



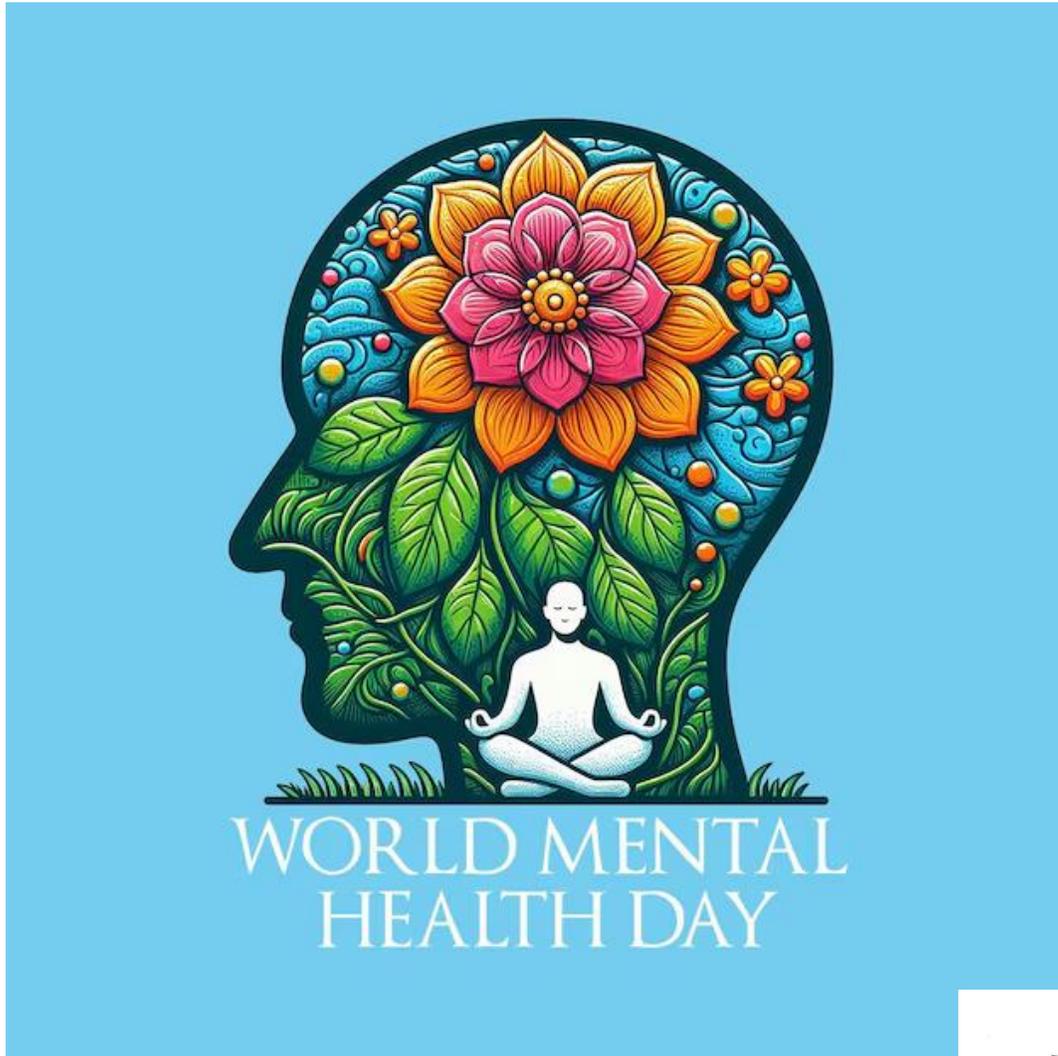
SHRI CHHATRAPATI SAMBHAJI SHIKSHAN SANSTHA'S

**BAPUSAHEB THITE COLLEGE OF NURSING**

Shirur (Ghodnadi) Dist. Pune - 412210

(Approved by; Maharashtra Govt., Affiliated to MUHS, Nashik and MSBNPE, Mumbai)

# “World Mental Health Day 2025”



WORLD MENTAL  
HEALTH DAY

*Dr. Sheetal Barde*

**Dr. Sheetal Barde**  
Principal  
Shri Chhatrapati Sambhaji Shikshan Sanstha's  
Bapusaheb Thite College of Nursing  
Shirur (Ghodnadi), Dist. Pune 412210





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open conversations, and promote strategies for stress management and emotional well-being. Various activities such as interactive sessions, poster competitions, awareness rallies, and skits were organized to engage students actively and help them understand the importance of holistic care, which includes attention to mental health alongside physical health.

This report presents a detailed account of the World Mental Health Day 2025 celebration, highlighting the efforts of faculty and students in promoting mental health awareness, compassion, and a supportive learning environment within the institution.

### **Objectives of World Mental Health Day 2025**

1. To raise awareness about the importance of mental health and well-being among students, faculty, and the community.
2. To educate participants about mental health challenges, particularly during emergencies and crisis situations.
3. To reduce stigma and misconceptions surrounding mental illness and encourage open discussions.
4. To provide practical guidance on accessing and delivering mental health services in emergencies.
5. To promote the role of healthcare professionals, including nurses, in supporting mental health care and advocacy.
6. To encourage community engagement and participation in mental health awareness activities.

### **Program Overview**

The observance of World Mental Health Day 2025 was conducted over two days with a series of informative sessions and awareness activities:

Day 1 – Online Sessions.



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**Date:** 10th October 2025 (Friday)

**Platform:** Google Meet

**Theme:** *“Breaking Barriers: Ensuring Mental Health Access in Emergencies”*

### Session I

Time: 10:00 AM – 10:50 AM

Resource Person: Dr. Sundari Apte

Topic: *“Understanding Mental Health in Emergencies”*

Overview: Dr. Apte highlighted the significance of recognizing mental health challenges during emergencies, explained the common psychological responses in crisis situations, and discussed early intervention strategies to prevent long-term mental health issues.

### Session II

Time: 11:00 AM – 11:45 AM

Resource Person: Dr. Vishal Naikar

Topic: *“Bridging the Gap: Making Mental Health Services Reachable in Emergencies”*

Overview: Dr. Naikar focused on strategies for improving access to mental health services during emergencies, the importance of community-based support systems, and the role of healthcare workers in ensuring timely mental health care.

Day 2 – Awareness Rally and Street Play

Date: 11th October 2025 (Saturday)

### Activity 1: Mental Health Awareness Rally

Students from Bapusaheb Thite College of Nursing participated in a rally to promote mental health awareness in the local community and enroute to the rural hospital.



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The rally aimed to educate the public, reduce stigma, and spread knowledge about mental health support systems.

**Activity 2:**

Street Play on Emergency Care in Mental Health

A street play was performed highlighting the importance of timely mental health care during emergencies. The performance emphasized recognizing warning signs, providing immediate support, and ensuring community involvement in mental health crises.

**Outcome:** The two-day event successfully engaged students, faculty, and community members, spreading awareness about mental health issues, breaking barriers to access, and highlighting the critical role of healthcare professionals in emergencies.

**Photographs of the Event:**



“World Mental Health Day 2025: Day 1-Online Session on Psychiatric Emergencies.



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“World Mental Health Day 2025: Day 1-Online Session on Psychiatric Emergencies.”





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“World Mental Health Day 2025: Day 2 Street Play on Psychiatric Emergencies. At Shirur Bus Stop”





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## **Acknowledgement**

We express our sincere gratitude to our Principal Madam, Dr. Sheetal Burde, for her constant guidance, encouragement, and support in organizing the World Mental Health Day 2025 observance at our college. Her visionary leadership ensured that the program was conducted smoothly and meaningfully.

We are profoundly thankful to our esteemed faculty members for their cooperation, coordination, and dedication in facilitating both days of the event, motivating students, and ensuring active participation.

Our heartfelt appreciation is extended to the resource persons Dr. Sundari Apte and Dr. Vishal Naikar — for delivering highly informative sessions on mental health in emergencies, sharing practical insights, and enlightening students on the importance of accessible mental health services.

We also convey our sincere thanks to the students of Bapusaheb Thite College of Nursing for their enthusiasm, discipline, and active participation in the online sessions, awareness rally, and street play. Their efforts greatly contributed to spreading mental health awareness in the community.

Finally, we are grateful to all individuals and organizations, including the rural hospital authorities, who supported and collaborated with us in making the event a meaningful and successful observance of World Mental Health Day.

Report Maintained By

Ms. Nikita Kardile.

Principal

  
**Dr. Sheetal Burde**  
Principal  
Shri Chhatrapati Sambhaji Shikshan Sanstha's  
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