

REPORT ON WORLD MENTAL HEALTH DAY

Date: 10th Oct 2023

Venue: C building 3rd floor.

Organizers: Psychiatric Nursing Department of MGM MTCN

Report

MGM Mother Teresa College of Nursing Aurangabad has celebrated World Mental Health Day on 10th Oct 2023 with faculty, Psychiatric department under the guidance of Dr. Satishchandra Buyite Principal and 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 2nd 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 EXERCISE



BULLETINE BOARD ACTIVITEIS





RANGOLI COMPITITONS







VIDEO MAKING COMPITION AND PRICE DISTRIBUTION



Prepared by

HOD

Principal