

A One-Day Awareness Program for on "Identifying the Early Signs of Mental Health Issues among the Students and Promoting Positive Mental Wellbeing"

Date: 1st April 2025



The ICFAI University, Sikkim, organized *a one-day awareness program for its faculties on "Identifying the Early Signs of Mental Health Issues in Students and Promoting Positive Mental Wellbeing."* The session was conducted by **Dr. Archana Chettri, Clinical Psychologist, Department of Psychiatry, STNM Hospital**. The primary objective of this program was to equip faculty members with the knowledge and skills to recognize early signs of mental health issues in students and promote a supportive learning environment.

The session commenced with a warm welcome by Dr. Khina Maya Rimal, Dean (Academics), who greeted Dr. Archana Chettri with a traditional Khada and a Diary as a token of appreciation. Ms. Sandhya R Pant, Deputy Registrar, was also present to grace the occasion. The event witnessed active participation from faculty members across various departments, emphasizing the university's commitment to students' mental well-being.

Key Topics Covered in the Awareness Program

Dr. Archana Chettri delivered an insightful and interactive session covering crucial aspects of mental health awareness, including:

- Understanding Mental Health and Wellbeing
- Importance of mental well-being for students
- Recognizing Early Signs of Mental Health Issues
- Behavioural and emotional changes in students
- Signs of stress, anxiety, and depression
- Role of Faculty in Mental Health Support
- Building a supportive classroom environment
- Identifying students at risk and offering initial support
- Encouraging open conversations about mental health
- Coping Strategies and Stress Management
- Encouraging students to seek professional help
- Referral and Professional Help
- When and how to refer students for psychological support
- Collaboration between faculty and counselling services

The awareness program successfully equipped faculty members with essential knowledge and practical strategies to identify and address mental health issues in students. The ICFAI University, Sikkim, remains committed to fostering a healthy and supportive academic environment. The session concluded with a vote of thanks to Dr. Archana Chettri for her invaluable contribution to this vital cause.