

**SHRI BAIRAVNATH NISARG MANDAL'S  
MAULI NURSING COLLEGE HATTA, HINGOLI  
WORKSHOP  
ON  
MENTAL FITNESS  
DATE :09/03/2023**

A Workshop conducted on Mental fitness Organised by SBNM'S Mauli Nursing College hatta on Date 22/09/22 we have started workshop 2:30Pm to 5:30pm at the centre of SBNM's Mauli nursing college at Seminar Hall. The Main Purpose of Workshop Was create awareness and provide knowledge regarding the Mental fitness. All of the students of Mauli nursing college had participated in Workshop.

Main Content: Teaching staff starting the Programme at 2:30pm. Ms Vaishali Tarfe has started innaugration at 2:30 pm till 03:00pm. After that Ms. Deodhe Ashwini Mauli Nursing college hatta has given welcome to Principal Ms Shanti T.Ms Sukanya Wankhede has given Introduction and explain the schedule regarding workshop at 03:10am -03:20pm after that and Ms . Ashvini Wathore Nursing tutor has conducted a pretest at 03:40pm to 03:50pm. After all of the introduction regarding Worksop, we have started our session of the workshop with our respected Speakers.

Our 1<sup>st</sup>Speaker Ms. Shanti T mam give information regarding Mental Fitness the session will be Long for 40 min. Which was most wonderfull session . The next session were held by speaker Ms .Shital Thoke mam which was 30 min very Nice and great session. After all the session by speaker we gave Posttest and took feedback from the students at4.10pm-4:30Pm after this vote of thanks were given by Ms. Gajanan sontakke by 4:30pm-4:45Pm after this we have certificate distribution from 4:45-5Pm.

**THANK YOU !**

## PROGRAMME SCHEDULE

<b>DATE</b>	<b>TIME</b>	<b>PROGRAMME</b>	<b>RESOURCE PERSON</b>
22/09/2022	2:30pm- 2:45pm	Inauguration	Ms .Vaishali Tarfe
	2:45pm -3:00pm	Introduction regarding workshop, Welcome Speech	Ms. Sukanya Wankhede
	3:00pm -3:15pm	Pre test	Ms.Ashvini Wathore
	3:15pm-3.30pm	Introduction of Mental fitness	Ms. Shanti T Mam
	3:30pm – 4:00pm	Detail information of Essential New born Care	Ms. Shital Thoke
	4:30pm -5:00pm	Vote of thanks and certificate distribution	Ms. Gajanan sontakke