



EVENT COMPLETION REPORT

Event Name: World Mental Health Day
Programme 2025

Date: 10th Oct 2025

Time: 10:00 AM onwards

Venue: 5th Floor Venkateshwar College of Nursing, Udaipur

Organised by: Venkateshwar College of Nursing

1. Introduction

World Mental Health Day is observed every year on 10th October to raise global awareness about mental health issue and to mobilize efforts in support of mental well-being. The theme for the year 2025, as announcement by the World Health Organisation (WHO), was “ACCESS TO SERVICE: MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES.”

To commemorate this day, Venkateshwar College of Nursing, Udaipur organized a special event on the 5th floor of the college building. The celebration aimed to promote awareness among nursing students regarding the importance of mental health, self-care, and emotional resilience—particularly in the demanding healthcare environment.

2. Objectives

To promote awareness and understanding of mental health among nursing students and faculty, emphasizing its importance for overall well-being and professional development.

- To educate students about the theme of World Mental Health Day 2025 — “ACCESS TO SERVICE: MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES.”
- To encourage open dialogue about mental health issues such as stress, anxiety, and depression among nursing students.
- To develop empathy and reduce stigma associated with mental illness through educational and creative activities.
- To enhance coping skills and promote self-care practices for maintaining emotional balance in personal and professional life.
- To motivate nursing students to become advocates for mental health promotion and provide holistic patient care.
- To foster teamwork and participation through group activities such as poster presentations, skits, and discussion.
- To strengthen collaboration between faculty, students, and mental health professionals in promoting well-being on campus.

3. Program Overview:

The event commenced at 10:00 AM with a welcome address by Dr. Vijay Singh Rawat, Principal of Venkateshwar College of Nursing. In her address, she highlighted the significance of mental health in the nursing profession and encouraged students to practice mindfulness and empathy, both in personal and professional life. Following this, the lighting of the lamp ceremony was conducted to invoke positivity and mark the auspicious beginning of the celebration. The Chief Guest, Dr. Kanupriya Tiwari, delivered an

Sunil Kumar
COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR

[Signature]
PRINCIPAL
VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

insightful guest lecture on the day's theme. She discussed the importance of destigmatizing mental illness, recognizing early signs of psychological distress, and creating supportive environments within healthcare institutions.

4. Student Activities:

The students of B.Sc. Nursing actively participated in programmes various creative and educational activities organized by the Mental Health Nursing Department.

These included:

- **Poster Presentation & Rangoli Competition:** Students displayed informative and artistic posters and Rangoli focusing on topics such as stress management, depression awareness, suicide prevention, and coping strategies.
- **Role Play/Skits:** Engaging performances depicted real-life scenarios related to anxiety, peer pressure, and the importance of counselling and support systems.
- **Speech and Poem Recitation:** Selected students delivered impactful speeches and poems on mental health, self-compassion, and empathy.

5. Distinguished Guest and Dignitaries:

The programme was graced by the presence of Dr. Kanupriya Tiwari, Deputy Registrar, Dr. Vijay Singh Rawal, Principal of ICT, Dr. C.P. Dekhawat Vice Principal & Heads of various departments and faculty members.

6. Conclusion:

The celebration of World Mental Health Day 2021 at Venkateshwar College of Nursing, Udaipur, was a great success. It created awareness, reduced stigma, and fostered empathy and compassion among nursing students. The event reminded everyone that mental health is as vital as physical health and should be prioritized in both personal life and healthcare practice. The day concluded with a vote of thanks delivered by Mr. Mukesh Kumar, expressing gratitude to the management, faculty, and students for their active participation and contribution to making the event memorable.

Staff list for organizing programme:

1. **Mukesh Kumar**



Venkateshwar College of Nursing

(A UNIT OF SAI TIRUPATI UNIVERSITY)
RECOGNIZED BY INDIAN NURSING COUNCIL, NEW DELHI

Ref:- VCN/UDR/2025/ 201

Date: - 09/10/2025

Notice

Dear Students,

Celebration of World Mental Health Day

The College is pleased to announce that **World Mental Health Day** will be celebrated on **10th October 2025 (Friday)** to promote awareness and understanding of mental well-being among students and staff.

The theme for this year is "**Access to services in Catastrophes and emergency**"

Event Highlights:

- Expert Talk by a Psychologist on Stress Management
- Mindfulness and Meditation Session
- Student Open Mic: "Voices for Mental Wellness"
- Poster and Slogan Competition

Venue: VCN College 5th floor

Time: 10:00 AM – 01:00 PM

All students are encouraged to participate actively and make the most of this opportunity to learn, share, and support each other in fostering a healthy mind and positive campus environment.

Let's take a step together towards building a mentally healthy community!


Principal

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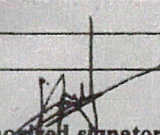
VENKTESHWAR COLLEGE OF NURSING

((Established by the Rajasthan State Legislative Assembly and as per Sec. 2(f) of UGC Act 1956.)
Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

Attendance List

Name of Institute: Venkteshwar College of Nursing
Name of Event: Mental health day Name of Coordinator: Ms. Mukesh Kumar
Venue: V.C.N. 5th floor Date: 18.11.25

S.No.	Name of Participate	Signature
1	Lovely Dhali	Lovely
2	Maya Chaudhary	Maya
3	Jyoti Gaur	Jyoti
4	Pooja Sharma	Pooja
5	Kajal Kumari	Kajal
6	Hemlata Kumawat	Hemlata
7	Rashmi Patidar	Rashmi
8	Nikita Grasasiya	Nikita
9	Payal meena	Payal
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Authorized signatory

College

DEPARTMENT OF PSYCHIATRY
PACIFIC INSTITUTE OF MEDICAL SCIENCES,
UDAIPUR

MENTAL HEALTH DAY (10th October 2025)

Theme: "Access to Services – Mental Health in Catastrophes and Emergencies."

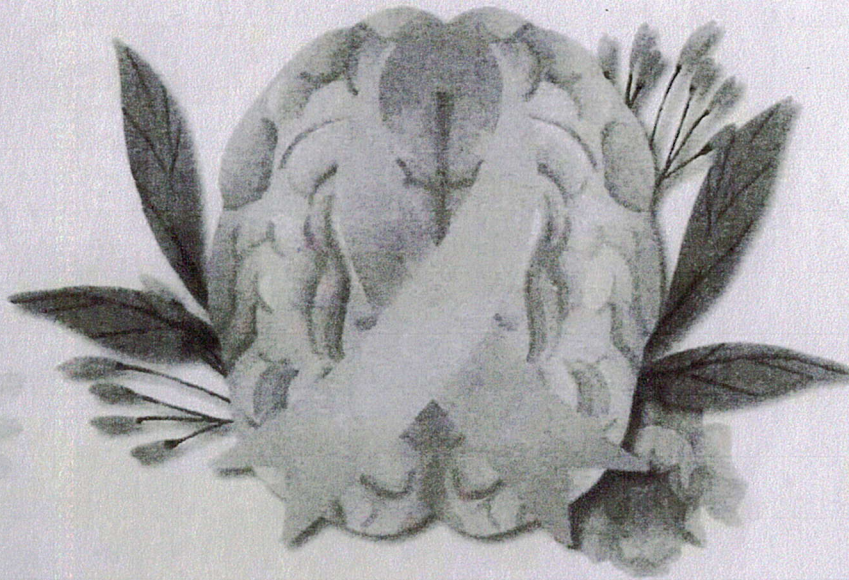
All the Students and staffs at PIMS, Sai Tirupati University, Udaipur are cordially invited to participate in various events and competitions as mentioned below during the observation of Mental Health Day (10th October 2025).

ACTIVITY SCHEDULE:-

DATE	ACTIVITIES
09-10-25	Awareness talk on Common Mental illnesses
10-10-25	Rangoli making competition and Poster making competition
10-10-25	Lecture on The World Mental Health Day 2025 theme "Access to services in Catastrophes and emergency"
10-10-25	Talk on "Stress management at workplace"
11-10-25	Interactive session with students
11-10-25	Poetry/speech/skit competition Followed by Prize distribution and closing ceremony

DEPARTMENT OF PSYCHIATRY

IS ORGANIZING



MENTAL HEALTH WEEK

FROM

9TH - 11TH OCTOBER 2025

ON THE THEME

MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES

*With warm regards we request your gracious
presence to take a step towards mental health*

- DR.(Prof.) Praveen Khairkar MD, FICP, FIPS
Professor & Head, Department of Psychiatry
PIMS, Umarka







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