

# WEBINAR ON MENTAL HEALTH AND WELL-BEING AT WORKPLACE

30<sup>th</sup> May 2025 | 03:00 pm to 04:00 pm

ANR AUDITORIUM ,Acharya Campus



## About the Program

In today's fast-paced and demanding healthcare environment, ensuring mental health and emotional well-being at the workplace is not just a priority but a necessity. Nurses and healthcare professionals often face high-stress situations, long working hours, and emotional fatigue, all of which can significantly affect their mental health and overall performance.

To address this critical concern, Smt. Nagarathnamma College of Nursing, Acharya Institutes, Bangalore, is organizing an insightful Guest Lecture/Seminar on the theme "Mental Health and Well-being at Workplace." This session will be delivered by Dr. Rajitha P, Senior Nursing Officer, Department of Nursing, NIMHANS, Bangalore—an eminent expert in the field of psychiatric nursing and workplace mental health promotion.

The session aims to empower nursing faculty and students with the knowledge and tools required to recognize mental health challenges, implement self-care strategies, and build a resilient and positive work environment. Through this interactive and evidence-based session, participants will gain a deeper understanding of how to nurture their own well-being while contributing to a healthier, more compassionate workplace culture.

### Objectives of the Program

- To provide an in-depth understanding of the concept of mental health and its relevance in workplace settings, particularly in the healthcare sector.
- To identify common mental health challenges faced by nursing professionals, such as burnout, anxiety, compassion fatigue, and depression.
- To promote awareness of early warning signs and symptoms of mental distress among peers and oneself.
- To introduce evidence-based stress reduction and self-care techniques that can be incorporated into daily professional life.
- To emphasize the importance of building a supportive and inclusive workplace culture that encourages open discussions about mental health.
- To motivate faculty and students to prioritize mental well-being as an essential component of professional success and personal fulfillment.

### Expected Outcome of the Program

By the end of the session, participants are expected to:

- Gain a comprehensive understanding of mental health issues specific to the workplace, particularly within the nursing profession.
- Demonstrate increased awareness of the importance of emotional well-being in professional settings.
- Apply practical strategies for managing stress, preventing burnout, and enhancing personal resilience.
- Recognize early signs of mental health concerns in themselves and their colleagues and respond appropriately.
- Foster a more empathetic, supportive, and psychologically safe work environment within healthcare institutions.
- Feel empowered to initiate positive changes that promote mental wellness and work-life balance.

Target Audience: Faculties and Nursing Students

## Committee Members

ADVISORY COMMITTEE	
<ul style="list-style-type: none"> <li>• Prof. Devi Nanjappan, Principal, Smt. Nagarathnamma college of Nursing, Bangalore</li> </ul>	
COORDINATOR	
<ul style="list-style-type: none"> <li>• Mr. Vasanth Malagi, Assoc. Professor Department of MHN &amp; NSS Program officer, SNCN.</li> </ul>	

## Resource Person Details



**Dr. Rajitha P**

**Designation :** Senior Nursing Officer, NABH Quality Cell, NIMHANS, Bangalore.



**Smt. Nagarathnamma College of Nursing**

Acharya Dr. S. Radhakrishnan Road, Acharya P.O  
Soladevanahalli, Bangalore - 560107, Karnataka, India.

LOCATE US

**Event Coordinator**

Mr. Vasanth Malagi,  
Assoc. Professor  
Department of MHN & NSS Program officer, SNCN