



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**REPORT ON NATIONAL MENTAL HEALTH DAY 2022**

**Date:** 13<sup>TH</sup> OCTOBER 2022

**Venue:** Visanji Ravaji Auditorium, Matunga-400019

**Participants:** 132 Students & 25 Teachers.

**Theme:** Make Mental Health & Well Being For All A Global Priority.

**Aim:** To Improve The Quality Of Mental Health Services Through Out The World.

**Objective:**

- To Raise Awareness Of Mental Health Issues Around The World And To Mobilized Efforts In Support Of Mental Health.

**FLYER OF THE PROGRAM**

**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING AND  
PARAMEDICAL SCIENCES  
338, R.A KIDWAI ROAD, MATUNGA-400019**

**IN COLLABORATION WITH  
TRAINED NURSE ASSOCIATION OF INDIA  
MAHARASHTRA STATE BRANCH**

**CELEBRATES**

**NATIONAL MENTAL HEALTH DAY-2022**

**THEME** → **Make Mental Health & Well-Being for All a Global Priority'.**

**DATE:**  
13/10/2022

**TIME:**  
10 AM- 11 AM &  
1:30 PM -2:30 PM

**VENUE:**  
VISANJI RAVJI  
AUDITORIUM  
MATUNGA EAST  
MUMBAI-  
400019

**Ms. Shilpa Shettigar**  
Principal

**Ms. Delphina Gurav**  
Vice-Principal

**Mrs. Surekha Sawant**  
TNAI President,  
Maharashtra State Branch

**Mrs. Prachi Dharap**  
TNAI Secretary, Maharashtra  
State Branch

**Ms. Aishwarya Kalbhor**  
Program Co-ordinator

**SPEAKER  
DR. HARISH SHETTY  
PSYCHIATRIST  
MUMBAI**

**SPEAKER  
DR. SAGAR KARIA  
PSYCHIATRIST  
MUMBAI**



**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**PROGRAM COPY**

SEVA MANDAL EDUCATION SOCIETY'S  
SMT.SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING  
AND PARAMEDICAL SCIENCES  
338, R.A KIDWAI ROAD , MATUNGA-400019

## NATIONAL WORLD MENTAL HEALTH DAY 2022

### PROGRAM COPY

TIME	EVENT	RESPONSIBILITY
10:00 AM	INTRODUCTION & WELCOME ADDRESS	MS. AISHWARYA KALBHOR
10:10 AM	INTRODUCTION OF SPEAKER & FELICITATION	MS.NESWARI FERNANDO
10:15 AM	SEMINAR ON MENTAL HEALTH & PREVENTION	DR. HARISH SHETTY
10:45 AM	DISCUSSION	-
11:00 AM	VOTE OF THANKS	MS. ABENA P.A.
1:30 PM	INTRODUCTION OF SPEAKER & FELICITATION	MS. AISHWARYA KALBHOR
1:35 PM	SEMINAR ON STRESS MANEGMENT	DR. SAGAR KARIA
2:20 PM	DISCUSSION	-
2:30 PM	VOTE OF THANKS	MS. ABENA P.A.



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### INVITATION LETTER

#### SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING & PARAMEDICAL SCIENCES



SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING  
Affiliated to: Maharashtra University of Health Sciences, Nashik.  
Maharashtra State Board of Nursing and Paramedical Education  
Recognised by: Indian Nursing Council, Maharashtra Nursing Council  
MUHS IMPACT ASSESSMENT A+ GRADE (2018-2019)

SEVA MANDAL EDUCATION SOCIETY	LOCAL MANAGING COMMITTEE	MEMBERS	INVITEE
President: Dr. Chitambar, (Retired) Hon. Secretary: Smt. P. V. G. Shetty	Chairman: Dr. Bhargava, M. Purohit Vice Chairman: S. M. Rajgopal Secretary: Mrs. Shilpa Shetty Convener: Dr. Laxmi Choudhary	Dr. Shilpa P. Chaudhary, CDR (Retd.) J. C. Sharma Ms. Priya G. Gade	Mrs. Delipati Mahesh Chaudhary

#### OTHER COURSES

General Nursing & Midwifery  
(Proposed)

Auxiliary Nurse midwife

Transplant coordinator  
certificate course

#### SKILL COURSES

ECG technician

CSSD Technician

Radiology Technician

Lab assistant

Dialysis assistant

Cath Lab assistant

Ref No. 266

Date: 11/10/2022

To,  
Dr. Harish Shetty,  
Psychiatrist,  
Mumbai

Subject: Invitation as a "Resource person" on the occasion of "National Mental Health Day-2022"

Respected Sir,

We are glad to invite you, as a resource person for state level seminar on Thursday 13<sup>th</sup> October 2022 in collaboration with Trained Nurse Association of India, Maharashtra Branch on the occasion of "National Mental Health Day-2022". Venue for the programme will be: Visnaji Ravji Auditorium, R. A. Kidwai Road, Matunga (east). Programme will proceed from 10.00 am to 11.00 am topic is related to mental health and the theme for programme will be "To make mental health well-being for all a global priority."

We are thankful to you, for your kind support for the organization and look forward for the same in future.

Thanking you  
Yours Faithfully,

  
Principal,  
Mrs. Shilpa Ashok Shetty  
Smt. Sunanda Pravin Gambharchand college of Nursing





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

## **REPORT**

Seva Mandal Education Society's Smt. Sunanda Pravin Gambhirchand College Of Nursing organised a seminar on **National Mental Health Day-2022**. In collaboration with Trained Nurse Association Of India Maharashtra State Branch at Visanji Ravaji Auditorium, Matunga-19 on 13<sup>th</sup> october 2022.

**Dr. Harish shetty Psychiatrist, Mumbai** was invited as a guest speaker for the seminar. The program began at 10:00 am in the morning. Total 132 students from BMM college, LTMG College Of Nursing, SMES.SSPG College Of Nursing and 25 faculty member of SMES.SSPG college of nursing were attended the seminar. welcome speech given by Ms. Aishwarya kalbhor & introduction of the guest is done by Mrs. Diana Fernandes. the guest were falicited by **Ms. Shilpa Shettigar-Principal SMES.SSPG College Of Nursing**.

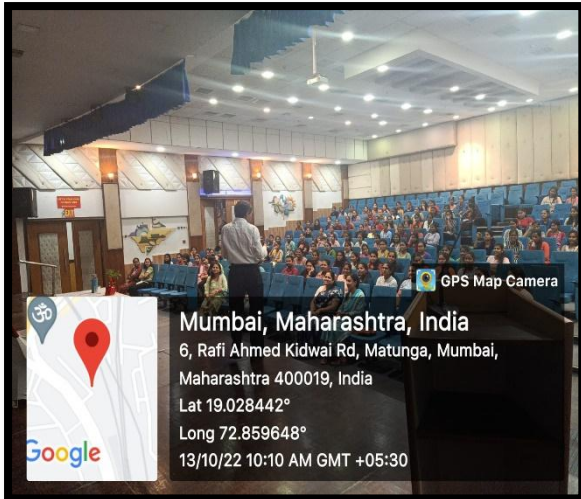
Lecture on **Building Emotional Wealth & Emotional Equity** was effectively delivered by Dr. Harish Shetty sir explained about how to control our emotions, how to deal with situation etc. Sir's session was very energetic & attentive. After discussion doubts were clarified.

Vote of thanks was proposed by Ms. Abena p.a. the program winded up at 11:30 am. Refreshment was provided to the guest speaker.



## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING

### PHOTO GALLERY





## SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING


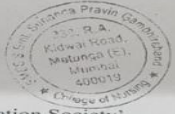
### DISCUSSION





**SEVA MANDAL EDUCATION SOCIETY'S  
SMT. SUNANDA PRAVIN GAMBHIRCHAND  
COLLEGE OF NURSING**

**Thank you letter**

SEVA MANDAL EDUCATION SOCIETY'S SMT. SUNANDA PRAVIN GAMBHIRCHAND INSTITUTE OF NURSING & PARAMEDICAL SCIENCES SMT. SUNANDA PRAVIN GAMBHIRCHAND COLLEGE OF NURSING Affiliated to: Maharashtra University of Health Sciences, Nashik. Maharashtra State Board of Nursing and Paramedical Education Recognised by: Indian Nursing Council, Maharashtra Nursing Council MUHS IMPACT ASSESSMENT A+ GRADE (2018-2019)			
<b>SEVA MANDAL EDUCATION SOCIETY</b> President: Dr. Dhanu H. Vaidya Hon. Secretary: Smt. Pravin G. Shah	<b>LOCAL MANAGING COMMITTEE</b> Chairman: Dr. Manoj M. Patil Vice Chairman: Smt. Rajk. Shah Secretary: Mrs. Sushil Shetty Convener: Dr. Lata Chaudhari	<b>MEMBERS</b> Dr. Shripad Chakraborty CDR (Retd.) J. C. Sharma Mr. Purna Gadi	<b>INVITEE</b> Mrs. Deephika M. Gurav
<b>OTHER COURSES</b> General Nursing & Midwifery (Proposed) Auxiliary Nurse midwife Transplant coordinator certificate course <b>SKILL COURSES</b> ECG technician CSSD Technician Radiology Technician Lab assistant Dialysis assistant Cath Lab assistant	Ref No.281  To, Dr Harish Shetty, Psychiatrist, Mumbai  <b>Subject: Thank You Letter</b>  Respected Sir / Madam,  We are thankful to you that you have accepted our invitation as a resource person and attended a seminar on "National Mental Health Day-2022" on 13 <sup>th</sup> October'2022.  We look forward for your cooperation in future.  Thanking You,   Principal  Seva Mandal Education Society Smt Sunanda Pravin Ghambharchand College Of Nursing. Matunga.	Date: 13/10/2022  	

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Supported Clinically by Smt. S.R. Mehta & Sir K.P. Cardiac Institute