

2022

# Interactive Session on Mental Health



Shillong, Meghalaya, India

St. Edmund's College, Shillong

17/10/22 12:58 PM

Organized by:

Composite Regional Centre Shillong  
Meghalaya, in collaboration with the  
Department of Social Work-PG, St.  
Edmund's College, Shillong

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## Introduction

To mark the observance of World Mental Health Month 2022, the Composite Regional Centre for Skill Development, Rehabilitation and Empowerment of Persons with Disabilities (CRC-Shillong), Meghalaya, in collaboration with the Department of Social Work-PG, St. Edmund's College, Shillong, organized an interactive session for the third semester MSW students on 17th October 2022. This programme focused on the Mental Health Day 2022 theme 'Make Mental Health & Well-being a Global Priority' since mental health has become a pressing matter in our society today.

The welcome address was given by Ms. Ainamlin Dkhar, Assistant Professor, Department of Social Work-PG, St. Edmund's College, Shillong and she also introduced the resource persons of the day.



## Programme Schedule

Sl. No.	Technical Session	Resource Person
1	Mental health & Wellbeing for youth	Ms. Pranami Barua, Assistant Professor, Clinical Psychology, CRC-Shillong
2	Life Skills & Leadership for youth	Mr. Ram Shakal Sahani, Officer In-Charge, CRC-Shillong

## Technical Session 1: Mental health & Wellbeing for youth

The first session was presented by Ms. Pranami Barua, Assistant Professor, Clinical Psychology, CRC-Shillong. In her opinion, Mental Health is a term that is used frequently and arises because there is a great deal of family pressure, relationship pressure, peer pressure, financial issues, a lack of self-esteem, or a lack of self-respect. It is recommended

that people who feel stressed go on outings with friends, go to the gym, perform some exercises, and engage in activities that make them happy.

In mental health, individuals are in a state of well-being in which they realize their own potential, are capable of dealing with the normal stresses of daily life, are capable of working productively and fruitfully, and are capable of contributing to the community. The resource person said that 1 in 10 young people experienced mental health problems such as depression, anxiety disorder, eating disorders, psychosis or bipolar disorders. Furthermore, Ma'am Pranami highlighted schizophrenia and addiction as the most common mental health problems.



If students are experiencing depression, she encourages them to seek help from someone they trust, such as their parents, teachers, friends or loved ones. It was also suggested that if someone wanted to talk with them urgently, they should spare their time talking to them since maybe they might be depressed.

Before concluding the session, she outlined eight ways to achieve well-being:

1. **Talking:** being open with people they trust about their feelings.
2. **Exercising:** taking care of one's body, playing sports, and eating a healthy diet.
3. **Calming:** trying meditation, good sleep habits like turning their phone off early
4. **Learning:** a new skill is a great way to gain confidence.
5. **Relating:** spending time with the people they care about.

6. **Contributing:** helping others or contributing to causes they believe in.
7. **Creating:** expressing themselves creatively e.g. music, art, drama, writing
8. **Congratulating:** being kind to themselves, or listing the qualities they value in themselves.

## Technical Session 2: Life Skills & Leadership for youth

During technical session 2, the resource person was Mr. Ram Shakal Sahani, Officer In-charge of CRC-Shillong. His presentation focused on leadership and skill development training that will enhance the students' abilities and increase their confidence in their future endeavors. Moreover, the resource person explained that a leader is a person who leads or guides, who is responsible for directing others, who leads a political party or organization, and who possesses influence or power, especially political influence.



In addition, the resource person ensures students understand how a boss differs from a leader, as this differentiation will help them determine what type of person they would like to become in the future. According to him, a leader leads people through their influence and charisma rather than through authority, whereas a boss may or may not be a leader, despite holding authority and a position of power.

It is significant that this session is being held, as it focuses on the importance of leadership, such as the importance of initiating action, motivating, providing guidance, building confidence, coordinating, and planning effectively.

## **Conclusion**

A global campaign has been launched by the World Health Organization to promote mental health and well-being for all. As a result, people with mental health conditions, advocacy groups, governments, employers, employees, and other stakeholders had the opportunity to come together in recognition of the progress that has been made in this area and to express what is needed to ensure Mental Health & Well-Being becomes a global priority.


It was a very effective interactive session and will certainly contribute to the Sustainable Development Goal 3, which focuses on good health and well-being for all.

## Annexure

### Annexure 1: Event Poster


**World Mental Health Month**


**Interactive Session**



**Theme:**  
**'Make Mental Health & Well-being a Global Priority'**

**Organized by Composite Regional Centre for Skill Development, Rehabilitation and Empowerment of Persons with Disabilities (CRC-Shillong), Meghalaya**

<b>DATE</b>	<b>VENUE</b>	
17 October 2022	St. Edmund's College, Shillong	

 In collaboration with  
Department of Social Work-PG (MSW)  
St. Edmund's College

## Annexure 2: List of Participants

Sl. No.	Roll No.	NAME
1.	21STEMSW001	Aditya Bahadur
2.	21STEMSW003	Amika Marwein
3.	21STEMSW004	Charemiki Diengdoh
4.	21STEMSW005	Chongdeinieng Changsan
5.	21STEMSW006	Dakermika Sweety Shylla
6.	21STEMSW007	Daphiwanpli Shadap
7.	21STEMSW008	Darihun Lyngdoh
8.	21STEMSW010	Deimayami suchiang
9.	21STEMSW011	Evanzara L. Marshillong
10	21STEMSW013	Gracefulness Dkhar
11	21STEMSW014	Ibansara Syiemlieh
12	21STEMSW015	Iumiki Sayoo
13	21STEMSW016	Khrawkupar Roywan
14	21STEMSW017	Kunoli I Chishi
15	21STEMSW018	Larisa Nonghyndah
16	21STEMSW019	Lisidora Suting
17	21STEMSW020	Malcolm Manbha Nongsiej
18	21STEMSW021	Martin Michael Nongrum
19	21STEMSW022	Meba Ai Ia I Marwein
20	21STEMSW023	Medokhrienuo Seyie
21	21STEMSW024	Mondayna Shadap
22	21STEMSW025	Movin Rickson R
23	21STEMSW026	Nathan Dondor Langstieh



24	21STEMSW027	Norinda Kshiar
25	21STEMSW028	Nosavinu Ltu
26	21STEMSW029	Priyanka Kangjam
27	21STEMSW030	Pynhunlang Thongni
28	21STEMSW031	Ribanlin Lyngdoh
29	21STEMSW032	Richard W Susngi
30	21STEMSW033	Shyamsa R marak
31	21STEMSW034	Sonia Paslein
32	21STEMSW035	Suiyidaule
33	21STEMSW036	Sukkynjai Syiem
34	21STEMSW037	Tage Sumpi
35	21STEMSW038	Thomson N Sangma
36	21STEMSW039	Vingosanuo Khatso
37	21STEMSW040	Wilfred Marwein