



Workshop Report for "Cerebral Harmony: Fostering Mental Well-Being in a World of Science"

Organized by The Department of Biotechnology, St.
Edmund's College, Shillong

Ms. Shekinah Challam
13-Mar-24

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ACKNOWLEDGEMENTS

The Workshop was held at Advanced Level Biotech Hub, Department of Biotechnology, St. Edmund's College, Shillong — would not have come to fruition had it not been for the guidance and *enthusiasm* of **Dr. Samrat Adhikari**, Head, Department of Biotechnology, and our Beloved Principal **Dr. (Br) Simon Coelho**, who delivered a beautiful speech to the participants and encouraging them to attend such Workshops in order to gain a much needed understanding of the problems related to Mental Health. I am very grateful to them for everything that they had done and not to forget our Dean, Dr. B. W Nongbri for her presence and guidance.

The Resource person-Miss. Lorina Richmond, Counselor/Psychotherapist, patient and family counseling and support services department, The children's hospital Shillong. delivered a well-received presentation and demonstration, which accommodated the students' rudimentary understanding of the *workshop* related to Mental Well-being in the world of Science.

The dedication of the students of different Departments in attending the workshop which was external to their syllabus- regimented learning is highly appreciated.



GENERAL INFORMATION

Title of the Course: *“Cerebral Harmony: Fostering Mental Well-Being in a World of Science”*

Date of Workshop: 13th of March 2024

Timing of Workshop: 9 A.M Onwards

Total No of Students Participated: 28

Workshop Coordinator: Ms. Shekinah Challam

External Speakers Involved: Nil

WORKSHOP STRUCTURE:

The subsequent sub-section will highlight various aspects of the Workshop, the Programme, interactions, data analysis, data interpretation, questions and answers& feedback etc.

Program of the Workshop:

This workshop was divided into four sessions. These sessions were presented by Dr.Baiakmenlang Manners, Dr.Gopesh Paul, Mr. Koben John Nongkynrih and Ms. Shekinah Challam. The sessions of the workshop is listed in the table below:

Session	Presenter	Date
I	Miss. Lorina Richmond	13 th March 2024

The main aim of the workshop was to provide attendees with strategies and resources to improve their mental health and overall well-being. The main objectives of the workshop was to raise awareness about the importance of mental well-being, to educate the participants about the various technique and practices for enhancing well-being and to provide a safe space for participants to share their experiences and challenges related to mental health.

The workshop included interactive sessions led by the resource persons where participants learned about stress management, relaxation techniques and many more important lessons. The workshop was successful in promoting awareness, providing education, and fostering a supportive community around mental health.

Moving forward it is very essential to continue offering such workshops and initiative to promote mental health and well-being in our community especially among adults.



Mode of conduct of the Workshop:

The workshop was held offline, over a period of one-day and the Workshop was coordinated by Ms. Shekinah Challam, Co-PI & Organizing Secretary.

LIST OF REGISTERED PARTICIPANTS

Serial No.	Name (Block Letters)	Department	Roll No.	Semester	Signature
	HIMASMITA BARMAN	ZOOLOGY	22/ZOO/003	4 th	<i>H Barman</i>
	BLISS THANGROKIM CHANGSAN	ZOOLOGY	22/ZOO/015	4 th	<i>Bliss</i>
	KYRA NOELA K. SANGMA	BIOTECHNOLOGY	22/BIOT/023	4 th	<i>Kyra Sangma</i>
	DREMA LHAMU	BIOTECHNOLOGY	22/BIOT/028	4 th	<i>Drema</i>
	LHAM DREMA	BIOTECHNOLOGY	22/BIOT/002	4 th	<i>L. Drema</i>
	AVISHEK DAS	ZOOLOGY	21/ZOO/319	6 th	<i>Avishek</i>
	SUSHANG TAMANG	BIOTECHNOLOGY	21/BIOT/445	6 th	<i>Sushang</i>
	LISIA SINGPHO	BIOTECHNOLOGY	21/BIOT/409	6 th	<i>Lisia</i>

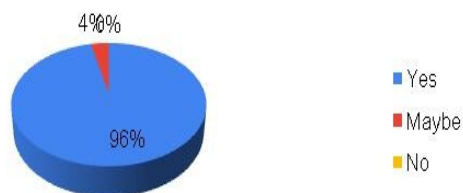
NO.					
	PROM SINPANGBI MANGANG	BIOTECHNOLOGY	22/BIOT/012	4th SEM	S. Sinpangbi
	MALLOVIKA SINGH KHARBHAIH	BIOTECHNOLOGY	22/BIOT/007	4th SEM	Mallovi
	JEWISHA R. MARAK	BIOTECHNOLOGY	22/BIOT/004	4th SEM	J.R. Marak
	BALKAMCHINA K. MARAK	BIOTECHNOLOGY	22/BIOT/001	4th Sem	B.K. Marak
	RISHA DEBBARMA	BIOTECHNOLOGY	22/BIOT/032	4th Sem	Risha Deb
	SREYASHI BHATTACHARJEE	BIOTECHNOLOGY	22/BIOT/019	4th Sem	Sreyashi Bhattacharjee
	RINGLAL TRESSY RANGLONG	BIOTECHNOLOGY	22/BIOT/035	4th Sem	Tressy
NO.					
	ARBANYLLA WAR	BIOTECHNOLOGY	21/BIOT/443	6th	Arbanylla
	ASHAKIRAN D. RAI	BIOTECHNOLOGY	21/BIOT/446	6th	Ashakiran
	MOAMENBA LONGCHAR	BIOTECHNOLOGY	23/BIOT/024	1st	Moamen
	ALARISSA JASMINE SAWIAN	BIOTECHNOLOGY	21/BIOT/401	6th	Alarissa
	DANI MONYA	BIOTECHNOLOGY	21/BIOT/432	6th	Dani Monya
	CHANSIM KASHUNG	BIOTECHNOLOGY	21/BIOT/406	6th	Chansim
NO.					
	MD RUHAN TANZIL	BIOTECH	23/BIOT/005	First	Md Ruhan Tanzil
	NASEEM MAWLONG	BIOCHEM	23/BIOC/006	FIRST	Naseem
	IBASHISHAM YNSONG	BIOCHEM	23/BIOC/013	FIRST	I. Mynsong
	HANDAKA PAIA MANAR	BIOCHEM	23/BIOC/008	FIRST	Handaka
	EMIDAKA SUMER	BIOCHEM	23/BIOC/021	FIRST	Emidaka
	B. EMILY JANE T. LYNGDOH	ZOOLOGY	22/ZOO/005	FOURTH	B. Lyngdoh
	SITA CHETTRI	CHEMISTRY	22/CHEM/010	FOURTH	Sita

Feedback from the Students

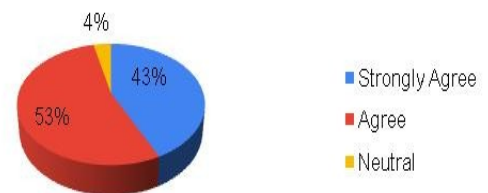
Feedbacks from participants were overwhelmingly positive, with many expressing gratitude for the opportunity to learn new coping skills and connect with others who share similar experience.

Out of the 28 students who participated for this workshop, a ll 28 responses were received through Google form. The analysis is depicted below: [click here for data](#).

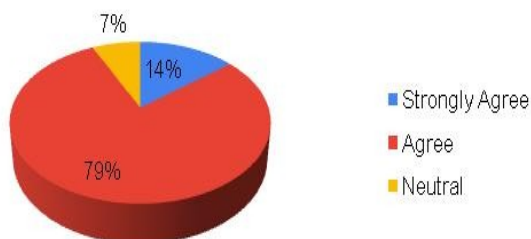
Did the workshop help you gain a better understanding of mental health issues?



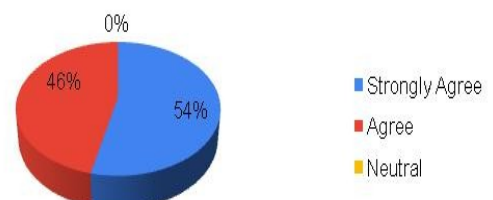
Were the topics covered in the workshop relevant to your needs and interests?



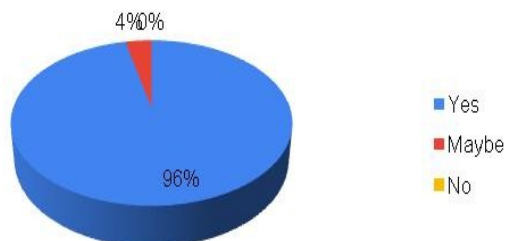
Was the pace of the workshop appropriate?



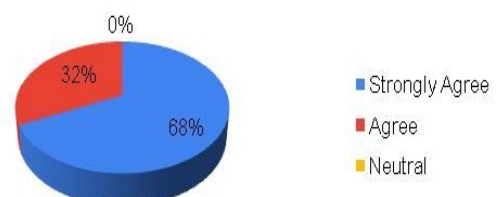
Was the workshop content presented clearly and effectively?



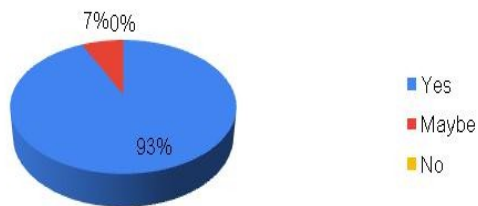
Did you find the workshop to be engaging and informative?



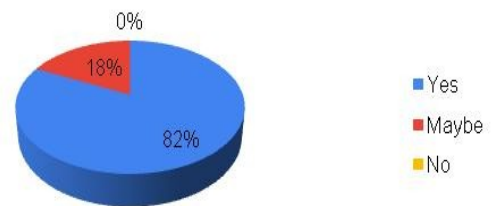
Was the Resource Person knowledgeable and approachable?



Did the workshop provide you with useful strategies for managing mental health issues



Will you be interested in another Workshop on Mental Health Issues?



Some of the **SUGGESTIONS/COMMENTS** for the overall experience of the students about the workshop are listed below:

“Mental Health issues are quite hard to talk about especially in a room full of people so if those conversations could be held in a more secretive environment, it'll be helpful”

“For another workshop I would suggest to talk more on the topics which are more related to our youth engaging activities like which are the problems affecting their mental health. And also to talk more on how to deal with anger outbursts”.

“It would be great if the workshop could go on for longer”

“The timings of the event”

“Maybe to integrate a Q/A session at the end of the workshon”

“I would suggest to organize this type of workshop in a bigger place so that we can invite more people to join”.

“I guess instead of more ppt if there will be more of an interaction between resource person and students”.

Brochure/ Geo-tagged Photos

