SUMANDEEP NURSING COLLEGE

PIPARIA, WAGHODIA, VADODARA- 391760

MENTAL HEALTH DAY OBSERVATION- 2018

Street play and poster presentation on “young people and mental health in a changing world”

Date/time : 10th October 2018, 10:30 am to 1:00 pm
Organizing chairperson : Dr. Ravindra H. N, Principal, SNC
Organizing secretary : Mr. Suresh V, Associate professor, SNC
Organizers : Mental Health Nursing Department, SNC
Venue : Vadodara central Bus stand
Beneficiaries : Young people and general public
Total No. of Participants : 130 students and approximately 200 general public

AIM:

The overall aim of the street play and poster presentation,

⇒ To promote mental health of the young people.
⇒ To make them aware about problems they are facing in a changing world.
⇒ To make them understand that how to deal with the problems and aware about various strategies and tips that helps to promote mental health.
⇒ To make their parents aware about how to deal with the children when they are facing problems.
AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Activities</th>
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<tbody>
<tr>
<td>10:00 am to 1:00 pm</td>
<td>Poster presentation</td>
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<tr>
<td>10:30 am to 10:55 am</td>
<td>Street play</td>
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<tr>
<td>10:55 am to 12:20 pm</td>
<td>Press reporting</td>
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<tr>
<td>12:20 pm to 12:45 pm</td>
<td>Repeat the street play</td>
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REPORT

Every year “Mental Health Day” is observed on 10th October worldwide. Sumandeep Nursing College has organized a street play and poster presentation on “Young people and mental Health in the changing world” on 10th October 2018 at the Vadodara central Bus stand between 10:00 am to 1:00 pm with the view to promote Good mental health that enables young people to deal with the daily problems of life, to cope up effectively with the changing world and make them aware about various strategies to deal with the various day to day problem.
POSTER PRESENTATION

Mental health nursing department, SNC has organized a poster presentation on the theme of “Young people and mental health in a changing world” Students are gathered at central Bus stand at 10:00 am according to preplanned organization of our programme. Students have prepared posters on following sub themes the general introduction about mental health and mental illness, characteristics of mentally ill and mentally healthy person, common problems which are faced by the young people i.e, general mental health problems like failure in examination, unemployment, alcoholism, divorce, family conflict, loss of job, excessive use of social media, cyber crimes, video games, suicide, violence etc. through which the general psychiatric and psychological issues are happen. Students had also prepared posters on how to deal with the problems when problems arise i.e, stress management techniques, anger management technique, yoga, meditation healthy habits, healthy diet, exercise and positive thinking.

Posters were explained by 3rd year b.sc nursing and 2nd year G.N.M students. Nearly 40 students had explained posters to the young people and general public enthusiastically and students had also clearing doubt of the public regarding various problems and its prevention.
STREET PLAY

Mental health nursing department had organized street play on the theme i.e, young people and mental health in a changing world. 20 students are participating in the street play. Firstly, they had gathered the public by clapping and slogans. Secondly they are acted out roles very enthusiastically. The topic were included in the street play such as family pressure, unemployment, love failure, cyber crime, depression, alcoholism, suicide etc. Students had also included its treatment and prevention i.e, family support, de-addiction center, dance therapy, laughter therapy, yoga and meditation.

The street play was done by students at Vadodara central Bus stand for two times and the public has enjoyed a lot and further stated the street play was very informative.
PRESS REPORTING

Two press media had arrived at the venue Spark Today news and N plus news. They were taking photos and videos of our whole programme for publication. Mrs. Bhumika Patel, assistant professor, department of mental health nursing, SNC had given interview regarding the world mental health day and related theme and the problems facing by young people and its prevention on both news channels. One of our student Mr Kashyap Patel 3rd year b.sc nursing students had also given interview on spark today news.

The news had polished on the spark today news on the following link.

https://youtu.be/L224Q9ZHAcZg

FEEDBACK

Students had collected a feedback from general public about programme i.e, street play and poster presentation. Participants had given their valuable feedback. The feedbacks as follows.
Street play and poster presentation “young people and mental health in a changing world”

On 10.10.2018

Expenditure details

<table>
<thead>
<tr>
<th>Sr no.</th>
<th>Expenditure</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Invitation cards</td>
<td>125</td>
</tr>
<tr>
<td>2.</td>
<td>Green ribbon</td>
<td>200</td>
</tr>
<tr>
<td>3.</td>
<td>Banner</td>
<td>450</td>
</tr>
<tr>
<td>4.</td>
<td>Petrol and auto for students</td>
<td>400</td>
</tr>
<tr>
<td>5.</td>
<td>Rope</td>
<td>140</td>
</tr>
<tr>
<td>6.</td>
<td>Refreshment</td>
<td>200</td>
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