

A REPORT ON WORLD MENTAL HEALTH DAY, 2018



**ORGANIZED BY
DEPARTMENT OF PSYCHOLOGY
RAJIV GANDHI UNIVERSITY
2018**

CONTENTS

S. No	Topic	Page(s)
1	Acknowledgement	1
2	Organizing committee	2
3	Part I: Preface	
4	1. Background	
5	1.2 Objectives	
6	1.3 Timeline	
7	1.4 Resource person	
8	1.5 Sponsorship Agency	
9	1.6 Budget	
10	Part II: Session wise details	
11	Part III: Course of the programme	
12	1.1 Programme plan	
13	2.2 Field or Internship	
14	5.3 Other facilities	
15	Part I: Acknowledgement	
16	Part II: Programme schedule	
17	Part III: Field or Internship	
18	Part IV: Other facilities	
19	Part V: Budget	

ORGANIZING COMMITTEE:

Convenor: Prof. Kesang Degi

Co-convenor: Miss Leeyir Ete

Members: M.A. Psychology (1st sem and 3rd sem) students

Supporting Staff: Takio Agung (P.A.) and Teli Y. Gyadi (MTS)

Part I. PREFACE:

1.1 BACKGROUND:

Adolescence and the early years of adulthood are a time of life when many changes occur, for many, these are exciting times. However, they can also be times of stress and apprehension for others. In some cases, if not recognized and managed, these feelings can lead to mental illness.

1.2 THEME

The World Mental Health Day was celebrated on 10th October, 2018 by the Department of Psychology, RGU in the University Campus. The theme of the year was *Young people and Mental Health in a changing World* and the content was carried forth within the purview of the stated setting.

1.3 OBJECTIVE:

To spread awareness about the importance of mental health amongst the youth.

1.4 RESOURCE PERSON:

Ms. Nabam Yeni, Psychologist, Mental Health Centre, Midpu

Dr. Dharmeshwari Lourembam, Assistant Professor, Dept. of Psychology, Rajiv Gandhi University.

1.5 SPONSORING AGENCY

The program was sponsored by Rajiv Gandhi University.

1.6 BUDGET:

Total Rs. 40,000/- (forty thousand rupees).

Part 2. SESSION-WISE DETAILS:

The programme started with the registration of all students from various departments of RGU as well as other universities of the state.

The arrival of dignitaries was observed at 10AM, followed by Felicitation and welcome address by Professor Kesang Degi (Co-Ordinator) Dean of Student Welfare, Professor Tomo Riba, Registrar RGU and speech by Prof Saket Kushwaha, Honorable Vice Chancellor of RGU.

The programme included narratives, songs and poster presentation to display the heightened importance of mental health, especially revolving around the theme, as well as to create an awareness impact in and around the campus.

The students also showcased a skit to throw light on the sensitive issues of gender discrimination, social comparison, peer pressure, bad company, substance use and abuse, social media, chaotic family environment and the negative impact of it all on a developing child leading to serious issues of low self-esteem, isolation, depression and ultimately suicide. On the contrary, the 2nd half of the skit went on to portray how a positive environment in its entirety ultimately can give a whole new dynamic in a person's personality and outlook, which is the need of the hour.

2.1 TECHNICAL SESSION:

The programme included a presentation by Psychologist, Ms. Nabam Yeni, emphasizing on the importance to build resilience, self-control, the power of self-acceptance and saying "No" whenever required without having to feel guilty about it.

2.2 PANEL DISCUSSION:

The programme concluded with an interactive session and ended successfully on a positive note with doubt clarifications, guidance and encouragement.

In addition, the students were seen to engage in the display of flash-mobs to generate awareness in the 3 core-packed areas of the University.

Part 3. OUTCOME OF THE PROGRAMME:

The program aimed to educate and highlight the various mental health issues specifically faced by the youths. Impact of a positive environment on overall mental wellbeing was emphasized. An intense interaction and discussion session between the panellists and the students deemed to shower some much needed attention on the various mental health issues faced by the youth.