

**REPORT**  
**TWO DAY VIRTUAL NATIONAL TRAINING PROGRAM**  
**ON**

***“ENHANCEMENT OF QUALITY OF LIFE IN YOUTH: ANGER MANAGEMENT”***

***8<sup>th</sup> - 9<sup>th</sup> February, 2022***



*Organized by*

**Department of Psychology**  
**Rajiv Gandhi University (A Central University),**  
**Rono Hills, Doimukh – 791112**  
**Arunachal Pradesh, India**

*In collaboration with*

**Rajiv Gandhi National Institute of Youth Development (RGNIYD)**  
**Ministry of Youth Affairs & Sports, Government of India**  
**Sriperumbudur, Tamil Nadu**

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## **PREFACE**

The Training programme aimed to enhance the quality of life of the youth with a special focus on teaching anger management skills. A better quality of life is the fundamental for achieving full potential, developing an equitable and just society, and promoting national development. The unprecedented lockdown due to the pandemic has affected the mental health of society in general and the youth in particular. A major issue faced by youth in such unprecedented times was managing their emotions specially anger and frustration. The Department of Psychology wanted to conduct such training programme from a long time but could not make it into a reality due to various restrictions of Covid-19 pandemic. The programme could see the light of the day when RGNIYD approved the proposal and agreed to help our department in all the ways.

## **ORGANIZING COMMITTEE:**

### **Chief Patrons:**

#### **Prof. Saket Kushwaha**

Vice-Chancellor,  
Rajiv Gandhi University, Arunachal Pradesh, India.

#### **Prof. Sibnath Deb**

Director,  
Rajiv Gandhi National Institute of Youth Development  
Ministry of Youth Affairs & Sports, Govt. of India  
Sriperumbudur, Tamil Nadu.

### **Patrons**

#### **Prof. Amitava Mitra**

Pro Vice-Chancellor,  
Rajiv Gandhi University, Arunachal Pradesh, India.

#### **Prof. N.T. Rikam**

Registrar,  
Rajiv Gandhi University, Arunachal Pradesh, India.

## **Advisory Committee**

#### **Prof. Tana Showren,**

Dean, Faculty of Social Science  
Rajiv Gandhi University, Arunachal Pradesh, India.

#### **Prof. Vasanthi Rajendran**

Head, Centre for Training, Orientation and Capacity Building  
Rajiv Gandhi National Institute of Youth Development  
Ministry of Youth Affairs and Sports, Govt. of India, Sriperumbudur, Tamil Nadu.

#### **Dr. Kottu Sekhar**

Coordinator, NER Centre.  
Rajiv Gandhi National Institute of Youth Development  
Ministry of Youth Affairs and Sports, Govt. of India, Sriperumbudur, Tamil Nadu.

## **Programme Coordinator**

### **Dr. Dharmeshwari Lourembam**

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## **Organizing Committee Members:**

### **Dr. Kakali Goswami**

Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh.

### **Dr. Satchit Prasun Mandal,**

Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh.

### **Dr. Sandeep Panchal,**

Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh.

### **Ms. Leeyir Ete**

Guest Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh.

### **Ms. Yuma Narah**

Guest Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh.

### **Ms. Jomyir Bagra**

Guest Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh.

## **ACKNOWLEDGEMENT:**

I, on behalf of the organizing committee of the training programme, express my deepest gratitude to our honourable Vice Chancellor, Rajiv Gandhi University, Prof. Saket Kushwaha for his constant guidance and support. His motivation guided us to work in the right direction and make the programme a success. I also extend my warmest regards and gratitude to the Director, Rajiv Gandhi National Institute of Youth Development, Prof. Sibnath Deb whose support made the dream of the department to organize such programme see the light of the day. It was his trust on us which gave us confidence to conduct the event. I express my deepest gratitude to the Pro-Vice Chancellor, RGU, Prof. Amitava Mitra and the Registrar, RGU, Dr. N. T. Rikam, who always boosted our morale and has been helping us throughout the process. I am indeed indebted to both for your unwavering guidance. I would then like to extend my thankfulness to Prof. Vasanthi Rajendran and Dr. Kottu Sekhar of RGNIYD who had guided us at every step in designing the program and execution of the duties by the organizing committees. I sincerely express my gratefulness to both for being always being there and ready to help.

I also extend my heartiest regards and appreciation to the resource persons of the training programme, namely, Dr. Tushar Singh, Assistant Professor, Dept. of Psychology, Banaras Hindu University, Varanasi; Ms. Miranda Yendrembam, Clinical Psychologist, Share & Care, Imphal; Ms. Paulina, Clinical Psychologist, District Mental Health Programme, Senapati, Manipur for their valuable time and insightful deliberations. I thank my dedicated colleagues, guest faculty members, research scholars and students for their cooperation and support. Without them the programme could not have been a success.

**Dr. Dharmeshwari Lourembam**  
Programme Coordinator

## **PART 1**

### **1.1 The University**

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh located at the picturesque town of Rono Hills approximately 25 km away from the state capital Itanagar. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the University on 4<sup>th</sup> February 1984 at Rono Hills. Ever since its inception, the University has been trying to achieve excellence and fulfill the objectives as envisaged in the University Act. The University was recognized as a Central University in the year 2007 established under the Act of Parliament. Being the only Central University of the State and has continuously maintained its premier status among educational institutions across India.

### **1.2 Sponsoring Agency**

The Program was sponsored by Rajiv Gandhi National Institute of Youth Development, Ministry of Youth Affairs and Sports, Govt. of India, Sriperumbudur, Tamil Nadu. The training programme was approved by RGNIYD under the “Programmes for Development of North Eastern Youth through Higher Educational Institutions”.

### **1.3 Background**

India will have the highest population of young people in the world over the next decade and thus the health both physical and mental health of our youth will determine the future of our country. A better quality of life is the fundamental for achieving full potential, developing an equitable and just society, and promoting national development. A better able youth is the best way forward for developing and maximizing our country's rich talents and resources for the good of the individual, the society, the country, and the world.

The training program aims to impart awareness among youth on skills to enhance quality of life. The unprecedented lockdown due to the pandemic has affected the mental health of society in general and the youth in particular. The closing down of educational institutions and restrictive measures implemented for disease control has rendered many negative consequences- problems in adaptation to online mode of classes, adjusting to change in daily routine, academic stress, interpersonal challenges in relationships, rise in frustration and anger issues, boredom, amidst various others. Hence inculcating skills to enhance quality of life among youth is the need of the hour.

Emotion is not only biologically determined, but is also influenced by the environment. Emotions are distinctly social processes. In lieu of which, culture constrains how emotions are felt and expressed in a given cultural context. In the state of Arunachal, it has been observed that “anger” amongst men is socially accepted across the varying tribes as a symbol of masculinity. However, it has also led to many fatalistic cases of aggression and violence adversely affecting both inter and intra dynamics. According to the tele-counseling survey records conducted by the Psychosocial Support Group, Arunachal Pradesh, a major proportion of cases of men have displayed anger management issues which has only been increased by the ongoing pandemic.

Against this backdrop, the conduction of the training program on enhancement of quality of life with special reference to anger management for the youth becomes quintessential to impart practical interventions to regulate the crisis for a holistic wellbeing. Therefore such programme can be said as an urgent need of the hour to acquaint the young people for a positive approach towards life.

#### **1.4 Objectives**

- Generate awareness on the ill-effects of high intensive emotions
- To facilitate better adjustment for the “new normal” amongst the youth.
- To provide interventions on holistic aspects for overall wellbeing.
- To impart practical techniques for anger-management.
- To foster the youth with mindfulness based exercises to monitor stress.
- To facilitate skills for enhancement of quality of life.

#### **1.5 Target Group**

This two day virtual national training programme was open to all the youth, students and academicians.

#### **1.6 Mode of Operation:**

The two day Virtual National Training Programme was successfully conducted on 8<sup>th</sup> & 9<sup>th</sup> February, 2022. The program was conducted virtually on the online platform called ‘Google meet’. The link is given below

<https://meet.google.com/axr-fzxi-dnd>

## **PART 2: SESSION WISE DELIBERATION**

### **2.1 Inaugural Session:**

The inaugural session started with the welcome address which was delivered by Dr. Dharmeshawri Lourembam, Programme Coordinator and HOD (in-charge) Psychology, RGU. She welcomed the dignitaries and expressed her warm, solicited greetings to the participants. She welcome all for fruitful deliberations and interaction on the topic.

Dr.Kakali Goswami, Assistant Professor, RGU, briefed about the programme and gave an insight on the objectives, technical sessions and resource persons of the programme.

The Registrar, Rajiv Gandhi University, Dr. N. T. Rikam, expressed his warm wishes for the programme (in absentia).

In his address, Prof. Amitava Mitra, Pro Vice-Chancellor, RGU, spoke on the importance of the topic. He also highlighted the significance of anger management not only for the youth but also being an essential life-skill for all throughout life.

Prof. Sibnath Deb, Director, RGNIYD, conveyed his best wishes for the programme and conveyed the importance of such training programme for the youth (in absentia).

Prof. Saket Kushwaha, Honourable Vice-Chancellor, RGU congratulated the Department for organizing such a pertinent programme, which he said is the need of the hour. He also advocated that the content of the programme should be available as some form of manual and documents for easier access amongst the student community.

Dr. Sandeep Panchal, Assistant Professor, Dept. of Psychology (RGU) gave the vote of thanks and concluded the inaugural function.

### **2.2 Technical Sessions/ Topics covered by the resource persons**

#### **8<sup>th</sup> February, 2022: 1<sup>st</sup> Technical Session**

The first technical session on day one kick-started with Ms. Miranda Yendrembam, Licensed Clinical Psychologist, Share & Care, Imphal deliberated on the topic ‘Self-Awareness and Quality of Life’. The session was initiated with ample information on the definition and meaning via apt examples. She explained how it exists on a spectrum, and while it is not possible to attain total objectivity about oneself, there are certainly degrees of self-awareness. She emphasized on how having self-awareness gives us more self-confidence, as a result of which we understand things from multiple perspectives aiding in communicating with clarity and intention. Various psychological theories were also deliberated upon with precision to explain the viewpoint. Apart from all the theoretical information, she also enthusiastically engaged in a practical exercise with the students giving

insight into the link between self and societal perception and its alignment with self-awareness. The session ended on a high note seeking active participation from the online students.

### **8<sup>th</sup> February, 2022: 2<sup>nd</sup> Technical Session**

The second technical session for the training program was an interactive based lecture presided by Ms. Paveine Paulina Y, a licensed clinical psychologist, DMHP, Senapati, Govt. of Manipur, on the topic “Coping with stress and anger” and underscoring the psychological component involved in it. She explained on the wisdom of mindfulness, ways to experience it and to find meaning in everything one does. She addressed the participants to not eliminate stress and anger, rather acknowledge and control it by understanding the factors that affect both, applying coping strategies for better management. She stressed on the effects of self-care and importance of good life style choices that can help in reducing as well as managing stress and anger. She mentioned journaling as a part of coping strategy and stated that journaling aids in the creation of order when one's life appears to be in chaos, and that it helps in monitoring triggering situations, one's reaction, and symptoms, and learning how to better handle them. In the mid of the session she also engaged the students in an activity related to time management and multi-tasking. Then she explained on techniques of time management and time prioritising. The session ended with questions and answer round.

### **8<sup>th</sup> February, 2022: 3<sup>rd</sup> Technical Session**

The third session of the programme was taken by Dr. Tushar Singh, Assistant Professor, Department of Psychology, Banaras Hindu University. The topic of deliberation for the session was “Enhancing Quality of Life”. Dr. Singh spoke about three correlates of well-being that positively results in enhancing the quality of life. First being, Mental Health, Dr. Singh emphasized on the impact of poor mental health such as higher cardiovascular risk, poor immune system, risk of diabetes and so on, and highlighted the importance and result of good mental health such as better physical health, increased life expectancy, better education outcome and overall happier and healthier individual and communities. The second correlate mentioned by Dr. Singh was Resilience that is the ability of an individual to bounce back from adversity. Dr. Singh also shared some of the ways through which one can build resilience i.e., through self-awareness, building coping strategies and through physical exercise. Optimism the third correlate mentioned by Dr. Singh, which yield benefits like increased functioning of immune system, higher self-esteem and more successful career. The need of inculcating better skills for enhancement of quality of life among the youth is noted as the need of the hour while concluding his deliberation.



### **8<sup>th</sup> February, 2022: 4<sup>th</sup> Technical Session**

The fourth session of the programme was taken by Dr. Tushar Singh, Assistant Professor, Department of Psychology, Banaras Hindu University. It was a continuation of the previous session. Dr. Singh spoke about the “Five Ways” to improve well-being, i.e CLANG (acronym for the five ways). He explained that the five ways is like a petal of flowers, C- connect, L-keep learning, A- be active, N- take notice and G- give, which if practiced by people will result in well-being and enhancement of quality of life. Dr. Singh concluded the session after briefly interacting with the participants of the programme and answered various queries regarding the importance of physical exercise, acknowledging negative emotions and he also gave some tips on managing anger.

### **9<sup>th</sup> February, 2022: 1<sup>st</sup> Technical Session**

The second day of the online training programme had four technical sessions where the first technical session was an interactive based lecture by Ms. Paveine Paulina Y, a licensed clinical psychologist, DMHP, Senapati, Govt. of Manipur, on the topic “Effective communication: A resource for Anger management”. She highlighted the importance of effective communication for maintaining healthy relationship and to understand the dynamics of various relationships. Healthy communication is definitely a resource against building up anger and frustration. She showed video clippings to demonstrate and differentiate healthy and unhealthy communication. The importance of paraphrasing for healthy and effective communication was noted both by her deliberations along with videos. She also made the participants understand that listening is the most powerful tool of communication. She ended her lecture with a beautiful story of “THE RABBIT LISTENS”.

### **9<sup>th</sup> February, 2022: 2<sup>nd</sup> Technical Session**

The resource person for the second technical session for the second day was Miranda Yendrembam. A clinical psychologist by profession, she delivered on the topic- “*Strategies for positive interpersonal relationship*”. She started the session with an ice breaking session followed by a talk on “*Growth mindset and fixed mindset*” wherein she shared the characteristics of growth mindset and fixed mindset. After that, she dived into the main topic- *Interpersonal Relationship*, which she defined as the social association, connection or affiliation between two or more people. She spoke about *interpersonal effectiveness*. According to her, it starts with understanding self through self-awareness/ self-reflection/ self-disclosure. She then went ahead with an activity where the participants were asked think of a relationship in their life which they see as strong and healthy. And participants were directed to think of possible reasons for that. After the activity she listed down the factors in

interpersonal skills: of which trust, respect, honesty, communication, etc. were some of the factors. The session then continued with the components of healthy interpersonal relationship. Component included 4Cs (commitment, compromise, contribution and communication), mutual respect, support, equality, non-judgemental, realistic expectation, self-regulation, listening skills, separate identities and many more. This was followed by a talk on reasons of negative interpersonal relationship; of which blaming each other, being workaholic, self-centeredness, shyness and being critical of others were some of the reasons. The esteemed resource person then unfolded the skills and techniques for a healthy interpersonal relationship. The skills included seeking out of new interactions with the other person, avoiding overthinking, listening, taking mental notes, being friendly, eye contact, being authentic, learning to change topics, etc. The session ended with a question and answer session which drew a good number of participation from the participants.

#### **9<sup>th</sup> February, 2022: 3<sup>rd</sup> Technical Session**

The third session was delivered by Dr. Dharmeshwari Lourembam, Assistant Professor, Dept. of Psychology, Rajiv Gandhi University, Arunachal Pradesh on the topic “Knowing National Youth Policy 2014 and Sustainable Development Goals”. She noted that given that youth comprise 27.5% of the population of India, they will play a crucial role in the progress and development of the nation, supporting and enabling the youth must be made a priority. It was also highlighted that National Youth Policy (NYP) 2014 envisions to empower youth of the country to achieve their full potential and through them enable India to find its rightful place in the community of nations; in line with the Sustainable Development Goals (SDGs) accepted by all the members of UN in 2012 at the Rio De Janerio Council Meet. The resource person gave a detail deliberation on the five clearly defined objectives of NYP which were: create a productive workforce that can make a sustainable contribution to india’s economic development, develop a strong and healthy generation equipped to take on future challenges, instil social values and promote community service to strengthen nationalism in the country, facilitate participation and civic engagement at all levels of governance, support youth at risk and create equitable opportunity for all disadvantaged and marginalised youth.

#### **9<sup>th</sup> February, 2022: 4<sup>th</sup> Technical Session**

The fourth session was delivered by Dr. Dharmeshwari Lourembam, Assistant Professor, Dept. of Psychology, Rajiv Gandhi University, Arunachal Pradesh on the topic “Interpersonal Well-being For Holistic Development” where she highlighted the need of focusing on a holistic perspective. Well-being is a state of happiness and contentment, with

low levels of distress, overall good physical and mental health and outlook, or good quality of life and hence development must not be seen from one area like the physical health or the financial success. Well-being which is sustainable and inclusive is what we must aspire for a long term and development in the real sense. Without awareness, development and maintenance of our social well-being, we run the risk of becoming socially isolated. After her deliberation there was an interactive session and feedback were taken from the participants. The participants were encouraged to share their problems and how they deal with it. The expert later discussed on the right approach of handling stressful situation in daily life.

### **2.3 Valedictory Function on 9<sup>th</sup> February, 2022**

The Valedictory function started with a welcome address by Dr. Dharmeshwari Lourebam, Head (in charge) and the Programme Coordinator.

Dr. Kottu Sekhar, Coordinator, NER Centre, Rajiv Gandhi National Institute of Youth Development addressed the audience with beautiful life experiences highlighting the importance of anger management. He gave the example of Buddha and Mahatma Gandhi while noting the value of understanding one's emotion to enhance quality of life.

The participants were given a chance to share their experiences and their take on the event where many participants came forward and express their feelings of participating in the event. Numerous positive feedbacks were shared along with valuable suggestions like the programme was little lengthy and could be designed as three or four days with lesser hours.

After the experience sharing session, Prof. Vasanthi Rajendran, Head, Centre for Training, Orientation and Capacity Building, Rajiv Gandhi National Institute of Youth Development, spoke about the event and congratulated both the institutes for organizing a relevant programme. She noted that people usually think of various other skills for enhancing quality of life but through this programme, it has been clearly shown how important anger management is for enhancing one's life and in adopting a positive mindset. She also noted a beautiful example of Gautam Buddha to highlight the how ability to handle anger can go a long way in adopting a better perspective to the challenges in life.

It ended on a warm tone set by Miss Leeyir Ete, Guest Assistant Professor, RGU, who acted as the master of the ceremony.

## **Part 3. Feedback**

### **3.1: Background of the participants**

The participants were mainly college and university students from Arunachal Pradesh, Assam and Manipur; however there were also some representation from other parts of the country in few numbers. Some participants were also school going youth from north-east states of India. A total of 228 youth participated in the online training programme. Out of them 135 were female and 93 were male participants. In terms of their caste, 149 belong to General category, 64 belong to ST, 15 belong to OBC and there were no participants from SC category.

### **3.2: Internet Connection Problems faced by the Participants**

It was the major problem or hurdle in smooth conduction of the training programme online. Some participants during the feedback sharing part of the valedictory programme highlighted that they missed out some parts of the programme due to network issues. Since, it was a day long programme some of the participants noted that their internet pack for the day got over before the programme. The participants also face issues in audibility of the resource persons while they were deliberating due to network issues. The participants thus expressed their desire to attend such training programme in offline mode in any later chances.

### **3.3: Effectiveness of the Online Program**

The Two day virtual National Training Programme on the theme “Enhancement of Quality Of Life in Youth: Anger Management” was very well appreciated by the participants. Prof. Vasanthi Rajendran of RGNIYD has witness the positive feedbacks from the participants in the valedictory function at the end of the programme. The participants noted that they learned many skills which they can use in their day-to-day life and is useful for lifelong. As the training programme was focused on many techniques for enhancing quality of life, they noted that they can now practice it and also teach their near and dear ones the basic tips given by the resource persons.

### **3.4: Clarification of Queries by the participants during the program**

In each of the technical session, there was question and answer session with the resource persons of the session where participants were given chance to interact and clear their doubts. In every session many participants turn up to ask questions from the resource persons. Participants directly ask questions by unmuting themselves or by messaging them chat box.

### **3.5: Perception about the resources Persons**

The participants had a very good perception for the resource persons. The training programme was design in such a way that there were two clinical psychologists and two academicians who deliberated both from research oriented information, theories as well as practical skill development techniques and tips. The participants specially enjoyed the meditation session, self-awareness introspection session, and demonstration of effective and non-effective communication and have a very good feedback for all the resource persons.

### **3.6: Views about the Online Mode of the Program**

The view for online training programme can be said as a mixed response. The positive part is that many youth who do not belong to the places near the university and even those from other states could also join the programme and reap the benefit. Without any expenses, they could learn many things from the programme. The negative points are the were many challenges related to internet connectivity, spending long hours in front of the mobile or laptop, some of the techniques taught by the resource persons could not be executed at that time due to disturbances.

### **3.7: Views about Attending Similar Program in Future**

The participants are eager to attend such training programmes. They showed more interest to attend such programme in offline mode.

### **3.8: Views about Sharing of information about the program with Others**

As the programme was training the participants skills for better quality of life, many participants noted that they will spread the knowledge gained from this training to their near and dear ones. The techniques discussed in the session were applicable for all age groups and the participants positively noted that they will share it with their friends and family members.

## Part 4: Conclusion and Recommendations

### **4.1: Conclusion**



It can be concluded that the Two day Virtual National Training Programme was conducted successfully with 228 participants of mainly North-East states. They represent general, ST and OBC category and almost all of them were youth studying in colleges and university with a very few representation of school going teens. The training programme focuses on imparting skills for enhancement of quality of life with special focus on anger management. It was well highlighted that anger or frustration can destroy the positive attributes of a person and can become a major hurdle in success and fulfilled life. Many techniques were taught such as knowing oneself or ability to introspect or self-awareness, effective communication, positive mind-set, managing emotion, stress management techniques, to name a few. The participants benefited from the insightful deliberations of the four resource persons. In a session, the youth were also made aware of the National Youth Policy (NYP) and the Sustainable Development Goals (SDGs) so that the youth realizes their responsibility as a good citizen. On the whole the training programme focused on inculcating positive skills and awareness of their role in development of the society.

### **4.2: Recommendations**

The recommendations drawn from the programme are: Teaching the youth to develop self-awareness and understand one's emotion is the most important and basic step for being mentally healthy. Many of us are not aware of the impact of a positive outlook and effective communication skills for a healthy interpersonal well-being. Such positive perspective towards life can be inculcated with regular awareness programmes and inclusion of relevant topics in the curriculum of schools, colleges and universities. Skills for stress and anger management are a resource for better quality of life and must be taught to the youth by professionals with credentials so that they do not fall for unhealthy information available in social media. This training programme showed that creating a platform for dialogue with the clinical psychologists to discuss the day to day mental health issues is an extremely pertinent issue to be looked into by all the stakeholders. The society still stigmatizes mental health problems and looks down on people who visit clinicians or mental health centres for help. Hence, getting valuable guidance from the clinical practitioners must be easily available and must be made a normal practice. This can be achieved by bringing sensitization to the youth and society at large with many such workshops, training programmes and awareness programmes. In the World Happiness Report, 2022, India is at 136<sup>th</sup> rank out of 146 countries. This definitely shows the need to focus on uplifting the mental health of the citizens of India of which the youth contributes a large part. Hence, awareness programmes, training programmes and skill building workshops are very much pertinent to better the quality of life of the youth.

**PART 5. ANNEXURES**

**Annexure 5.1: Programme Schedule**

	<p><b>TWO DAY VIRTUAL NATIONAL TRAINING PROGRAM ON ENHANCEMENT OF QUALITY OF LIFE IN YOUTH: ANGER MANAGEMENT</b></p>	
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8<sup>th</sup> - 9<sup>th</sup> February, 2022

*Organized by*

**Department of Psychology,  
Rajiv Gandhi University, Rono Hills, Arunachal Pradesh.**

*In collaboration with*

**Rajiv Gandhi National Institute of Youth Development (RGNIYD)  
Ministry of Youth Affairs & Sports, Government of India  
Sriperumbudur, Tamil Nadu**

**INAUGURAL PROGRAMME SCHEDULE(8<sup>th</sup> Feb, 2022):**

<b>10:00 am - 10:05am</b>	<b>Welcome address</b>	<b>Dr. Dharmeshawri Lourembam, Head i/c, Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh.</b>
<b>10:05am- 10:10am</b>	<b>About the online training programme</b>	<b>Dr. Kakali Goswami</b> Assistant Professor, Dept. of Psychology, Rajiv Gandhi University, Arunachal Pradesh.
<b>10:10am - 10:15am</b>	<b>Address by the Registrar, RGU</b>	<b>Dr. N. T. Rikam</b> Registrar, Rajiv Gandhi University, Arunachal Pradesh.
<b>10:15am- 10:20am</b>	<b>Address by PVC, RGU</b>	<b>Prof. Amitava Mitra</b> Pro Vice-Chancellor Rajiv Gandhi University, Arunachal Pradesh.
<b>10:20- 10:30am</b>	<b>Address by the Director, RGNIYD</b>	<b>Prof. Sibnath Deb</b> Director, Rajiv Gandhi National Institute of Youth Development Ministry of Youth Affairs & Sports, Govt. of India Sriperumbudur, Tamil Nadu.
<b>10:30am- 10:40am</b>	<b>Address by the Chair</b>	<b>Prof. Saket Kushwaha</b> Honourable Vice Chancellor, Rajiv Gandhi University, Arunachal Pradesh.
<b>10:40am- 10:45am</b>	<b>Vote of Thanks</b>	<b>Dr. Sandeep Panchal</b> Assistant Professor, Dept. of Psychology, Rajiv Gandhi University, Arunachal Pradesh

**PROGRAMME SCHEDULE (8<sup>th</sup> & 9<sup>th</sup> February, 2022):**

	<b>Time</b>	<b>Topic</b>	<b>Resource Person</b>
<b>08<sup>th</sup> February, 2021 (Day 1)</b>	10:00 am- 10:45am	Inauguration	
	10:45 am- 12:15pm	<b>Technical Session 1</b> (Self-Awareness and Quality of Life)	<b>Ms. Miranda Yendrembam</b> M. Phil. (RIMS) Clinical Psychologist Share & Care, Imphal
	12:15 pm- 1:45pm	<b>Technical Session 2</b> Coping with Stress and Anger	<b>Ms. Paveine Paulina Y</b> M.Phil. (NIMHANS) Clinical Psychologist DMHP, Senapati, Govt. of Manipur
	1:45pm-2:00pm	<b>LUNCH BREAK</b>	
	2:00pm – 3:30pm	<b>Technical Session 3</b> (Understanding the psychological consequences of Anger )	<b>Dr. Tushar Singh</b> Assistant Professor Dept. of Psychology Banaras Hindu University, Varanasi
	3:30pm- 5:00 pm	<b>Technical Session 4</b> (Enhancing quality of life) Interactive session and feedback	<b>Dr. Tushar Singh</b> Assistant Professor Dept. of Psychology Banaras Hindu University, Varanasi
<b>09<sup>th</sup> February, 2021 (Day 2)</b>	9:30 am-11:00 am	<b>Technical Session 5</b> (Effective communication: A resource for Anger management)	<b>Ms. Paveine Paulina Y</b> M.Phil. (NIMHANS) Clinical Psychologist DMHP, Senapati, Govt. of Manipur
	11:00am-12:30am	<b>Technical Session 6</b> (Strategies for Positive Interpersonal Relationship)	<b>Ms. Miranda Yendrembam</b> M. Phil. (RIMS) Clinical Psychologist Share & Care, Imphal
	12:30pm – 2:00pm	<b>Technical Session 7</b> (Knowing National Youth Policy 2014 and Sustainable Development Goals)	<b>Dr. Dharmeshwari Lourembam</b> Head i/c & Assistant Professor Dept. of Psychology Rajiv Gandhi University, Arunachal Pradesh
	2:00pm-2:15 pm	<b>LUNCH BREAK</b>	
	2:15pm- 3:45 pm	<b>Technical Session 8</b> (Interpersonal Well-being For Holistic Development) Interactive session and feedback	<b>Dr. Dharmeshwari Lourembam,</b> Head i/c & Asst. Prof., Dept. of Psychology, Rajiv Gandhi University, Arunachal Pradesh
	3:45pm-4:20pm	<b>Valedictory Function</b>	



### **VALEDICTORY PROGRAMME SCHEDULE (9<sup>th</sup> Feb, 2022):**

<b><u>3:45 pm- 3:50pm</u></b>	<b>Welcome address</b>	<b>Dr. Dharmeshawri Lourembam,</b> Head, Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh.
<b><u>3:50pm- 4:00pm</u></b>	<b>Experience sharing</b>	<b>By the participants</b>
<b><u>4:00pm - 4:05pm</u></b>	<b>Address by the Coordinator RGNIYD NER Centre</b>	<b>Dr. Kottu Sekhar</b> Coordinator, NER Centre. Rajiv Gandhi National Institute of Youth Development Ministry of Youth Affairs and Sports, Govt. of India Sriperumbudur, Tamil Nadu.
<b><u>4:05pm- 4:15pm</u></b>	<b>Address by the Head, CTOCB, RGNIYD</b>	<b>Prof. Vasanthi Rajendran</b> Head, Centre for Training, Orientation and Capacity Building Rajiv Gandhi National Institute of Youth Development Ministry of Youth Affairs and Sports , Govt. of India Sriperumbudur, Tamil Nadu.
<b><u>4:15- 4:20pm</u></b>	<b>Vote of Thanks</b>	<b>Dr. Sandeep Panchal</b> Assistant Professor Rajiv Gandhi University, Arunachal Pradesh.

#### **Annexure 5.3: Profile of the resource persons**

**Dr. Tushar Singh**, Assistant Professor Department of Psychology, Banaras Hindu University, Varanasi. Dr. Singh has a teaching experience of more than 7 years. He is specialized in Cognitive Psychology, Emotion and Cognition. He has supervised M. Phil as well as Ph. D and has many paper publications to his credit in International journals, National Journals and Book Chapters. He has completed many research projects, such as, New faculty startup grant, Banaras Hindu University, "Effectiveness of imagery rescripting in dealing with the cognitive-affective disturbance" (2012-2013). SAP DRS-1, Department of Psychology, Banaras Hindu University "Determinants of time perception in cognitive affective disturbances" (2012-2013). UGC (Major Research Project) "Effects of stimulus ambiguity, presentation duration, associated meaning and perceivers: emotional state on time perception" (2015-2018).

He has been invited in many seminars, workshops and training programmes as a resource person and is actively serving as executive member of many psychology related organizations.

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Email: tusharsinghalld@gmail.com

**Ms. Miranda Yendrebam**, M. Phil. (RIMS), Clinical Psychologist, Share & Care, Imphal. After pursuing MA in Psychology from Delhi University and had completed M.Phil in Clinical Psychology from RIMS, Imphal, Manipur in 2016. Right after started working as a Clinical Psychologist at Share & Care situated at Imphal Manipur, an organisation working in the field of mental health advocacy and providing psychological services which includes CBT, Mindfulness, MET, marital therapies, etc. She has conducted various training programs & workshops on mental health like victim counselling for Manipur Police Training Academy; Stress management for department of social welfare, etc. Also served as a resource person on topics like substance use, mental health issues among the child & youth, women mental health, etc on print and electronic media. She is actively pursuing research and has presented paper and published at national and international level.

Ph. No. 8731929091

Email: miranda.yendrebam@gmail.com

**Ms. Paveine Paulina Y**, M.Phil. (NIMHANS), Clinical Psychologist, DMHP, Senapati, Govt. of Manipur.

Ms. Paveine Paulina Y completed M.Phil. in Clinical Psychology from National Institute of Mental Health and Neuro Sciences (NIMHANS) in 2018. She has done her M.A. in Applied Psychology from Tata Institute of Social Sciences (TISS), Mumbai in 2015. She joined as a Clinical Psychologist under the District Mental Health Programme (DMHP), Senapati, Manipur in November 2019 and is working in the same organisation till date.

She is also currently teaching as a contractual faculty on hourly basis at the Department of Psychology, Central University of Karnataka.

She received the N N Sen Memorial Award 2021 by the Indian Association of Clinical Psychologists for the Best Paper published in the Indian Journal of Clinical Psychology (2020). She also received certificates of appreciation from the District Administration and State Health Society, Government of Manipur in recognition for her psychosocial services provided to the public during the COVID-19 pandemic.

Ms. Paveine has conducted awareness programmes on promotion of mental health in various schools and colleges at district and state level.

Ph. No. 8447711687

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**Dr. Dharmeshwar Lourembam**, Head & Assistant Professor, Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh.

She has completed her UG, PG and Ph. D. from Panjab University, Chandigarh. She was a UGC junior research fellow. After which she joined Sikkim University as a guest faculty. She then joined Rajiv Gandhi University as an Assistant Professor and is heading the department of Psychology, Rajiv Gandhi University, from the past one and half years. She has successfully organized seminars, webinars and workshops at national level. She has four research scholars under her and is actively engaged in research. She has many paper publications in National and international journals to her credit. She is also engaged in a research project sponsored by National Commission for Women, New Delhi.

Ph. No. 8794302401

Email: dharmeshwari.lourembam@rgu.ac.in

### Annexure 5.3: List of Participants

Sl. No	Name	Gender:	Age:	State:	Caste
1	Pritisha Phukan	Female	23	Assam	Gen
2	Tana Tamar	Male	27	Arunachal Pradesh	ST
3	Nako Pussang	Male	23	Arunachal Pradesh	ST
4	Banjit Panchanan	Male	22	Assam	Gen
5	Hibu Mayur	Female	24	Arunachal Pradesh	ST
6	Bai Tali	Male	24	Arunachal Pradesh	ST
7	Telam Matey	Male	24	Arunachal Pradesh	ST
8	Maga Tatta	Male	26	Arunachal Pradesh	ST
9	Thunu Pathari	Female	24	Assam	Gen
10	Nena Mara	Female	25	Arunachal Pradesh	ST
11	Mikbi Rina	Female	25	Arunachal Pradesh	ST
12	Koijam Laxmi Devi	Female	19	Manipur	Geen
13	Ragini Jamatia	Female	18	Manipur	Gen
14	Ishita Saxena	Female	21	Uttarakhand	Gen
15	Rajendra Patel	Male	19	Manipur	Gen

16	Mito Bage	Male	24	Arunachal Pradesh	ST
17	Amum Bagang	Female	24	Arunachal Pradesh	ST
18	Irik Rime	Female	18	Manipur	ST
19	Sanikommu Tulasi srinivasa reddy	Male	19	Andhra Pradesh	Gen
20	Anna Tikhak	Female	20	Arunachal Pradesh	ST
21	Kiampung Bagang	Female	19	Arunachal Pradesh	ST
22	Nyanga Gusar	Female	18	Arunachal Pradesh	ST
23	Kirtiman Borah	Male	20	Manipur	Gen
24	Tarak Takar	Male	24	Arunachal Pradesh	ST
25	Lune Yosung	Female	24	Arunachal Pradesh	ST
26	Puja Das	Female	22	Arunachal Pradesh	OBC
27	Krishna Gogoi	Female	24	Assam	OBC
28	Michi Tayang	Male	26	Arunachal Pradesh	ST
29	Dani Chado	Male	21	Arunachal Pradesh	ST
30	Joram Nyido	Male	24	Arunachal Pradesh	ST
31	Puna Tapa	Male	30	Arunachal Pradesh	ST
32	Leeyir Ete	Female	29	Arunachal Pradesh	ST
33	Gamsi Taduk	Female	22	Arunachal Pradesh	ST
34	Wati Hanker	Female	24	Arunachal Pradesh	ST
35	Deter Geyi	Female	22	Arunachal Pradesh	ST
36	Dharmeshwari	Female	30	Arunachal Pradesh	ST
37	Ha Tadu	Male	24	Arunachal Pradesh	ST
38	Kipa Yamis	Female	18	Arunachal Pradesh	ST
39	Andrew	Male	19	Nagaland	ST
40	Ragwangchunliu Kahmei	Female	30	Assam	ST
41	Nich Botum	Male	23	Arunachal Pradesh	ST
42	Koj Rinyo	Female	26	Arunachal Pradesh	ST
43	Aseng Dai	Female	23	Arunachal Pradesh	ST
44	Koustav Nav Saikia	Male	23+	Assam	OBC
45	Chandrabala Yumnam	Female	19	Manipur	Gen
46	Jumngam Chisi	Female	20	Arunachal Pradesh	ST
47	Pallabi Giri	Female	24	Assam	Gen
48	Abul Hussain	Male	22	Assam	Gen
49	Debasish Das	Male	22	Assam	OBC
50	T Shubham Meetei	Male	22	Assam	Gen

51	Jomyir Bagra	Female	27	Arunachal Pradesh	ST
52	Jina Lourembam	Female	32	Meghalaya	OBC
53	Barsa Deori	Female	23	Assam	Gen
54	Chinmay Das	Male	30	Assam	Gen
55	Metu Dada	Female	25	Arunachal Pradesh	ST
56	Kakali Goswami	Female	30	Arunachal Pradesh	Gen
57	D Rahangao	Male	21	Manipur	Gen
58	Koj Yaring	Female	24	Arunachal Pradesh	ST
59	Kepang Perme	Male	24	Arunachal Pradesh	ST
60	Bem Ajay	Male	29	Arunachal Pradesh	ST
61	Tadar Amar	Male	30	Arunachal Pradesh	ST
62	Tina Naorem	Female	23	Manipur	Gen
63	Langonjam Chingkheinganba Meitei	Male	29	Manipur	Gen
64	Sukham Romen Singh	Male	30	Gujarat	Gen
65	Lankhamliu Gangmei	Female	24	Manipur	ST
66	Ningthoujam Uttam Singh	Male	24	Manipur	Gen
67	Violenaa Choudhury	Female	22	Assam	Gen
68	Irengbam Rajesh Singh	Male	21	Manipur	Gen
69	Dr. K. R. Meetei	Male	30	Manipur	Gen
70	Shushika Shijagurumayum	Female	22	Manipur	Gen
71	Laishram Welkim Singh	Male	26	Manipur	Gen
72	Nikita Waikhom	Female	22	Manipur	Gen
73	Rajkumar Robert Singh	Male	25	Manipur.	Gen
74	Rajkumari Dhanapati Devi	Female	35	Manipur	Gen
75	Elangbam Reebika Devi	Female	28	Manipur	
76	Shiva Sonam	Male	25	Arunachal Pradesh	ST
77	Esanso Yun	Male	24	Arunachal Pradesh	ST
78	Vino Vikho Vincent Pou	Male	29	Manipur	Gen
79	Ashraf Moklesur Rahman	Male	21	Assam	Gen
80	Jonali Deuri	Female	19	Assam	Gen
81	Tuyir Riba	Female	23	Arunachal Pradesh	ST
82	Dr. Sushil Rohiwal	Male	30	Punjab	Gen
83	Konjengbam Bishwarup Singh	Male	26	Manipur	Gen
84	Anshumoni Gogoi	Female	18	Assam	Gen

85	Nabamallika Neog	Female	31	Assam	Gen
86	Nuamhoihkim	Female	20	Manipur	ST
87	Laishram Kabita Devi	Female	21	Mizoram	Gen
88	Joypriya Rabha	Female	28	Assam	Gen
89	Dr. Arifa Momtaz Begum	Female	30	Assam	Gen
90	Dr. Devika Ayekpam	Female	34	Assam	Gen
91	Dr. Ningthoujam Shibiraj Singh	Male	30	Manipur	Gen
92	Salam Delta Singh	Male	23	Manipur	Gen
93	Salam Serina Chanu	Female	18	Manipur	Gen
94	Avinash Pokhrel	Male	19	Manipur	Gen
95	Khangembam Ilu	Male	27	Manipur	Gen
96	Karam Sangita Devi	Female	28	Manipur	Gen
97	Moirangthem Sharatkumar Singh	Male	30	Manipur	Gen
98	Nengneihoi Haokip	Female	20	Manipur	ST
99	Laikhuram Churamani	Male	23	Manipur	Gen
100	Babita Rijal	Female	19	Manipur	Gen
101	Mairembam Rita Devi	Female	30	Manipur	Gen
102	Thotrincham Lungleng	Male	29	Manipur	Gen
103	Kshetrimayum Ranjana Devi	Female	32	Manipur	Gen
104	Nengneihoi Haokip	Female	20	Manipur	Gen
105	Nengneihoi	Female	20	Manipur	Gen
106	Themngaichin Lenthang	Female	19	Manipur	Gen
107	Yuvraj Guragai	Male	21	Manipur	Gen
108	K Sharon Grace	Female	23	Manipur	Gen
109	Kalpna Mairembam	Female	24	Manipur	Gen
110	Rajiv Uddin Ahmed	Male	22	Assam	Gen
111	Devajit Thoudam	Male	18	Manipur	Gen
112	Linthoingambi Mutum	Female	21	Manipur	Gen
113	Tingneivah Guite	Female	19	Manipur	Gen
114	Khundrakpam Roshan Singh	Male	23	Manipur	Gen
115	Wahengbam Julia	Female	30	Manipur	Gen
116	Moushmi Kshetrimayum	Female	16	Manipur	Gen
117	Mintu Baruah	Male	27	Assam	Gen
118	Chinglemba Laishram	Male	19	Manipur	Gen
119	Pritika Angom	Female	23	Manipur	Gen

120	Moirangthem Rameshwar Singh	Male	30	Manipur	Gen
121	Grafina Thanglen Chiru	Female	16	Manipur	ST
122	Shylash Nongmaithem	Male	17	Manipur	Gen
123	Pumzathanga Augustine Lushai	Male	30	Manipur	ST
124	Ningthoujam Helison Singh	Male	23	Manipur	Gen
125	Niveditya Yumnam	Female	27	Manipur	Gen
126	Techi Amin	Female	23	Arunachal Pradesh	ST
127	Kshetrimayum Sonia Devi	Female	23	Manipur	Gen
128	Chinglemba Laishram	Male	19	Manipur	Gen
129	Sweetey Moirangthem	Female	23	Manipur	Gen
130	Homeshor Tongbram Meetei	Male	27	Manipur	Gen
131	Priyanka Wangkheimayum	Female	23	Manipur	Gen
132	Rigunguanliu Pamei	Female	22	Manipur	Gen
133	Yumnam Roni Devi	Female	26	Manipur	Gen
134	Heikham Chetanjit Singh	Male	22	Manipur	Gen
135	Khumukcham Suchitra Devi	Female	28	Manipur	Gen
136	Ningthoujam Boboy Singh	Male	20	Manipur	Gen
137	Bonny Khundongbam	Female	24	Manipur	Gen
138	Gaisinthuiliu Phaomei	Female	21	Manipur	Gen
139	Ashem Leibakngamba	Male	31	Manipur	Gen
140	Tensubam Satyapriya	Female	30	Manipur	Gen
141	Mk Puanchuilung	Male	20	Manipur	Gen
142	Yuma Narah	Female	24	Arunachal Pradesh	ST
143	Lamneichong Haokip	Female	16	Manipur	ST
144	Keinoumayum Amjad Khan	Male	19	Manipur	OBC
145	Dr. Dona Rai	Female	33	Sikkim	OBC
146	Munesh Kumar Singh	Male	20	Assam	Gen
147	Raghavendra Joshi	Male	34	Karnataka	Gen
148	Anjuli Rai	Female	25	Sikkim	OBC
149	Pragya Rai	Female	23	Sikkim	OBC
150	Nawang Yangden Lepcha	Female	26	Sikkim	OBC
151	Mahi Pal	Male	30	Haryana	Gen
152	Sidharth Shilal	Male	24	Sikkim	Gen
153	Rai	Female	26	Sikkim	OBC
154	Ngangbam Chakamba Singh	Male	20	Manipur	Gen

155	Nabajyoti Sarma	Male	26	Assam	Gen
156	Chandra Rekha Thapa	Female	23	Sikkim	Gen
157	Lamneihoi Haokip	Female	18	Manipur	ST
158	Leela Maya Gurung	Female	27	Sikkim	Gen
159	Yumkhaibam Rohid Ahamed	Male	22	Manipur	Gen
160	Horchan Thanga	Male	18	Manipur	Gen
161	Wangkhem Bipinchandra Singh	Male	23	Manipur	Gen
162	Cimcima Hazarika	Female	32	Assam	Gen
163	Rajkumari Bidyaluxmi Devi	Female	20	Manipur	Gen
164	Sweetey Loukrakpam	Female	23	Manipur	Gen
165	Sushma Chettri	Female	21	Sikkim	Gen
166	Sweetey Loukrakpam	Female	23	Manipur	Gen
167	Dr.Keisham Subharani Devi	Female	30	Manipur	Gen
168	Dinesh Dahal	Male	21	Sikkim	Gen
169	Anjana Thapa Chettri	Female	24	Sikkim	Gen
170	Damini Tali	Female	26	Arunachal Pradesh	ST
171	Teresa Wahengbam	Female	34	Manipur	Gen
172	Shreya	Female	23	Uttar Pradesh	Gen
173	Oyin Mibang	Female	28	Arunachal Pradesh	ST
174	Sekhar	Male	30	Arunachal Pradesh	Gen
175	Sajik Thaba Mind Care Foundation	Male	30	Manipur	Gen
176	Shubham Kumar	Male	26	Uttar Pradesh	Gen
177	Roshan Sharma	Male	20	Sikkim	Gen
178	Siddhartha Wangkheimayum	Male	21	Manipur	Gen
179	Khundrakpam Archana Devi	Female	20	Manipur	Gen
180	Gurumayum Bijalata Devi	Female	20	Manipur	Gen
181	Laxmi Karki	Female	23	Sikkim	Gen
182	Nitu Saraf	Female	20	Assam	Gen
183	Ningthoujam Abenao Devi	Female	20	Manipur	Gen
184	Rishav Raj	Male	22	Bihar	Gen
185	W. Kelvin Worchanphy	Female	21	Manipur	Gen
186	Dr. Atul	Male	34	Bihar	Gen
187	Tina Naorem	Female	23	Manipur	Gen
188	Gida Annie	Female	23	Arunachal Pradesh	ST
189	Dr.Sushil Rohiwal	Male	30	Punjab	Gen



190	Rinima Meto	Female	24	Arunachal Pradesh	ST
191	Bicky Khaidem Meitei	Male	21	Manipur	Gen
192	Sapam Joymati Devi	Female	30	Manipur	Gen
193	Bengia Nuka	Female	26	Arunachal Pradesh	ST
194	Trisha Rani Das	Female	22	Assam	OBC
195	Toijam Nongpogleima	Female	30	Manipur	Gen
196	Tejoswita Gogoi	Female	30	West Bengal	OBC
197	Dr Ch.Nalini Devi	Female	30	Mizoram	Gen
198	Prasad Shubham	Male	22	Manipur	Gen
199	Wangkheirakpam Tomren	Male	24	Manipur	Gen
200	Sonia Longjam	Female	18	Manipur	Gen
201	Dr.Sorokhaibam Vimla Devi	Female	30	Manipur	Gen
202	Dage Ingo	Male	22	Arunachal Pradesh	ST
203	Raja Bosumotary	Male	26	Arunachal Pradesh	OBC
204	Ngilyang Nampi	Female	29	Arunachal Pradesh	ST
205	Dr. N. Sofia	Female	30	Assam	Gen
206	Singte Tabitha Kom	Female	22	Mn	ST
207	Anubha Upadhyay	Female	23	Uttar Pradesh	Gen
208	Sadhana Oinam	Female	24	Manipur	Gen
209	Dr Suparna Dhar	Female	34	Assam	Gen
210	Poonam Pradhan	Female	24	Assam	Gen
211	Phaomei Majaguilu	Female	20	Manipur	ST
212	Romeo Thongam	Male	26	Manipur	Gen
213	Esanso Yun	Male	24	Arunachal Pradesh	ST
214	Garima Sharma	Female	30	Chandigarh	Gen
215	Tejoswita Gogoi	Female	30	Sikkim	OBC
216	Juri Saikia	Female	30	Assam	Gen
217	Ry Paveinai Claudai	Female	24	Manipur	ST
218	Ivy Pul	Female	23	Assam	Gen
219	Biki Appi	Female	23	Arunachal Pradesh	ST
220	Naorem Kirialuxmi Devi	Female	26	Manipur	Gen
221	Vandana Laishram	Female	27	Manipur	Gen
222	Premchandra Oinam	Male	23	Manipur	Gen
223	Vumika Khoirom	Female	21	Manipur	Gen
224	Keisham Livingstone	Male	20	Manipur	Gen

225	Govind Kumar Mishra	Male	23	U.P.	Gen
226	Ningthoujam Abenao Devi	Female	20	Manipur	Gen
227	Salam Dayananda Singh	Male	23	Manipur	Gen
228	S.D.Stella Chiru	Female	28	Manipur	Gen

#### **Annexure5.4: Feedback of Participants.**

The Two day virtual National Training Programme on the theme “Enhancement of Quality Of Life in Youth: Anger Management” was very well appreciated by the participants. Many positive feedbacks were received from the participants in the valedictory function at the end of the programme. The participants noted that they learned many skills which they can use in their day-to-day life and is useful for lifelong. As the training programme was focused on many techniques for enhancing quality of life, they noted that they can now practice it and also teach their near and dear ones the basic tips given by the resource persons. As in each of the technical session, there was question and answer session with the resource persons, the participants got a chance to interact and clear their doubts personally which was noted as a positive thing by the participants. In every session many participants turn up to ask questions from the resource persons. Some of the participants narrated their personal problems and seek suggestions from the resource person. Many handy tips were given during the Q & A session. The training programme was design in such a way that there were two clinical psychologists and two academicians who deliberated both from research oriented information, theories as well as practical skill development techniques and tips. The participants specially enjoyed the meditation session, self-awareness introspection session, and demonstration of effective and non-effective communication and have a very good feedback for all the resource persons.

#### **Annexure 5.5: Media Coverage & Links used in the programme**

The two day virtual training programme was well covered in Local daily Newspaper and news channel of the state. **Following are the links of media coverage:**

<https://fb.watch/b3HJBuZjfP/>

<https://arunachal24.in/arunachal-two-day-virtual-national-training-programme-on-enhancement-of-quality-of-life-in-youth-anger-management/>

<https://www.newsfy.in/arunachal-rgu-hosts-training-on-stress-anger-management/>

**The link for the registration form:** <https://forms.gle/g2y9H7EeR9oheppw7>

**Google Meet link:** <https://meet.google.com/axr-fzxi-dnd>