

**DEPARTMENT OF MENTAL HEALTH NURSING**  
**REPORT OF OBSERVATION OF AUTISM AWARENESS WEEK**

On account of World Autism Awareness Week 2022, the Department of Mental Health Nursing organized programs in collaboration with the Department of Paediatric and Preventive Dentistry, Yenepoya Dental College on 08.04.2022 & 09.04.2022, in Arivu Early Intervention Centre for Special Children with Learning Disability, Shaktinagar, Mangaluru. The dental check-up was conducted on 08.04.2022 and the program started at 10.30 am with a prayer by children from Arivu Centre followed by welcome address by Mrs.Poornima R K Bhat, Administrator & Counselor, Arivu Centre. Mrs. Poornima R K Bhat, Dr. Sham Bhat, Vice Principal, Yenepoya Dental College, and Mrs.Viji Prasad C, Assistant Professor, Department of Mental Health Nursing were lit the lamp and inaugurated the program. A total of 40 students were benefited by dental check-up.

On 09.04.2022, inaugural function started with prayer by children of Arivu Centre, followed by welcome address by Mr.Subin Raj R, Assistant Professor, Department of Mental Health Nursing, Yenepoya Nursing College. Mrs.Poornima R K Bhat revealed the significance of Observation of Autism Awareness week which was followed with a guest talk on the topic "Sleep problems in children with autistic spectrum disorders by Dr.Ravichandra Karkal, Associate Professor, Department of Psychiatry, Yenepoya Medical College During the question and answer session, parents clarified their queries related to sleep and nutritional problems among children. The session was very informative and interactive. Mrs.Janet Miranda, Vice Principal (Administration), Yenepoya Nursing College, presented certificate to resource person. Role-play and psycho-education were performed on the topic "Nutrition and autism" by III year B.Sc and M.Sc nursing students. Drawing and painting activities were organized for children. Children from Arivu Centre and nursing students participated in various cultural programs. The valedictory function was graced by Corporators of Padavu, Kadri and Shaktinagar wards. The program ended at 1.30 pm with vote of thanks by Mrs.Poornima R K Bhat.



Figure 1. Guest talk on Sleep problems in children with autistic spectrum disorders by Dr. Ravichandra Karkal



Figure 2. Activities of children: painting and drawing



Figure 1 Psycho-education on Nutrition and Autism



Figure 2 Autism awareness program