REPORT ON WORLD MENTAL HEALTH DAY

**Date:** 10<sup>th</sup> Oct 2023

**Venue: C** building 3<sup>rd</sup> floor.

**Organizers:** Psychiatric Nursing Department of MGM MTCN

Report

MGM Mother Teresa College of Nursing Aurangabad has celebrated World

Mental Health Day on 10<sup>th</sup> Oct 2023 with faculty, Psychiatric department under the

guidance of Dr. Satishchandra Buyite Principaland Mrs. Kanwaljeet Kaur, HOD of

Psychiatric Dept.

The program commenced at 10:00 am with theme inauguration by Dr.

Satishchandra Buyite Principal and Mrs. Kanwaljeet Kaur, HOD of Psychiatric

Dept. theme of mental health day is "MENTAL HEALTH IS A UNIVERSAL

**HUMAN RIGHT**"

The Brain Refreshing Activities (brain gym exercise) for faculty which was

conducted by Mr. Rohit Dhotre was very enthusiastic and some fun games are

planned for the faculty. Mindful yoga sessions are also taken for faculty to improve

mental health.

Also some activities are planned for the students from 11/10/23 to 14/10/23. On

11/10/23 bulletin board activity performed by all students. Rangoli competition

also taken for all the students. Inter college Video making competition also taken

for the students. fun activities also taken by the 2<sup>nd</sup> MSc students. For all the

students in fun games concentration game taken for improving students'

concentration capacity. All students were actively participating in all the fun game

We have planned an inter-college video making competition on the occasion of

mental health day . the theme of this competition is "Fight stigma and support

mental health "

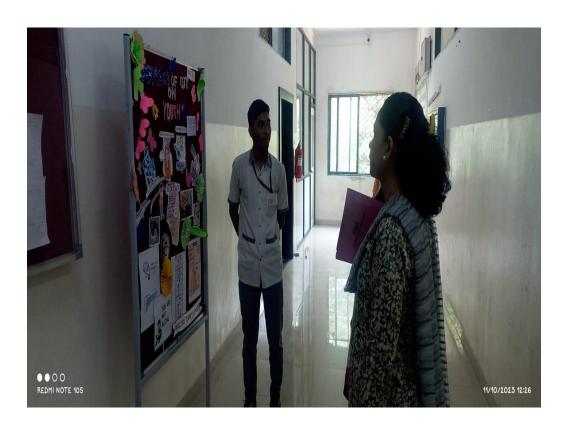
## **BRAIN GYM EXERSICE**





## **BULLETINE BOARD ACTIVITEIS**









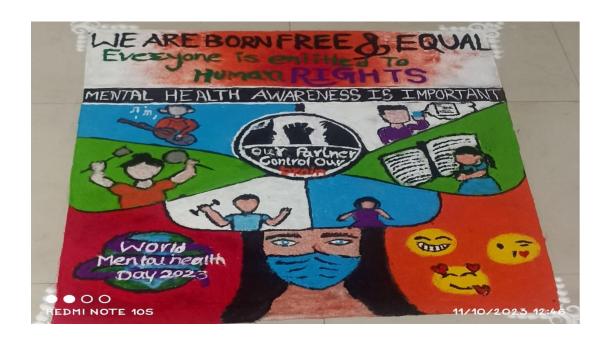
## RANGOLI COMPITITONS











## VIDEO MAKING COMPITION AND PRICE DISTRIBUTION

