



**SANDRA SHROFF COLLEGE OF NURSING,
VAPI**

WORLD MENTAL HEALTH WEEK 2024

Date: 15th October to 18th October 2024

THEME:

“It is Time to Prioritize Mental Health in the Workplace”



**ORGANIZED BY
DEPARTMENT OF MENTAL HEALTH NURSING**


Principal
Sandra Shroff College of Nursing



PROGRAM SCHEDULE



**SANDRA SHROFF COLLEGE OF NURSING,
VAPI**

**DEPARTMENT OF MENTAL HEALTH NURSING
ORGANIZES**

WORLD MENTAL HEALTH DAY 2024

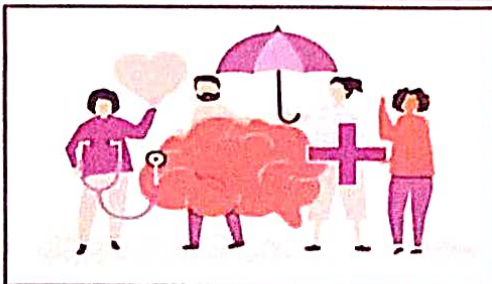
THEME:

**“It is Time to Prioritize Mental Health
in the Workplace”**

PROGRAM SCHEDULE

SR NO.	TIME	EVENTS
1	1:00 to 1:05 pm	Welcome Address By Ms. Nirali Desai, Nursing Tutor, SSCN, Vapi
2	1:05 to 1:10 pm	Theme Opening And Speech By Mrs. Divya Pancholi, Associate Professor, SSCN, Vapi
3	1:10 to 1:30 pm	Seminar on “Preventing Burnout in Nursing” By 6th Semester B.Sc. Nursing students
4	1:30 to 1:55 pm	Interactive Session on “Work-life balance for healthcare workers” By 6th Semester B.Sc. Nursing students
5	1:55 to 2:00 pm	Vote of Thanks By Mrs. Swati Mistry, Assistant Professor, SSCN, Vapi

**A Cross-sectional survey on Perceived stress regard to Occupational
Stress among staff nurses at selected hospital, Vapi**



**Date: 15/10/24
Time: 1 pm to 2 pm**

**VENUE:
CONFERENCE HALL, HRH, VAPI**

**EMPLOYEE
WELL-BEING MATTERS !**

Date: 15th October to 19th October 2024

Venue: Conference hall, HRH, Vapi & Ananya Psychological And Assessment Therapy Center, Vapi

THEME: “It is Time to Prioritize Mental Health in the Workplace”

INTRODUCTION

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

World mental health day 2024 is an opportunity for people and communities to unite behind the theme “**It is Time to Prioritize Mental Health in the Workplace**” focuses on the urgent need for organizations to recognize and address mental health as a critical component of employee well-being and productivity. prioritizing mental health supports employees managing stress, anxiety, and burnout, leading to healthier more engaged workforces.

Mental health is a basic human right for all the 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 risk, the right to available, accessible, acceptable and good quality care, and the right to liability, 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 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.

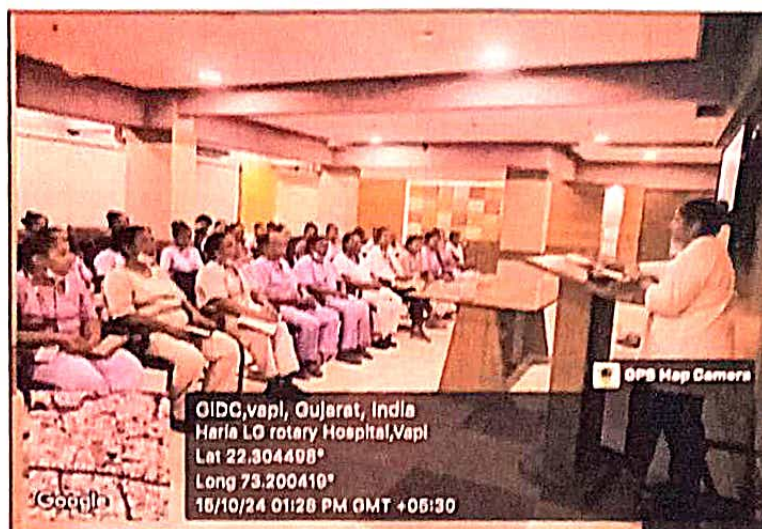
World mental health Day plays a crucial role in reducing the stigma associated with mental health issues. It encourages open conversations and empowers individuals to seek help without fear of judgement.

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

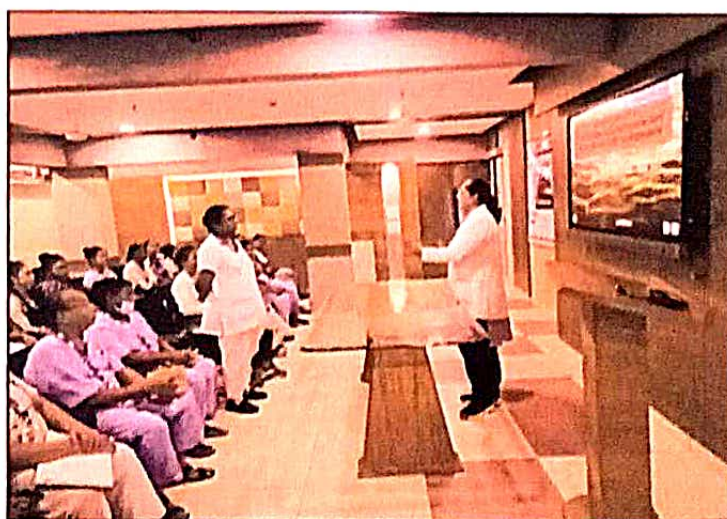
ACTIVITIES ON THE OCCASION OF MENTAL HEALTH WEEK CELEBRATION ON 15 OCTOBER 2024 AT HRH

Mental health nursing department of SSCN in collaboration with Ananya psychological and assessment therapy centre, Vapi organized world mental health week 2024 at Conference Hall HRH, Vapi.

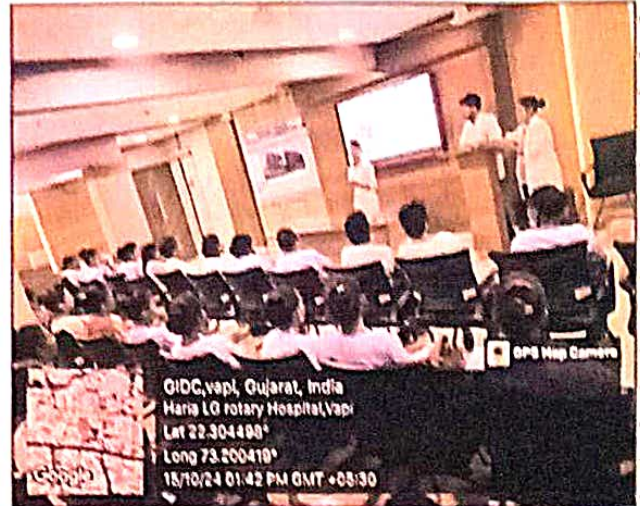
The programme started with welcome address delivered by MS. Nirali Desai, Nursing Tutor of SSCN, Vapi.



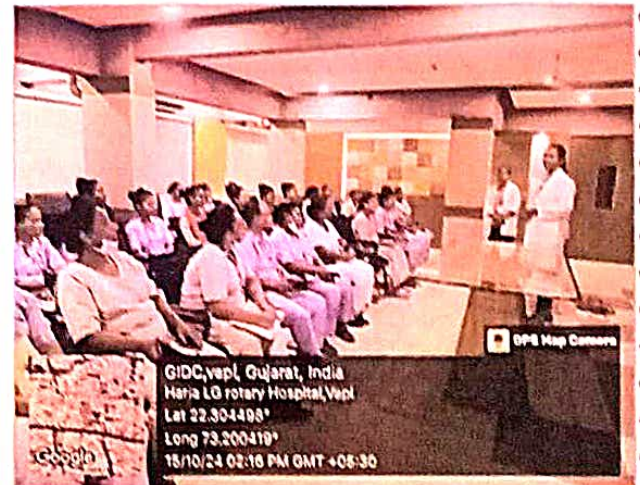
Theme opening and speech delivered by Mrs. Divya Pancholi, Associate professor of SSCN, Vapi. mam .discussed about the theme it is prioritize mental health in the workplace.



Theme opening Seminar was conducted by our 6th semester B.Sc. Nursing Student on Preventing Burnout in Nursing. They discussed about the burnout during the workplace symptoms and how to overcome the burnout.



Interactive session on work life Balance for health care workers was done by Mrs. Divya Pancholi, Associate professor of SSCN, Vapi.

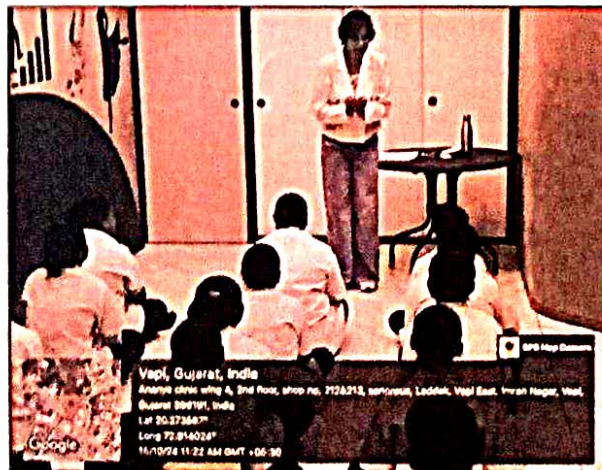


Upon completion of the session, we distributed a Google Form link to the Nurses group to conduct a small-scale cross-sectional survey assessing perceived Occupational Stress among staff Nurses at a selected Hospital, Vapi.

ACTIVITIES ON THE OCCASION OF MENTAL HEALTH WEEK CELEBRATION FROM 14TH OCTOBER TO 19TH OCTOBER 2024

AT ANANYA PSYCHOLOGICAL AND ASSESSMENT THERAPY CENTER, VAPI

Health Awareness Activities were organised on the occasion of Mental Health Week Celebration at Annaya Psychological and Assessment Therapy Center, Vapi to celebrate Mental Health Week (14TH October 2024 to 19TH October 2024) along with 4th year B.Sc. Nursing students. Our activities included a Poster Competition, Role Play and Slogan Writing Contest.





CONCLUSION

The mental health week celebration has successfully raised awareness about the importance of mental well-being among the staff nurses of HRH, Hospital, Vapi And Annaya Psychological and Assessment therapy center, vapi through the discussion and seminar, Poster making, slogan writing and skit. we fostered an encourages openness and support. We are committed to maintaining this momentum and ensuring that mental health remains a priority beyond this week.