

## **Title of the event/activity: World Mental Health Week ~2025**

**Date:** 6th October, 2025

**Time:** 11 am to 1:30 pm

**Program:** Guest Lecture in observance of World Mental Health Week

**Location:** Mother Teresa Auditorium, Himalayan College of Nursing

**Student:** 174

### **OVERVIEW**

In the Observance of World Mental Health Week, a lecture was organized on 6th October by the Department of Mental Health Nursing at Himalayan College of Nursing. The event commenced with a warm welcome and a brief introduction of Guest speaker. followed by a ceremonial lamp lighting that symbolized the illumination of knowledge and compassion in mental health care.

The session aimed to raise awareness about mental health, particularly in the context of crisis and emergency situations. Dr. Himanshi Sharma, a Psychologist and Assistant Professor from Graphic Era (Deemed to be University), was invited as the guest speaker. The Head of the Department formally introduced the theme of the session, emphasizing the importance of mental health support during catastrophic events and emergencies.

Dr. Sharma delivered an insightful and engaging lecture focused on understanding the psychological impact of crises and the importance of timely intervention. She elaborated on the phases of crisis intervention and how mental health professionals, caregivers, and community leaders can respond effectively to individuals facing emotional turmoil. The session highlighted practical strategies for promoting mental well-being, preventing mental illness, and fostering resilience in both clinical and community settings. Special emphasis was placed on the role of leadership in mental health advocacy, especially during times of distress. The Head of the Department also contributed valuable insights on how nurses and mental health professionals can take initiative and lead interventions that support individuals in crisis. The event concluded with felicitation and a token of gratitude in recognition of her contribution. Vote of thanks, acknowledging the speaker's expertise and the department's commitment to mental health education. Overall, the lecture served as a meaningful platform for learning, reflection, and empowerment, reinforcing the importance of proactive mental health care in times of crisis.

### **OBJECTIVES**

- To raise awareness about mental health during emergencies and disasters
- To educate students and faculty on crisis intervention techniques
- To promote leadership in mental health advocacy
- To encourage preventive strategies for mental illness



**Picture 1:** Introducing theme by Dr. Grace Madonna Singh, HoD & Professor



**Picture 2:** Token of love to speaker by Dr. Kamli Parkash, Vice Principal & Dr. Grace Madonna Singh, HoD & Professor



**Picture No. 3, 4.** Students during the session while attending guest lecture



**Picture No. 5, 6.** Group photo of students after the session with guest speaker & faculty

## OUTCOMES

- Participants gained practical knowledge on managing psychological crises
- Enhanced understanding of the phases of crisis intervention
- Strengthened leadership perspectives in mental health care
- Fostered a culture of empathy, resilience and proactive support.

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