
6	10:40 to 10:55 am	Dance Performance By 2nd Year GNM students
7	10:55 to 11:40 am	Mind Diversion Activity for students By team of Ananya Psychological & Assessment Centre
8	11:40 to 11:50 am	Prize Distribution
9	11:50 to 11:55 am	Vote of Thanks By Ms. Srushti Chaudhari, Tutor, SSRCN, Vapi
10	11:55 to 12:00 pm	National Anthem

INTRODUCTION

World Mental Health Day, 10 October 2023

Theme: "Our minds, our rights"

History:

World Mental Health Day was first observed in 1992 at the initiative of the World Federation for Mental Health (WFMH), a global mental health organisation. Since then, it has gained momentum and is now recognised by the World Health Organisation (WHO) as an important day to promote mental health awareness worldwide.

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme '**Mental health is a universal human right**' to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community.

Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people.

Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights.

WHO continues to work with its partners to ensure mental health is valued, promoted, and protected, and that urgent action is taken so that everyone can exercise their human rights and access the quality mental health care they need. Join the World Mental Health Day 2023 campaign to learn more about your basic right to mental health as well as how to protect the rights of others.

WORLD MENTAL HEALTH DAY 2023: SIGNIFICANCE

World Mental Health Day plays a crucial role in reducing the stigma associated with mental health issues. It encourages open conversations and empowers individuals to seek help without fear of judgment.

It serves as a platform to educate people about various mental health conditions, their symptoms, and the importance of seeking early intervention and treatment.

The day prompts governments and organizations to recognize the significance of mental health and allocate resources toward mental health programs and services.

World Mental Health Day reminds us to reach out to friends, family, and colleagues who may be struggling with their mental health. A simple act of kindness or offering a listening ear can make a significant difference.

MENTAL HEALTH AWARENESS ACTIVITIES AT SSRCN

Day 1: 10/10/23

Mental Health Nursing Department of SSRCN in collaboration with Ananya Psychological and Assessment Therapy Centre, Vapi organized World Mental Health Day 2023 on 10/10/23 at Multipurpose Hall, SSRCN, Vapi.



Program started with Speech delivered on Mental Health well-being for students by Prof. Mr. Samuel Fernandis, Principal, SSRCN, Vapi. Sir explained about necessity of mental well-being as a student and how to maintain that in stressful life situations with examples.

Theme opening and speech delivered by Dr. Lavanya Patel, Consultant Psychologist & Counselor, Ananya Clinic, Vapi.



Madam discussed regarding various happy hormones such as dopamine, oxytocin, endorphins, serotonin which is necessary to maintain our mental well-being and how our body can independently release it without depending on any other medications. Students need to do regular exercise, meditation and engage themselves in activities which satisfy them.



Around 80 students participated in this program in which 1st year B.Sc. and 1st year GNM and 3rd year B.Sc. students were there.



After the session Street Play was performed by students on "Mental Health Awareness" by 2nd year GNM students.



Stand up comedy competition was there and in that 2nd year GNM students performed well. Ms. Pinky, 2nd year GNM student won the standup comedy competition.



Motivating and energetic Dance performance was performed by 2nd year GNM students.



Mind diversion activities for students organized by the team of Ananya Psychological and Assessment Therapy Centre, Vapi

Poster competition was there in that 2nd year GNM students participated and poster were displayed in hall for students.



Program was ended by prize & certificate distribution to all students by Principal sir and Dr. Lavanya Patel.



Vote of thanks was delivered by Ms. Srushti Chaudhari, tutor, SSRN, Vapi.

At the end, program was ended with national anthem.

Day 2: 11/10/23

Mental Health Nursing Department of SSRN in collaboration with Ananya Psychological and Assessment Therapy Centre, Vapi organized World Mental Health Day 2023 on 11/10/23 at Brhamkumari Centre, Vapi.

Program was graced by Dr. Lavanya Patel, Consultant Psychologist & Counselor, Ananya Clinic, Vapi and BK Rashmi Didi.

Street play and dance performance was performed by 2nd year GNM students to spread mental health awareness in community.

