MENTAL HEALTH DAY 2023

Date: 10th October 2023

Time: 3 pm-5pm

Venue: Mumbai central railway station, Dadar east market, Lower Parel

The NSS unit of Leelabai Thackeray College of Nursing organised Mental health day. Students from TYBSc Nursing volunteered actively in making mental health posters and spreading awareness in the nearby localities all over Mumbai. This created a sense of enthusiasm and consciousness among the society to focus on their own mental health. The poster covered aspects like risk factors, good and bad signs of mental health along with appropriate preventive measures. The activity was fruitful and helped in better understanding of mental health.