

BHARATI VIDYAPEETH DEEMED UNIVERSITY

BHARATI VIDYAPEETH COLLEGE OF NURSING, NAVI MUMBAI

Date: 10 October 2017

Venue: Kalamboli

Time: 10 Am to 2 Pm

Organizer: Mr. Vishal Powar, Asst. Professor, BV DU CON Navi Mumbai

Type of event: World mental health Day 2017, Theme: Mental health in workplace

Number of beneficiary: 40

Student involved: Third year B.Sc. Nursing

INTRODUCTION:

The event organized at Kalamboli area where maximum peoples are doing Jobs, there opinion regarding stress level of job place is being calculated, views related to workplace management have been assisted by asking questions to them.

In future this guidance will reduce workplace stress and people will able to manage their daily activities. Students will able to help community peoples about the same .

THEME: MENTAL HEALTH IN WORKPLACE

During our adult lives, a large proportion of our time is spent at work. Our experience in the workplace is one of the factors determining our overall wellbeing. Employers and managers who put in place workplace initiatives to promote mental health and to support employees who have mental disorders see gains not only in the health of their employees but also in their productivity at work. A negative working environment, on the other hand, may lead to physical and mental health problems, harmful use of substances or alcohol, absenteeism and lost productivity.

Depression and anxiety disorders are common mental disorders that have an impact on our ability to work, and to work productively. Globally, more than 300 million people suffer from depression, the leading cause of disability. More than 260 million are living with anxiety

disorders. Many of these people live with both. A recent WHO-led study estimates that depression and anxiety disorders cost the global economy US\$ 1 trillion each year in lost productivity.

Mental health in the workplace is the theme of World Mental Health Day 2017. World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues and mobilizing efforts in support of better mental health.

ABOUT EVENT:

The event was conducted at kalamboli by the Third Year B.SC. Nursing students, students have made different posters related to the Theme, and all posters being displayed at the community area, explained to the community participated peoples.

Total 48 students from Third Year B.sc. Nursing were participated in the event.

DETAIL ABOUT THE EVENT CONDUCTED:

Date:10 October 2017

Venue: Kalamboli

Time: 10 Am to 2 Pm

Activity: Rally in the community area about the **WORLD MENTAL HEALTH DAY**

Technique:

Discussion: discussion with the group, solving their doubts and guiding them about importance of normal mental health in daily routine.

Learning outcome: group understood about how to maintain normal mental health at workplace.

RECOMMENDATIONS:

1. Can be recommended in the office places to educate and guide people doing jobs.
2. Can be recommended at the large scale with the community peoples.
3. Can be recommended at schools, colleges etc.

CONCLUSION:

Over all it was a successful programme and more than 40 people are participated and

asked various queries and students satisfied their queries with adequate explanations. It was really a good experience for students also.

Thus our objective to expand awareness, acceptance of good health at workplace .

PHOTOS OF DAY CELEBRATION



Students during Poster exhibition



Students during poster exhibition



Students performing Role-Play