## REPORT ON WORLD BIPOLAR DAY 2023

The Department of Mental Health Nursing at Narayana College of Nursing organized a program on **World Bipolar Day** on **March 30, 2023**, from **12:00 PM to 1:00 PM** at the **Smart Classroom on the 2nd floor**. The theme for the event was **"We are many, we are Bipolar Together."** The event commenced with a **prayer song and a welcome song** performed by **3rd Year B.Sc. Nursing students**. A **pre-test** was conducted to assess participants' baseline knowledge. The program was inaugurated by **Dr. Indira A.**, Principal of Narayana College of Nursing, alongside the Heads of Departments (HODs). **Ms. K. Deepa**, Assistant Professor, Department of Mental Health Nursing, delivered the welcome address. The **principal's address** was followed by a theme discussion by **Prof. Smitha P. M., HOD of Psychiatry**. A video highlighting **symptoms of bipolar disorder** was played, followed by a **stress reduction brain activity** for students, which was well-received. A **post-test** was conducted to evaluate the impact of the session. **Key Highlights of the Presentation: History of Bipolar Disorder**, **Types of Bipolar Disorder**, **Causes**, **Signs of Depressive and Manic Episodes**, **Caregiver Tips Analysis of Results:** The **pre-test and post-test scores** indicated significant improvement:, **Students:** A+ scores increased from **1% to 57%**, while lower grades (C & D) were eliminated. **Faculty:** A+ scores rose from **13% to 67%**, with no participants in the lowest grades post-session. **Feedback: 80% rated the program as excellent**, proving its effectiveness. The event concluded with a **vote of thanks** by **Ms. T. Chandana, Assistant Professor**, and ended with the **National Anthem** at **1:00 PM**.
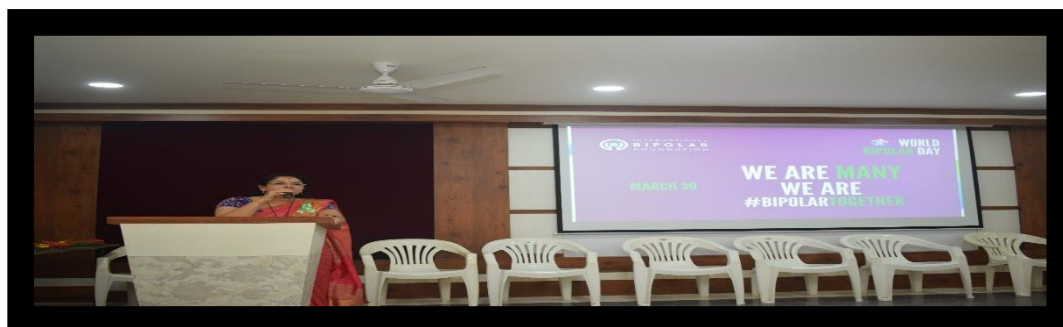
REPORT ON WORLD SUICIDE PREVENTION DAY

Date: September 9, 2023

Theme: "Creating Hope through Action"

Venue: Narayana Rural Health Training Center, Venkatachalam, Nellore

Coordinator: Mrs. S. Suchitra

Participants: 50

Report on World Suicide Prevention Day Awareness Event

On September 9, 2023, the NSS Unit of Narayana College of Nursing, in collaboration with the Department of Mental Health Nursing and Narayana Rural Health Training Center, organized an awareness event to commemorate **World Suicide Prevention Day**. The event aimed to increase public awareness about suicide prevention, mental health issues, and available resources while educating the community on recognizing signs of suicidal behavior. The day began with a **rally** at 8:30 AM from the Narayana Rural Health Training Center Main Gate, inaugurated by the NSS Program Officer and Rural Health Training Center Coordinator. Volunteers, students, faculty, and community members marched with banners and placards promoting mental health awareness. The rally concluded at Narayana College of Nursing, followed by an **awareness session** led by **Prof. Smitha** and **Dr. Anjani Devi** from the Department of Mental Health Nursing. They emphasized the **importance of mental health awareness, early signs of suicidal behavior, and suicide prevention strategies**. An interactive session allowed students to share experiences and gain insights from professionals. The event concluded with a **prize distribution ceremony**, where the Principal, NSS Coordinator, and faculty recognized students and volunteers for their contributions. Awards were given for **best posters, best essay on suicide prevention, and active participation** in the rally and awareness session. The event successfully promoted mental health awareness and encouraged the community to play an active role in suicide prevention.