



**SUM NURSING COLLEGE
SIKSHA 'O' ANUSANDHAN**
(A Deemed to be University)

is pleased to observe a state level seminar on World Mental Health Day.

**“YOUNG PEOPLE AND MENTAL
HEALTH IN CHANGING WORLD”**

10th October 2018, 8am onwards

Venue: SUM Annexe, IMS & SUM HOSPITAL



SUM Nursing College established in 2004 is a constituent part of the Siksha 'O' Anusandhan University, which has been corroborated by its accreditation by NAAC of UGC with 'A' grade in the year 2009 and International Accreditation Organization for its quality in education. The SUM Nursing College believes in the inscription, "service with sincerity", as the prime motive for education and service to the students. The college offers state of the art infrastructure and service in courses varying from GNM, B.Sc Nursing, Post-Basic B.Sc Nursing, M.Sc Nursing and PhD program, catering to more than 800 students.

Adolescence and the early years of adulthood are a gives of life when many changes occur, for example, Changing Schools, Leaving home and starting University or a new job. For many, these are exactly times. They can also be times of stress and apprehension however. In some cases, if not recognized and managed, these feeling can lead to mental illness.

The expanding use of technology, while undoubtedly bringing many benefits, can also bring additional pressure as connectively to virtual networks at any time of the day and night grows. Many adolescents are also leaving in areas affected by humanitarian emergencies such as conflicts, natural disasters and epidemics. Young people living in situations such as these are particularly vulnerable to mental illness.

Aim:

- ⦿ This seminar aims in raising awareness regarding mental health issues among the young group and mobilizing efforts in support of mental health.

Objectives

- ⦿ Various Mental health issues and mobilizing efforts in support of healthy mind.
- ⦿ Comprehend informative ideas to peers, parents and teachers to keep and support their friends, children and students during their transitional milestones.
- ⦿ Establish peace of mind among young generations.
- ⦿ Develop how to deal and manage with the stressors in changing life.
- ⦿ Generate positive movement among young people for effective health uses of gadgets available.

The sessions that are the prime part of the seminar will be undertaken by experts in psychiatric, who have vast experiences. The delegates will have opportunity for open discussions between the session and sharing their life experiences.

Time	Programme	Resource Person
8.30 to 9.30 am	Registration	
9.30 to 10.30 am	Unfolding Theme	Dr. Kalyani Moharana Dept of Psychiatric Nursing, Mental Health Institute, SCB, MCH
10.30 to 11.30 am	Prevalance and Magnitude of issue	Dr. Sonali Mohapatra Programme Manager, Foundation for Ecological Security
11.30 to 1 pm	Inaugural Ceremony	
1 to 2 pm	Lunch	
2 to 3 pm	Adolescent and mental health hygiene	Dr. Pratap Kumar Rath Former HOD & Professor Dept of Psychology, Utkal University Vice-Chairperson, Odisha Rationalists Society
3 to 4 pm	Adolescent health risk and solution	Dr. Surjeet Sahoo HOD & Professor Dept. of Psychiatry, IMS & SH
4 to 4.30 pm	Valedictory Ceremony	



Who can be delegates?

Faculty

PG & UG students

Nursing Staff



For More Details:-

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