

A REPORT ON WORLD MENTAL HEALTH DAY,2017



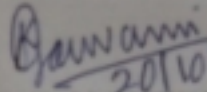
Organized by
Department of Psychology
Rajiv Gandhi University

ACKNOWLEDGEMENT

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

Most of all, I express my deep sense of gratitude to the Co-ordinator, Prof. Kesang Degi, Dept. of Education, Rajiv Gandhi University, who always boosted my morale and has been a guide who helped me through thick and thin. I am indebted to you for your guidance.

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


20/10/2017
Dr. KAKALI GOSWAMI

Convenor

CONTENTS

S. No.	Topic	Pages
1	Acknowledgement	1
2	Organizing committee	2
3	Part 1: Preface	
4	1.1 Background	
5	1.2 Objectives	
6	1.3 Themes	
7	1.4 Resource person	
8	1.5 Sponsoring agency	
9	1.6 Budget	
10	Part 2: Session wise details	
11	Part 3: Outcome of the programme	
12	3.1: Immediate Implication	
13	3.2: Policy Implication	
14	3.3: Other Implication	
15	Part 4: Annexure	
16	Annexure 1: Programme schedule	
17	Annexure 2: List of Participants	
18	Annexure 3: Photographs	
19	Annexure 4: Media Coverages	

ORGANIZING COMMITTEE:

Convenor: Dr. Kakali Goswami

Co-convenor: Dr. Dharmeshwari Lourembam

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

Supporting Staff: Gepi Ingo (P.A.) and Teli Y. Gyadi (MTS)

Part I PREFACE:

1.1 BACKGROUND:

During our adult lives, a large proportion of our time is spent at work. Our experience in the workplace is one of the factors determining our overall wellbeing. Depression and anxiety disorders are common mental disorders that have an impact on our ability to work, and to work productively. Globally, more than 300 million people suffer from depression, the leading cause of disability. More than 260 million are living with anxiety disorders. Many of these people live with both.

1.2 OBJECTIVE:

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues and mobilizing efforts in support of better mental health.

1.3 THEME:

Mental health in the workplace was the theme of World Mental Health Day 2017.

1.4 RESOURCE PERSONS:

Dr. T. Kena, Psychiatrist, R.K. Mission Hospital, Itanagar

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

Dr. Dharmeshwari Lourembam, Assistant Professor, Department of Psychology, RGU.

1.5 SPONSORING AGENCY

The program was sponsored by Rajiv Gandhi University.

1.6 BUDGET:

Total amount: 25000/- (five thousand rupees only).

Part 2. SESSION WISE DETAILS:

The Programme kicked off as the successful Pioneer in the campus with the team effort, co-operation and involvement of the 1st batch of M.A. Psychology students and Faculty of the department.

The programme unfolded with the welcome speech by Tomo Mibang, VC, RGU and Dr. Kakali Goswami, HOD, Psychology, RGU.

2.1 TECHNICAL SESSION:

It included 3 Technical sessions by Dr. T. Kena (Psychiatrist, R.K. Mission Hospital, Itanagar), Psychologist Ms. Nabam Yeni (Mental Health Centre, Midpu) and Dr Dharmeshwari Lourembam, Assistant Professor, Department of Psychology, RGU.

2.2 VALEDICTORY SESSION:

Certificates to all the participants were handed out at the end of the programme.

Part 3. OUTCOME OF THE PROGRAMME:

The dearth of mental health professionals is a key problem to be tackled. Studies suggest that Mental Health problems at early stage remain unrecognized and untreated.

There is a tendency to conceal common psychiatric problems due to stigma which in due course gets severe. The importance of outreach activities serving as the tool for spreading awareness in its immediate surroundings which is the first pre-requisite in the course of a long-term intervention in building a resilient and strong social fabric was acknowledged.