



BHARATI VIDYAPEETH

(DEEMED TO BE UNIVERSITY)

COLLEGE OF NURSING, PUNE



Department of Mental Health
(Psychiatric) Nursing

INVITATION

World Mental Health Day 2026

**THEME: "Live Experiences Heard: Real Voices,
Real Changes"**

Respected Principal Madam, Vice Principal Sir and All Teachers,
It gives us immense pleasure to cordially invite you to join us in the observance of World Mental Health Day 2026. Your esteemed presence will inspire our faculty and students as we promote awareness, reduce stigma and encourage open conversations for better mental well-being.



10th October 2026



Time

10:00 AM onwards



Venue

Shivshankar Pote Hospital,
Kambale Path, Opp.
Swami Vivekananda Statue,
Near Padmavati, Pune

PROGRAMME / AGENDA



Inauguration &
Felicitation



Health Talk



Role Play



Valedictory

Organized by:

Department of Mental Health (Psychiatric) Nursing
Bharati Vidyapeeth (Deemed to be University)
College of Nursing, Pune

— Together for a Healthier Mind —

Principal
Bharati Vidyapeeth
(Deemed to be University)
College of Nursing
Satur Road, Pune-411 004



Bharati Vidyapeeth

(Deemed to be University)
Pune, India.



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M.Sc., Ph.D.

Chancellor

Prof. Dr. Vivek A. Saoji
M.B.B.S., M.S. (Surg.)

Vice Chancellor

Founder Chancellor : Dr. Patangrao Kadam

COLLEGE OF NURSING, PUNE

★ Accredited with 'A++' Grade (2024) by NAAC ★
★ Category-I University Status by UGC ★

"Social Transformation Through Dynamic Education"

Dr. Vishwajeet Kadam
B.Tech., M.B.A., Ph.D.

Pro Vice Chancellor

Dr. Bhagyashree A. Jogdeo
M.Sc., Ph.D. (Nursing)

Principal

Ref. No. : BVDU / CON / 612 / 2026 - 27

Date : 08/10/2026

To,

The Chief Medical Officer,

Primary Health Centre

Sahakarnagar, Pune

Subject: Permission request for conducting World Mental Health Day- 2026

Respected Sir/Madam,

Bharati Vidyapeeth (Deemed to be University) College of Nursing, Pune Mental Health Nursing Department kindly seek your permission to conduct World Mental Health Day program at your Centre on **10th October 2026 at 10.00am**, with the objective of spreading awareness about Mental Health its early identification, and management among patients, caregivers, and the general public.

The program will include educational sessions, interactive discussions, and awareness activities led by our faculty and nursing students.

We kindly request you to grant us permission to conduct this awareness program we would be grateful for your support and cooperation.

Thank you for your time and consideration. We look forward to your positive response.

[Signature]
MRS. SUNITA THOKCHOM

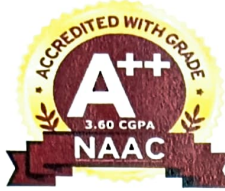
COO, BHARATI VIDYAPEETH NURSING
BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
COLLEGE OF NURSING, PUNE - 411043

[Signature]

वेद्यकिय अधिकारी
शिवशंकर पोटे दवाखाना व
पॉलिक्लिनिक, पुणे म.न.पा.
गदमावती, पुणे-४११०००

[Signature]

VICE PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
College of Nursing, Pune - 43



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
COLLEGE OF NURSING, PUNE-43**

REPORT ON: WORLD MENTAL HEALTH DAY, 2026

Theme – “Lived experiences heard: real voices, real change”.

Date- 10/10/2026

Time- 10.00 am to 12.00 pm.

Venue-Pune Municipal Corporation JV Dr. Kadam Diagnostic Centre, Pote Hospital, Padmavati.

The students of Third Year B.Sc. Nursing, Bharati Vidyapeeth (Deemed to be University) College of Nursing, Pune, visited Pune Municipal Corporation JV Dr. Kadam Diagnostic Centre, Pote Hospital, Padmavati, to celebrate World Mental Health Day. The programme was conducted under the guidance of Dr. Monita Thokchom, Dr. L. Sushila Devi. It began with a welcome and felicitation of the Chief Medical Officer (CMO) of Pote Clinic by Dr. Monita Thokchom ma'am, HOD Mental Health department Bharati Vidyapeeth College of Nursing, Pune; as a mark of respect and appreciation.

Following the felicitation, the nursing students performed a role play highlighting the importance of mental health, the challenges faced by individuals experiencing mental health problems, and the need for understanding, support, and timely professional intervention.

After the role play, a health talk on mental health awareness was conducted. The students explained the importance of maintaining good mental health, recognizing common signs of stress, anxiety, and depression, and adopting healthy coping strategies. The importance of talking openly about emotional difficulties, seeking professional assistance, and supporting individuals facing mental health challenges was also emphasized.

The programme concluded successfully at 12:00 pm with a message promoting mental health awareness, empathy, and a positive attitude towards mental well-being.



Monita Thokchom

**MRS. MONITA THOKCHOM
HOD, MENTAL HEALTH NURSING**

**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
COLLEGE OF NURSING, PUNE - 411043**

Principal

**Principal
Bharati Vidyapeeth
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College of Nursing
Pune-Satara Road, Pune-43.**