



**"Social Transformation Through Dynamic Education"**  
**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY), PUNE**

Accredited with 'A' Grade (2024) by NAAC GCPA 3.60, A grade by MHRD (Govt. of India)

**COLLEGE OF NURSING, SANGLI**

**Report of National Seminar**

**Department of Psychiatric Nursing in Collaboration with ECHO India**

Organized the *Virtual National Seminar* on "Be the Change Through Mental Health First Aid"

**Date:** 9<sup>th</sup> April 2025  
**Time:** 2pm onwards  
**Participants:** 202 Max (Teaching Faculty, Nursing officers, Nursing Administrators, UG/PG Students across India)  
**Venue:** Virtually Coordinated from IQAC Hall, BVDU Con Sangli

**Officials of the Seminar:**

**Coordinator:** Dr. Bahubali J Gedugol, Associate Professor & HOD, Psychiatric (Mental Health) Nursing, BVDU CON, Sangli

**Facilitator:** Dr. Narayan Ghorpade, Assistant Professor, Psychiatric (Mental Health) Nursing, BVDU CON, Sangli

**Organizing Chairperson:** Prof. Dr. Suresh Ray, I/C Principal, BVDU CON, Sangli

The program began with the detailed instruction on principles of attending the seminar virtually followed by that the introduction to the theme and its relevance to the participants was ensured.

**Introduction**

The Department of Psychiatric Nursing, Bharati Vidyapeeth Deemed University College of Nursing, Sangli, successfully organized a **National Seminar** on "Be the Change through Mental Health First Aid" with the objective of promoting awareness and capacity building in the field of mental health support. The seminar emphasized the pivotal role of nurses and healthcare professionals in delivering immediate, evidence-based psychological support as first responders in mental health crises.

**Welcome and Introduction**

The session commenced with a warm welcome by **Ms. Akkamahadevi Bergeri**, Clinical Instructor at BVDU College of Nursing, Sangli. She outlined important instructions for participants, including the completion of a mandatory pre-test, professional etiquette during the session, and protocols for interaction.

Ms. Akkamahadevi then officially welcomed all attendees to the national seminar, highlighting the seminar's core theme of empowering individuals through **Mental Health First Aid (MHFA)**. She

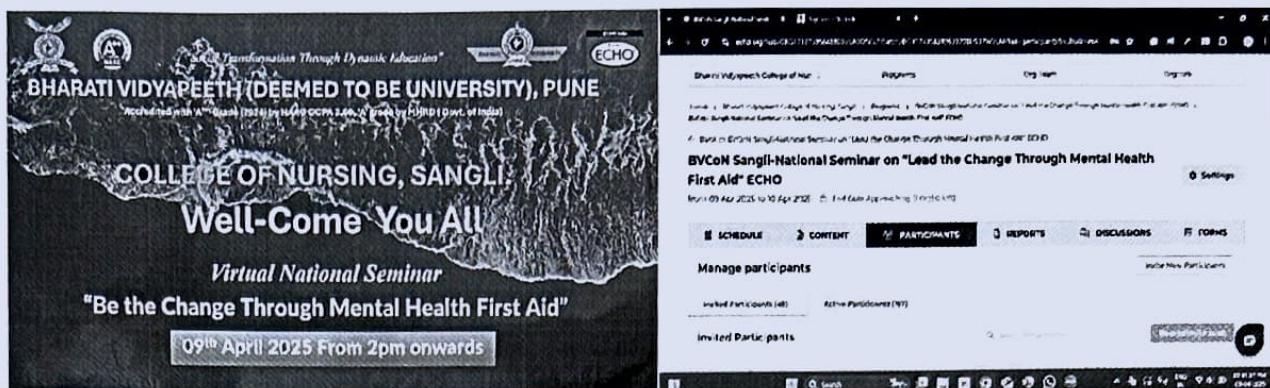
  
**I/C PRINCIPAL**

Bharati Vidyapeeth

(Deemed to be University)

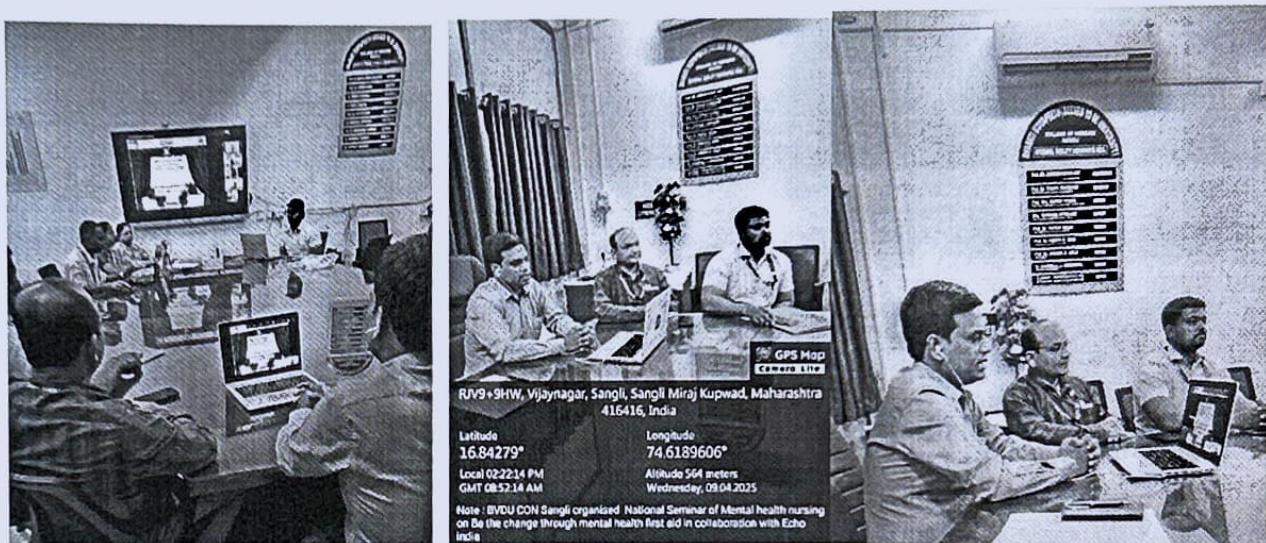
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emphasized the significance of MHFA as not just a skill, but a movement toward early intervention, destigmatization, and collective mental health care.



## Inauguration and Keynote Address

The seminar was formally inaugurated by **Dr. Suresh Kumar Ray**, I/C Principal and Organizing Chairperson. His keynote address offered insightful reflections on the growing need for mental health awareness, the role of nurses as first responders, and the value of MHFA in bridging the treatment gap. His words set an inspiring tone for the sessions that followed.

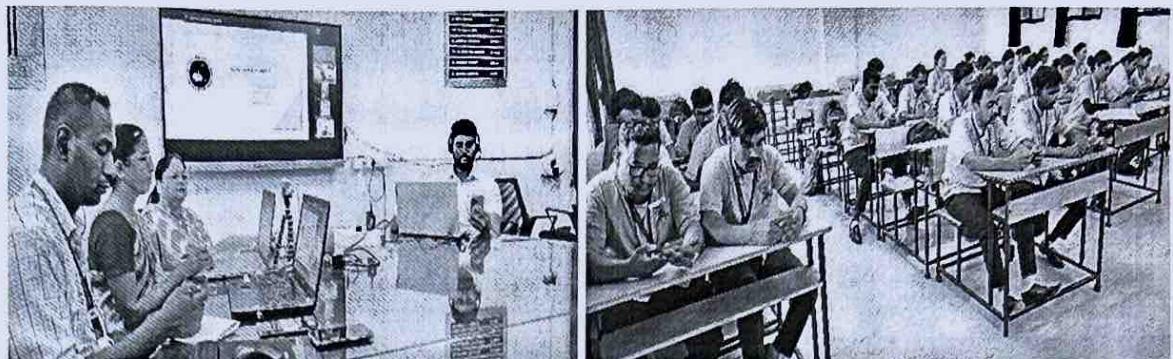


## Introduction of Resource Person and Guest Lecture

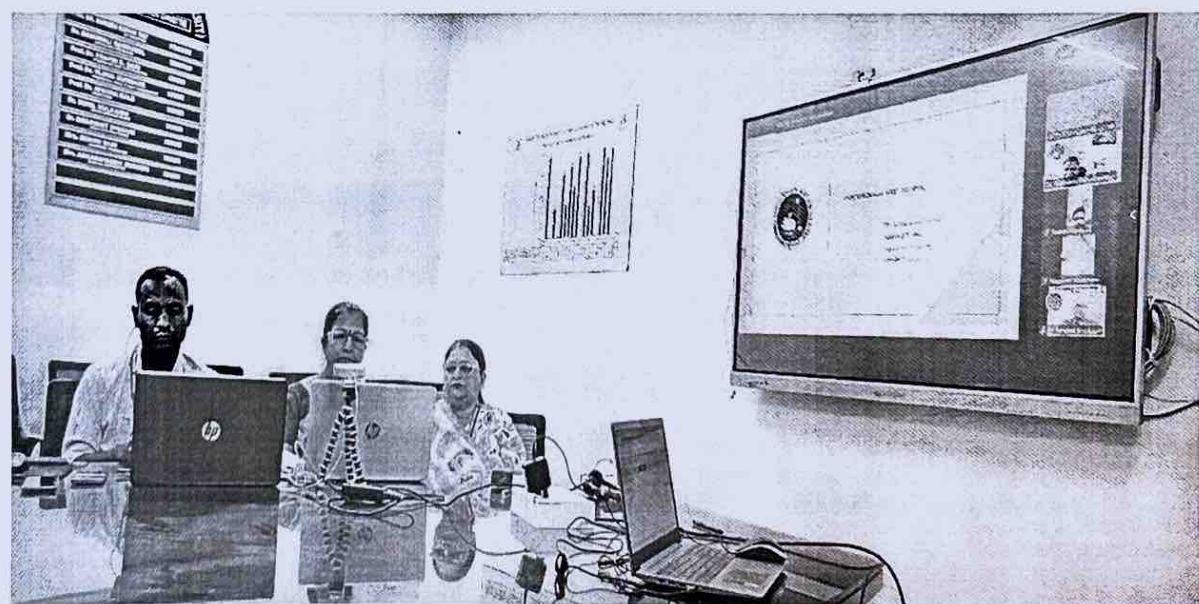
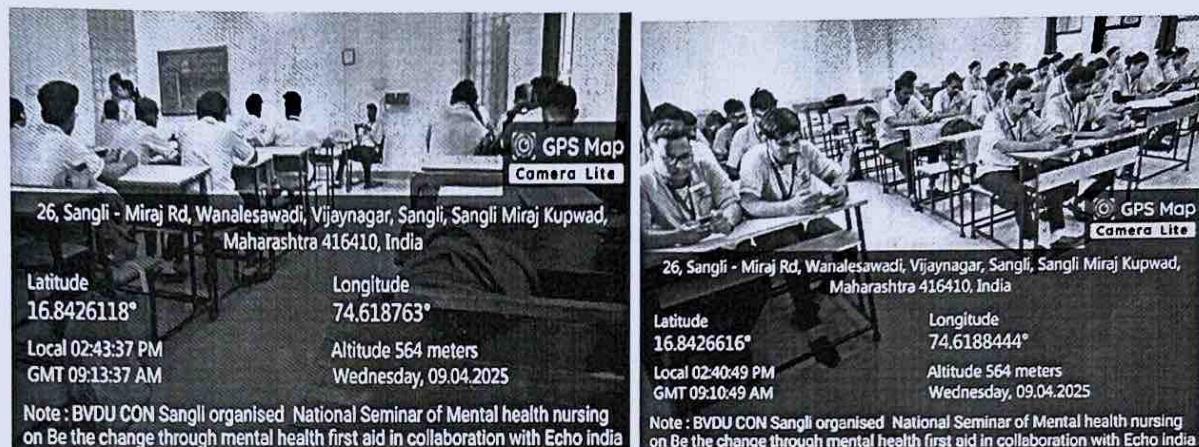
Following the keynote, **Mrs. Shefali Samson Daruwala**, Clinical Instructor, introduced the esteemed guest speaker, **Dr. Radhakrishnan Govindan**, whose extensive experience and expertise in the mental health field added immense value to the seminar.

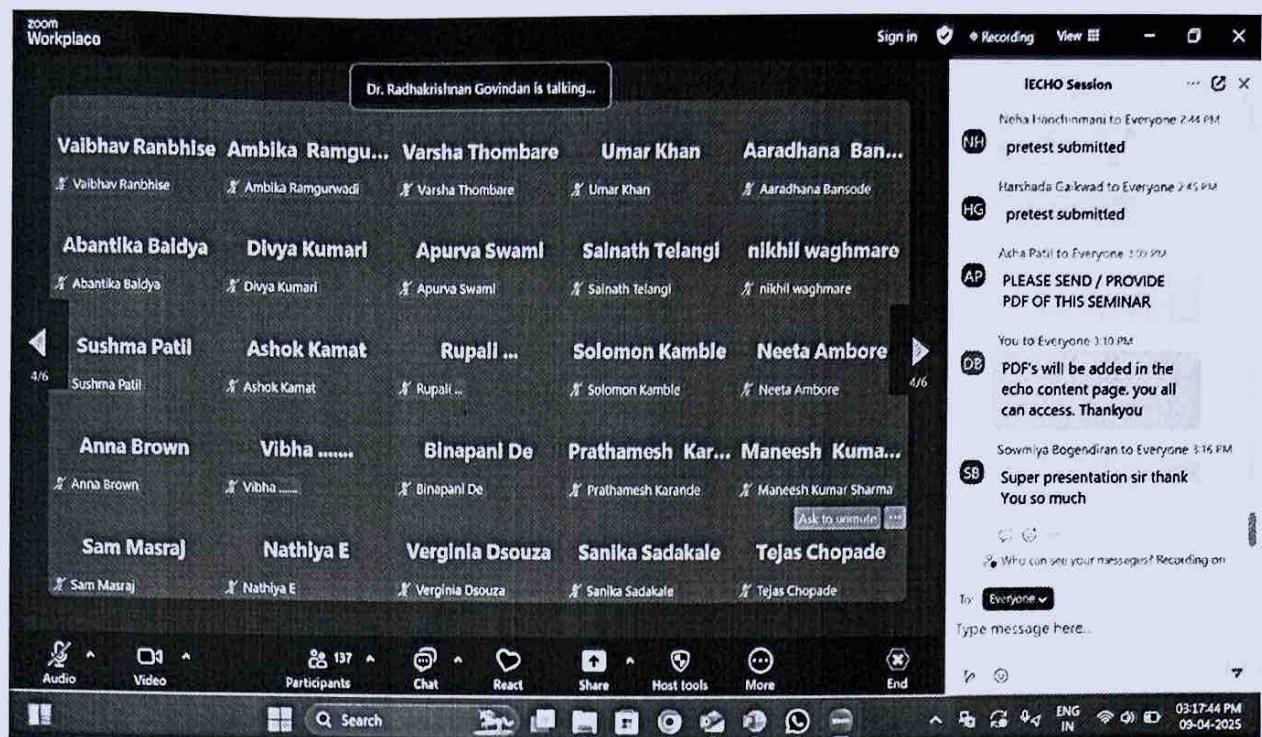
Dr. Radhakrishnan delivered a highly engaging and informative session, centered around the mnemonic 'ASSIST', guiding participants on how to offer Psychological First Aid. His practical

examples and clear communication helped deepen the participants' understanding of how to respond to mental health crises compassionately and effectively.



### Interactive Discussion Session





A vibrant Q&A and discussion segment followed, providing an excellent opportunity for participants to seek clarification, share insights, and engage with the resource person. Participants used the 'Raise Hand' feature and chat box to contribute to the interactive atmosphere of the seminar. Dr. Bahubali HoD interacted with the honorable speaker to clarify the misconception related to MHFA; who can do the first aid and what kind of training is necessary at each stakeholder involved.

The participants were overjoyed the Q&A session and received adequate clarification from the speaker.

## Research-Based Presentation

Next, Mr. Samson Kamble, Clinical Instructor, delivered a well-researched presentation on the evidence base supporting MHFA. His session underscored the global relevance of MHFA and its effectiveness in community health settings. It helped participants understand the need for such programs in contemporary mental health care frameworks.

The session provided the insights into the practice of MHFA and helped to understand the evidence-based information to adopt the skills and techniques of first aid.



## Feedback, Post-Test, and Certification

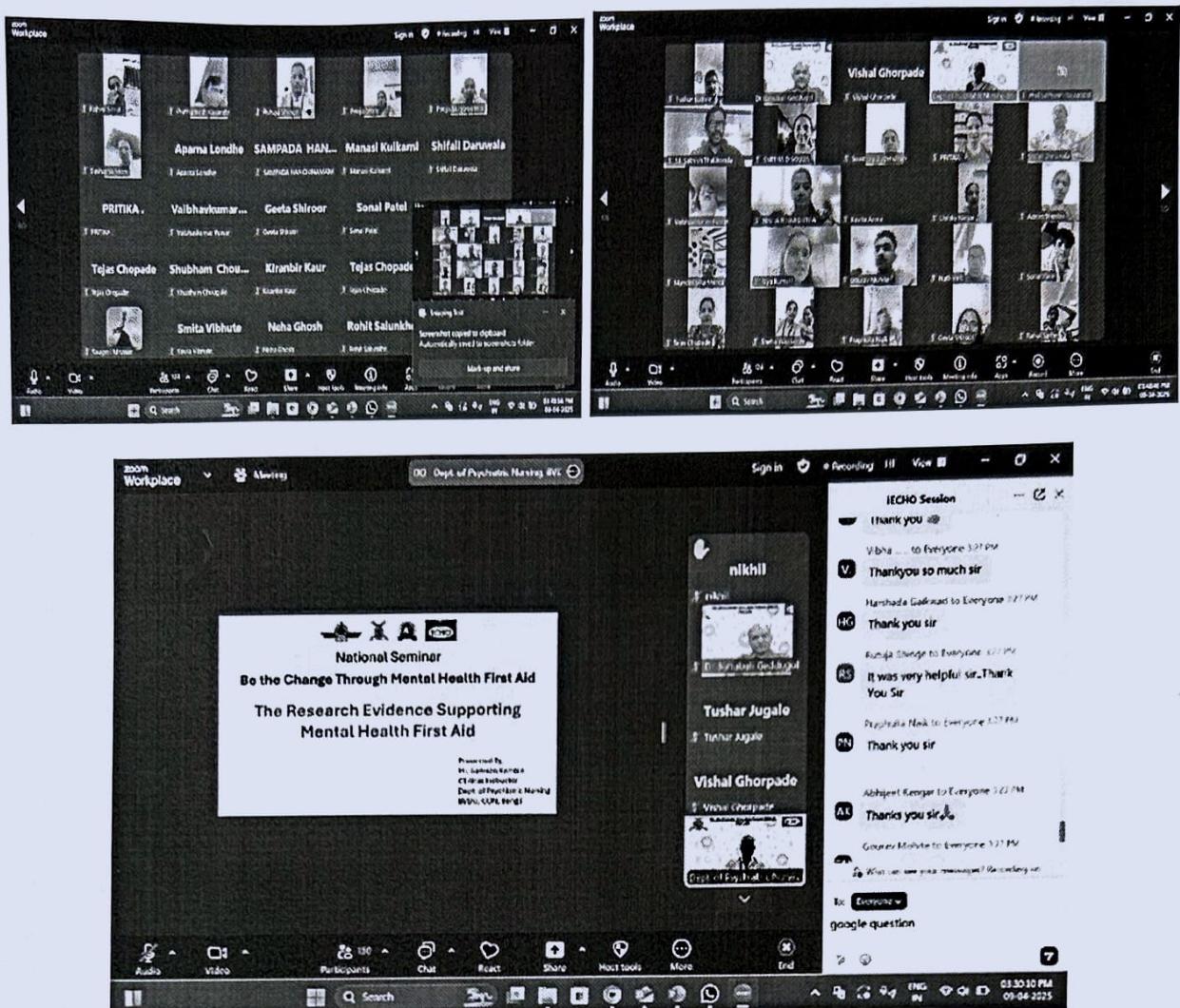
Participants were then guided to fill out the **feedback form** and complete the **post-test**, both of which were essential for the issuance of certificates. It was noted that certification would be provided only to those registered with Echo India.



## Group Photograph and Vote of Thanks

To commemorate the event, a **virtual group photo** was taken, with participants turning on their cameras to mark the occasion with a shared memory.

The seminar concluded with a heartfelt **Vote of Thanks** delivered by **Mrs. Shefali Samson Daruwala**, who expressed gratitude to all speakers, participants, organizers, and collaborators who contributed to the success of the event.



## Conclusion

The seminar successfully met its objectives of educating and inspiring participants to take initiative in mental health support through MHFA. It fostered learning, collaboration, and a shared commitment to mental wellness. Participants left the session empowered to act as changemakers in their respective spheres.

**Coordinator**  
**Dr. Bahubali J Gedugol,**  
**Associate Professor & HOD,**  
**Psychiatric (Mental Health) Nursing,**  
**BVDUCON, Sangli**

**Organizing Chairperson**  
**Prof. Dr. Suresh Ray, I/C Principal,**  
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