

# Seminar

on

## World Mental Health Day

DATE: 10/10/2023

TIME: 11:00 Am

Venue: At Multipurpose Hall Of Shree Sai Institute Of Nursing And Medical Science Gadchiroli.



**PARTICIPANTS: STUDENTS AND TEACHER FACULTY**

Shree Sai Institute of Nursing And Medical Science Gadchiroli. organized " WORLD MENTAL HEALTH DAY PROGRAM" for Students and staff. The Program which was held in college campus on 10 October 2023 at 11.00 Am. The programme was started under the guidance of our Incharge Principal sir Mr. Uttamkumar Khante.

*Uttamkumar Khante*  
Principal

Shree Sai Institute Of Nursing  
& Medical Science Wakadi  
(BSc. NSG.) Gadchiroli

The programme was started at 11 Am and welcome address given by Ms. Neha Olakh Clinical Instructor of Shree sai institute of nursing and medical science Gadchiroli. **Chief guest of this programme was Dr. Sachin Hemke sir Psychiatrist of General Hospital Gadchiroli .**

After welcoming of guest traditional lamp lighting was done by chief guest along with principal Sir and Other Teaching Staff. Mr. Uttam Khante to present the sapling to Dr. Sachin Hemke and Ms. Aishwarya Sontake to Present The sapling to Mr. Uttam Khante

Dr. Helke sir , was opening the this year theme of World Mental Health Day, The theme is " **Mental health is a universal human right.**" It is not a just a day of awareness it is a collective step towards a healthier, more understanding world. Dr. Sachin Hemke sir gave detailed information about world mental health day , its importance and history. The aim of this day is to educate people about the stigma of mental illness and encouraging people around the world to support the cause and establish a healthy environment in all aspect of life to support mental health.

Also sir highlight the point of of preventive tips and effective ways to promote mental health awareness. This year theme is a reminder call to everyone worldwide to create awareness, improve knowledge, d rive actios that promote and safeguard everyone's mental health as a universal human right.

It was such captivating session we have learned .we had gained lots of information from the sir and this session usefull for our students and us.

After completion of speech of Chief guest , Mr. Uttam Khante ,Principal of Shree sai institute of nursing and medical science Gadchiroli ,to expressed her gratitude towards our guest lecture and share their knowledge regarding mental health and these year theme.

The session was conclude by Ms. Samiksha Sontakke mam with the vote of thanks.

  
**Principal**  
**Shri Sai Institute Of Nursing  
& Medical Science Wakadi  
(BSc. NSG) Gadchiroli**