



# Shri Guru Ram Rai Institute Of Medical & Health Sciences College Of Nursing

Patel Nagar, Dehradun – 248001

Ref/ SGRRIM&HS/CON/2026- 1021

Date: 27/03/2026

## NOTIFICATION FOR WORLD BIPOLAR DAY

All are hereby informed that a program will be organised on **World Bipolar Day**.

Let's come together to raise awareness, break stigma, and support those living with Bipolar Disorder.

♥ Bipolar disorder is a mental health condition characterized by extreme mood swings, including emotional highs (mania) and lows (depression). With understanding, care, and proper treatment, individuals can lead fulfilling lives.

🌐 On this day, let's:

- Educate ourselves and others
- Show empathy and support
- Encourage open conversations about mental health

✦ **Your support can make a difference.**

#WorldBipolarDay #MentalHealthMatters #EndTheStigma

**Program has been scheduled as per the details mentioned below:**

📅 **Date:** 30/03/2026

🕒 **Time:** 11:00 AM

📍 **Venue:** Conference Hall, SGRR College of Nursing

All students and staff are requested to attend the program and actively participate in spreading awareness about Bipolar.

**Your presence is highly appreciated.**

**For any clarification, kindly contact the concerned authority:**

**Name:** Ms. Deepali Rawat, Assistant Professor, SGRR College of Nursing

**Contact No:** 7310723774

Principal  
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By Order

**Prof. Dr. G Ramalakshmi**

Dean

SGRR College of Nursing

SGRR University