

A Report
On
National Workshop On “Mental Wellness”



Organized by

Department of Social Work
&
Department of Psychology

Rajiv Gandhi University(A Central University)
Rono Hills, Doimukh – 791112
Arunachal Pradesh

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ORGANIZING COMMITTEE:

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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.K 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. Dharmeshwari Lourebam for providing me with support and cooperation.

I also thank HOD, Social work, Rd. Ravi Ranjan Kumar 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
Program Coordinator
Assistant Professor
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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 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 4th 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 at present there are Twenty Six (26) Departments and Two (02) Institutes functioning under Nine (09) Academic Faculties. The Faculty members have been actively engaged in research activities. The University has been maintaining its academic excellence and individuals from its alumni group are contributing at significant positions not only in State and Central Government Services, but also in various Institutions, Industries and Organizations. The University has continuously maintained its premier status among top hundred (100) educational institutions in NIRF ranking across India.

1.2 Sponsoring Agency

The Program was sponsored by Rajiv Gandhi University.

1.3 Background

The current pandemic is not only seen to affect the health of the citizens and youth specially. Therefore conduction of interactive workshop like this, is urgent and the need of the hour to assess the situation and provide professional help to people in general, and students in particular for their overall mental health.

1.4 Objectives

- 1) To enable the youth to develop mechanisms for protection against overwhelming experiences.
- 2) To develop capability for maintaining a balance amongst the youth during stressful events.

- 3) To help the students, teaching and non teaching staff to defend from the development of mental health issues.
- 4) To help in building abilities to deal and strive in adverse situation of life.
- 5) To create an ability to recognise their own emotions and control one's own thoughts and feelings.

1.5 Programme Outcomes

The expected program outcomes of the current workshop are specified below:

- Obtain a cognizance of the issues and challenges in the current scenario of mental health issues due day to day life issues.
- Provide an understanding of the underlying mechanisms of the digital platform how to help as support system
- Incorporate resilience and motivation via positive coping behavior in times of crisis among the youth.
- Create balance between physical and mental health for holistic well being.

1.6 Theme:

Workshop on “Mental wellness”

1.7 Resource Persons:

- ❖ Mr. Kapil Gupta, Founder, Solh Wellness, New Delhi.
- ❖ Ms. Ankur Sharma, Psychologist, Solh Wellness, New Delhi

1.8 Target Group

Entire student community, Teaching and Non Teaching staffs of the University

1.9 Date of the Event

The workshop took place on the 9th and 10th February, 2023

1.10 Estimated Budget

The estimated budget of the programme is Rs. 35000/ which includes refreshments, certificate, banner, local TA, felicitation of guests, hall booking etc.

1.11 Mode of Operation:

The program was conducted through in offline mode in the Mini auditorium of the University.

PART 2: SESSION WISE DELIBERATION

2.1 Inaugural Session:

The workshop was inaugurated by Honorable Vice Chancellor Prof. Saket Kushwaha, Rajiv Gandhi University, on 9th February in the presence of the Registrar, Dr. Nabam T. Rikam and Prof. P.K. Panigrahi, HoD of National Security Studies. The event was attended by over 200 students, faculties and non-teaching staffs from different departments of the university.

The program started with the welcome address by Prof. Dharmeshwari Lourebam, she highlighted on the importance of mental wellness for student population in particular and public in general, and the usage of technology in mitigating this challenge. Dr. N. T. Rikam, the Registrar, RGU, spoke about how there is a diversity in the way of life in different societies and people experience different issues and struggles. He was joined by Prof. P. K. Panigrahi, HoD Dept. National Security Studies, shared about how in 21st century the root cause of mental stress is because of the aspirations and selfishness. In his inaugural address, the Vice Chancellor highlighted that most of the stress in our societies are associated to lifestyle, and different roles and responsibilities one has to perform. Managing our stress is an art and one should know how to mitigate these challenges. In this technology has important role to play in connecting someone to most necessary support system. The resource person, Mr. Kapil Gupta of Sohl Wellness emphasized on the importance of dealing with mental wellness as it affects the psychological capital of an individual which then affects the psychological capital of the larger society. He shared that no two person has same reflection of same mental health issues; bringing solution to them is a challenge. Therefore, during this workshop the resource person will be highlighting benefits of Solh Wellness applications and technology, and how that can be utilized by the students for their mental well being.

The inaugural program concluded with prize distribution for the E-essay competition held on occasion of Swami Vivekananda's birth anniversary. Ms. Gemam Padu of Psychology Dept. received the rd Prize; second prize was conferred to Ms. Hibu Mayur of Dept. of Psychology, and 1st Prize to Mr. Shri Prakash Pal, Dept. of Mass Communication.

2.3 Technical Sessions:

Day 1 (21st January,2022): Technical Session 1

The first technical session of the first day was facilitated by the resource persons Mr. Kapil Gupta and Ms. Ankur Sharma. During the session, resource person talked about importance of mental health and displayed the usage of digital platform for enhancing wellness of a person. He explained how to journaling for keeping records of own emotion, metal health. He also explained about how to become part of several support group and share own emotions, problems with people in similar situation. He explained about facility of online counseling services with leading experts of the country by using the digital platform of Solh wellness.

Day 2 (22nd January,2022):

Technical Session2 : Capacity Building traning

The second technical session on day 2 was facilitated by the resource persons Mr. Kapil Gupta and Ms. Ankur Sharma in the Department of Psychology. During the session, resource person talked about how to build various skills necessary for trained mental health professional. He also talked about how to associate the students with proper training through digital media for mental wellness services. He talked about importance of mental health and displayed the usage of digital platform for enhancing wellness of a person. He explained how to journaling for keeping records of own emotion, metal health. He also explained about how to become part of several support group and share own emotions, problems with people in similar situation. He explained about facility of online counseling services with leading experts of the country by using the digital platform of Solh wellness.

Technical Session 3:

The third technical session on day 2 was facilitated by the resource persons Mr. Kapil Gupta and Ms. Ankur Sharma. During the session, resource person talked about importance of mental health and displayed the usage of digital platform for enhancing wellness of a person. He explained how to journaling for keeping records of own emotion, metal health. He also explained about how to become part of several support group and share own emotions, problems with people in similar situation. He explained about facility of online counseling services with leading experts of the country by using the digital platform of Solh wellness.

During this session many participants also shared their positive feedback for the workshop and explained that they have learnt many valuable ideas and concept from the workshop and also thanked the organizers from having such timely relevant workshop in this age of stress full life. The program ended with vote of thanks from Program coordinator for the resource person and participants for their efforts and time.

Major Takeaways:

3.1. Academic context:

In the present time, there are many reason such as future related unaddressed issues causing distress and discomfort especially to the youth. With the uncertainty revolving around the life, students, teachers and non teaching staff also suffer from mental health issue. Therefore the Two Day workshop was conducted by the Department of Psychology and Social Work the wherein the majority of the participants comprised from the student community.

The technical sessions designed by the resource persons were created to facilitate 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.

The doubts and concerns associated were tackled by the key subject experts via the PowerPoint presentations as well as Q&A sessions. In the end Students' positive comments and feedback reflected the understanding they gained through the Two Days course.

3.2. Research context:

Any uncertainty automatically instills fear or even phobia amongst the people and the associated uncertainty that is increasingly testing psychological health of the masses. The pandemic has generated a major jolt in all aspects around the globe. However, one needs to adjust to the new normal and start moving on with life.

Various competitive exams are being conducted and the educational institutions are already out with their new academic calendar to avoid wastage of an academic year of students. With the chaos revolving around due to the pandemic and lockdown, students have an additional burden of academics related uncertainty. Hence, now, more than ever, it becomes crucial for Mental Health practitioners and allied professionals to solicit their support, understanding and knowledge of the subject to help aid the students in making apt decisions in life ranging from their daily activities to inter and intra-relationship issues, career choices, suspension of classes, confusion regarding placement and exam and academic induced stress especially for the final year students.

The workshop covered various significant contemporary issue like how to build resilience and enhance emotional intelligence for better understanding of the term mental health. The findings offered a glimpse of what is brewing in hundreds of millions of students around the world, but with specific regard to the north-eastern scenario and the negative consequences of it as the assess and deal with stress, anxiety, depression or any psychological issue caused for a prolonged term has a direct, negative co-relation with wellbeing in the long-run.

3.3. Policy making and practice context:

It is no surprise of the insights on the long-term damage of unaddressed issues which have been accepted in the field of Psychology. Hence, post the end of this unprecedented lockdown, we will need all able bodies to help the world recover in all factors namely health, education, livelihood and economy and be better prepared to cater to the needs of all, especially the torchbearers. Need for more systematic and longitudinal assessment of the needs of the population, which can help the government in formulating holistic interventions in lieu with the job scope and the demand for the youth.

- (i) Bridge the gap between demand and supply and create a protective layer for the youth to not ward off to substances as a reliever.
- (ii) Identify trigger points and anticipating issues, and how to address them.

- (iii) Mandatory appointment of Psychologists and Counsellors in every schools and organizations.

PART 4. APPENDICES & ANNEXURE

4.1 Programme Schedule

The programme schedule is as mentioned below:

Date & Day	Time	Topic	Resource Person
9th February, 2023 (Day 1)	1.00 pm-2.00 pm	Inauguration Program	
	2.00 pm-3.30 pm	Technical Session 1	Mr. Kapil Gupta, Sohl wellness India & Ms. Ankur Sharma, Sohl wellness India
10th February, 2023 (Day 2)	10:00 am-11.00 pm	Placement cell Drive	Mr. Kapil Gupta, Sohl wellness India & Ms. Ankur Sharma, Sohl wellness India
	11.30am-1.00pm	Technical session 2 Capacity building training program	Mr. Kapil Gupta, Sohl wellness India & Ms. Ankur Sharma, Sohl wellness India
	1:00 pm-2:00pm	LUNCH BREAK	
	2:30pm-3:30 pm	Technical Session 3	Mr. Kapil Gupta, Sohl wellness India & Ms. Ankur Sharma, Sohl wellness India

Annexure 2: List of Participants

The list of participants was attached in separate in sheet. There were total 300 participants out of which 200 are students and 100 teaching and non teaching staff.

Annexure 3: Photograph



Annexure 4: Media Coverage

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

Following are all the links of the media coverage:

4. 9760534073 - Health Problems
ance. The recommended intake
ing stomach acid (hydrochloric acid)
Water retention. You may notice more

Friday 10 February 2023

ARUNACHAL FRONT
ARUNACHAL | NORTHEAST

RGU national workshop highlights mental wellness



NAHARL-AGUN, Feb 09: A two-day national workshop on mental wellness is being held at Rajaw Gandhi University (RGU), Rono Hills on February 9-10, 2023. The workshop is jointly being organized by the Department of Psychology, Department of Social Work and Career Counseling Cell, RGU, in collaboration with Soth Wellness.

The workshop was inaugurated by Vice Chancellor Prof. Saket Kushwaha, Rajaw Gandhi University, on February 9 in the presence of Registrar Dr. Nibam T. Rikam and Prof. PK Panigrahi, HoD of National Security Studies.

The event was attended by over 200 students, faculty members and non-teaching staff from different departments of the university. The programme started with the welcome address by Prof. Dharmeshwari Lourembam. She highlighted the importance of mental wellness for the student population in particular and the public in general, and the usage of technology in mitigating this challenge.

Dr. NTRikam, the Registrar, RGU, spoke about how there is a diversity in the way of life in different societies and people experience different issues and struggles. He was joined by Prof. PK Panigrahi, HoD, Dept. National Security Studies, shared about how in the 21st century the root cause of mental stress is because of aspirations and selfishness.

In his inaugural address, the Vice Chancellor highlighted that most of the stress in our societies are associated with lifestyle, and different roles and responsibilities one has to perform. Managing our stress is an art and one should know how to mitigate these challenges. In this technology has important role to play in connecting someone to the most necessary support system.

The resource person, Kapil Gupta of Soth Wellness, emphasized the importance of dealing with mental wellness as it affects the psychological capital of an individual which then affects the psychological capital of the larger society.

He shared that no two people have the same reflection of the same mental health issues; bringing solutions to them is a challenge. Therefore, during this workshop the resource person will be highlighting benefits of Soth Wellness applications and technology, and how that can be utilized by the students for their mental well being.

The inaugural programme concluded with prize distribution for the Essay competition held on occasion of Swami Vivekananda's birth anniversary. Geemam Padda of Psychology Dept. received third prize while the second prize was conferred on Hibu Majur of Dept. of Psychology, and the 1st prize went to Prakash Pal of the Dept. of Mass Communication.

The programme was followed by a technical session post-tea break and will be facilitated by the resource person Kapil Gupta and Ankur Sharma.

The workshop is scheduled to hold different technical sessions with the students and faculty members, non-teaching staff. Also, the Placement & Career counselling cell will be in long-term collaboration for placements of the students from the Rajaw Gandhi University.