

Dated: 12<sup>th</sup> February 2019

To,

The Vice Chancellor

Rajiv Gandhi University

Rono Hills, Doimukh

Arunachal Pradesh

Sub: **Report Submission on 2days Workshop on Mental Health and Emotional Well being.**

Sir,

The Department of Social Work hereby submits the report on Two days workshop on Mental Health and Emotional wellbeing on 19<sup>th</sup> & 20<sup>th</sup> April 2017 by Department of Social Work. The report is enclosed herewith includes the following contents:

1. Introduction
2. Rationale
3. Objectives
4. List of Participants
5. List of Resource persons
6. Details of schedule (Programme Schedule)
7. Date on which it was uploaded on university website
8. Output of the Workshop
9. Newspaper Cuttings of Arunachal Times

This is for your kind information and necessary information please.

Thanking You.

Yours Sincerely

Miss Chaphiak lowang  
Programme Coordinator  
Department of Social Work  
Rajiv Gandhi University  
Rono Hills, Doimukh-AP

**REPORT  
ON  
TWO DAYS WORKSHOP ON MENTAL HEALTH AND EMOTIONAL WELL-BEING**

***Duration:*** 19<sup>th</sup> -20<sup>th</sup> April 2017

***Organized By:*** Department of Social Work, RGU

By Miss Chaphiak lowang, Convenor

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**Contents:**

1. Introduction
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4. Programme Schedule
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## **INTRODUCTION**

Mental health being a relatively less talked about aspect of Health services deserves immediate attention keeping in mind the changing societal structures and increased exposure to risk factors viz. rising competition, impact of mass media etc. According to WHO, mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stressors of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. WHO also stresses that mental health “is not just the absence of mental disorder”. United Nations has resolved to provide universal health coverage for all by 2030. This year on the occasion of world health day on the 7<sup>th</sup> of April 2017, United Nations has focused on ‘Depression’ which is the theme this year.

Mental health problems at early stage remain unrecognized and untreated. This is a tendency to conceal common psychiatric problems due to stigma which in due course gets severe. Youth with mental health disorders may face challenges in their homes, school, community, and interpersonal relationships. For most youth, mental health distress is episodic, not permanent, and most can successfully navigate the challenges that come with treatment, peer and professional supports, and a strong family understanding.

## **RATIONALE**

Studies suggest that too many people take their mental health and emotional health for granted- focusing on it only when they develop problems. But just as it requires effort to build or maintain physical health, so it is with mental and emotional health. We may wonder why some people seem to remain calm in the face of disaster, while others seem to fall apart? People who are able to keep their cool have what psychologists call resilience or an ability to cope with problems and setbacks. They can also find meaning in life’s challenges rather than seeing themselves as victims. Suicide was the leading cause of death among youngsters aged 10-24 in the country, with 62,960 such deaths reported in 2013, according to findings of the Lancet Commission on Adolescent health and well being.

## **OBJECTIVES**

1. To acknowledge youth mental health and emotional first aid.
2. To know the increasing menace of suicide among youth in the society, to let know the risk and protective factors of suicide. Also identify the gatekeepers of suicide prevention.
3. To build resilience among youth (students) to cope with problems and setbacks; learn from their mistakes, see obstacles as challenges, and allow adversity to make them stronger. Also find meaning in life’s challenges rather than seeing themselves as victims.
4. To acknowledge the scope and identify the opportunities and challenges of Psychiatric social work in North east India with special reference to Arunachal Pradesh.

## PROGRAMME SCHEDULE

DURATION	TOPICS	Resource Persons
<b>Day 1: 19<sup>th</sup> April 2017, Wednesday</b>		
9.00 am to 9.45 am	<b>Registration</b>	<b>Volunteers</b>
10 am to 10.45 am	<b>Inaugural Session</b>	
<ul style="list-style-type: none"> <li>• 10 am to 10.05 am</li> <li>• 10.05 am to 10.15 am</li> <li>• 10.15 am to 10.30 am</li> <li>• 10.30 am to 10.45 am</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction about purpose of Workshop</li> <li>• Mental health Concerns in North East India</li> <li>• Remarks on Workshop</li> <li>• Address to the August gathering</li> </ul>	<ul style="list-style-type: none"> <li>• Miss Chaphiak Lowang Head i/c, Social work &amp; Convenor</li> <li>• Dr Tame Kena, RK Mission Hospital-Itanagar</li> <li>• Prof. Sudhir Kumar Singh, Dean, Faculty of Social sciences</li> <li>• Prof. Tamo mibang, Chief Guest, Hon'ble Vice Chancellor, RGU</li> </ul>
10.45 am to 11.00 am	<b>TEA BREAK</b>	
11.00 AM TO 12 Noon	<ul style="list-style-type: none"> <li>• <b>Depression and Suicide</b>-Focus on youth</li> <li>• Psychiatric Outpatient presentation at tertiary referral Hospital, Itanagar, AP</li> </ul>	Dr. Tame Kena Department of Psychiatry RK Mission Hospital, Itanagar
12.15 pm to 1.15 pm	<b>Lifeskills and stress:</b> skills for self confidence and self esteem	Ms Buli Daimari, Department of Psychiatric Social Work, LGB Regional Institute of Mental health, Tezpur, Assam
1.15 pm to 1.45 pm	Discussion and Doubt Clearance	
1.45 pm to 2.45 pm	Lunch	
3.00 pm to 4.15 pm	<ul style="list-style-type: none"> <li>• <b>Identifying emotions and stress:</b> recognizing early signs of psychological problems</li> <li>• <b>Prevention of suicide</b> due to exam failure, love failure or other personal life events</li> </ul>	Dr Apurba Saha Assistant Professor Department of Social Work, Tezpur (Central) University
4.15 pm to 5.00 pm	<ul style="list-style-type: none"> <li>• <b>Positive Mental Health</b> perspectives</li> <li>• Strengthening gatekeepers for suicide prevention</li> </ul>	Mrs Angshu Lama, Lecturer cum Vice principal, school of Nursing, Down Town Hospital, GS Road, Guwahati
<b>Day 2: 20<sup>th</sup> April 2017, Thursday</b>		
10.00 am to 12 noon	<b>Risk and Protective factors</b> of Suicide	Dr Bornali Das Sr Lecturer Psychiatric Social work, Guwahati Medical College and Hospital, GMCH, Assam
12.00 pm to 12.15 pm	Tea Break	
12.15 pm to 1.45 pm	<b>Emotional First Aid</b> training to Youth	Dr Bornali Das
1.45 pm to 2.45 pm	Lunch	
3.00 pm to 4.00 pm	Discussion and Doubt Clearance Distribution of Certificates	Organizing Committee

## **LIST OF PARTICIPANTS**

The following are the list of students who participated in the Two day workshop on “Mental health and Emotional well being”. The organizing committee, Advisory committee and members as listed in the Concept note are not listed below:

<b>Sl.No.</b>	<b>Name of the students</b>	<b>Department</b>
1	Hemant Gamre (B.P.Ed – IV Sem)	Physical Education
2	Bini Shiva (M.Phil – II Sem)	Political Science
3	Yap Nikum (M.Phil – II Sem)	Political Science
4	Annie Bamin	Psychiatric Counsellor
5	Sange tsering	Commerce
6	Passang Norbu	Commerce
7	SonamTsomu	Economics
8	Gendan Lhamu	Economics
9	Alfred Wangsa	Social Work
10	Embi Mega	Social Work
11	Ponung Lego	English
12	Tame Ranjuk	Social Work
13	Washi Yalem	Education
14	Mefe Rieng	Commerce
15	Raju Tamang	Social Work
16	Yonmin Tayeng	Education
17	Mobam Nyorak	Commerce
18	Tame Ken	Psychiatry, RK Mission
19	Jambey Lhaton	Social Work
20	Nopnya Kamhua	Social Work
21	Lincha Lowangcha	Social Work
22	Bomgalu Draï	Social Work
23	Nabam Kamin	Management
24	Pura Richo	Management
25	Lilin Pulu	Social Work
26	Dani Hale	Social Work
27	Bineeta Sarmah	Social Work
28	Dogin Yami	Social Work
29	Malom Saring	Social Work
30	Menuka Kadu	Social Work
31	Preeti Songthing	Social Work
32	Binu Boje	Social Work
33	Tomo Nayam	Social Work
34	Kiri Taso	AITs
35	Suzy Kengamori	Social Work
36	Chapapso Pul	Social Work
37	Tai Jangrang	Social Work

38	Dumi Elapra	English
39	Juni Elapra	AITS
40	Geetanjali Sarkar	Social Work
41	Hibu Murchi	Social Work
42	Tama Naso	Social Work
43	Deyir Tali	Political Science
44	Mobi Ori	Social Work
45	Anis Chamuah	ECE
46	Yabom Yuto	ECE
47	Shivnath Rai	ECE
48	Kabita Kumari	ECE
49	Preeti Choudhary	ECE
50	Nang Anija Manlong	ECE
51	Lindum Tassar	ECE
52	Chow Malapan Khamhoo	ECE
53	Shristy Kumar Sharma	ECE
54	Udhar Kumar	ECE
55	Tenzin Choepel	Commerce
56	Gajapati Mili	Sociology
57	Mrs. Angshy Lama	Resource Person
58	Dr. Apurba Saha	Resource Person
59	Ms.. Buli Nag Daimari	Resource Person
60	Wangsaw Wangsu	Geography
61	Parvoti Boli	Geography
62	Minam Mibang	Sociology
63	Tallo Yami	Sociology
64	Rehfi Mele	Sociology
65	Ngurang Tamang	Commerce
66	Khetjing Moung Kang	Mathematics
67	Nazi Kozy	English
68	Mudang Nazo	MCA
69	Jomo Natung	Management
70	Chhandika Roy	Anthropology
71	Tamo Ricca	Economics
72	Mudang Tagiya	Management
73	Nabam Tadap	Social Work
74	Jango Sonam	English
75	Shyam Sankar Singh	Associate Prof (Hindi)
76	Gomar Basar	AR (Academic)
77	Nyanyan Tonrang	Zoology
78	Nyaton Kityna	Zoology
79	Anand Jaying	Education
80	Roshmi Gapak	Geography

## **LIST OF RESOURCE PERSONS**

1. Dr Bornali das, Sr lecturer, Psychiatric Social Work, Guwahati Medical College and Hospital (GMCH), Guwahati.
2. Dr. Apurba Saha (PhD: National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, Assistant Professor, Department of Social Work, Tezpur (Central) University.
3. Dr. Tame kena, Psychiatrist, Department of Psychiatry, RK Mission Hospital, Itanagar.
4. Ms. Buli Daimari, Department of Psychiatric Social work, LGB Regional Institute of Mental health, Tezpur, Assam.
5. Mrs. Angshu Lama, Lecturer cum Vice principal, School of Nursing, Down Town Hospital, GS Road, Guwahati.

**DATE ON WHICH EVENT WAS UPLOADED IN THE UNIVERSITY WEBSITE:** 21<sup>st</sup> April 2017.

## **OUTPUT OF THE WORKSHOP**

The workshop was introduced with the need to build resilience among the youth in the university to prevent the increase rate of suicide among the age group 15-29 years as per the WHO report as cited in the year 2014. The target group focused were the youths of the University with two students each from every 22 department of the university and all the MSW students of the Department of Social Work. Teachers, parents and Faculties of the department were also participated in the workshop. In conclusion there were 80 students with a total of 9 organizing committee. The Workshop comprised of lectures, Discussions, Simulation exercises, Self Assessment test on Mental Health, and sharings. The psychiatric social work also provided individual counselling session for the students and assisted in identifying students in need of emotional guidance and support.

Dr Tame Kena, Psychiatrist practitioner of RK Mission Hospital Itanagar explained the students the meaning of mental health and explained it with the definition of Mental health as given by WHO. He also explained why suicide is decriminalized in the National Mental health Act, 2017. He also provided the data of suicide in Arunachal Pradesh as per NCRB, which shows 156 suicides in the year 2014 and a very high rate of suicide among the Idu Mishmi tribe. He said that in Itanagar Police Station a record of 14 suicides were recorded in the year 2015 and 23 suicide in 2016.

Dr Kena also highlighted that mental health is an important concern in the state because the prevalence of the issue is observable in the state with lack of awareness in the family and community. The data provided by him from the year 2012 to 2017 indicates the prevalence of

Mood disorder, Depression, Psychotic illness, Schizophrenia, Panic/Anxiety Disorder, Alcohol and Drug Dependence. The datas on the mentioned mental illnesses are as follows:

Sr. No.	Illness	Male(%)	Female(%)	Total(%)
1	Mood Disorder/Depression	164 (8.00 %)	220 (10.74%)	384 (18.74%)
2	Panic/ Anxiety disorder	353 (17.23%)	395 (19.28%)	784 (36.51%)
3	Alcohol Dependence	285 (13.91%)	46 (2.24%)	331 (16.15%)
4	Cannabis/Opiate Dependence	124 (6.05%)	11 (0.53%)	135 (6.58%)
5	Schizophrenia	45 (2.19%)	31 (1.51%)	76 (3.70 %)
6	Other Psychotic Illnesses	224 (10.93%)	150 (7.32%)	374 (18.25%)
Total = *Excluding (spd, migraine, sleep disorder, adjustment disorder etc)				<b>2018*</b>

*Table 1: Mental Illness as reported in RK Mission Hospital from 2012 to 2017 as reported Dr Tame kena, Psychiatrist in the Department.*

The workshop not only highlighted the datas of mental illness but also provided the participants with an opportunity to develop their self confidence and self esteem. Ms Buli Daimari, with the help of simulation exercises and presentations assisted the participants with skills and techniques they need to develop their confidence and self esteem. Some of the skills to develop confidence were to develop Positive thinking, to preplan and prepare instead of procrastinating, Learning new things every day, Know your strengths and limitations and focus on your strengths, accepting compliment and criticism as a learning experience, be cheerful, find your confident role model. Dr Apurbha Saha helped the identify their emotions and stress with the help of exercise tools and close self observation though meditation and relaxation exercise. He provided the participants the opportunity to practice yoga in the workshop with utter silence. Later he provided tips for the students to overcome exam stress by maintaining time management and avoiding procrastinating in other days of the month.

Dr Bornali Das, a Psychaitric Social Worker from GMCH Assam, interacted with the participants on their stress and problems they encounter in daily life. The participants were asked to put up their problems with individual name in confidential and the problems were discussed and helped to understand the situation. It focused mostly on group counselling with students. During the sharing two students had become emotional and were unable to express it openly.



These participants were later counseled individually and confidentially. The session also consisted of exercises where students were helped to know their 'Happiness Index' followed by Group Discussions on Emotional issues of Youth in university and how to overcome it. Later group wise presentation was held. Mrs Angshu Lama, Lecturer cum Vice principal, Assam, also discussed and interacted with the participants on developing positive mental health and how to strengthen Gatekeepers to prevent suicide.

The workshop acknowledged the participants on risk and protective factors. The major risk factors for suicide include the following: Prior suicide attempt(s), Substance abuse, Mood disorders, Access to lethal means. The major protective factors include the following: Effective mental health care, Connectedness to individuals, family, community, and social institutions, Problem-solving skills and Contacts with caregivers.

## NEWSPAPER CUTTINGS

April 20, 2017 Arunachal Times



50% 4:44 pm

### **Six trained psychiatrists for entire Arunachal RGU workshop on Mental Health**

**ITANAGAR, Apr 20:** For a population of more than 13 lakh, Arunachal has just six trained psychiatrists, a glaring example of inadequacy of psychiatrists in India.

This was informed by leading psychiatrist Dr Tame Kena while speaking at a workshop on Mental Health and Emotional Well-Being organized by the Department of Social work, Rajiv Gandhi University on April 19.

Dr Kena further said that self harm or suicide has become the leading cause of death among the youth world over.

Empirical evidence of Dr Kena suggested that suicide rate in the state is higher as compared to pan India (10.1 as compared to 8.6 per hundred deaths), while there is alarming data of 58.6 percent empirical evidence of suicides among Mishmi tribe, said an RGU report.

Senior Lecturer and Psychotherapist, Guwahati Medical College and Hospital, Dr Bornali Das discussed on risk and protective factors related to suicide, emphasizing on "hopeless, worthless and helpless" as the hallmark of suicide. She also stated that personality also plays a very important role.

Happiness Assessment Index and several psychotherapy tools and exercises were administered with the delegates.

Globally, 10 lakh people commit suicide in a year. Suicide rate is highest in Sikkim among the north east states.

Depression and Suicide, Lifestyle and Stress, Prevention of Suicide and Positive Mental Health Perspective, Gate Keepers of Suicide Prevention and Psychological First Aid were covered during the two-day sessions.

The workshop was organized with the purpose of building resilience among the youth across disciplines from Rajiv Gandhi University, said the department's Assistant Professor, Ravi Ranjan Kumar.

The two-day workshop was inaugurated by Vice-Chancellor, RGU Professor Tamo Mibang, which was attended by Dean, Faculty of Social Sciences, Professor S K Singh, among others.

Department of Psychiatric Social work, LGB Regional Institute of Mental Health, Tezpur, Buli Daimari, Assistant Professor, Department of Social work, Tezpur University Dr Apurba Saha and Lecturer cum Vice Principal, School of Nursing, Downtown Hospital, Guwahati Angshu Lama, were the other resource persons.

### **Public hearing for Itanagar-Banderdewa four lane starts**

**ITANAGAR, Apr 20:** Public hearing pertaining to construction of four lanning of Itanagar-Banderdewa NH-415 from Papu Nallah onwards began at the office of the Highway Administrator cum Chief Estate Officer/ Additional District Magistrate, Talo Potom.

Altogether, 50 people, who received notices attended the first day of the public hearing.