

ICFAI University Meghalaya, Tura Organized Successful Awareness Program on World Mental Health Day 2023

The NSS ICFAI Unit in Collaboration with the Allied Departments of the ICFAI University Meghalaya, Tura proudly hosted an exciting and informative awareness event in celebration of World Mental Health Day 2023. The event, which took place on the 10th October, 2023 at IUM, Tura Campus, brought together faculty, students, and distinguished speakers for a day full of stimulating conversations and events. The ICFAI University Meghalaya, Tura proudly hosted a dynamic and informative awareness program in honour of World Mental Health Day 2023.

In alignment with the global theme of '**Mental Health is a Universal Human Right**', the program aimed at providing a platform for students, community, and staff members to expand their knowledge and understanding and breaking down the stigma surrounding mental health and gain valuable insights from experts in the field. It also aimed to provide an opportunity for duty-bearers, and policymakers working on mental health issues to exchange information on ongoing initiatives, their experiences, and lessons learnt to make mental health policies and services responsive to the needs of the community.

Smt. Karishma Dahal was the Master of Ceremony of the event which commenced with a Welcome Address by Smt. Stacy D Sangma, Academic Coordinator, IUM Tura followed by Keynote address by **Dr. Lindsay Murray M. Sangma**, Asstt. Prof & HOD, Dept. of MSW, introduction of Speakers addresses by Smt. **Rikchina R Marak**, Program Officer, NSS, **Dr Brenda D Marak**, Asstt. Prof., Dept. Of Management, Expert talk by **Smt. Balmuri K Marak**, Dy. Controller of Examination, MBOSE & Consultant Psychological Counsellor and **Dr Steve Cherak R. Marak**, Senior Medical & Health Officer, MD, Psychiatrist, Williamnagar, Civil Hospital, who emphasized the significance of addressing mental health challenges and promoting a more equitable society on the topic entitled “Mental Health Problems among the Youths of Meghalaya and their interventions” and “Myths & Facts related to Mental Health Issues in our Society” respectively. The program ended with the vote of thanks proposed by **Dr Kanika Das, Asstt. Prof, Department of Education.**

Throughout the day, students had the opportunity to engage in a series of thought-provoking sessions, including panel discussions, and core presentations by mental health experts. These gatherings provided valuable insights into understanding mental health disparities and strategies for promoting mental well-being among individuals from diverse backgrounds.

In addition to the informative sessions, the program also included interactive activities role play, and mindfulness exercises and activities aimed at promoting self-care and stress management. Participants had the opportunity to engage in open dialogues, sharing their own experiences and insights on mental health.

The event's success was attributed to the dedication of the organizing committee, led by Dr. Lindsay Sangma, Assistant. Prof & HOD, Dept. of Social Work, **Dr. Kanika Das**, Assistant. Prof, Dept. of

Education and Smt. Rikchina Marak, Program Officer, NSS ICFAI Unit, Tura, as well as the active participation of students, faculty, and staff. The university's commitment to promoting mental health awareness was evident throughout the program.

As the day ended, attendees left with a deeper understanding of the importance of addressing mental health disparities and promoting equitable access to mental health resources. The program served as a reminder that mental health is a universal concern that transcends boundaries and deserves our collective attention.

ICFAI University Meghalaya, Tura remains devoted in its commitment to creating a supportive and inclusive environment where mental health is prioritized, and individuals from all backgrounds can thrive.





