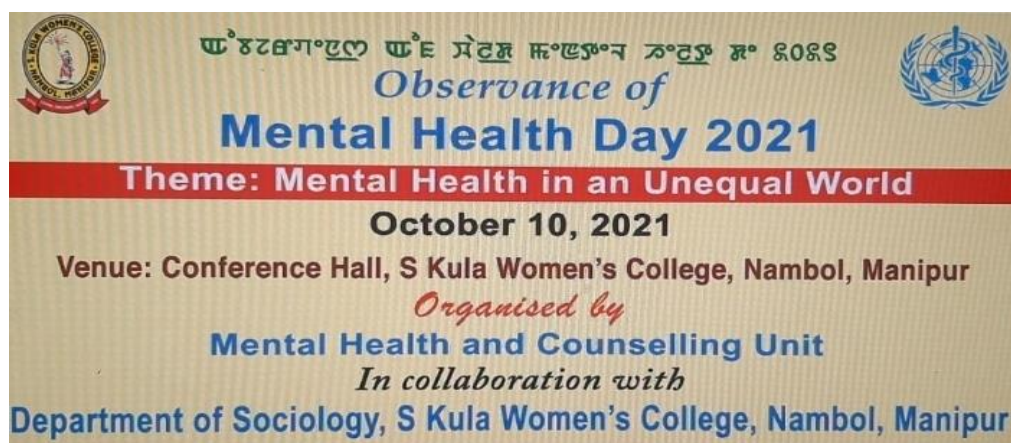


Activity Report

Observance of World Mental Health Day 2021

Held on October 10, 2021

At the Conference Hall, S.Kula Women's College, Nambol, Manipur.



The World mental health day 2021 was held on 10th October, 2021 at Conference Hall, S.Kula Women's College, Nambol at 12: 30 p.m. The programme was organized by Mental Health and Counselling Unit, S. Kula Women's College, Nambol in collaboration with Department of Sociology, S. Kula Women's College, Nambol, Manipur. The function commenced with the felicitation of the dignitaries with 'lengyan phi' by N. Urmila Devi, Assistant Professor, Department of Sociology and Binapani Chingtham, Assistant

Professor, Department of Biotechnology, S. Kula Women's College. The very programme was conducted by S. Chanu Shreela Devi, Assistant Professor, Department of Home Science, S. Kula Women's College. Then they welcome



address was delivered by Ch. Ritu Devi Assistant Professor, Department of Home Science, S. Kula Women's College, Nambol.

Just after the welcome address, the inaugural Lamp was lighted by the VIPs namely Dr. R. K Lenin Singh, Professor and Head, Department of Clinical Psychology, Regional Institute of Medical Sciences Imphal who graced the function as Chief Guest; Dr. S. Bhogendra Singh Head Department of Sociology, S. Kula Women's College, Nambol, as Guest of Honour and Dr. W. Robindro Singh, Principal, S. Kula Women's



College, Nambol, as President respectively. As per the schedule time in the invitation card Dr. S. Bhogendra Singh Head Department of Sociology, S. Kula Women's College, Nambol, gave the Keynote address about the observance. He highlighted the importance of mental health in the overall health of an individual in the society. Next, the Chief Guest of the function, Dr. R. K



Lenin Singh, Professor and Head, Department of Clinical Psychology, Regional Institute of Medical Sciences, Imphal highlighted about the World Mental Health Day and imparted his valuable knowledge about mental health and how to improve the mental health of an individual and the society at large.





Then, Dr. W. Robindro Singh, Principal, S. Kula Women’s College, Nambol, gave his presidential speech. During the speech Dr. W. Robindro Singh highlighted that the love and respect among individuals, helping to others and living together in the society is essential to bring about peace and harmony in the society.

The programme was attended by about 35-40 faculty members of our college.

Just after, the presidential speech an interaction programme about mental health was conducted. During the interaction programme firstly, Ch. Ritu Devi, Assistant Professor, Department of Home Science, S. Kula Women’s College, Nambol, asked a question to Dr. R.K. Lenin Singh about how to cope with family members inflicted with dementia and



management of dementia available the present day society. Then the second query was raised by Binapani Chingtham Assistant Professor, Department of Biotechnology, S. Kula Women’s College, Nambol about how to effectively handle challenges

faced by a parent while raising children entering adolescent period. Thirdly, K. Brajagopal Singh, Head, Department of Commerce, a query about the Obsessive Compulsive Disorder (OCD) that have seen happen in his neighbour. Dr. R.K. Lenin Singh responded to the respective queries with appropriate examples



accordingly and the interactive session was a very fruitful session to all the participants.



The programme concluded with a vote of thanks by Dr. Ishwori Laitonjam, Assistant Professor, Department of Biotechnology, S. Kula Women's College, followed by high tea.

Group photo



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