

REPORT ON WORLD BIPOLAR DAY 2022

The Department of Mental Health Nursing, in collaboration with the Department of Psychiatry, Narayana Medical College & Hospital, organized a World Bipolar Day Awareness Program on March 30, 2022, from 11:00 AM to 1:00 PM at the 3rd Floor Auditorium, Narayana College of Nursing. The program commenced with a prayer song and welcome song by 3rd Year B.Sc. Nursing students. A pre-test was conducted for all participants to assess their knowledge before the session. The event was inaugurated by Dr. Indira A., Principal, Narayana College of Nursing, along with the Heads of Departments (HODs). The welcome address was delivered by Prof. Smitha, HOD, Department of Mental Health Nursing. Dr. Seshamma V., HOD, Department of Psychiatry, introduced the topic, followed by Dr. V. Harshitha, Senior Resident, Department of Psychiatry, who discussed the theme, "Strength for Today, Hope for Tomorrow." Key Highlights of the Presentation: History of Bipolar Disorder, Debunking Myths About Bipolar Disorder, Epidemiology & Causes, Signs of Depressive and Manic Episodes, Treatment Approaches & Caregiver Tips, A post-test was conducted after the session, followed by a vote of thanks by Ms. Chandana, Assistant Professor. The event concluded with the National Anthem at 1:00 PM. Analysis of Results: Students (N=94): A+ scores increased from 5% to 50%, while lower grades (C & D) were eliminated. Faculty (N=60): A+ scores rose from 12% to 73%, with no participants in the lowest grades post-session. Feedback: 64% rated the program as excellent, confirming its effectiveness. This awareness program significantly enhanced participants' understanding of bipolar disorder, making it a highly impactful event.

Report on World Suicide Prevention Day 2022

Organized by: Narayana College of Nursing, Nellore

Date: September 10, 2022

Venue: Gandhi Statue, Nellore

Theme: *Creating Hope Through Action*

The Department of Mental Health Nursing, in collaboration with the NSS unit of Narayana College of Nursing, organized an awareness program on **World Suicide Prevention Day** to highlight the importance of mental health and suicide prevention. The theme, *Creating Hope Through Action*, emphasized proactive efforts to reduce suicide rates and provide support to those in distress.

Objectives

- To raise awareness about suicide prevention strategies.
- To promote mental well-being among students and the community.
- To foster international solidarity in addressing mental health issues.

Event Highlights

The program commenced with a **rally at 8:00 AM** from Gandhi Statue, Trunk Road, Nellore. The rally was led by **100 NSS volunteers** along with faculty members and mental health professionals. Ms. Deepa, Pallavi Associate Professor, provided instructions on the rally's purpose and the importance of mental health awareness.

The event was supported by the **Nellore Police Department, the Psychiatric Society of Nellore, and faculty from the Psychiatry Department**, including Dr. Anand Reddy and Dr. Seshamma. Participants held banners and chanted slogans such as:

1. **"Bandh Karo, Bandh Karo, Suicide Karna Bandh Karo"**
2. **"Live the Life, Leave the Suicide"**

The event concluded with an **oath-taking ceremony** followed by the National Anthem.

Outcome The event successfully spread awareness on suicide prevention, encouraged open discussions on mental health, and reinforced the message of hope and action.

