

NARAYANA COLLEGE OF NURSING

CHINTHAREDDY PALEM, NELLORE

DEPARTMENT OF MENTAL HEALTH NURSING

FACULTY DEVELOPMENT PROGRAMME ON MENTAL HYGIENE

Department of Mental Health Nursing organized a Faculty Development programme on Mental Hygiene on 19/01/2019 at Narayana College of Nursing.

The programme started at 3 pm with the prayer song and welcome song by II-year B.Sc. Nursing students. A total of 33 members including faculties and M.Sc. Nursing students were attended the programme. Dr. Indira, Dean and Principal NCN, Mrs. V. Jayanthi, Principal, HOD OBG Dept, SNCN and HODs of all the department were lightened the lamp and inaugurated the programme. Mrs. Smitha, Assoc. Professor delivered the Welcome Address. Sessions were taken by Dr. Indira, Dean & Principal, NCN, Mrs. V. Jayanthi, Principal, HOD OBG Dept, SNCN, Mrs. Rajeswari, Vice Principal, HOD MHN Dept, Mrs. Smitha, Assoc. Professor, Mrs. Shabana, Asst. Professor, Mrs. Suchitra, Asst. Professor and Ms. Jhansi, Asst. Professor.



Dr. Indira, Principal dealt the topic on Introduction to Mental Health, highlighted the points like difference between mental health and mental hygiene and followed that Ms. Jhansi presented a topic on History of Mental Hygiene. Mrs. V. Jayanthi, Principal, SNCN dealt with Objectives and Importance of Mental Hygiene in a detailed manner and later on Mrs. Shabana discussed with Functions and Principles of Mental Hygiene and the discussion highlighted on principles to be followed among children. Elements and Scope of Mental Hygiene was dealt by Mrs. Suchitra,

explained in detail about the elements like kindness, tolerance, optimism and living simply and followed that Mental Hygiene Strategies – Reality Contact and Self-esteem concept presented in an aesthetic manner by Mrs. Rajeswari, Vice Principal. The final session Mental Hygiene Strategies – Impulse control and Positive thoughts was dealt with Mrs. Smitha and highlighted the points like techniques of impulse control and different ways of being positive. The session was enlightened with videos of self-esteem, positive thoughts and inspirational video.



Certificates were distributed to all the presenters in the programme. Lastly the vote of thanks was delivered by Ms. Jhansi, Asst. Professor the programme ended with National Anthem.



TABLE :1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF KNOWLEDGE ON MENTAL HYGIENE

N =31

S.NO	GRADE	PRE-TEST		POST TEST	
		f	%	f	%
1	A+	-	-	7	23
2	A	4	13	14	45
3	B	3	10	9	29
4	C	17	55	1	3
5	D	7	23	-	-

FIG: 1 PERCENTAGE DISTRIBUTION OF KNOWLEDGE ON MENTALHYGIENE

