


The ECHO India Online Program on Capacity Building in Mental Health and Self-Care, organized by Rufaida College of Nursing, School of Nursing Education & Research, Jamia Hamdard, in collaboration with ECHO India, was successfully conducted over 12 weeks, from 12th March to 28th May 2026, through the virtual platform iECHO, with sessions held every Thursday. The program was effectively led by the core team comprising Prof. Veena Sharma, Dean & Principal – Hub Leader, Prof. Seema Rani – Facilitator, Ms. Jamal Fatima Hashmi - Coordinator, and Ms. Shaheen Khan- Co-Coordinator. A total of 100 participants from various states across India registered for the program. The series featured expert-led sessions, interactive discussions, Q&A segments, and 12 case presentations, creating a dynamic and comprehensive learning environment. In the Indian healthcare setting, where psychiatric resources are limited and nurse-to-patient ratios remain high, such training proved invaluable in equipping nursing professionals with the skills to identify psychological distress, manage crises, reduce stigma, and deliver holistic care. The sessions also emphasized self-care, resilience, and stress management.

North Storm Academy

Unmute

 Anupm's Didi	fb1e240	Moto G (5S) Plus	Sandhya Dhage	Zainab Patharia
◀ Dr. Hrishikesh J... 1/20	Priyanka Gurao	Mala khanchan...	Shweta Nandec...	Deepa Telang ▶ 1/20
Vanita	Vijay Kale	c656a5e7	Trusha Chopade	usha kosarkar
RAMANA DEVA...	Shamsha Panjw...	Pankaj Deshmukh	Rajini Kumari Y...	Sudhakar Khot



Rufaida College of Nursing, Jamia Hamdard
Deemed to be University, A+ Grade by NAAAC
& ECHO India
Organizes



RCON-Capacity Building Mental Health & Self Care-ECHO Program



Thursday, 12th March 2026
11:30 am - 1:00 pm



12 Weeks (Every Thursday)
From : 12th March – 28th May
2026

iECHO (Virtual platform)

Methodology:

Didactic presentation by expert, case presentation & discussion by spoke.

Who Can Join:

Nursing Officers , Nurse Administrators,
Nursing Faculty and Nursing PG students.

Evaluation Plan: Comprehensive Pre- and
post-program knowledge assessment
through test.

Certification:

- E-certificates will be issued to all the participants.

To be eligible, participants must:

- Complete the pre-test and post-test assessment.
- Submit feedback.
- Maintain over 80% attendance throughout the course.

Hub Team



Hub Lead

Prof. Veena Sharma
Dean & Principal
Rufaida College of Nursing, SNER
Jamia Hamdard



Facilitator

Prof. Seema Rani
Vice Principal
Rufaida College of Nursing , Jamia Hamdard



Coordinator

Ms. Jamal Fatima Hashmi
Assistant Professor
Rufaida College of Nursing, Jamia Hamdard



Co-Coordinator

Ms Shaheen Khan
Tutor
Rufaida College of Nursing , Jamia Hamdard





shaheen khan

Life Skills Are More Than...

COOKING



CLEANING



KEEPING A JOB



They Also Include ...

- ✓ Sense of purpose
- ✓ Sense of ethics
- ✓ Curiosity
- ✓ Ability to plan/organize
- ✓ Sense of basic nutrition
- ✓ Self-esteem
- ✓ Respect for others
- ✓ Ability to communicate
- ✓ Ability to resolve conflict
- ✓ Willingness to confront problems
- ✓ Basic level of media literacy
- ✓ Healthy behaviors regarding: Finances, Health, Personal beliefs, Spiritual beliefs, and Emotional maturity

1 Case presentation Seeking Support

2 Case of Seeking Support

3 Identification Case

4 Chief Complaint

5

6 History of Present Illness

7 History Seeking Support

Case presentation Seeking Support

By Ms. Mukta
Nursing officer
Lok Nayak Hospital

