



SAO CHANG COLLEGE MENTORING COMMITTEE

Essay Competition cum Seminar on World Mental Health Day, 10 October 2023

Report:

The Mentoring Committee of Sao Chang College, in collaboration with the Career Guidance Committee, organized an essay competition and seminar on October 10th, 2023, titled "Mental Health is a Universal Human Right."

The program commenced with an essay competition on the theme, in which nine students participated. This was followed by a seminar.

Ms. K Chongliu Khamniungan, Assistant Professor in the Department of History, was the keynote speaker. She highlighted that good mental health enables individuals to handle daily stresses, work productively, and contribute to their communities. She discussed various mental health issues such as depression, anxiety, bipolar disorder, schizophrenia, and PTSD, emphasizing that poor mental health can significantly impact daily activities.

Ms. Chongliu explained that mental health problems can stem from biological factors, life experiences, and family history. She stressed the importance of prioritizing mental health through self-care activities like meditation, exercise, healthy eating, and seeking professional help when needed. Developing positive mental health involves gratitude, building positive relationships, setting realistic goals, and limiting exposure to negative news.

A total of 86 participants attended the seminar.

Essay Competition winner:

1st place: Jongphi B, BA 5th Semester (English Honours)

2nd place: Naongmung M, BA 5th Semester (Education Honours)

Authenticated
Chongliu

Principal
Sao Chang College
Tuensang : Nagaland

FLYER

**SAO CHANG COLLEGE
TUENSANG, NAGALAND
MENTORING COMMITTEE**

❖ JOIN US IN CELEBRATING 'WORLD MENTAL HEALTH DAY' BY PARTICIPATING IN THE ESSAY COMPETITION.

Date: October 10th, 2023

Time: 12:00 PM - 1:00 PM

Venue: CONFERENCE HALL

Theme: **MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT**

- ❖ EXCITING PRIZES FOR WINNERS
- ❖ ESSAY LENGTH : 500-700 WORDS

"After the competition, get ready for an enlightening talk on mental health awareness!"

Let your words inspire change! Together, we can break the stigma and promote mental well-being.

INTERESTED STUDENTS CAN GIVE YOUR NAME TO

- MS. RANGBENKUMLA CHANG (8837478012),
COORDINATOR MENTORING COMMITTEE
- MS. TONINARO (8787557365), MEMBER, MENTORING
COMMITTEE

PROGRAM



*"Mental health is a
universal human right"*

Essay Competition cum Seminar

Organised by Mentoring Committee in collaboration with Career Guidance Committee, Sao Chang College

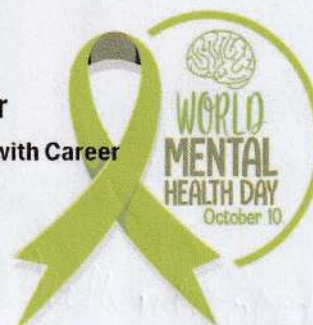
Order of the Program:

Chairperson: Ms Y Toninaro Chongpho

A talk on the theme: Ms K Chongliu Khamniungan

Importance of Mentoring: Dr T Lal Veda Chandra Kumar

Experience sharing: Ms Rangbenkumla Chang



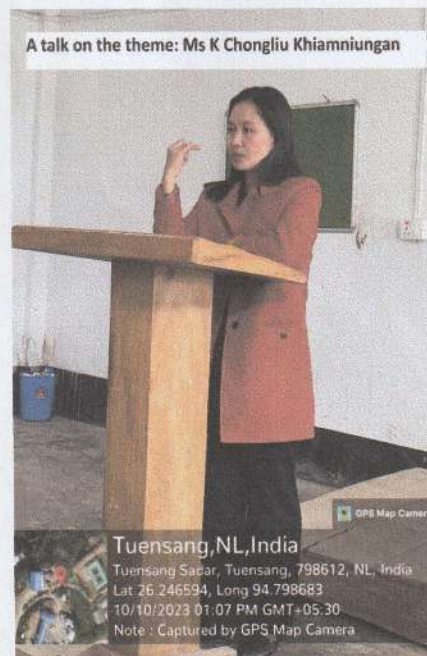
Venue: Conference Hall

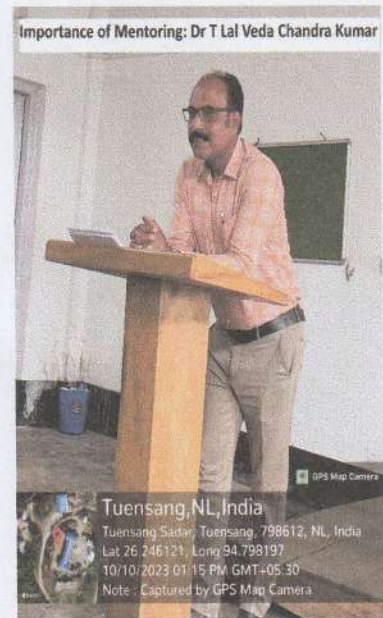
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Time: 12:00 pm

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Date: 10th October 2023







SAO CHANG COLLEGE MENTORING COMMITTEE

WORLD MENTAL HEALTH DAY, 10TH OCTOBER 2023

ATTENDANCE SHEET

SL NO	NAME	SEMESTER/DESIGNATION	SIGNATURE
1	Mutsoi T	3 rd Sem	Mutsoi T
2	Thingpia	5 th Sem	Thingpia
3	Tanghila S	5 th Sem	Tanghila S
4	T. Tsham	1 st Sem	T. Tsham
5	Tsungdila	BA 5 th Semester	Tsungdila
6	Teklingla	BA 5 th Sem	Teklingla
7	Nangnung M	BA 5 th Sem	Nangnung M
8	Nhangpang P.	BA 5 th Semester	Nhangpang P.
9	Tsutsi S Khiamnungan	BA 5 th Semester	Tsutsi S
10	Jongphi B	BA 5 th Semester	Jongphi B
11	K. P. P.	BA 1 st Semester	K. P. P.
12	D. D. S.	BA 5 th Semester	D. D. S.
13	Longkoi K	B.A. 5 th Semester	Longkoi K
14	Khin P	BA 5 th Semester	Khin P
15	Lunduk Martha	BA 2 nd Semester	Lunduk Martha
16	Mullen Sonea	BA 2 nd Semester	Mullen Sonea
17	S. Ruthla	B.A. 1 st Semester	S. Ruthla
18	Tung S. Khiamnungan	BA 1 st Semester	Tung S. Khiamnungan
19	H. Chai	BA 1 st Semester	H. Chai
20	Tsutsi S	B.A. 1 st Semester	Tsutsi S
21	Tungkamla	B.A. 1 st Semester	Tungkamla
22	Songma	B.A. 1 st Semester	Songma
23	Hongda Yemjong	B.A. 1 st Semester	Hongda Yemjong
24	Y. Nongching Ngaku	B.A. 1 st Semester	Y. Nongching Ngaku
25	Y. David Imkong	B.A. 1 st Semester	Y. David Imkong
26	Thungti	B.A. 1 st Semester	Thungti
27	Champili	B.A. 1 st Semester	Champili
28	Bensongto	B.A. 1 st Sem	Bensongto
29	Pyoti Siptam	B.A. 1 st Semester	Pyoti Siptam
30	H. Tschung	1 st Sem	H. Tschung
31	Kongkhaos J. P	B.A. 1 st Semester	Kongkhaos J. P
32	K. PHUNYANG	B.A. 1 st SEMESTER	K. PHUNYANG

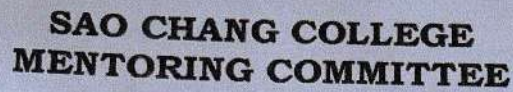


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WORLD MENTAL HEALTH DAY, 10TH OCTOBER 2023

ATTENDANCE SHEET

SL NO	NAME	SEMESTER/DESIGNATION	SIGNATURE
1	EIKANA SANGTAM	BA 1 st semester	
2	Pushu Khiamnungan	1 st Semester	
3	CHAMONG	BA 1 st Semester	
4	LIANG S-K KHAMNUNGAN	BA 1 st semester	
5	CHAMTSULA	BA 1 st semester	
6	Azila Y	BA 1 st semester	
7	Ruthla T Sangtam	BA 1 st Semester	
8	Huhchung Khamla Chang	B.A 1 st Semester	
9	Sipanglamba J. Chong	B.A 1 st Semester	
10	Y. Yongkai Phom	B.A 1 st Semester	
11	Amenla	B.A 1 st Semester	
12	Lammiu	B.A 1 st Semester	
13	Lithila Sangtam	BA 1 st semester	
14	Santi Sangla	BA 1 st semester	
15	Temny	BA 1 st Semester	
16	Chingmaki N Chang	BA 1 st Semester	
17	Tsuhota R. Yimchung	BA 1 st Semester	
18	Tsuwila	BA 1 st semester	
19	T. Kusala	BA 1 st Semester	
20	SOTSULA M	BA 1 st Semester	
21	Taang L	BA 1 st semester	
22	Kushen L	B.A 1 st Semester	
23	Mucham B	B.A 1 st Semester	
24	B. Yakching Khumla	B.A 1 st Semester	
25	B. P. T. Kusala	B.A 1 st semester	
26	T. Longkri Khiamnungan	BA 1 st Semester	
27	S. Tangniu	BA 1 st Semester	
28	Longkai Khiamnungan	B.A 1 st Semester	
29	S. Mesem	B.A 1 st Semester	
30	Geala H	B.A 1 st Semester	
31	Lithxangla N Sangtam	BA 1 st semester	
32	Shangthzala	B.A 1 st semester	
33	Azola Sangtam	B.A 1 st semester	



WORLD MENTAL HEALTH DAY, 10TH OCTOBER 2023

ATTENDANCE SHEET

Reported by:

Rangbenkumla Chang,
Coordinator,
Mentoring Committee,
Sao Chang College.

Authenticated
 [Signature]

Principal
Sao Chang College
Tuensang : Nagaland