



# NARAYANA COLLEGE OF NURSING

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## Department Activities

S. No	Activities	Date of organization
1	World Bipolar Day	30 <sup>th</sup> March each year
2	World Suicide Prevention Day	10 <sup>th</sup> September each year
3	World Alzheimer's Day	21 <sup>st</sup> September each year
4	World Mental Health Day	10 <sup>th</sup> October each year



## World Suicide Prevention Day

Narayana College of Nursing observed World Suicide Prevention Day on 10th September 2024, from 9:00 AM to 12:00 PM in the Smart Classroom, with the aim of raising awareness about suicide prevention and mental health. The program commenced with a prayer song and a welcome song performed by third-year students. The lamp lighting ceremony was led by Dr. Vanaja Kumari, Principal of Narayana College of Nursing, along with Heads of Departments and other dignitaries. The event was attended by faculty members, students, and healthcare professionals, who gathered to discuss the significance of early intervention and mental well-being. The session emphasized the importance of recognizing warning signs, providing emotional support, and encouraging open conversations about mental health challenges. Dr. Harshitha, the resource person, provided valuable insights into suicide prevention strategies, coping mechanisms, and the role of healthcare professionals in mitigating suicide risks. She highlighted the impact of stress, depression, and social isolation on mental health and discussed practical approaches to fostering resilience. Additionally, interactive discussions and case studies were presented to help participants understand real-life scenarios and the importance of timely intervention. Dr. Anjani, Head of the Department, delivered the closing remarks, stressing the need for a compassionate approach toward mental health issues. The event concluded with a Q&A session, where students and faculty actively engaged in discussions, seeking guidance on mental health promotion. The observance of World Suicide Prevention Day at Narayana College of Nursing reinforced the institution's commitment to creating a supportive environment that prioritizes mental health awareness and suicide prevention in the community. The program concluded with a vote of thanks delivered by Mrs. T. Lalitha Kumari, followed by the national anthem.





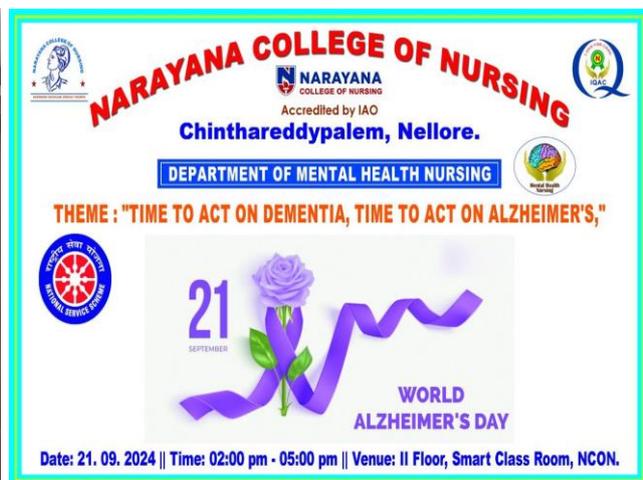
## World Alzheimer's Day

On 21st September 2024, Narayana College of Nursing observed World Alzheimer's Day with the theme " **Time to act on dementia, Time to act on Alzheimer's.**" The program aimed to raise awareness about Alzheimer's disease and dementia, emphasizing their impact on individuals, families, and society. Faculty members, students, healthcare professionals, and community members participated in discussions on early signs, symptoms, management strategies, and caregiver support. Interactive sessions helped dispel myths and misconceptions surrounding Alzheimer's disease.

The event began at 2:00 PM with a Prayer Song, followed by a Welcome Song and Dance by students. The Welcome Address was delivered warmly, officially inaugurating the event. The Lighting of the Lamp symbolized the spread of knowledge and awareness.

Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing, addressed the audience from 2:30 PM to 3:00 PM, introducing the theme and stressing the importance of early diagnosis, timely intervention, and caregiver support.

A guest lecture by Dr. Omprakash Swamin, Associate Professor, Mahatma Gandhi Nursing College, Jaipur, was the highlight of the event. He discussed risk factors, diagnostic tools, management strategies, and recent advancements in Alzheimer's research. He also emphasized the role of caregivers and healthcare professionals in improving the quality of life for dementia patients. The event concluded with a Vote of Thanks by Mrs. S. Suchithra, Assistant Professor. The National Anthem marked the end of the program, instilling unity and patriotism among attendees.





## World Mental Health Day

The Department of Mental Health Nursing at Narayana College of Nursing organized a webinar on World Mental Health Day, observed annually on October 10th. The theme for 2024 was “Mental Health at Work”, emphasizing the need to address mental health disparities globally. The program began at 9:50 AM with a pre-test conducted for all registered participants to assess their baseline knowledge. At 10:00 AM, the event officially commenced with a prayer song and welcome song performed by III Year B.Sc (N) students.

Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing, formally inaugurated the program. Mrs. Lalitha Kumari.T, Associate Professor, Department of Mental Health Nursing, delivered the welcome address, highlighting the importance of mental health awareness and the role of nurses in mental health care.

The webinar featured expert talks by Dr.P.Vijaya Lakshmi renowned mental health professionals, discussing various aspects of mental health, its impact on individuals, and strategies to improve mental well-being. Topics such as stress management, coping strategies, and the role of healthcare providers in mental health promotion were covered.

The program concluded with an interactive Q&A session, followed by a post-test to assess participants' learning outcomes. The event successfully created awareness and provided valuable insights into mental health issues. Feedback from participants was overwhelmingly positive, emphasizing the need for more such initiatives in the future.

