

**SAO CHANG COLLEGE
TUENSANG, NAGALAND
SEMINAR ON MENTAL HEALTH**

Date: 24.03.2022 Venue: Multipurpose Hall Time: 1:00PM

REPORT

The Mentoring Committee of Sao Chang College organized a seminar on the topic 'Mental Health' on 24th March 2022. Ms Yangkhumla Sangtam, Clinical Psychologist, District Hospital Tuensang took up the first session on 'The Importance of Mental Health'. She explained the difference between mental health and mental illness and discussed the different kinds of mental disorders. She also impressed on the stigma attached to mental illness in our communities and stressed on the importance of talking and normalising the subject.

The second session on the topic 'Coping Skills for Better Mental Health' was taken up by Ms Sentilemla Longkumer, RKSK (Adolescent) Counselor, DHT. She highlighted the coping mechanisms and the measures to be adopted for a healthier state of well being. Unhealthy coping skills were also brought to light which ought to be avoided. This was followed by an interactive Question and Answer session where Ms Hongmo, NCD Counselor, DHT and Mr Beigu M Phom, PSW, DHT also joined the resource persons in responding to the queries. A total of 12 faculty and 151 students attended the seminar. 9 students availed personal counselling from the counsellors after conclusion of the seminar.

The program was chaired by Ms Veduvolu Nienu, Asst Professor, Department of English and vote of thanks was proposed by Ms Vidila Jing, Assistant Professor, Department of Zoology.

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Sao Chang College
Tuensang : Nagaland

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TUENSANG, NAGALAND

SEMINAR ON MENTAL HEALTH
Organized By Mentoring Committee

Date: 24.03.2022 Venue: Multipurpose Hall Time: 1:00 pm

Chairperson: Ms Veduvolu Nienu
Coordinator, Mentoring Committee

Resource Persons: 1) Ms Yangkhumla Sangtam
Clinical Psychologist, DHT
2) Ms Sentimenla Longkumer
RKSK (Adolescent) Counselor, DHT

SEQUENCE

Opening Remarks

Session I: The Importance of Mental Health

Session II: Coping Skills for Better Mental Health

Discussion

Vote of Thanks: Ms Vidila Jing
Member, Mentoring Committee

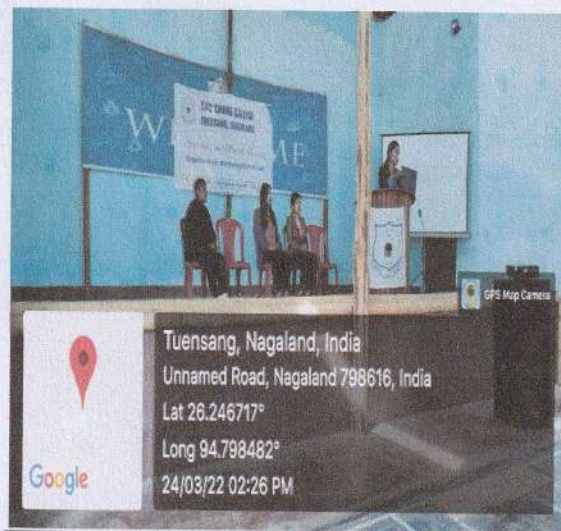
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PHOTOS OF THE SEMINAR ON MENTAL HEALTH



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