



NAAC A+

NATIONAL SEMINAR ON CREATING CULTURE OF MENTAL WELLNESS

ORGANISED BY MENTAL HEALTH NURSING DEPARTMENT
HIMALAYAN COLLEGE OF NURSING, SWAMI RAMA HIMALAYAN
UNIVERSITY, JOLLYGRANT, DEHRADUN
IN COLLABORATION WITH
THE TRAINED NURSES ASSOCIATION OF INDIA
UTTARAKHAND STATE BRANCH

Hybrid Mode



21ST MAY
2026

MOTHER
TERESA
AUDITORIUM

9:00 AM
TO
4:00 PM

Chand
Principal
Himalayan College of Nursing
Swami Rama Himalayan University
Swami Ram Nagar, Jolly Grant
Dehradun-248016

ABOUT HIMALAYAN COLLEGE OF NURSING

Swami Rama Himalayan University (SRHU), a NAAC A+ Accredited University established with the consent of the State Government of Uttarakhand in 2013, carries forward the legacy of Gurudev HH Dr. Swami Rama, who founded the 'Himalayan Institute Hospital Trust (HIHT)' in 1989 - the Promoting Society of SRHU. Himalayan College of Nursing (HCN), a Constituent unit of SRHU and a premier college of nursing, aims to achieve excellence in nursing education, practice, and research that meets national and international standards. The programs run by HCN are designed to keep pace with the ever-changing healthcare industry and its environment, where healthcare is envisioned as an integrated three-dimensional model covering education, research, and service components. Himalayan College of Nursing offers Basic B.Sc. (N), Post Basic B.Sc. (N), M. Sc. (N) and Nurse Practitioner in Critical Care Residency Programs to prepares students to become nurses that are expert clinicians at the bedside. Students are also introduced to initial preparations in nursing education and administration. Our focus remains on preparing the students to assume leadership roles in nursing clinical practice, administration, teaching, and research.

ABOUT THE TRAINED NURSES ASSOCIATION OF INDIA, UTTARAKHAND STATE BRANCH

The Trained Nurses Association of India (TNAI) is a professional organization that represents nurses across India. It was established in 1908 and aims to promote the welfare of nurses and improve the nursing profession in India.

The Trained Nurses Association of India (TNAI) Uttarakhand is the state branch of the national Trained Nurses Association of India. It works at the state level to address the issues, concerns, and welfare of nurses in Uttarakhand. The main objectives of the Uttarakhand chapter are similar to those of the national organization, but it focuses on local issues specific to the state's healthcare system and nursing community. The Trained Nurses Association of India (TNAI) plays a significant role in ensuring the welfare of nurses across the country. Some of the key ways in which TNAI supports and advocates for nurse welfare include: Advocating for Nurses' Rights and Recognition, Improving Working Conditions, Professional Development and Education, Promoting Fair Wages and Benefits,

Legal Support and Advocacy, Health and Safety Initiatives, Promoting Mental Health and Well-being, Providing Scholarships and Financial Assistance, Networking and Support, Advocacy for

Policy Changes, TNAI offers a comprehensive accidental death insurance policy of Rs. 10 Lakh, All the registered nurses & nursing assistant of TNAI are given a policy of Rs. 1 lakh for their critical diseases like HIV, Palliative, Dialysis and any other chronic disease.

ABOUT THE SEMINAR

Mental health is a vital component of overall well-being, increasingly challenged by stress, anxiety, and burnout. Promoting mental wellness is both an individual responsibility and a collective social commitment. The seminar on "Creating Culture of Mental Wellness" aims to raise awareness and encourage positive practices. It focuses on self-care, resilience, workplace mental health, and the role of healthcare professionals. Participants will gain practical insights to build supportive and healthy environments. The goal is to foster awareness, understanding, and a culture of inclusive mental wellness across communities.

FOCUS AREAS

Promoting mental health awareness, positive psychology, self-care, resilience, supportive workplaces, holistic wellness, compassionate communities, healthy coping strategies, and the role of healthcare professionals in fostering mental well-being across educational and professional settings.

OBJECTIVES OF THE SEMINAR

1. To create awareness about the importance of mental health and its impact on overall well-being and quality of life.
2. To promote positive psychology, self-care practices, and healthy coping strategies for enhancing emotional resilience and mental wellness.
3. To discuss the importance of creating supportive and mentally healthy environments in workplaces, educational institutions, healthcare settings, and communities.
4. To highlight the role of nurses and healthcare professionals in mental health promotion, prevention, and supportive care.
5. To encourage participants to contribute towards building a compassionate, inclusive, and stigma-free culture of mental wellness in society.

REGISTRATION DETAILS:

Delegates	Registration Fee		For Registration
	OFFLINE	ONLINE	
Nursing Faculty Members & Staff Nurses	600	300	 https://docs.google.com/forms/d/e/1FAIpQL5fOMhkN9z3IVcdVXpc0_3VLXG-eq3_MJhoRGdqTmSyc3IPuw/viewform
Nursing Student	400	200	

For Any Queries: Ms. Nitika Bhatt, Assistant Professor, HCN | Mob. No. 06396912141
Ms. Divya Gaur, Assistant Professor, HCN | Mob. No. 08954570500

SPEAKERS



Ms. Shailza Sharma
Associate Professor,
DMC&H, CON,
Ludhiana



Ms. Chetana
Principal cum Professor,
CIMS&R., Kuanwala,
Dehradun



Ms. Ekta Rao
Associate Professor
SMS, SRHU
Jolly Grant



Mr. Umesh Sharma
Deputy Nursing Superintendent,
All India Institute of Medical Science
Rishikesh

PROGRAMME SCHEDULE

DATE: 21st May 2026

Time: 9:00 AM to 4:00 PM

VENUE: Mother Teresa Auditorium

Time	Session	Resource Faculty
9:00 AM – 9:15 AM	Registration	Registration Committee
9:20 AM – 10:20 AM	Self- Care in Action – Building Everyday Mental Wellness	Mr. Umesh Sharma Deputy Nursing Superintendent, AIIMS, Rishikesh
10:25 AM – 11:25 AM	The Happy Brain – Positive Psychology	Ms. Ekta Rao Assistant Professor, SMS, SRHU
11:30 AM – 11:50 AM	INAUGURATION SESSION & WELCOME ADDRESS	Ms. Nitika Bhatt Assistant Professor, HCN, SRHU & Organizing Committee

11:55 AM – 12:15 PM

TEA BREAK

12:20 PM – 01:20 PM	Mental Health at Work – Creating Supportive Workplaces	Ms. Shailza Sharma Associate Professor, DMC&H, CON, Ludhiana
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1:30 PM – 02:30 PM

LUNCH

2:35 PM – 3:35 PM	Role of Nurses in Promoting Mental Well-being	Ms. Chetana Principal cum Professor, CIMS&R., Kuanwala, Dehradun
3:40 PM – 4:00 PM	Vote of Thanks & Closing Remarks	Ms. Heena Negi Assistant Professor, HCN, SRHU & Organizing Committee

4:05 PM – 4:15 PM

EVENING TEA

ADVISORS



Dr. Renu Dhasmana
Director Nursing
SRHU, Dehradun



Dr. Kathleen McKeenan
Nursing Advisor
SRHU, Dehradun



Dr. Sanchita Pugazhendi
Professor cum Principal
HCN, SRHU

ORGANIZING TEAM



Dr. Grace Madonna Singh
Professor & Head
Mental Health Nursing Dep
HCN, SRHU
Organizing Chairperson



Dr. Rajesh Kumar Sharma
President, Trained Nurses
Association of India
Uttarakhand State Branch
Organizing Co-Chairperson



Ms. Nitika Bhatt
Assistant Professor
Mental Health Nursing Dept
HCN, SRHU
Organizing Secretary



Ms. Heena Negi
Assistant Professor
HCN, SRHU



Ms. Divya Gaur
Assistant Professor
HCN, SRHU



Ms. Arpita Bali
Nursing Tutor
HCN, SRHU



Ms. Akansha
Nursing Tutor
HCN, SRHU

MSC NURSING FIRST YEAR & SECOND YEAR STUDENTS (MENTAL HEALTH NURSING SPECIALITY)



Ms. Tanuja



Ms. Simran



Mr. Ashutosh



Ms. Mili



Mr. Abhishek



Ms. Vinita



Mr. Abhay

Title of the Event/Activity:

NATIONAL SEMINAR ON “CREATING CULTURE OF MENTAL WELLNESS”

On 21st May 2026, the Mental Health Nursing Department in collaboration with the The Trained Nurses Association of India Uttarakhand State Branch organized a National Seminar on “Creating Culture of Mental Wellness” in hybrid mode at HCN, Swami Rama Himalayan University. The seminar aimed to promote awareness regarding mental health, encourage positive psychological practices and foster a compassionate and supportive culture of mental wellness among healthcare professionals, nursing students, and faculty members.

The seminar commenced with the registration of participants, followed by insightful scientific sessions focusing on various dimensions of mental wellness. The inauguration session and welcome address were conducted by Ms. Nitika Bhatt, Organizing Secretary of the seminar who warmly welcomed the dignitaries, speakers, faculty members, students and delegates. The inaugural ceremony was graced by the presence of the Chief Guest, Lt. Col. Indira, who addressed the gathering and emphasized the importance of mental wellness and emotional resilience in today’s society. The Guest of Honor, Dr. Kathleen M. Macheen, also shared her valuable insights regarding the significance of mental health promotion in educational and healthcare settings. The program was further blessed by the presence and guidance of Advisor Dr. Sanchita Pugazhendi, Professor cum Principal who encouraged participants to work collectively towards building supportive and mentally healthy environments.

The event was organized under the guidance of Dr. Grace Madonna Singh, Organizing Chairperson, and Dr. Rajesh Kumar Sharma, Organizing Co-Chairperson.

The first scientific session on “Self-Care in Action – Building Everyday Mental Wellness” was delivered by Mr. Umesh Sharma, where participants were guided on the importance of self-care practices and maintaining emotional balance in everyday life. This was followed by a session on “The Happy Brain – Positive Psychology” by Ms. Ekta Rao, highlighting the role of positive thinking, emotional resilience and psychological well-being in personal and professional life.

Further, Ms. Shailza Sharma delivered a virtual session on “Mental Health at Work – Creating Supportive Workplaces,” emphasizing the need for mentally healthy professional environments, stress management and supportive workplace culture. Another enlightening session on “Role of Nurses in Promoting Mental Well-being” was conducted by Ms. Chetana, where the significant contribution of nurses in mental health promotion, prevention and supportive care was highlighted.

The seminar concluded successfully with active participation from nursing faculty members, students, healthcare professionals and delegates from various institutions. The event served as a significant initiative in promoting mental wellness awareness and inspiring participants to contribute towards building a mentally healthy and supportive society. The vote of thanks and closing remarks were delivered by Ms. Heena Negi.

Objectives:

- To create awareness about the importance of mental health and its impact on overall well-being and quality of life.
- To promote positive psychology, self-care practices, and healthy coping strategies for enhancing emotional resilience and mental wellness.
- To discuss the importance of creating supportive and mentally healthy environments in workplaces, educational institutions, healthcare settings, and communities.



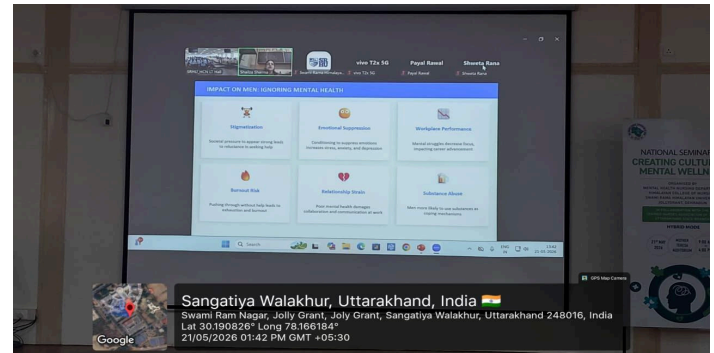
Picture No. 1: Lamp lighting ceremony with Lt. Col. Indira with other dignitaries & faculties & Guru Vandana by P.B. 2nd year students



Picture No. 3 & 4: Felicitation of Chief Guest (Lt. Col. Indira) & Advisor (Dr. Sanchita Pugazhendi)



Picture No. 5 & 6: Address by Chief Guest & Dr. Grace Madonna Singh (Head, MHN Department)



Picture No. 7, 8, 9 & 10: Guest speakers taking interactive sessions online and offline

Number of Participants: 314 (Faculty, Students, Staff)

Outcome: The event successfully:

- Enhanced awareness and understanding regarding mental health, self-care practices, and emotional well-being among participants.
- Encouraged participants to adopt positive coping strategies, resilience-building approaches, and supportive workplace and educational practices for mental wellness.
- Strengthened the role of nurses, educators, and healthcare professionals in promoting mental health awareness and fostering compassionate, stigma-free environments within society.

Activity Coordinator