



**Bharati Vidyapeeth Deemed to be University, Pune**  
**College of Nursing, Sangli**

Sangli Miraj Road, Wanlesswadi – 416414

**Report on Professional Talk Conducted on 04-11-2025**

**Topic:** Self-Care for Nurses – Why Rest, Hydration, and Mental Health Matter

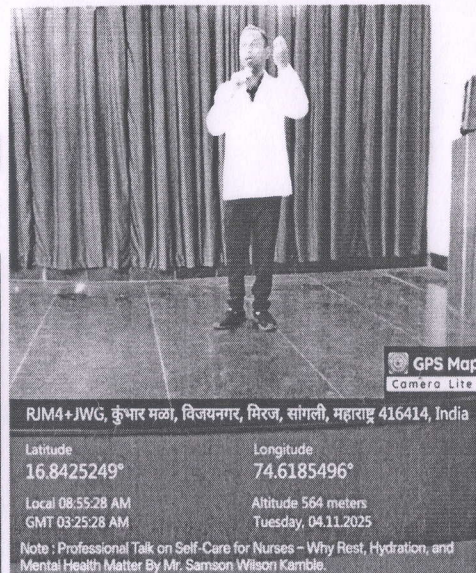
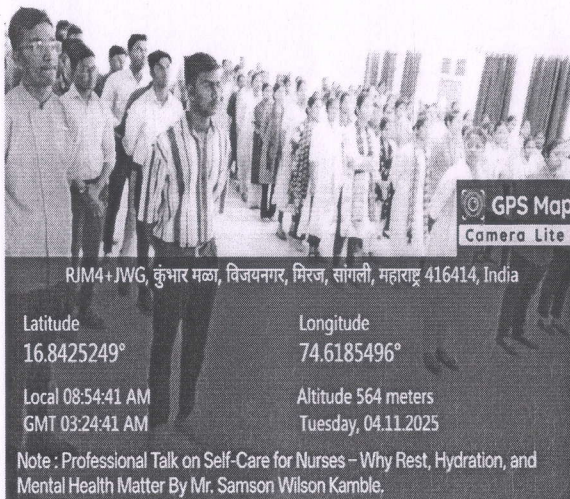
**Venue:** BV(DU), College of Nursing Auditorium, Sangli

**Date:** 04 November 2025

**Time:** 8:45 a.m.

**Session Conducted by:** Mr. Samson Wilson Kamble, Clinical Instructor, BV(DU) College of Nursing, Sangli

A professional talk on “Self-Care for Nurses – Why Rest, Hydration, and Mental Health Matter” was delivered by Mr. Samson Wilson Kamble, Clinical Instructor, Bharati Vidyapeeth (Deemed to be University) College of Nursing, Sangli, on 4th November 2025 at 8:45 a.m. after the Nurses’ Pledge. The session was conducted at the BV(DU) College of Nursing Auditorium, Sangli. I conducted this session to create awareness among nurses about the importance of self-care in maintaining physical, mental, and emotional well-being. I began the talk with a few reflective questions to help participants think about their own self-care habits. During the session, I emphasized that proper rest restores energy and prevents fatigue and medical errors, while staying hydrated improves focus, stamina, and overall health. I also discussed the importance of mental health, highlighting how unmanaged stress and emotional exhaustion can lead to burnout and compassion fatigue. Practical tips such as ensuring adequate sleep, drinking enough water, practicing mindfulness, and seeking emotional support were shared. The session concluded with the message that a healthy nurse is the foundation of a healthy community, encouraging everyone to make self-care a daily habit.



**Signature of Speaker**  
Mr. Samson Wilson Kamble

**Signature of Principal**

**I/C PRINCIPAL**  
**Bharati Vidyapeeth**  
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**College of Nursing, Sangli-416 414**