



***“WORLD MENTAL HEALTH  
DAY”***



***10<sup>th</sup> October, 2023***

**Theme: Mental Health is a  
Universal Human Right**

**Organizing by the,**



**Department of Psychology  
Rajiv Gandhi University-A Central University  
Rono Hills, Doimukh-791112  
Arunachal Pradesh**



## **Content**

<b>Sl.</b>	<b>Topic</b>	<b>Page(s)</b>
	Organizing Committee	3
	Acknowledgements	4
<b>Part 1: Preface</b>		
1.1.	About Host Institution	5
	- The University	
	- Department/Institute/Centre	
1.2.	About the Sponsoring Agency (if any)	
1.3.	Background: About the Issue	6
1.4.	Objectives	6
1.5.	Expected Outcomes	6
1.6.	Themes and Sub-themes	7
1.7.	Target Population	7
1.8.	Proposed Date of the webinar	7
1.9.	Budget	7
1.10.	Mode of Operation	7
<b>Part 2: Session Wise Deliberations</b>		
2.1.	Awareness Skit	7
2.2.	Poster making competition	8
2.3.	Valedictory program	9
<b>Part 3: Major Takeaways</b>		
3.1.	Academic Context	9
<b>Part 4: Appendices &amp; Annexure</b>		
	Annexure 1: Programme Schedule	
	Annexure 2: List of Participants	
	Annexure 3: Photographs (if any)	
	Annexure 4: Media Coverage	
	Annexure 5: sample certificate	



## **ORGANIZING COMMITTEE:**

### **Chief Patrons:**

**Prof. Saket Kushwaha**

Hon'ble Vice-Chancellor,  
Rajiv Gandhi University, Arunachal Pradesh, India

### **Patrons**

**Prof. N.T. Rikam**

Registrar,  
Rajiv Gandhi University, Arunachal Pradesh, India

### **Advisory Committee**

Dr. Proshanto Kr. Saha  
Associate Professor & HoD  
Dept. of Psychology, RGU

### **Programme Convener**

**Dr. Kakali Goswami**

Assistant Professor, Department of Psychology, RGU, Arunachal Pradesh  
Convener  
Mobile No.: 8794302401

### **Organizing Committee Members:**

**Dr. Dharmeshwari Lourembam**

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. Koj Rinyo**

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



## **ACKNOWLEDGEMENT**

I express with innermost regard and sincerity, the sense of gratitude to our honorable Vice Chancellor, R.G.U, Prof. Saket Kushwaha for his constant guidance and support. I owe him Thanks for the way he has always encouraged me.

I also express my deepest gratitude to Registrar, N.T Rikam, who has been a guide helping me through thick and thin. I am indebted to you both for your guidance.

I also thank my head of the department Dr. Proshanto Kr. Saha for providing me with support and cooperation.

I also thank my dedicated colleagues, guest faculty members and students for providing me with emotional and moral support; their cooperation and support can never be forgotten.

Dr. Kakali Goswami

Convener

Assistant Professor

Department of Psychology, RGU



Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the State of Arunachal Pradesh located at the picturesque tabloid 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 providing the necessary impetus to the growth and development of educational infrastructure in the State. Being the only Central University of the State, the administration and teaching fraternity put forth best efforts inducting quality education and has continuously maintained its premier status among the other institutions across pan India.

### **1.2 About the Department of Psychology**

The Department of Psychology, RGU was established in the year 2017 with two Assistant Professors with a vision to develop an awareness of the importance of studying human behaviour and the societal relevance of Psychology as a discipline and life-skills. Currently the department is functioning with one Associate Professor, as Head of the Department and along with four Assistant Professors and one Guest Assistant Professor. Our faculty have been remarkably successful at securing external grant funding for research, most of which is inter-disciplinary, often conducted with faculty from other departments and with national and international collaborators. In our department, students learn about the history of the discipline, its theoretical foundations and its numerous branches including Clinical Psychology, Counselling, Child Development, Bio-psychology and Organisational Behaviour. Emphasis is placed on fostering the skills and attitudes needed to be competent and socially sensitive psychologists including a self-reflexive attitude, critical thinking, empathy and a respect for individual differences. With adoption of NEP-2020, currently we are offering following programmes in the department, Under Graduate-B.A. Psychology, Post-Graduate-M.A. Psychology and Doctoral Studies-Ph.D. in Psychology. Our undergraduates are trained to embrace the challenges of the modern world, to approach these challenges in a thoughtful and critical manner, and to be prepared with creative solutions. On similar account, the post-graduate students are also facilitated to learn and embark on research and academia with proficient training and exposure to various psychological principles and domains augmenting their professional learning skills. M.A. Psychology which is of four semesters and the curriculum is so designed as to provide strong theoretical, methodological and contemporary knowledge of various areas of Psychology to the students. The purpose is to equip the students with knowledge, skills and values to become effective and competent professional psychologists. During the course, the students are taken for field visit at mental health centres and counselling cells besides interactive classroom teaching and laboratory training. Time to time extended lectures from experts in relevant field is also conducted. Further, the doctoral programme aims to equip graduate students with necessary research skill set for being successful in their learning process and future endeavours. This



academic training enables the students to work in a broad range of settings such as medical, organization, counselling centres, NGOs, researchers and academicians.

### 1.3 Background

Every year we celebrate World Mental Health Day on 10<sup>th</sup> October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme **“Mental health is a universal human right”** to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence and inclusion in the community. Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people.

Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights.

The organising committee aims to observe this imperative global event so that everyone can learn about their human rights and access the quality mental health care they need not only in the vicinity of RGU but to the whole community at large.

#### 1. 4 Objectives

- To create awareness among students, youth and in general to all section of people about mental health and well-being
- To understand level of awareness among youth about mental health issues
- To provide interventions on holistic aspects for overall wellbeing.
- To facilitate skills for enhancement of quality of life.

#### 1. 5 Expected Programme Outcomes

The expected programme outcomes of the current conference are specified below:

- ❖ Structuring out the future map to facilitate mental health awareness.
- ❖ Discuss the challenges and way forward for the mental health issues



### **1. 6 Theme of the Program:**

**Mental Health is a Universal Human Right**

### **1. 7 Target Group**

This programme will be open to all the youth and students of the University. We would expect a head count of nearly 50-60 participants.

### **1. 8 Date of the Program**

**10<sup>th</sup> October, 2023**

### **1.10 Estimated Budget**

The budget of the programme is Rs. 28000/ which includes refreshments, certificate, banner, local TA, Lunch for the skit performer students, hall booking etc.

### **1.11 Mode of Operation:**

The program was conducted through in offline mode in the Four location to perform the awareness Skit and Prize distribution ceremony was conducted at the AITS, Seminar hall of the University.

## **PART 2: ACTIVITIES**

### **2.1 Skit performance**

Students of Department of psychology performed dance and skit based on the theme “ mental health is a universal human right” in four different locations, namely department of anthropology, Department of English and Department of education which aimed at imparting awareness on mental health issues among the students of Rajiv Gandhi University. The skits and dance performance started at 11 AM. Around 30 students and teaching and non-teaching staff attended the performance in the department of anthropology. Around 40 audience were there in the Department of English. And 50 spectators were present in the department of education for the performance.

These artistic expressions provided a unique and engaging way to convey important messages related to mental health.

The students of the Department of Psychology captivated the audience with their mesmerizing dance performances. These dances were not just entertainment but also conveyed deep emotional and psychological insights.



The skit performances provided a platform for the psychology students to explore various scenarios related to mental health, presenting them in a relatable and accessible manner. These skits were both thought-provoking and entertaining, and they conveyed crucial messages to the audience:

- **Reducing Stigma:** Some skits aimed to reduce the stigma surrounding mental health. They highlighted the importance of open conversations and understanding, showing that anyone can be affected by mental health challenges.
- **Seeking Help:** Other skits emphasized the significance of seeking professional help and the role of family and friends in encouraging individuals to reach out when needed.
- **Mental Health Education:** The skits were not only entertaining but also educational. They provided the audience with valuable insights into various mental health conditions, treatment options, and the significance of early intervention.

The performances were lauded by audience. Upon asking, some of the audience said that the initiative was impactful and provided them with necessary awareness on mental health. The teacher fraternity who graced the programme appreciated the efforts of the student of the department of psychology and encouraged the Dept to continue to conduct such programs in the future.

## **2.2 Poster making competition.**

At 2PM, October 10, in observance of World Mental Health Day, an engaging and thought-provoking poster making competition took place at seminar Hall of AITS. The event aimed to raise awareness about the significance of mental health as a universal human right. Mental health is a crucial aspect of well-being, and the competition sought to stimulate creative expressions that could inspire discussions and promote understanding.

### **Event Highlights:**

- **Theme:** The central theme of the competition was "Mental Health is a Universal Human Right." This theme was chosen to emphasize that everyone, regardless of their background or circumstances, has the right to mental well-being. Participants were encouraged to use their artistic talents to convey this powerful message.
- **Participants:** The competition saw enthusiastic participation from individuals mainly consisting of undergraduate and post graduate students. The diverse range of entries from various departments showcased a broad spectrum of artistic talent.
- **Creative Expressions:** The posters on display showcased a wide array of artistic styles, including vibrant colors, powerful imagery, and emotionally resonant





messages. Each entry was a testament to the creativity and commitment of the participants to the cause of mental health.

- Judging Panel: Ms. Rima Kalita, Assistant Professor, Department of fine arts evaluated the posters based on creativity, relevance to the theme, and the impact of the message. Their expertise ensured that the winners truly represented the spirit of the event.

## **2. 3 Valedictory Program.**

- Welcome address was given by Dr. Proshanto Kr. Saha, HOD, Department of Psychology, wherein he heartily welcomed each and every member present in the seminar hall.
- Prof. Sarit Kumar Chaudhuri, Dean, Faculty of Social Sciences, highlighted the importance of mental health and appreciated the efforts and initiatives of the Department of Psychology.
- Prize Distribution: Following the intense scrutiny of the entries, the prize distribution ceremony took place. Winners in various categories were recognized for their outstanding contributions to the cause of mental health. Prizes included certificates, cash awards, and opportunities for public recognition of their work. The first place was awarded to Michi Tasser, second to [..... ], 3rd to Bharat Nomuk and a consolation prize to [Toko Dadum ].
- The program was ended with Vote of Thanks by Dr. Dharmeshwari Lourembam, Assistant Professor, Dept. of Psychology.

## **Major Takeaways:**

### **3.1. Academic context:**

In the present time, there are many unaddressed issues causing distress and discomfort in human society. With the uncertainty revolving around the life, students, teachers and non teaching staff also suffer from mental health issue. Therefore, the Mental Health Day is organized by the Department of Psychology, Rajiv Gandhi University every year to fill the gap regarding mental health awareness among Arunachalees.

The program was organized to facilitate and enhance overall mental health and wellbeing of the entire student community, faculty members and non-teaching with regard to understanding the various underlying psychological problems as well the solution for it.



## PART 4. APPENDICES & ANNEXURE

### 4.1 Programme Schedule

The programme schedule is as mentioned below:

Programme Schedule for Prize Distribution program conducted at AITS, Seminar Hall, RGU

Date & Day	Time	Programme Details	Individuals/Groups Involved
10th October, 2023 (Wednesday)	11:00 Hrs - 14:00 Hrs	<b>Awareness Program</b> at various site of RGU Campus <b>Site 1:</b> Dept. of Anthropology, Faculty of Social Science Building <b>Site 2:</b> Dept. of English, Faculty of Social Science Building <b>Site 3:</b> Dept. of Sociology, Faculty of Social Science <b>Site 4:</b> Dept. of Education	Skit performance by Students of BA & MA Psychology
	15:00 Hrs to 16:00 Hrs	<b>Poster Competition</b>	Open for RGU Students
	16:00 Hrs to 16:30 Hrs	<b>Prize Distribution</b>	

#### Annexure 2: List of Participants

The list of participants were around including students from various departments as Audience for skit and 25 participants for the Poster making competition.



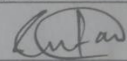
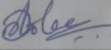



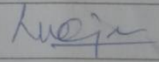
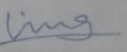
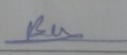
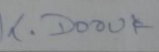
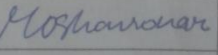
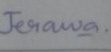
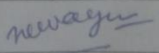


मनोविज्ञानविभाग/Dept. of Psychology  
राजीवगांधीविश्वविद्यालय/RAJIV GANDHI UNIVERSITY  
रोनो हिल्स, दोईमुख/ROHO HILLS, DOIMUKH

In Observance of  
**WORLD MENTAL HEALTH DAY -2023**

ON  
10<sup>th</sup> October, 2023

Organized by  
Department of Psychology  
Rajiv Gandhi University

List of Participants for Poster Making Competition  
at  
AITS, Seminar Hall, RGU

Sl. No	Name	Department	Signature
1	MICHI TASSER	Fine Art & Music	
2	NANGRAM HOLEE	Sociology	
3	SENGMAY WANGREY	Sociology	
4	JUMPI YINYO	Psychology	
5	NUAMI NGUKIR	MATHEMATICS	
6	LUKJENSIKOM	Mathematics	
7	HABUNG MAMUNG	ANTHROPOLOGY	
8	BANASMITA CHAMUAH	ANTHROPOLOGY	
9	KABOM DORUK	ANTHROPOLOGY	
10	ROSHAN SONAR	ENGLISH	
11	NANG JERAWA MANCHEY	ZOOLOGY	
12	CHOW NEWAYA MUNGLANG	CHEMISTRY	
13	BIARAT NOMUK	HISTORY	
14	KEKDE GANKAK	ECONOMICS	
15			



15.	NANIL KOMDE	ZOOLOGY	X. Panip	2nd
16.	TUYIR RIBA	PSYCHOLOGY	<u>Dr.</u>	
17.	TADAR AMAR	PSYCHOLOGY	<u>Dr. Amar</u>	
18.	MICHI TAYANG	Psychology	<u>Dr. Michi</u>	
19.	TOKO DODUM	Psychology	T. Dodum	Completion Prize
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				





Annexure 3: Photograph





#### **Annexure 4: Media Coverage**

The program was well covered in Local daily Newspaper of the state.

Following are all the links of the media coverage:

<https://arunachaltimes.in/index.php/2023/10/11/world-mental-health-day-observed-2/>