

Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER)

TILAK MAHARASHTRA VIDYAPEETH
INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.

NAME OF THE EVENT – Mental Health Day

ORGANIZER – Tilak Maharashtra Vidyapeeth, Nursing Department

DATE AND TIME – 11/10/2022 at 2:00 pm to 5.00 pm

PARTICIPANTS – IInd to IVth year Basic B.Sc. Nursing Students and teaching faculty.

SPEAKER – Ms. Sonali Satpute, Ms. Prerana Mahadik

VENUE – Ist year Basic B.Sc. Nursing classroom, TMV, Institute of Nursing Education & Research, Pune.

Theme – “Make Mental Health & Well-Being for all a Global Priority”

10th October is observed as World Mental Health Day every year to raise awareness about mental health around the world and to mobilize efforts to support those experiencing mental health issues.

Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER), Ms. Sonali Satpute (Asst. Prof, INER) and Ms. Prerana Mahadik (Clinical Instructor, INER) organized the programmes.

Topic Addressed –

- Lotus Gratitude
- Vision
- Vibration spectrum chart
- Principle of brain
- Dealing with stress
- Stress management tips

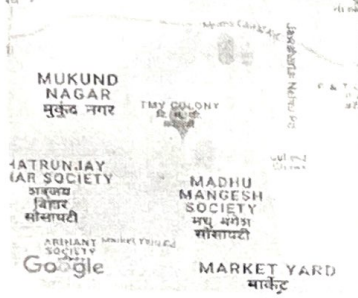
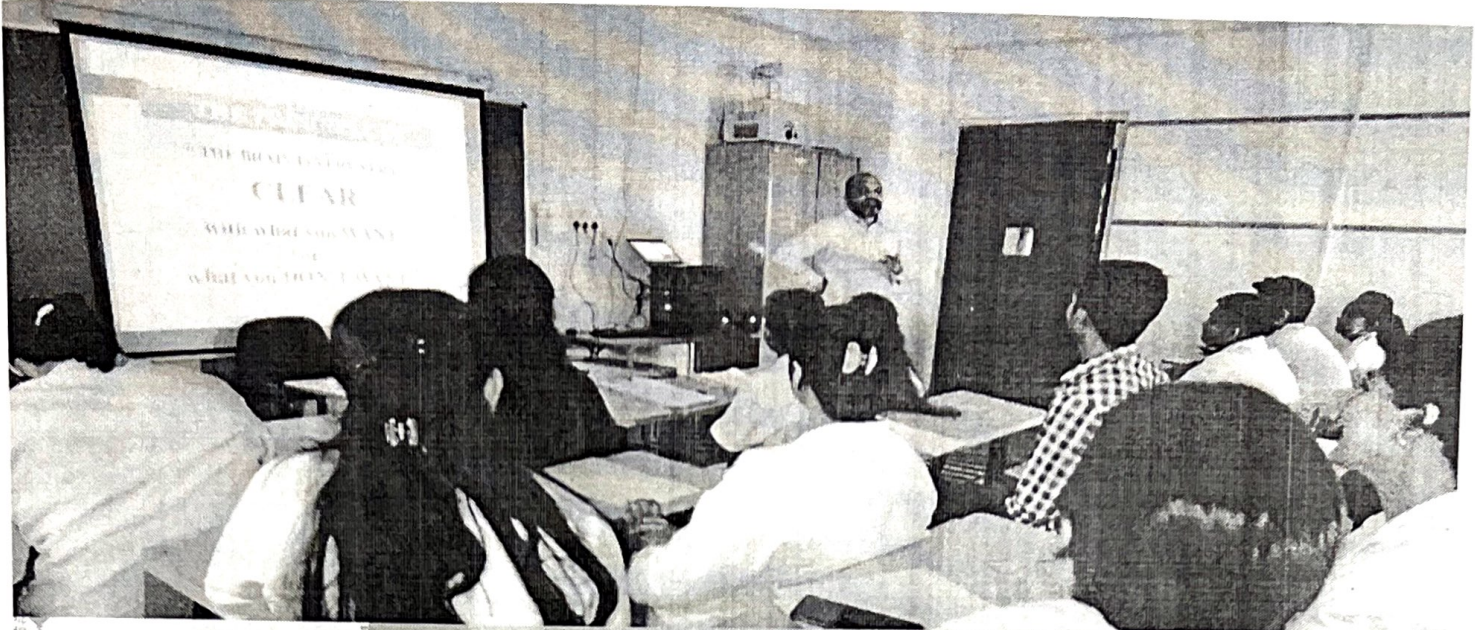
On occasion of Mental Health Day, nursing department organized stress management workshop. An eminent personality, Mr. Narayan Rane (Rishi Gurukulam, Pune) was invited as a guest lecturer. Felicitation of the guest was done by Prof. Dr. Madhuri Shelke (Principal, INER) and Prof. Dr. Perpetua Fernandes (Vice Principal, INER,).

Workshop started with the activity of 'Lotus Gratitude'. Mr. Narendra Rane highlighted on the following point:

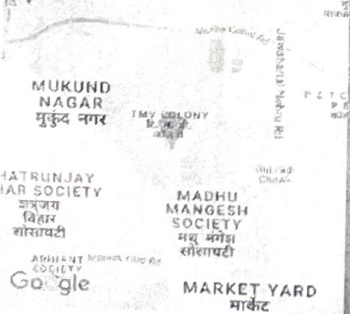
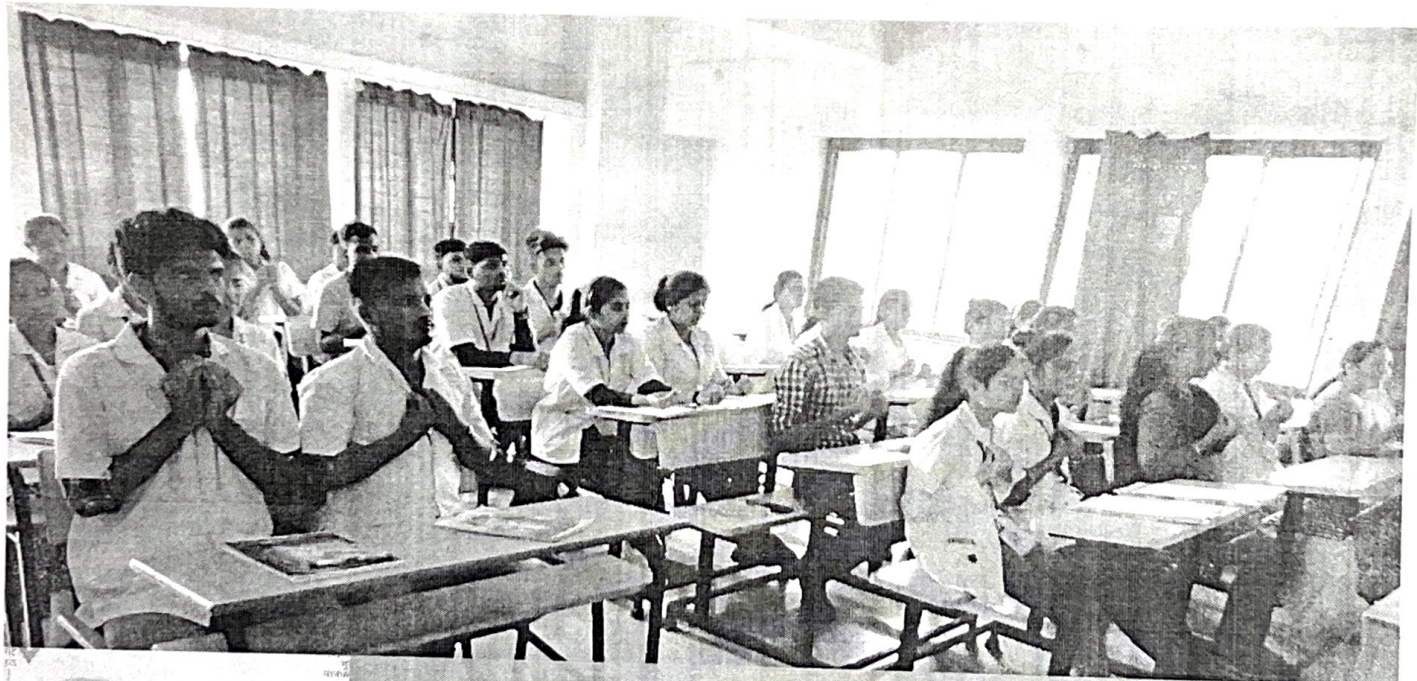
- What is stress?
- What are causes of Stress?
- Techniques of Stress management: Gratitude, meditation, how to respond to situation. Sir also explained about the principle of brain that it is clear on what it wants and what it does not want. He also explained the thought-feeling-action mechanism and how the experiences, thoughts and feelings are stored in the unconscious mind.
- How to break and create the habits. A whatsapp group was also created in which motivational videos will be shared everyday and students have to share their learnings.

Students as well as nursing faculty were involved in the activity. Dr. Perpetua Fernandes at the end of the session shared her experiences about how these techniques have transformed her over the months and appealed to take care of their mental health.

Workshop accomplished with vote of thanks.



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Ms. Prerana Mahadik

Clinical Instructor

Prof. Urmila Choudhari

Programme Co-ordinator

Prof. Dr. Madhuri Shelke

Principal