

A REPORT ON THE OBSERVANCE OF WORLD MENTAL HEALTH DAY 2025

The **Syed Mantaqui Memorial College of Nursing and Medical Technology (SMMC�&MT)**, **Islamic University of Science and Technology (IUST)**, observed *World Mental Health Day 2025* on **23rd October 2025** with the theme “*Access to Services: Mental Health in Catastrophes and Emergencies.*” The observance was held under the **supervision of Community Connect Coordinator Ms. Mubashira Bashir**, as part of the college’s ongoing community outreach initiatives aimed at strengthening mental health awareness, service accessibility, and resilience in times of crisis.

The event encompassed a series of structured awareness and educational activities across **PHC Aripal, Satura Anganwadi, and Gutroo community**, targeting different population groups including children, adolescents, parents, and community elders.

The outreach programme featured the following key activities:

- **Health education sessions** on coping mechanisms during crises and disasters.
- **Awareness talks** on early identification and management of mental health issues.
- **Interactive games and group discussions** for children and adolescents to enhance emotional resilience.
- **Counseling awareness sessions** for parents and elders focusing on community-based support systems.

To enhance sustainability and recall, **educational booklets** on mental health care, coping strategies, and service accessibility were distributed among participants. The initiative emphasized the importance of early psychological intervention, community participation, and equitable access to mental health resources during emergencies.

Contributions and Roles

- **Ms. Mubashira Bashir, Community Connect Coordinator:** Provided overall supervision and strategic guidance for planning, coordination, and execution of the event. She ensured smooth collaboration between faculty, students, and community stakeholders.
- **Mr. Mohammad Azam Dar and Mr. Aamir Suhail, Faculty Members:** Coordinated field-level logistics, facilitated community mobilization, and guided student volunteers in conducting awareness sessions.
- **Ms. Rohi Jan, Community Health Nursing Specialist:** Led the community education component, delivering health talks and demonstrations on preventive mental health measures during disasters.
- **Ms. Insha Rasool, Child Health Nursing Specialist:** Designed and conducted interactive activities and discussions for children and adolescents, focusing on emotional regulation and resilience-building.
- **Ms. Bushra Mushtaq, Mental Health Nursing Specialist (JPMR & Mental Health Nursing):** Led sessions on recognizing early signs of psychological distress, provided

insights on counseling approaches, and emphasized the role of nursing professionals in mental health response during emergencies.

The event concluded with a strong message reinforcing the need for **community collaboration, timely access to mental health services, and the pivotal role of nurses in fostering psychosocial well-being** during catastrophes. The outreach initiative successfully bridged the gap between mental health awareness and service delivery, reflecting SMMCN&MT's continued commitment to community engagement and holistic health promotion under the aegis of **IUST**.