

Report on World Mental Health Day – 2025

Date: 10 October 2025

Organized by: KALYAN COLLEGE OF NURSING, RAJURA

Venue: multipurpose hall

Theme (2025): “Mental Health is a Universal Human Right” (theme aligns with recent global advocacy emphasis)

Introduction

World Mental Health Day is observed every year on 10 October to raise global awareness about mental health issues, promote mental well-being, and mobilize efforts to support people experiencing mental health conditions. The 2025 observance focused on strengthening mental health services, reducing stigma, and ensuring equal access to care for all individuals.

Objectives of World Mental Health Day 2025

To create awareness about common mental health disorders such as depression, anxiety, schizophrenia, and bipolar disorder.

To promote early identification and timely treatment.

To reduce stigma and discrimination associated with mental illness.

To encourage governments to invest more in mental health services.

To promote mental well-being in schools, workplaces, and communities.

Importance of Mental Health

Mental health is a state of well-being in which an individual realizes their abilities, can cope with normal stresses of life, work productively, and contribute to the community. Poor mental health can affect physical health, relationships, education, and employment.

According to WHO:

Mental disorders are among the leading causes of disability worldwide.

Depression is one of the most common mental health conditions globally.

Suicide remains a major public health concern

Role of Nurses in Mental Health Promotion

Early identification of mental health problems

Providing emotional support and counseling

Educating patients and families about treatment and rehabilitation

Promoting healthy coping strategies

Reducing stigma through awareness programs

Activities conducted in college:

. Poster making competition



. Rangoli making competition

