

NARAYANA COLLEGE OF NURSING
CHINTHAREDDY PALEM, NELLORE
WEBINAR ON
DEPARTMENT OF MENTAL HEALTH NURSING
“WORLD MENTAL HEALTH DAY - 2020”
WEBINAR REPORT

Daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges. Given past experience of emergencies, it is expected that the need for mental health and psychosocial support will substantially increase in the coming months and years. With the concept of raising global mental health education, awareness, advocacy against the social stigma, Department of Mental Health Nursing has organized a Webinar on World Mental Health Day on 10th October 2020 from 11-12pm in the Narayana College of Nursing, Nellore.

The theme of World Mental Health Day was “**Mental Health for All Greater Investment, Greater Access. Everyone Everywhere**”. The total number of participants for the conference was 393(5 panelists & 388 participants)

The Webinar started at 11am. The theme of the webinar was divulged by Dr.Indira.S, Principal, Narayana College of Nursing gave a warm welcome to all the participants of the conference.

Mrs.Smitha.P.M Professor, Dept. of Psychiatry, Narayana College of Nursing has gave brief introduction about the session

Dr.Ranjith, Associate Professor, Dept. of Psychiatry, NMCH, gave speech on “**Mental Health for All**”. History of Psychiatry, Impact of COVID 19, WMHD Theme, Role of MHN

Dr. S. Vijaya Kumar, Principal, Right College of Nursing, Chennai, Tamil Nadu, enlightened a speech on “**Work Place Mental Health**” where he discussed on work related Risk factors for Mental Health, Interventions and good practices, Ways that support employees mental health

Dr. Rajeswari H, Vice Principal & HOD, Department of Mental Health Nursing, , Narayana College of Nursing, gave brief description on “**Maintaining Mental Health in Digital World**” which focussed on addiction, effects on brain, effects on mental health, effects on physical health, limit screen time, digital detox.

Mrs.V.Jayanthi, Principal, Sree Narayana Nursing College elaborated on “**Emotional Well Being**” where emphasis is placed on Factors Affect Emotional Well-Being, Factors Help for Emotional Well-Being, Enhancing Emotional Well Being, Mindfulness, Healthy Habits.

Feedback was taken about the programme from participants. Finally vote of thanks delivered by Mrs. Anjani Devi. N, Asst. Professor who highlighted the key points of the webinar