

CENTRE FOR YOUTH DEVELOPMENT AND LEADERSHIP STUDIES  
RAJIV GANDHI UNIVERSITY

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**Brief Report**  
**on**  
**Outreach Awareness Programme on the occasion of World Mental Health Day**

10 OCTOBER, 2017: This World Mental Health Day (October 10, 2017) with the global theme being ‘Managing Mental Health at Work Place’ the newly conceived centre at RGU namely Centre for Youth Development and Leadership Studies (CYDLS) together with all the faculties and students from Department of Social Work has taken initiative to spread awareness on Mental Health & Hygiene in its immediate surroundings. A total of 50 students along with the faculty members of the department participated in the day long awareness programme. Awareness on mental illness, counseling, psychiatric first aid, medication and an end of mental health discrimination in every genre of social and professional life were showcased through street plays and were also demonstrated through rallies and slogans like ‘healthy mind healthy life’, ‘stop the stigma of mental illness’, ‘mental illness is not a weakness, it’s a sickness’ etc. The program was conducted at five different locations across Papumpare district which included Chimpu Community-Itanagar, Max Market-Naharlagun, NERIST Entrance-Nirjuli, Shilpa Bakery-Doimukh, and Garage Colony-RGU.

Centre for Youth Development and Leadership Studies (CYDLS) at RGU envisions grooming youth as potential leaders in the process of social development. In its pursuit to address the issues and concerns facing the society and youth in particular the centre has been taking various initiatives for personal and professional development of the youth as well as their meaningful engagement in responding to the contemporary issues of the community.

As per the data available with R K Mission Hospital, Itanagar from 2012-2017 a total of 2048 people have sought psychiatric help which though being far less than actual patients suffering from the disease highlights the increasing severity of the issue in the state. Studies suggest that Mental Health problems at early stage remain unrecognized and untreated. There is a tendency to conceal common psychiatric problems due to stigma which in due course gets severe. This outreach activity will serve for spreading awareness in its immediate surroundings which is the first pre-requisite in the course of a long term intervention in building a resilient and strong social fabric.