NARAYANA COLLEGE OF NURSING

Chintharedypalem, Nellore - 524003. A.P.

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

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

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REPORT ON WORLD MENTAL HEALTH DAY - 10.10.2026

The Department of Psychiatry celebrated **World Mental Health Day on 10 October 2026** at the APJ Abdul Kalam Auditorium with great enthusiasm and active participation. The program aimed to create awareness about mental health, reduce stigma associated with mental illnesses, and emphasize the importance of emotional well-being in everyday life. Dr. Karthik delivered the welcome address and warmly welcomed the dignitaries, faculty members, staff, and students. Dr. N. R. P. Chandra Balaji, President of the Indian Psychiatric Association, graced the occasion as the Chief Guest. In his address, he highlighted the importance of mental health, emphasizing that mental well-being is equally important as physical health. He also stressed the need to create awareness, encourage early identification of mental health problems, and promote a supportive environment for individuals experiencing psychological difficulties.

Dr. Udaya Kumar, Head of the Department of Psychiatry, delivered an informative presentation on mental health issues. He explained depression and suicidal ideation with practical examples from patient experiences, providing the audience with a clear understanding of the symptoms, warning signs, and importance of timely intervention. He emphasized the need for empathy, proper counseling, professional support, and early treatment. On this occasion, **Dr. B. Vanaja Kumari was felicitated by the Department of Psychiatry** in recognition of her contributions.

Dr. P. Srinivasulu Reddy, Dean/Principal, delivered the take-home message, highlighting the importance of prioritizing mental health and encouraging everyone to seek help without hesitation. Finally, Dr. Karthik proposed the vote of thanks, expressing gratitude to all the dignitaries and participants. The program concluded successfully with a message to promote mental health awareness and compassion in society. The program was adjourned at 6 p.m.

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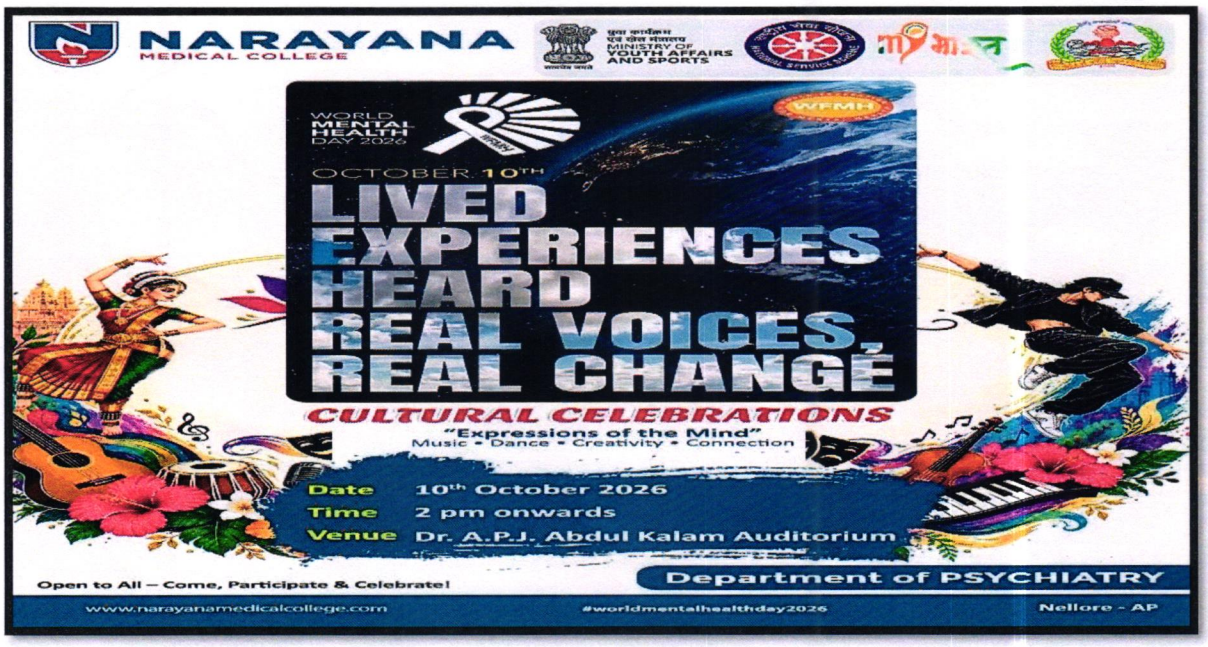
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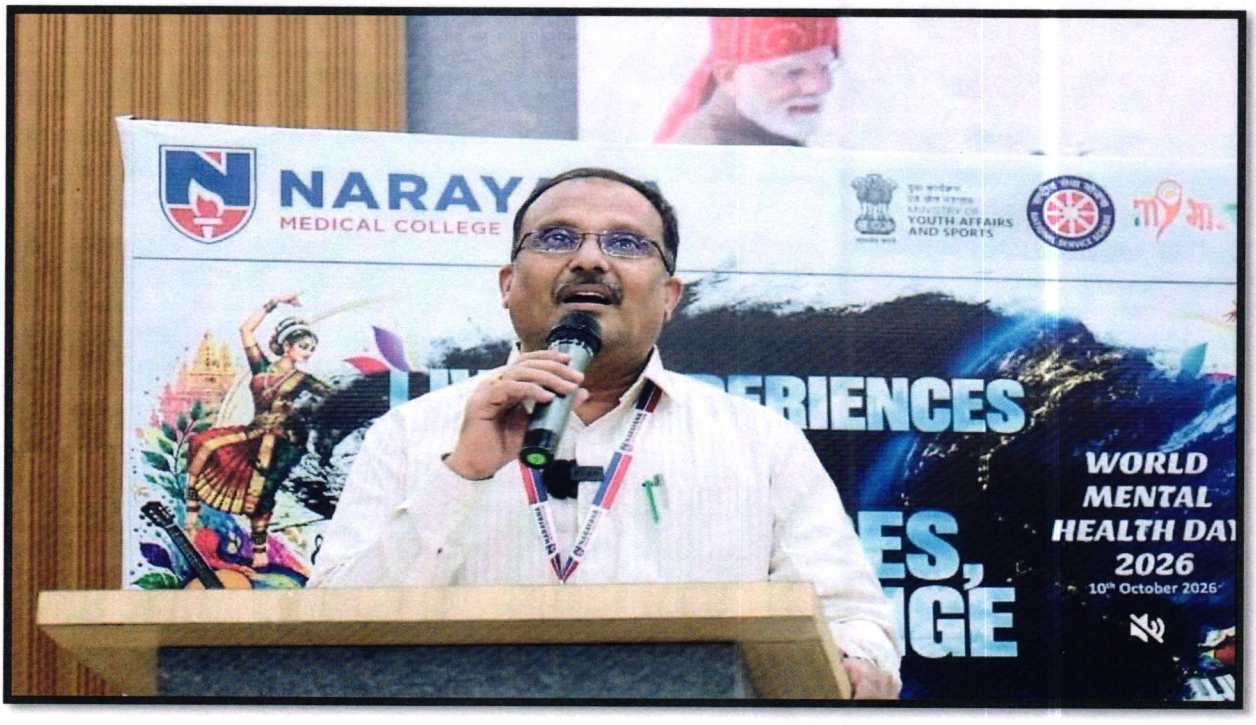
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SPEECH BY Dr. SREENIVASULU REDDY, DEAN, NMCH

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FELICITATION TO Dr. B. VANAJAKUMARI, PRINCIPAL, NCON



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