

**REPORT ON BUILDING A RESILIENCE A GUIDE TO  
SUPPORTING YOUTH MENTAL HEALTH**

Date: 10/09/2024

Day: Tuesday

Time: 10:30 am to 01:00 pm

Activities: Mental health awareness, Skit, Dance, Poster making, Guest lecture

**Introduction:**

10 September is the day celebrated as the suicide prevention day across the world in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003. An estimated one million people per year die by suicide across the world.

**Brief Report:**

On the occasion of **World Suicide Prevention Day** SMBT Institute of Nursing had Organized the program for mental health awareness Camp at multipurpose hall. The program was arranged from 10:30 am to 1:00 pm to aware the students about the importance of mental health and wellbeing. Students from 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> semester were present for the program. The theme for this year was “**CHANGE THE NARRATIVE – START THE COVERSTATION.**” The anchor for the program was Ms. Mansi Navghare & Mr. Virendra Kote from 4<sup>th</sup> semester.

The Guest Speaker for the program was Dr. Swati Chavan Vanjari, Psychiatrist of Civil Hospital, Nashik. Mam had shared her views on **Building a Resilience: A Guide to supporting Youth Mental Health** among the students. The program was started by the felicitation of the chief guest by Dr. Kavita Matere Mam. Students from 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> semester had interacted with the guest during the session. 4<sup>th</sup> semester students had performed skit. Students from 4<sup>th</sup> & 5<sup>th</sup> semester had performed dance. The program had ended by the vote of thanks given by Mr. Mangesh Shinde. The program was ended by the questioning & answering by solving the doubts of the students by chief guest.

**Signature of Principal**

