

2008 WMHDAY REPORT FORM

How Did You Celebrate The Day?

Here is your chance to let us know about your World Mental Health Day events and help us improve future education packets. The strength of this project lies in the effect it has in the field - therefore we urge you to send in a report of your 2008 activities. We hope everyone will join in, not only by doing something to 'spread the word' but also by letting the rest of the world know what you are doing by writing back to us! Every event - no matter how large or small - is important to us. And all pictures, news articles, and promotional materials are welcome. Most of the prominent activities, if received by 28 February 2009, will be up on the WFMH Website. We look forward to hearing from all of you!

Submission of a completed World Mental Health Day Report Form and supporting documentation on how you celebrated the day will qualify your organization for entry into the judging for the 2008 Richard C. Hunter World Mental Health Day Award for Excellence competition. To be eligible for judging, campaign report and materials must be received at WFMH by 28 February 2009.

(PLEASE PRINT ALL INFORMATION)

NAME: Prof. Tessy Treesa Jose

ORGANIZATION: Manipal College of Nursing, Manipal University,

ADDRESS: Head of the Department, Psychiatric Nursing
Manipal College of Nursing, Manipal University, Madhava Nagar Manipal P.O,
Karnataka State, South India, 576104

PHONE: 00918202922863/22443, Mobile- 0984412459 FAX:

EMAIL: tejo1994@yahoo.com. / tejo1994@gmail.com/tejo1994@hotmail.com

1. How has this educational packet improved your ability to educate people in your community?

-The content in the educational packet was referred to prepare the talk to educate the public, the relatives of the mentally ill and the students.

2. What impact has the WMHDAY program had on -

- Reducing stigma in your community?
- Improving treatment or access to means of treatment?
- Bringing more attention to your organization and work in the community?

To commemorate World Mental Health Day, various programmes were conducted by the Department of Psychiatric Nursing and Second Year MSc Psychiatric Nursing

students of Manipal College of Nursing, Manipal from 7th – 10th October, 2008. On 07/10/2008 the programme started by conducting various competitions for the inpatients in psychiatry ward of District Government Hospital Udupi. A health talk on 'Mental health and Mental illness' was delivered by Ms. Savitha First Year MSc Psychiatric Nursing student, for the patients and the family members. Prizes for the winners and sweets were distributed to all who were present during the programme. All the patients and their family members were actively involved and enjoyed the programme. On the same day evening a public awareness programme was organized for the Rotarians of Rotary Club, Udupi-Manipal. The programme started with the formal function of the club followed by the introduction to the day's theme "*Making Mental Health a Global Priority: Scaling up Services through Citizen Advocacy and Action*" by Ms. Tessy Treesa Jose, Head of the Department of Psychiatric Nursing, MCON, Manipal. Dr. P.S.V.N Sharma, Professor and Head of the department of Psychiatry delivered a talk on the day's theme emphasizing the importance of conducting awareness programme on Mental health and Mental illness, various models of advocacy, etc. Rotarians assured of doing their best for the implementation of mental health services for the community.

On October 9th poster competition on the day's theme was organized for the students of Manipal College of Nursing and School of Nursing, which was well appreciated by the viewers. On October 10th the day was observed by conducting various programme in Psychiatry ward of Kasturba Hospital Manipal. Competitions were conducted for the patients. A health talk on the day's theme was given by Ms. Flavia First Year MSc Psychiatric Nursing student. All the patients and relatives were gathered together for a formal programme. Mr. Nandakumar P. Asst. MCON welcomed and Dr. Sreejayan Asst. Prof. Department of Psychiatry addressed the gathering and emphasized on the Day's importance. Winners of various competitions were given the prizes by faculty from different departments. The faculty and students of the department of Psychiatry, Clinical Psychology, Psychiatric Social work and Occupational therapy also joined the programme. Sweets were distributed to the patients and family members. Programme concluded with vote of thanks by Mr. Sachidananda, In-charge of Psychiatry ward.

3. Where and how did you use the material in this packet?

-For making the public aware of the mental health, mental illness concepts; extent of the mental health problems in the community, psychiatry wards and in the nursing college

4. How many people did you reach with your event? What kinds of people did you reach?

- 350 people through various activities.

- Group consisted of Public, Mental health professionals, students of various discipline, clients with mental illness and their significant others

5. If you were to choose the one outcome that you are most proud of accomplishing through your World Mental Health Day Event, this year, what would it be? (Use additional pages, if needed).

- Awareness to the public regarding the extend of the mental health problems and the need to have the supportive services from the grass root level.

6. How will you follow up with what you did for WMHDay this year?

- By conducting feed back session