



Report on Mental Health Day

Name of the event: Mental Health Day 2025

Date: 10th October 2025

Time : 11:00 am to 12:00 noon

Venue: Smt. Vimladevi Khyalilalji Vagarecha College of Nursing, Thane.

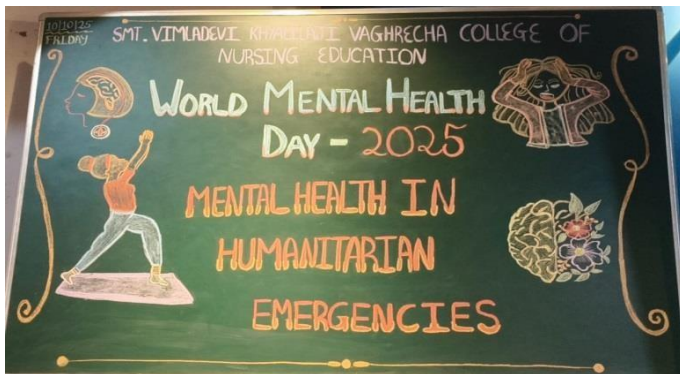
A **panel discussion** was conducted by the **III Year G.N.M students**, focusing on the theme “*Mental Health in Humanitarian Emergencies*”. The discussion highlighted the psychological challenges faced by individuals during crises such as natural disasters, conflicts, and pandemics. Students emphasized the importance of early intervention, community support, and the role of healthcare professionals in safeguarding mental well-being during emergencies. The panel provided a platform for students to share knowledge, exchange ideas, and develop a deeper understanding of mental health issues in vulnerable populations.

To complement the discussion, the **II Year G.N.M students** presented a **role play** based on the theme. Through their performance, they depicted real-life scenarios of individuals struggling with mental health challenges during humanitarian crises and demonstrated effective coping strategies, empathy, and professional interventions. The role play was impactful, engaging, and helped in sensitizing the audience to the importance of compassion and timely support. The students participated with remarkable enthusiasm, showcasing their creativity, communication skills, and awareness of mental health issues. Their active involvement reflected not only academic learning but also a strong sense of social responsibility as future nursing professionals.

The celebration of **Mental Health Day 2025** was a **resounding success**, marked by insightful discussions, creative performances, and enthusiastic participation. The event reinforced the college’s commitment to promoting mental health awareness and preparing nursing students to address psychological needs in humanitarian emergencies. With the collective efforts of faculty and students, the program delivered a powerful message of empathy, resilience, and professional responsibility.



**SMT. VIMLADEVI KHYALILALJI VAGARECHA
COLLEGE OF NURSING EDUCATION**
Shaping the Future of Healthcare



**Reported by : Mr.VishalThube, Assistant Professor
Ms. Pooja Yadav, Clinical Instructor**

Signature of the Principal