



NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"



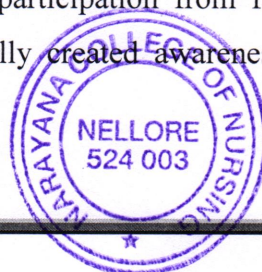
REPORT ON WORLD MENTAL HEALTH DAY 2025

World Mental Health Day is celebrated globally every year on **10th October, 2025** to raise awareness about mental health and mobilize support for individuals affected by mental health issues. The **Department of Mental Health Nursing, Narayana College of Nursing**, in collaboration with the **Department of Psychiatry, Narayana Medical College and Hospital, Janaka Integra Svasthya**, and **Soniks Life Sciences Pvt. Ltd.**, organized a **2K RUN (Walkathon)** followed by a **Rally** to commemorate this significant day. The event aligned with the 2025 global theme "*Access to Services – Mental Health in Catastrophes and Emergencies.*" The main objectives of the program were to promote awareness about mental health during crises and emergencies, encourage students and faculty to advocate for accessible services, sensitize the public about early intervention, and strengthen interprofessional collaboration between medical and nursing departments. The **2K RUN (Walkathon)** commenced at **7:00 AM** from the **Narayana College of Nursing campus** and proceeded through the **Chinthareddypalem** surroundings.

The event witnessed active and enthusiastic participation from faculty members, UG and PG nursing students, medical, and pharmacy students. Participants carried placards and banners displaying slogans that emphasized the importance of mental health care, stress management, and timely access to psychological support during disasters. Motivational slogans such as "*Mental health for all in crises and calm,*" "*Access to care saves lives,*" and "*Mind matters even in emergencies*" echoed throughout the rally route. For Winners Models was Awarded.

The event concluded at **9:00 AM** with an interactive session that highlighted the importance of mental health awareness and early interventions in times of catastrophe. **Chief Participants** **Dr. Seshamma**, HOD, Department of Psychiatry, NMCH; **Dr. M. Arun Kanth**, Deputy Medical Superintendent; **Dr. Y.V. Prabhakar**, Medical Administrator; **Dr. K. Sathish**, Assistant Medical Superintendent; **Dr. Anjani Devi N**, Professor & HOD, Department of Mental Health Nursing, NCON; **Mrs. T. Lalitha Kumari**, Professor, NCN; **Dr. D.M. Karthik** and **Mrs. Suchithra**, NSS Programme Officers; **Dr. Harishitha**, NMC; and **Mrs. T. Chandan**, Assistant Professor, NCON.

The event had remarkable participation from faculty members, students, and community representatives. It successfully created awareness about the significance of mental health





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during crises, fostered empathy among future health professionals, and emphasized the role of timely mental health services. The Department expressed heartfelt gratitude to the **Principal, faculty, and collaborators** for their support in making the event a **grand success**.



Suman
HOD

Dept. of Mental Health Nursing/Psychiatric
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



B. Anurag
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003