

## Rama College of Nursing, Mandhana, Kanpur Report On World Mental Health Day Celebration - 2018

We deem it a great pleasure to send our report regarding the celebration of World Mental Health Day. On 10<sup>th</sup> October 2018 we celebrated the World Mental Health Day at our esteemed Rama College of Nursing in a successful manner. Dr. Nassir Mohammed (HOD of Psychiatry department Rama Medical College Hospital and Research Foundation) accepted our invitation happily to take the role of the Chief Guest on that day.

The program started sharp at 11.00 am with a Prayer song. Our Principal gave the welcome address and honored the Chief Guest with bouquet. The theme Young people and Mental Health in a changing world were unfolded by Mr. Merridith (HOD of Dept. of Psychiatric Nursing) which was followed by the lamp lighting done by our honourable Chief Guest.

To spice up the celebration a Poster competition based on the theme was conducted which was examined by the judges. It was followed by a skit based on the same theme. A small video show enlightening the team was projected to enhance the mental health of young adults. Then came the time for the Chief Guest to step into the crease and it was one inspiring speech given by the Chief Guest Mohammed (HOD of Psychiatry department Rama Medical College Hospital and Research Foundation) that definitely motivated everyone.

Following the Chief Guest’s inspiring speech a video show enlightened the audience. At last it was time to credit the ones those who came out in the competitions and hence prizes were distributed to all the winners. After that a vote of thanks was sent to everyone who was responsible for the successful event through the vote of thanks. The program ended with everyone’s salute and respect to our National Anthem.



