S.P.H.E COLLEGE OF NURSING
Mohali, Punjab

Ref. No: SPHE/2025/IC/ Dated: 5/10/2026

Notice

Intended for	Post Basic B.Sc. Nursing 2nd Year Students
Subject	Celebration of World Mental Health Day at Prabh Asra

All students of Post Basic B.Sc. Nursing 2nd Year are hereby informed that a visit to **Prabh Asra** will be organized to observe **World Mental Health Day on 16th October 2026**. The students will participate in mental health awareness activities and interact with the residents to promote emotional well-being, empathy, social support, and the importance of mental health care.

All students are instructed to participate actively and maintain professional ethics and sensitivity while interacting with the residents.

Principal
SPHE COLLEGE OF NURSING GHARUAN
CC
Management
Campus Director
Director Academics
Director Admin

Name of the institute	S.P.H.E COLLEGE OF NURSING Gharuan
Name of Event:	**World Mental Health Day**
Date of Event:	**16th October 2026**
Place of Event:	Prabh Asra
No. of Participants:	15
Coordinator Name :	Ms Niharika
Email of Coordinator :	Sphegharuan@gmail.com
Objective of the event	• To create awareness about the importance of mental health and emotional well-being. • To promote a positive attitude towards mental health and psychological support. • To educate individuals about stress management and healthy coping strategies. • To reduce stigma and discrimination associated with mental health problems. • To encourage individuals to seek professional help when experiencing mental health difficulties. • To promote empathy, compassion, and social support for individuals facing mental health challenges. • To develop nursing students' communication skills and understanding of mental health promotion and prevention.
Outcome of the event	• Students gained awareness about the importance of mental health and emotional well-being. • Participants developed a better understanding of mental health issues and their impact on daily life. • Awareness regarding stress management and healthy coping strategies was enhanced. • Students developed empathy, compassion, and a positive attitude towards individuals experiencing mental health challenges. • Students strengthened their understanding of the nursing role in mental health promotion, prevention, and awareness

- **Event/Activity Report**

World Mental Health Day was observed on 16th October 2026 by the students of Post Basic B.Sc. Nursing 2nd Year under the guidance of Ms. Niharika, Faculty Member, SPHE College of Nursing, Gharuan. The programme aimed to raise awareness about mental health and emotional well-being. Students participated in awareness activities highlighting stress management, healthy coping strategies, and the importance of seeking professional help. The event emphasized reducing stigma and discrimination associated with mental health problems. The activity enhanced students' understanding of mental health promotion and the role of nurses in creating a supportive and empathetic environment


GPS Map Camera
Padiala, Punjab, India
Block-c, Prabh Aasra Trust, Padiala, Punjab 140103, India
Lat 30.803874° Long 76.59649°
Friday, 16/10/2026 11:07 AM GMT +05:30
Google


WORLD MENTAL HEALTH DAY
GPS Map Camera
Padiala, Punjab, India
Block-c, Prabh Aasra Trust, Padiala, Punjab 140103, India
Lat 30.803792° Long 76.596432°
Friday, 16/10/2026 11:08 AM GMT +05:30
Google


WORLD MENTAL HEALTH DAY
GPS Map Camera
Padiala, Punjab, India
Plot 102, Padiala, Punjab 140103, India
Lat 30.80321° Long 76.59638°
Friday, 16/10/2026 11:10 AM GMT +05:30
Google