



Shri Guru Ram Rai Institute of Medical & Health Sciences College of Nursing

Patel Nagar, Dehradun - 248 001

Ref/ SGRRIM&HS/CON/2026- 1151

Date: 07/10/2026

NOTIFICATION FOR WORLD MENTAL HEALTH DAY

All concerned students and faculty members are hereby informed that World Mental Health Day 2026 will be observed on 10 October 2026 in collaboration with Isha Foundation (Sadhguru).

The programme aims to promote awareness regarding mental health, encourage open conversations, reduce stigma and highlight the importance of listening to and understanding individuals lived experiences of mental health.

The theme for World Mental Health Day 2026 is: "Lived Experiences Heard: Real Voices, Real Change"

The programme will be conducted as per the following schedule:

- **Date:** 10 October 2026
- **Time:** 10:00 AM onwards
- **Venue:** LT-8, SGRRIM&HS College of Nursing
- **In Collaboration With:** Isha Foundation (Sadhguru)

All concerned students and faculty members are requested to actively participate in the programme and contribute to making the observance meaningful and impactful.

All are requested to be present on time.

For further details, kindly contact the concerned authority:

Name: Ms. Deepali Rawat, Assistant Professor, SGRRIM&HS, College of Nursing

Contact No: 7310723774

Principal
College of Nursing
SGRRIM&HS
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By Order
Prof. Dr. G Ramalakshmi
Dean
SGRR College of Nursing
SGRR University