

REPORT ON MENTAL HEALTH AWARENESS CAMPAIGN

(Mental Health Awareness Workshop & Interaction)

Date: 13th October, 2026

Venue: CAPF's Composite Hospital, BSF, Durtlang, Aizawl

A training workshop on Mental Health was conducted at 13 October 2026 at 10:00 AM. The workshop was organised to provide information on mental health, life skills, stress management, suicide prevention, and psychological assessment. The programme included awareness sessions and a clinical session.

The following personnel attended the Mental Health Awareness Workshop & Interaction:

From the District Mental Health Programme (DMHP)

1. Dr Robert L. Khawhring, MD (Psychiatry), DD (P), State Nodal officer (Mental health)

From TeleMANAS

1. Lalsangpuia (Psychiatric Social worker)
2. Lalremsangi Khiangte (Clinical Psychologist)
3. H.Lalnunsangi (Counsellor)
4. Vanlalpeka (Counsellor)
5. V. Laldinthari (Counsellor)

Proceedings of the Workshop

The programme was divided into three sessions, covering mental health awareness, stress management and suicide prevention, followed by a clinical session.

First Session: Mental Health and Life Skills

The first session covered Mental Health and Life Skills, including time management and priority setting. The session aimed to improve participants' understanding of mental health emphasizing its importance in maintaining overall well-being and managing daily responsibilities. The resource persons listed for this session were Dr. Robert L. Khawhring and H. Lalnunsangi.

Second Session: Stress Management and Suicide Prevention

The second session focused on the prevention of stress and coping with stress, as well as suicide prevention. The resource persons listed were Vanlalpeka and Lalsangpuia.

Third Session: Clinical Session and Psychological Tests

The third session was a clinical session covering stress tests and other psychological tests. The programme specifically listed the MSE and MMSE. The resource persons were Lalremsangi Khiangte and V. Laldinthari and the Mental Health Team.

Conclusion

The workshop programme brought together key areas of mental health awareness, life skills, stress management, suicide prevention and psychological assessment. The participants were encouraged to develop a better understanding of mental health; learn practical life skills such as time management and priority setting and adopt healthy coping strategies for managing stress. A suicide prevention pledge was also administered to promote awareness towards suicide prevention. The combination of awareness sessions and a clinical session provided a structured opportunity to address these topics. The programme was attended by approximately 60 participants.

At the conclusion of the programme, a photo session was held with the staff and resource persons.





