

A REPORT ON WORLD MENTAL HEALTH DAY PROGRAMME, 2019

On

Awareness Programme



Organized by

Department of psychology

Rajiv Gandhi University

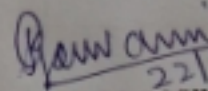
Year: 2019

ACKNOWLEDGEMENT

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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.

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22/10/2019
Dr. KAKALI GOSWAMI

Convenor

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Organizing committee

Convener: Dr. Kakali Goswami

Co- Convener: Dr. Dharmeshwari Lourembam

Member: Ms. Leeyit Ete

Ms.Pamapak Khumukcham

M.A. 3rd Semester students

M.A. 1 st Semester Students

Supporting staffs: Mr. Takio agung

Mrs. Teli Gyadi

PART 1: Preface

The department of psychology in collaboration with National Social Service Cell celebrated world mental health day on 10th October 2019. They organized various outdoor awareness programs for the general public to witness.

1.1 BACKGROUND:

Suicide is a global health problem and one of the main causes of death among youngsters, especially those aged between 15-29 years. Since years, W.H.O has been treating suicide as a priority issue. The topic has also attracted interest from a lot of other fields including philosophy, religion, medicine, sociology, bioethics, law and psychology.

According to WHO, almost every 40 seconds, someone loses their life. Hence, WHO has launched an awareness campaign called "40 seconds of action" to raise awareness of the large scale of suicide around the world and the role that each of us can play to help prevent it.

Numerous reasons lead an individual, especially a young person to commit suicide and these include failure in studies, childhood trauma, family disharmony, violence, sexual abuse, cyber bullying and bullying.

However, what is more important is suicide prevention and what can be done towards it. The issue deserves increasing attention especially with the rise in other mental health problems such as depression and anxiety.

1.2 THEME

The world mental health day is a day for everyone to unite in their efforts to raise awareness and mobilize people around the world about mental health. The theme for the year 2019 was suicide prevention, and the role that everyone can play to prevent it.

1.3 OBJECTIVE:

The Department of Psychology, Rajiv Gandhi University and the National Social Service Cell, RGU jointly observed World Mental Health Day, 2019 with the theme "Mental health promotion and suicide prevention" on 10th October, 2019 through various awareness activities at Doimukh and the University campus.

1.4 Resource person :

The program was conducted by the students of MA psychology and faculty members of the department as it was outdoor awareness campaign.

1.5 Sponsoring agency

The programme was sponsored by Rajiv Gandhi University and NSS cell of the university.

1.6 BUDGET:

Total amount: Rs. 5000

Part 2: SESSION WISE DETAIL:

This year the department of psychology observed the day by various outdoor awareness activities to their immediate surroundings as well as in the nearby town. The core packed areas were targeted to generate awareness.

The daylong event comprised of poster presentations on various mental health issues, flash mob and street play on suicide prevention and open discussions with the audience to promote mental health. The event targeted various groups of people ranging from school, university students and general public.

Spot 1: The program began with a flash mob followed by street play at Doimukh market which was witnessed by a large number of crowds. Poster presentations were also done along with street play.

Spot 2: Then the students of psychology department performed another flash mob along with poster presentation near the taxi stand of Doimukh as that area is always packed with large crowds.

Spot 3: Furthermore, awareness on suicide prevention and an open discussion with school students was also carried out at Doimukh Higher secondary school. Flash mob was also performed at the school as well as the skit was performed.

Spot 4: at the Later during the day, University students at RGU campus were also educated about the prevalence and preventive measures of suicide.

Spot 5: The team also interacted and performed for the workers residing at the university premise. The team also made the audience aware about the various resources for help centers available in the state such as Midpu Mental Health Centre, TRIHMS and Department of Psychology, RGU.

Spot 6: flash mob and street play was performed at the bus stand of the university campus.

The main awareness program such as flash mob, street play and poster presentation was performed by the students of M.A. psychology of 1st and 3rd semester and the faculties of the department interacted with the audience in an open discussion. Through this program, the department highlighted that suicide is a common phenomenon in the state and highlighted the importance of not stigmatizing mental health issues. The loss of societal resources through youth suicides was also asserted and people were encouraged to realize that reaching out for help is the right option and not ending their lives. The program was carried out in six different places in Doimukh and in the University campus.

PART 3:OUTCOME OF THE PROGRAMME:

Suicides are preventable, as the victims often do not want to end their lives, just the momentary pain in their lives. If at such times, they have someone to speak to or fall back upon, then it can be prevented. What is important is to reach out at such times and call out for help. By conducting awareness campaign in the various public areas and effort to reach as many individual as possible, one can conclude that the program was a successful one. Via the interaction program awareness was done on community as well as individual level. The campaign was well received by the crowd and the fact that timely intervention to help those dealing with mental illness was made aware to the public. Many acknowledged the importance of mental health and promised to promote awareness to their nearby surroundings.