

GODAVARI FOUNDATION
GODAVARI COLLEGE OF NURSING, JALGAON
(ISO-9001:2015 CERTIFIED INSTITUTE)



REPORT ON
MENTAL HEALTH AWARENESS WEEK

DATE

06th OCTOBER TO 10th OCTOBER 2025

ORGANIZED BY
DEPARTMENT OF MENTAL HEALTH NURSING
GODAVARI COLLEGE OF NURSING, JALGOAN

गोदावरी फाउंडेशन संचालित,

गोदावरी कॉलेज ऑफ नर्सिंग

नॅशनल हायवे नं.६, गट नं. ५७/१, ५७/२, खिर्डी शिवार,
ता. जि. जळगांव-४२५३०९ (महाराष्ट्र) भारत



Godavari Foundation's

GODAVARI COLLEGE OF NURSING

NH-6, Gat No. 57/1, 57/2, Khirdi Shivar,
Tal. & Dist. Jalgaon-425309 (Maharashtra) INDIA

(Reg. by INC, MSBPNE, MNC, MUHS, GOVT. of Maharashtra)

(Accredited by NAAC)

(नर्सिंग शिक्षा को संपूर्ण प्राप्त करने का प्रयास)

(Striving to Achieve Complete Nursing Education)

DATE:01/10/2025

CIRCULAR

The Department Mental Health Nursing is going to celebrate the **World Mental Health Day** On Dated 10/10/2025.

Theme: Access to Services – Mental Health in Catastrophes and Emergencies

All students, faculty, and staff members are invited to participate actively and make this event successful. Let us join hands to spread awareness, reduce stigma, and promote positive mental health in our community

Date: 10th October 2025

Time: 10 AM

Venue: Dr. Akshata Patil Hall

The program will include:

- Theme opening
- Guest lecture
- Poster/Rangoli competition on mental health
- Roll play
- World mental health day celebration.




PRINCIPAL
GODAVARI COLLEGE OF NURSING
JALGAON

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Invitation



GODAVARI FOUNDATION'S

GODAVARI COLLEGE OF NURSING, JALGAON

Run by Godavari Foundation | Affiliated by MUHS Nashik
Accredited by NAAC

**Organized By Department of
Mental Health Nursing**

On the occasion of **World Mental Health Awareness Week**
we are Delighted to invite you to join us in spreading
awareness promoting well being & breaking the stigma
surrounding Mental Health



World Mental Health Awareness Week

06th to 10th OCTOBER-2025

Theme

**Access to Services - Mental Health in
Catastrophes and Emergencies**



10:00 AM



Akshata Patil Hall

GODAVARI FOUNDATION
GODAVARI COLLEGE OF NURSING, JALGAON
DEPARTMENT OF MENTAL HEALTH NURSING
MENTAL HEALTH AWARENESS WEEK-2025.

Date – 06.10.2025 TO 10.10.2025

Time – 10AM TO 12PM

AGENDA

GODAVARI FOUNDATION'S
GODAVARI COLLEGE OF NURSING, JALGAON
WORLD MENTAL HEALTH AWARENESS WEEK
AGENDA

DATE	TIME	ACTIVITIES	MODERATOR
06/10/2025	10-11 AM	-THEME OPENING -POETRY COMPETITION -SLOGAN COMPETITION -PHOTOGRAPHY	MS. PAYAL HANDE & MS SHWETA LANDAGE
07/10/2025	10-11 AM	-GUEST LECTURE	MS. SHILPA WAGHMARE & MR. GIRISH K
08/10/2025	10-11 M	-MSE DEMONSTRATION	MS. SHILPA WAGHMARE & MR. GIRISH K
09/10/2025	10-11 AM	-ROLL PLAY IN SELECTED COMMUNITY AREA	MS. PRIYANKA GADEKAR & MR. GIRISH K
10/10/2025	10-11 AM	-MINDFULNESS ART COMPETITION -REELS COMPETITION -RANGOLI COMPETITION -PRIZE DISTRIBUTION	MS. PRIYANKA GADEKAR MS. PRIYANKA JAGTAP & MS. NEHA INGALE

MENTAL HEALTH AWARENESS WEEK
THEME: “ACCESS TO SERVICES – MENTAL HEALTH IN CATASTROPHES
AND EMERGENCIES”
PROGRAM DETAILS

DATE: 06.10.2025 TO 10.10.2025

- **Event:** Mental Health Awareness Week
- **Organizer:** Department of Mental Health Nursing, GCON, Jalgaon
- **Time:** 10:00 AM daily
- **Venue:** Dr.Akshata Patil Hall, GCON, Jalgaon
- **Theme:** "Access to Services - Mental Health in Catastrophes and Emergencies"

TIME	ACTIVITY	MODERATOR
DAY-01	The first day focuses on introducing the theme and engaging students through creative expression.	
10:00 - 10:15 AM	Theme Opening	Ms. Payal Hande & Ms. Shweta Landage
10:15 - 10:20 AM	Poetry Competition	
10.20- 10:40AM	Slogan Competition	
10.40- 11:00AM	Photography	
DAY -02	The second day is dedicated to an educational session led by an expert	
10:00- 11:00AM	Guest Lecture SPEAKER: DR.ADITYA S.JAIN Resident doctor department of psychiatry.(DUPMCH).	Ms. Shilpa Waghmare & Mr. Girish K
DAY-03	Mid-week involves a practical demonstration of a key mental health assessment technique	
10:00 - 11:00 AM	MSE Demonstration (Mental Status Examination) Speaker: Prof. Ashwini vaidya. HOD MHN,(GCON).	Ms. Shilpa Waghmare & Mr. Girish K
DAY-04	The focus shifts to community outreach and practical application of knowledge	
10:00 - 11:00 AM	Roll Play in Tarsod Community Area	Ms. Priyanka Gadekar & Mr. SURAJ.K
DAY-05	The final day blends creative activities with the closing and celebration of	
10:00 – 10.30 AM	Mindfulness Art Competition	Ms. NEHA INGALE & Ms. Priyanka Jagtap
10.30AM – 11:00AM	Reels Competition	

Aims

AIM:

- To promote awareness and understanding of mental health issues, emphasizing the importance of access to mental health services during catastrophes and emergencies, and to encourage positive attitudes toward mental well-being among students and the community.

Objectives of the Program

Objectives

- To educate participants about the program's core theme: “Access to Services – Mental Health in Catastrophes and Emergencies.”
- To enhance knowledge regarding mental health challenges faced during crises and the available support systems (as covered in the Guest Lecture).
- To develop skills in recognizing and managing mental health issues through interactive sessions and practical demonstrations (e.g., MSE Demonstration and Roll Play).
- To encourage participation in creative and educational activities that foster emotional expression and teamwork (e.g., Poetry, Slogan, Art, Reels, and Rangoli Competitions).
- To promote empathy, resilience, and mental well-being among nursing students and the wider community (through the Roll Play and Theme Opening).
- To recognize and reward active participation and innovative contributions during the awareness week (via Price Distribution).

GODAVARI FOUNDATION GODAVARI COLLEGE OF NURSING

Day 01 Report: Theme Opening: Launching the Mental Health Awareness Week

The inaugural day of the World Mental Health Awareness Week successfully set a creative and insightful tone for the program.

The day began with the **Theme Opening**, which successfully took place from **10:00 AM to 11:00 AM**. The event was formally inaugurated by the college leadership: **Prof. Vishakha Ganvir (Principal)**, **Prof. Ashwini Vaidya (HOD of Mental Health Nursing)**, and **Mr. Pravin Kolhe (Administrator)**. They were joined by faculty from the Mental Health Nursing Department, other departmental faculty members, and participating students. **Ms. Payal Hande and Ms. Shweta Landage** successfully moderated the session, during which the critical theme for the week, “**Access to Services – Mental Health in Catastrophes and Emergencies**,” was formally introduced to all attendees.

Following the Theme Opening, concurrent creative competitions were immediately held, engaging students in artistic expressions of the week's theme. The competitions and their respective judges were:

- **Poetry Competition:** Evaluated by **Mr. Piyush Wagh and Ms. Snehal Jambulkar**.
- **Slogan Competition:** Judged by **Ms. Jayashree Jadhao and Ms. Sunita Mirpagare**.
- **Photography Competition:** Evaluated by **Mr. Sumit Nirmal and Ms. Malathi S.**

These activities successfully encouraged nursing students to channel their understanding of the theme into powerful artistic expressions. The robust participation fostered emotional engagement and dialogue around the often-neglected aspects of mental health in emergency situations. The vibrant atmosphere immediately highlighted the commitment to **breaking the stigma** surrounding mental health. The program for the day concluded with a photo session.

Day 02 Report: DEDICATED TO GUEST LECTURE LED BY AN EXPERT

The second day of the Mental Health Awareness Week at **Godavari College of Nursing, Jalgaon**, was dedicated to an educational session in the form of a **Guest lecture**. The session commenced at **10:00 AM** in Dr. Akshata Patil Hall with a warm welcome address delivered by the coordinator, **Ms. Shilpa Waghmare**.

Dr. Aditya S. Jain, Resident Doctor from the *Department of Psychiatry*, (DUPMCH), was invited as the guest speaker. He delivered an insightful lecture on the topic **“Psychiatric Emergency.”** During the session, Dr. Jain elaborated on the **meaning, common types, causes, and management strategies** of psychiatric emergencies. He also discussed the **importance of accessibility to mental health services during emergencies** and emphasized the **need for multidisciplinary collaboration** in addressing mental health challenges during catastrophic events.

The lecture was highly interactive, with students actively participating in discussions and asking relevant questions. The session greatly enhanced the understanding of nursing students regarding the significance of mental health care in emergency situations and motivated them to apply this knowledge in their professional practice. The program concluded with a **vote of thanks** proposed by **Ms. Shilpa Waghmare**, expressing heartfelt gratitude to **Dr. Jain** for his valuable contribution. **Certificates were presented by Prof. Ashwini Vaidya, Head of the Department**, who also extended thanks to all participants for their enthusiastic involvement.

Day 03 Report: DEDICATED TO DEMONSTRATION LED BY AN EXPERT

The **third day** of the Mental Health Awareness Week at **Godavari College of Nursing**, was dedicated to a crucial practical session in the form of a **Demonstration**. The session commenced sharply at **10:00 AM** in **Akshata Patil Hall** with a warm welcome address delivered by the coordinator, **Ms. Shilpa Waghmare**.

Prof. Ashwini Vaidya, Head of the Department of Mental Health Nursing (G.C.O.N), was the esteemed facilitator for the session. She led an insightful and comprehensive **Demonstration on Mental Status Examination (MSE)**, a cornerstone skill for psychiatric nurses.

During the session, **Prof. Ashwini Vaidya** meticulously walked the students through the structured yet flexible process of conducting an MSE. She elaborated on:

- **Systematic Assessment:** The importance of methodically observing and documenting the patient's **Appearance, Behavior, Speech, Mood and Affect**.
- **Cognitive and Thought Processes:** Practical techniques for assessing **Thought Content and Process, Perception**, and **Cognitive Functions** (e.g., orientation, memory).
- **Clinical Application:** How to use the MSE to form a preliminary clinical impression and guide further nursing interventions.

The demonstration was highly **interactive**, and Q&A, with students actively participating to clarify techniques and understand in clinical observation. The session greatly enhanced the **practical assessment skills** of the nursing students, preparing them to apply this foundational knowledge directly in their professional practice.

The program concluded with a **vote of thanks** proposed by **Ms. Shilpa Waghmare**, who expressed heartfelt gratitude to **Prof. Ashwini Vaidya** for her valuable contribution and practical expertise.

DAY 4: Community Role Play on Access to Mental Health in Emergencies

The event commenced with an introductory address by a faculty member, emphasizing the week's significance and the critical need for community-level mental health preparedness. Students then showcased their talents and understanding of the theme through various dramatic performances.

Role Play & Evaluation

The nursing students delivered compelling and informative **Role Plays** that depicted scenarios like:

- The psychological impact of a disaster on individuals and families.
- Barriers to seeking mental health support in a crisis (e.g., stigma, lack of information).
- The appropriate role of a community health worker or nurse in providing **psychological first aid** and connecting victims to available resources.

The creativity, clarity of message, and clinical accuracy of the students' performances were evaluated by an expert panel from the department:

- **Ms. Hemangi Murkute, Associate Professor (GCON)**
- **Ms. Malathi Sakthivel, Associate Professor (GCON)**

The evaluators assessed the students on their acting, script relevance to the theme, and ability to effectively communicate complex mental health concepts to a lay audience. The evaluation process was highly instructional, with the judges providing feedback to enhance the students' future educational activities.

The activity was highly successful, serving the dual purpose of **Community Education**: Effectively conveying the critical message of **mental health accessibility** to the residents of Tarsod Community.

The entire faculty team supervised the event, ensuring smooth coordination and interaction with the community members, who participated enthusiastically. The program concluded with a vote of thanks, acknowledging the community's cooperation and reiterating the college's commitment to mental health awareness.

Day 5 Report: Creative Competitions and Culmination Ceremony

The **Mental Health Awareness Week** organized by the Department of Mental Health Nursing at **Godavari College of Nursing**, reached its inspiring finale on **October 10th, 2025**, with a day dedicated to creative competitions and a formal prize distribution ceremony.

The day's events commenced with spirited **Poster** and **Rangoli Competitions**, held in the **Dr. Akshata Patil Hall**. These activities provided a vibrant platform for students to creatively express their deep understanding of the central theme: "**Access to Services - Mental Health in Catastrophes and Emergencies.**"

- **Rangoli Competition:** Students displayed remarkable artistry, translating complex concepts such as the breakdown of services during a crisis and the path to psychological recovery—into intricate and colorful floor designs. Notably, **faculty members from all departments** joined the students in this competition, fostering a spirit of unity and emphasizing the collective responsibility for mental well-being across the institution.

The Poster Competition featured informative and visually compelling posters, all of which were judged by the **Resident doctors** from **Dr. Ulhas Patil Medical College**.

The culmination of the successful week was marked by the formal **Prize Distribution Ceremony**. The session was attended by all departmental faculties, staff, and enthusiastic students.

The **Principal Madam** of Godavari College of Nursing presided over the ceremony, extending her appreciation for the high level of participation and the quality of the work displayed throughout the week. The Principal emphasized the importance of mental health competency for future nurses, especially in disaster management.

Prizes and certificates were awarded to the winners of the Poster, Rangoli, Reels, and other competitive events held during the week. This recognition celebrated the outstanding efforts and creative talents of the students and acknowledged the active engagement of the faculty members in the competition.

Conclusion

The Mental Health Awareness Week successfully concluded, having effectively **reinforced the importance of proactive mental health care** and prepared future nurses to address the complex mental health needs that arise during emergencies and catastrophes. The active involvement of students, the competitive spirit across all departments, and the Principal Madam's leadership ensured the week was a resounding success in promoting a holistic approach to health and well-being.

PHOTOGRAPHY DAY 01 : THEME OPENING

THE FIRST DAY FOCUSES ON INTRODUCING THE THEME AND ENGAGING STUDENTS THROUGH CREATIVE EXPRESSION.

SPIRITUAL ENLIGHTENMENT



THEME LAUNCHED BY PRINCIPAL
& HOD

A MOMENT OF FELICITATION



THEME LAUNCHED BY
PRINCIPAL & HOD



STUDENT EXHIBITED THEIR TALENT IN
THE POETRY COMPETITION.



STUDENT SHOWCASED THEIR POETIC TALENT
DURING THE SLOGAN COMPETITION

PHOTOGRAPHY

DAY 02 : GUEST LECTURE

THE SECOND DAY IS DEDICATED TO AN EDUCATIONAL SESSION LED BY AN EXPERT

**A MOMENT OF
FELICITATION**



**SESSION TAKEN
BY SPEAKER**



**SPEAKER
HONORED WITH
CERTIFICATE.**



**GROUP PHOTO
WITH SPEAKER**

PHOTOGRAPHY

DAY 03 : DEMONSTRATION

MID-WEEK INVOLVES A PRACTICAL DEMONSTRATION OF A KEY MENTAL HEALTH ASSESSMENT TECHNIQUE

SPEAKER-LED DEMONSTRATION.



SPEAKER HONoured WITH CERTIFICATE.



GROUP PHOTO WITH DEPARTMENT FACULTY



PHOTOGRAPHY

DAY 04 : ROLE PLAY

The focus shifts to community outreach and practical application of knowledge



GROUP PHOTO
WITH STUDENTS



STUDENTS
PARTICIPATION IN
ROLE PLAY



PHOTOGRAPHY DAY 05 : CLOSING CEREMONY

THE FINAL DAY BLENDS CREATIVE ACTIVITIES WITH THE CLOSING AND CELEBRATION OF
PRIZE DISTRIBUTION

PRIZE WINNERS FELICITATED
BY PRINCIPAL AND HOD.



PHOTO SESSION WITH
FACULTY AND WINNERS



POSTER
COMPITION



RANGOLI
COMPITION



vol-34

News Letter

13rd Oct, 2025

weekly news outline

GODAVARI FOUNDATION GODAVARI COLLEGE OF NURSING TO HOST "MENTAL HEALTH AWARENESS WEEK"



Godavari College of Nursing, is delighted to announce a dedicated Mental Health Awareness Week from **October 6th to 10th, 2025**. Organized by the **Department of Mental Health Nursing** on the occasion of **World Mental Health Awareness Week**, the event aims to actively contribute to spreading awareness and breaking the deep-seated stigma surrounding mental health. This year, the celebration will focus on the highly relevant and critical theme: **"Access to Services - Mental Health in Catastrophes and Emergencies."** This theme underscores the necessity of having readily available and effective mental health support systems during times of natural disasters and crises.

Event Details

Event Name: World Mental Health Awareness Week Celebration

Dates: October 6th to 10th, 2025

Time: 10:00 AM daily

Venue:

Akhata Pail Hall, GCON, Jalgaon

Theme: Access to Services - Mental Health in Catastrophes and Emergencies

Organized By: Department of Mental Health Nursing, Godavari College of Nursing

ACTIVITIES

DAY 1: (OCT 6): Theme Opening

Day 2: (Oct 7) : Guest Lecture

Day 3: (Oct 8): MSE Demonstration (Mental Status Examination)

Day 4: (Oct 9): Role play

Day 5: (Oct 10): Poster, Rangoli Competition & prize Distribution

STAY CONNECTED:
FOR UPDATES ON UPCOMING EVENTS,
RESEARCH OPPORTUNITIES, AND ACADEMIC
PROGRAMS, FOLLOW US ON OUR OFFICIAL
PLATFORMS.

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