

ABHINAV SHIKSHAN SANSTHA'S
GEETAI NURSING INSTITUTE OF B.SC NURSING,
SENDURWAFSA/SAKOLI,MAHARASHTRA-441802
MENTAL HEALTH AWARENESS PROGRAMME

Name of Program: Mental Health Awareness Program

Theme: Promotion of Mental Well-being among Students

Date: 06 January 2026

Time: 12:30 PM

Venue: Seminar Hall,GNI,Sendurwafa/ Sakoli, Maharashtra

Organized by: District Mental Health Program (DMHP) Team

Target Group: College Students

Number of Participants: 115

Introduction

Mental health is an essential part of overall health and well-being. Adolescents and young adults often face stress, anxiety, peer pressure, and emotional challenges. To create awareness and promote positive mental health practices, a Mental Health Awareness Program was conducted.

Objectives of the Program

1. To create awareness about mental health and mental illness
2. To reduce stigma related to mental disorders
3. To educate students about stress management techniques
4. To inform students about when and where to seek help
5. To promote healthy coping strategies

Resource Persons

- Psychiatrist
- Psychiatric Social Worker
- Clinical Psychologist
- Psychiatric Nurse

Content Covered

- Meaning and importance of mental health

- Common mental health problems in students (stress, anxiety, depression)
- Early warning signs of mental illness
- Importance of sharing problems with trusted persons
- Stress management techniques (deep breathing, exercise, time management)
- Dangers of substance abuse
- Suicide prevention and helpline awareness
- Availability of mental health services at District Hospital

Teaching Methods Used

- Lecture method
- Interactive discussion
- Question & answer session
- Use of charts/posters

Response of Participants

Students actively participated in the session. They asked questions regarding stress, exam fear, and emotional problems. The program helped clear many misconceptions about mental illness and encouraged students to seek help without fear or shame.

Outcome of the Program

- Increased awareness about mental health
- Improved understanding of stress management
- Reduced stigma toward mental illness
- Students gained knowledge about available mental health services

Conclusion

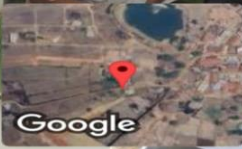
The Mental Health Awareness Program was informative and beneficial. It helped students understand the importance of mental well-being and motivated them to adopt healthy coping strategies. Such programs should be conducted regularly to build a mentally healthy society.


Program Coordinator: _Ms.Devyani Badole

Nursing Tutor,GNI, Sakoli


Signature:

Date: _06/01/2026



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