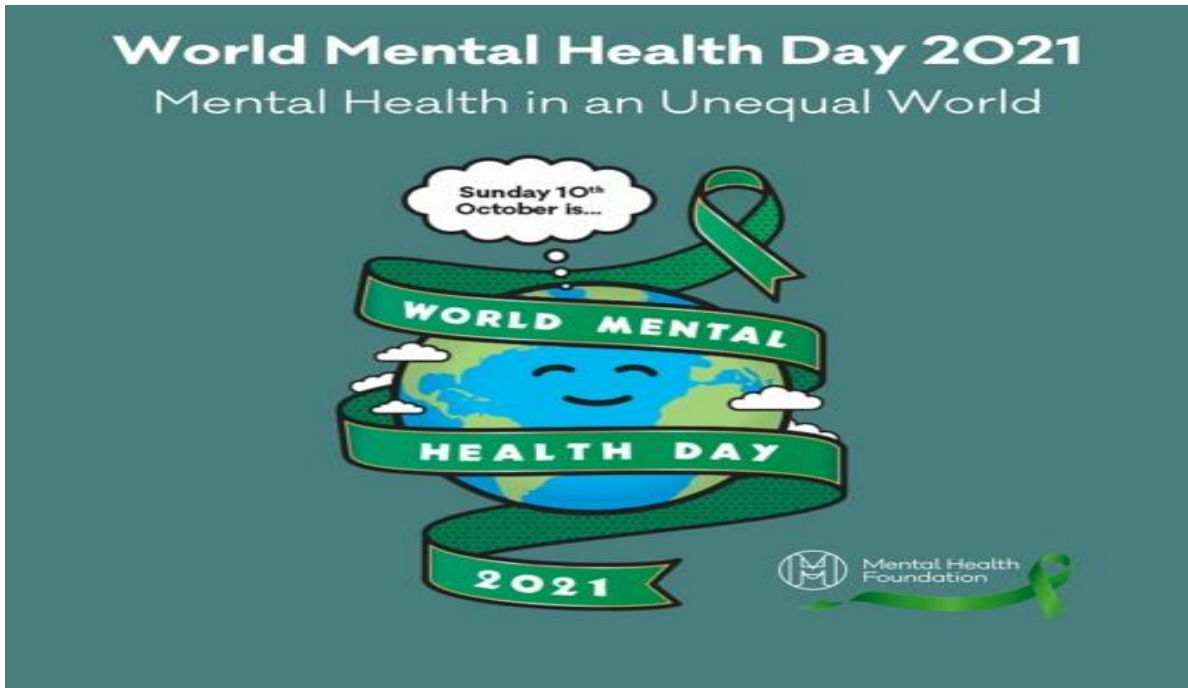


# College of Nursing, AIIMS Bhubaneswar

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## Report on World Mental Health Week 2021



College of Nursing, AIIMS, Bhubaneswar observed Mental Health Week 2021 from 8<sup>th</sup> October to 11<sup>th</sup> October 2021.

### **Theme: Mental Health in an Unequal World**

Programme follows - On 8<sup>th</sup> October 2021, a guest lecture was organized at the Main Auditorium of AIIMS, Bhubaneswar from 3-4 pm.



09<sup>th</sup> October 2021, various competitions for B.Sc. (Hons.) Nursing students from 9 am to 1 pm at College of Nursing premises.



09<sup>th</sup> October 2021, afternoon various completions from 3 pm to 5 pm for In patients of Psychiatric ward of AIIMS, Bhubaneswar





11<sup>th</sup> October 2021, 9.30 am to 11 am health teaching to general public and prize distribution to winners.



On 8<sup>th</sup> October 2021, 9.30 am quiz preliminary conducted through google form for B.Sc.(Hons.) Nursing students. A total of 14-students have participated in the event.



On 8<sup>th</sup> October 2021, Guest lecture on the topic -**Experience of pleasure in life to lead positively** by Shri Achuta Krishna Das Prabhuji, Regional head, Akshaya Patra Foundation, Odisha.



The programme started at 2.55 pm with the prayer song by 3<sup>rd</sup> year B.Sc. (Hons.) Nursing students. Dr Asha P Shetty, Principal, College of Nursing AIIMS, Bhubaneswar welcomed the dignitaries, guests and audience and introduced the guest speaker Shri Achuta Krishna Das Prabhuji to the audience. The Director, Dr Gitanjali Batmanabhane and Dr Sachidananda Mohanty, Medical Superintendent along with Principal felicitated the guest speaker. Shri Achuta Krishna Das Prabhuji in his speech stressed the control of our tongue on what we speak and what we eat. Control over all sensational organs to

lead the group. After the speech, there was interaction from the audience with the guest. Mr Nanda Kumar Paniyadi, Assistant Professor, College of Nursing proposed a vote of thanks. The entire programme was moderated by Priyanka Singh, the 4<sup>th</sup>-year B.Sc. (Hons.) Nursing student. The programme was attended by nearly 450 people (Nursing faculty, students, HODs of various units, staff of AIIMS, Bhubaneswar)

On 9<sup>th</sup> October 2021, 9.15 am for quiz competition, final four (04) teams made (one each from 4<sup>th</sup> year and 3<sup>rd</sup> year B.Sc. (Hons.) Nursing). The quiz had 6 rounds (General round, Visual round, Rapid fire round etc.) Finally, the top 3 teams are judged based on their performance. Arpita Das and Taniya Mishra-1<sup>st</sup> Place, Soumita Mahata and Debarati Chakraborty -2<sup>nd</sup> place and Aaindrila Majumder and Sandhya Kullu -3<sup>rd</sup> Place. All 3<sup>rd</sup>-year students participated in the event. Mr Sam Jose and Mr Jaison Jacob organized the event.

10.30 am total 9 posters displayed in the common hall. Mr. Alwin Issac and Mrs. Susmita Panigrahi Clinical Instructors, College of Nursing evaluated the poster and Ms. Riya Manjhi, Ms. Taniya R and Ms. Rushali judged 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize respectively. Mrs. Kalaivani, Clinical Instructor, College of Nursing organized the event.

11 am to 12 noon, Skit competitions was organized for B.Sc. (Hons.) Nursing students in Common hall where 3 teams had participated. Taniya and team-first from 3<sup>rd</sup> year B.Sc. (Hons.) Nursing, Akanksha and team 2<sup>nd</sup> and Sanchari Roy and team bagged 3<sup>rd</sup> prize in the event. Dr Suravi Patra, Additional Professor, Department of Psychiatry, Mrs. Dharitri Swain, Assistant Professor, College of Nursing, Mrs. Mamata Das, Clinical Instructor judged the event and Mr. Rakesh, Clinical Instructor and Mrs. Suchismita Sahoo, Clinical Instructor College of Nursing organized the event. Followed by Dr Suravi Patra Additional Professor, Dept of Psychiatry addressed the students regarding the significance of Mental health.



12.30 pm Dr Asha P Shetty, Principal College of Nursing, AIIMS Bhubaneswar gave away the prizes to the winners and addressed the students. The Principal appreciated the entire team for taking efforts to organize the activities after the COVID-19 pandemic.

Students also expressed happiness after the COVID-19 pandemic, organizing such competitions.



On 9<sup>th</sup> October 2021, 3-5 pm 1<sup>st</sup> year M.Sc. Nursing students along with 4<sup>th</sup> year and 3<sup>rd</sup> year B.Sc. (Hons.) Nursing students conducted various competitions to In patients of the psychiatric ward.

- 1) Lemon and Spoon
- 2) Musical Chairs
- 3) Arranging glass
- 4) Eating biscuits
- 5) Blowing balloons

More than 14 in-patients participated in competitions.

Results of competitions are as follows-

**1) Lemon and Spoon**

1<sup>st</sup> -Pradeep

2<sup>nd</sup> Bikram

3<sup>rd</sup> -Sushanth

**2) Musical Chair**

1<sup>st</sup> -S. S. Pradhan

2<sup>nd</sup>-Shridhar Martha

3<sup>rd</sup> - Pritishruti

**3) Glass Arrangement**

1<sup>st</sup> – Nalini

2<sup>nd</sup> -Keshab

3<sup>rd</sup>- D Ramprasad

**4) Biscuit Eating**

1<sup>st</sup> -Pradeep Mudali

2<sup>nd</sup> – Sushant

3<sup>rd</sup> -Bikash

**5) Balloon Blowing**

1<sup>st</sup>Ranjan Behera

2<sup>nd</sup>- S S Pradhan

3<sup>rd</sup> – Bichitra

**6) Song singing – Seshadev**

Mr Binoy, the In-charge psychiatric ward and other Nursing officers supported the execution of the above activities in the ward.

11<sup>th</sup> October 2021 9.30 am concluding Mental health week by educating the public at Psychiatric OPD area. The winner of the skit team performed the skit to the public

followed by prizes were given to in-patients by Dr Sushant Kumar Padhy. The programme attended by Dr Shree Mishra, Associate Professor and Dr Arpit Pamar, Assistant Professor, Dept of Psychiatry. Dr Arpit Pamar addressed the public regarding the significance of Mental Health and its maintenance.

Finally, 4<sup>th</sup> year B.Sc. (Hons.) Nursing students conducted health education activities to the public in Hindi and Odiya languages followed by question-answer sessions to clarify the doubts. The event was organized by Mr Nanda Kumar Paniyadi, Assistant Professor, College of Nursing, AIIMS, Bhubaneswar.

All the teams have taken their responsibilities and well-coordinated efforts under the direction of Principal. The Mental Health week concluded with fruitful events with a positive note.

Thanks to team-Mr. Jaison Jacob, Mr. Sam Jose, Mr. Rakesh R, Mrs. Suchismita Sahoo and Mrs. Kalaivani .