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DEVELOPMENT

## ICFAI University in Tura marks World Mental Health Day 2023 with informative awareness program

By Hub Network October 10, 2023  0  183



**Tura, Oct 10:** The NSS unit of ICFAI University, Tura, hosted an informative awareness event to mark the World Mental Health Day 2023. The event, which took place on Tuesday at ICFAI's Tura Campus, brought together faculty, students, and distinguished speakers for a day full of stimulating conversations and events.



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.



The Program commenced with a welcome address by Academic Coordinator, ICFAI University, Tura, followed by Keynote address by Dr. Lindsay M. Sangma, Asstt. Prof & HOD, Dept. of MSW, introduction of Speakers addresses by Rikchina R Marak, Program Officer, NSS, Dr Brenda D Marak, Asstt. Prof., Dept. of Management, expert talk by 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.

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 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 program served as a reminder that mental health is a universal concern that transcends boundaries and deserves our collective attention.

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## Tura ICFAI University World Mental Health Day ko manianga

Gisikni neng-nikaniko man-enggipa manderangna namgipa ku-pattiani aro dakchakna nanggnigipa kamrangko mikkangchi ka-angnagitaba University ni gita ja-kurangko de-angkugen ineba parakatangaha.

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NSS ICFAI Unit aro ICFAI University Meghalaya (IUM), Tura apsan bakrimaniko dake da al salni bakko IUM, Tura Campus o World Mental Health Day ko maniangan baksas gisiknigita neng-nikaniki bidingo awareness program koba ong-atangaha. Ia manianio University o kam ka-giparang, chatro chatrirang aro adita niksenggipa dilgiparang gisik nangbee bakko ra-angtokaha.

Ia manianiko “Mental Health is a Universal Human Rights” katta bichongo pangchake ong-ate gisiknigita sinjetaniko man-gipa manderangni gimin aro uamangko maikai nambate ma-sichake dakchakaniko on-a man-anii bidingo agantalate on-angaha. Dingtang dingtang gisikni neng-nikaniki bidingo mikkangchi namgipa ja-kurangko de-nagita dilgiparang nambate u-i ma-sie ra-e nangchongmotgipa niarmrangko ra-gate songsulni manderangna mikrakataniko ra-bana ia program o chanchirimangaha.

Ia program o rimchaksoani kattarangko IUM Tura ni Academic Coordinator aganangan baksana tom-aniko a-bachengatna Asstt. Prof aro MSW Dept. ni HOD Dr. Lindsay M. Sangma aganangaha. Unbasksana NSS ni Program Officer Rikchina R. Marak, Management Dept. ni Asst. Prof. Dr Brenda D. Marak, Dy. Controller of Examination, MBOSE & Consultant Psychological Counsellor Balmuri K. Marak aro Williamnagar, Civil Hospital ni Senior Medical & Health Officer, MD, Psychiatrist Dr. Steve Cherak R. Marak program o bak ra-e Meghalaya a-dokni chadamberangko gisiknigita neng-nikanirangoni naljokatnagita aro dakna nanggipa kamrangni bidingo agantalate on-angaha. Program ko matchotatnagita mittelpilskaani kattarangko Education Department ni Asstt. Prof. Dr. Kanika Das bon-kame aganangskaha.

World Mental Health Day ko manianio dingtangmancha chatro chatrirang gisiknigita sinjetani aro neng-nikaniki ja-pangrangko ma-sie ra-nagita changgipa sapgipa skigiparangoniko skie ra-anii cholrangko man-angaha. Ia programo bak ra-giparang an-tangtangni chanchianiko aro u-ipiga kattarangkoba saksa sakkipin baksas golporime namgipa ku-pattianirangko ma-sie ra-na man-angtokaha. Gisikni neng-nikaniko man-enggipa manderangna namgipa ku-pattiani aro dakchakna nanggnigipa kamrangko mikkangchi ka-angnagitaba University ni gita ja-kurangko de-angkugen ineba parakatangaha.

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