



## RESEARCH INNOVATION & EXTENSION COMMITTEE

### IQAC, GANC

### Report on World Mental Health Day Observation, 2022

World Mental Health Day observance was organized by Research Innovation & Extension Committee on 10<sup>th</sup> October 2022 for the students on the theme of ‘Making mental health for all a global priority’.



The programme was chaired by Prof. R.Lalnuntluanga and the resource person, Ms. Jane Lalduhchungvi Vanchhawng, Clinical Psychologist, Kulikawn Hospital addressed the gathering on the impact of mental health and stated, “Everyone knows to deal well with success, but we don’t teach individuals how to cope with failure. Hence, we must hope for the best but be prepared for the worst and this should be our motto.” She also spoke about the widespread cause of mental disorder around the world. She said that lack of awareness, fear of stigma and discrimination and, lack of financial resources are the main reasons mental disorders remain undertreated. She also spoke on biological, social and psychological impact on mental health and the need to connect, function, cope and thrive to have a sound mind.

A bulletin board prepared by the students pertaining to the theme was put on display.

