



SHARDA
UNIVERSITY
Beyond Boundaries



**SHARDA SCHOOL OF
NURSING SCIENCE
AND RESEARCH**

**Mental Health
Nursing Department**

Organizes



THEME: "It is Time to Prioritize Mental Health in the Workplace"

10th October 2024

10:00 am to 4:00 pm

ABOUT THE UNIVERSITY

Sharda University envisions to serve the society by being a global University of higher learning in pursuit of academic excellence, innovation and nurturing entrepreneurship. It has 14,000+ students from 95+ countries, 29 states, and Union Territories, providing cultural diversity and global exposure to students. It has 26000+ alumni who are today leaders in their realms. Sharda University is NAAC A+ University with Overall NIRF Rank of 86. Teaching Learning Center at Sharda University is to equip the faculty members with the expertise, skills and knowledge they need for capacity building of students. Teaching as a profession requires highly specialized skills and knowledge to impact significantly on student learning and therefore teachers must refine their conceptual and pedagogical skills.

The School of Nursing Science and Research was established in 2008 to train young students as dedicated professional nurses, capable of contributing effectively towards the growing health demands of the health sector. The college has a state of art, supportive learning environment with good clinical and library facilities, which attracts National and International students. Regular co-curricular and extracurricular activities are planned meticulously and organized by group of highly motivated faculty. Students have access to medical facilities within the campus as university has a world class 900+ bedded NABH accredited multispecialty hospital with all modern medical facilities. Sharda is currently established a 550 bedded hospital in Nigeria equipped with the all-modern facilities and sophisticated equipment to provide comprehensive health care to all sectors of the society, and established university in Uzbekistan.

ABOUT THE EVENT

Every year on October 10th, we observe World Mental Health Day. The World Federation of Mental Health has designated this year's theme as "It is Time to Prioritize Mental Health in the Workplace". The subject emphasizes the significance of addressing mental health and wellness in the workplace, for the benefit of individuals, organizations, and communities. Mental health is a condition of mental well-being that allows people to deal with life's challenges, develop their potential, study and work effectively, and contribute to their community. It is an essential component of health and well-being, supporting our individual and communal capacity to make decisions, form connections, and influence the world we live in. And it is critical for personal, communal, and socioeconomic growth. Working in a safe, healthy atmosphere can benefit one's mental health. Stigma, discrimination, and exposure to dangers such as harassment and other bad working circumstances can all have a negative impact on mental health, general quality of life, and, as a result, participation or productivity at work. With 60% of the world's population working, immediate action is required to guarantee that employment reduces mental health hazards while also protecting and supporting mental health at work. Workers and their representatives, as well as anyone who have lived experience with mental health disorders, should be actively involved in workplace mental health initiatives. By investing efforts and resources in evidence-based approaches and interventions at work, we can ensure that everyone has the opportunity to thrive at work and in life. Keeping in mind the theme for the day the Mental Health Nursing Department of Sharda School of Nursing, Sharda University, will be conducting a small skit show, poster presentation and some surprising entertainment for the staff of nursing department.

OBJECTIVES

The objectives of the event are as below: -

- Promote and increase awareness of the value of mental health in the workplace.
- Encourage employers and employees to collaborate to build a psychologically healthy workplace.
- Advocate for workplaces that prioritize, protect, and encourage mental health.
- Emphasizing on minimizing the spectrum of stigma surrounding mental health.

CHIEF PATRONS



Shri. P. K. Gupta
Hon. Chancellor, Sharda University



Shri. Y.K. Gupta
Hon. Pro- Chancellor, Sharda University

PATRON



Prof. (Dr.) Sibaram Khara
Vice - Chancellor, Sharda University

CONVENER



Prof. R SreeRaja Kumar
Associate Dean, Sharda School of
Nursing Science and Research

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