

SEEDLING SCHOOL OF NURSING  
JAIPUR NATIONAL UNIVERSITY

Date- 06 Jan. 2020

Circular

This is to inform all B.Sc. Nursing students that seedling school of nursing going to organize value-added course on "LECTURE SERIES ON POSITIVE MENTAL HEALTH" from 11 Jan. 2021 at School of Nursing, SIILAS Campus. Confirm your presence to class coordinator.

For more detail Contact  
Mr. Aditya Pareek  
Assistant Professor



(Authorized Signatory)

Assistant Registrar  
Jaipur National University  
Jaipur

# SEEDLING SCHOOL OF NURSING

JAIPUR NATIONAL UNIVERSITY JAIPUR

## LECTURE SERIES ON POSITIVE MENTAL HEALTH

Day-1- Mental Health & its components.

Day-2- Various risk factors and warning signs of mental health problems

Day-3-How to respond to a crisis situation like suicidal thoughts.

**Date, Time- 11-13 Jan 2021**

**Location- G-3 SIILAS CAMPUS**

**Contact Person – Dr Devraj singh Chauhan,  
Associate Professor**

Contact Number- 9660460101

Assistant Registrar  
Jaipur National University  
Jaipur



# JAIPUR NATIONAL UNIVERSITY

## SEEDLING SCHOOL OF NURSING

Date-13 Jan. 2021

### REPORT OF LECTURE SERIES ON POSITIVE MENTAL HEALTH

A 09 hours Lecture series was organized on How to maintain a POSITIVE MENTAL HEALTH by Seedling School of Nursing, Jaipur National University from 11-13 Jan 2021 at SIILAS.

The resource person for this course was Mr. Devraj Singh Chouhan (M.Sc. Psychiatry).

This Lecture series was attended by the participants on daily three hours lectures and discussion. Total 39 students attended this lecture series. The main aims of the Lecture series were developing the capacity to build a positive mental health and how to live without stress.

Expert delivered the speech on various risk factors and warning signs of mental health problems Expert delivered the speech on following

Day-1- Mental Health & its components.

Day-2- Various risk factors and warning signs of mental health problems

Day-3-How to respond to a crisis situation like suicidal thoughts.

During the lecture series participants get various knowledge regarding mental health issues, stress and anxiety. Most of participants ask the query related to exam stress and how to overcome from these stress. Recourse person discussed about the issue related to exam stress and effective solution given to the participants.

At the end of lecture series participant's attendance and new learning was evaluated before and after lectures.



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