



*Integral Institute of Nursing Sciences & Research* is celebrating *World Mental Health Day 2021* on *9th Oct 2021* Pre Eve of World Mental Health Day. The theme for World Mental Health Day 2021 is

***“Mental Health in an Unequal World”.***

The theme underlines the pressing need to focus sufficiently on health beyond the physical in a sustained way in a world still struggling to fight the corona virus.

To promote the awareness regarding mental health and mental illnesses students of B.Sc. (N) 3<sup>rd</sup> year are presenting a skit. All the dignitaries, teaching faculty, non-teaching staff and students are invited to join the program and help the society to spread awareness

***Venue: IINSR, 3<sup>rd</sup> Floor***

***Timing: 12:00 PM***

***Patron:***

***Ms Sony Verma***

***Vice Principal***

***Chief Patron:***

***Mr Farzand Ali***

***Principal***

***Organizing Secretary:***

***Mr Shubham Gupta***

***Lecturer (Psy Nsg)***

**INTEGRAL UNIVERSITY, LUCKNOW**  
**INTEGRAL INSTITUTE OF NURSING SCIENCES & RESEARCH**

**Ref No.**

**Dated: 01/10/2021**

**MINUTES OF MEETING**

A board of studies meeting was held on 01/10/2021 (Friday) at 12:00 noon in the HOD room.

The agenda was discussed in the meeting is as follows:

Organization of a skit, based on mental health issues, to spread awareness on the occasion of world mental health day and also the mandatory requirement in curriculum of Mental Health Nursing in BSc (N) 3<sup>rd</sup> year.

The following members attended the meeting:

1. Mr Farzand Ali, Principal
2. Ms Sony Verma, Vice Principal
3. Mr Shubham Gupta, Lecturer
4. Ms. Shahnaz Qumer

The following aspects were discussed and accordingly decisions were taken.

Organization of skit, rehearsal, requirements for skit, anchoring, venue, timings, invitation.

Mr FarzandAli

Principal

## **Brief Report of World Mental Health Day on the theme**

### **Mental Health in an Unequal World**

9<sup>th</sup> Oct 2021

**Organized by the Integral Institute of Nursing Sciences & Research, Integral University,  
Lucknow**

The **Integral Institute of Nursing Sciences & Research**, Integral University, Lucknow, organized a role play on the theme **Mental Health in an Unequal World** for the students of Integral University, Lucknow. The role play was of 30 minutes and organized on 9<sup>th</sup> Oct, 2021, in Integral Institute of Nursing Sciences & Research, Integral University.

October 10 is observed as World Mental Health Day across the globe every year. This day is meant to raise awareness on mental health issues and garner support on initiatives related to mental health and well-being. According to the World Health Organization (WHO), COVID-19 has majorly impacted people's mental health. "Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted," .Such a record is worth knowing. This role play spread awareness among faculty members, non-teaching staff and students regarding mental illnesses, mental health awareness.

The role play was conducted under the guidance of Mr Shubham Gupta, Lecturer, Psychiatric Nursing and was coordinated by Ms Shahnaz Qumer, Lecturer, Obs & Gyn. Dr Ashfaq Khan, HOD Nursing chaired the program as chief guest. Patron and Vice patron was Mr Farzand Ali, Principal and Ms Sony Verma, Vice Principal respectively.

The program was organized for UG and Diploma Students for all Nursing students.

#### **Highlights of the Role Play**

Venue: 3<sup>rd</sup> floor IINS&R

- More than 100 students joined the program
- 20 students have participated in role play.
- Learning support by Resource person and Facilitators.

**(Mr Farzand Ali)**  
**Principal IINSR**