

World Mental Health Day Celebration Oct-10-2009, Department of Psychiatric Nursing

AGENDA

9.30am – 10.00am	-	Inauguration * Invocation Song * Welcome Speech * Lighting of the Lamp * Primary Health Care & Mental Health Care (Mrs. Anitha, Asst. Lecturer, VINS & RC) * Promotion of Mental Health (Mrs. Reji Jose, Lecturer, VINS & RC)
10.00am – 11.00am	-	Yoga Techniques for stress relaxation by [Mrs. Vismayee P.M., Yoga Therapist]
11.00am – 12.noon	-	Stress Management by [Mr. Mustafa Nadeem, Clinical Psychologist]
12.00pm – 12.20pm	-	Skit on Mental Health Awareness (Nursing Students)
12.20pm	-	Vote of Thanks