

The ICFAI University, Sikkim Conducts SDP Workshop across 19 Government Schools for Social Awareness



Date: 19th November 2025

Place: Gangtok, Sikkim

The ICFAI University, Sikkim has successfully organized a Social Development Program (SDP) across 19 Government Senior Secondary Schools in Sikkim. The main purpose of this program was to create awareness among school students about two very important issues Cyber Crime and Mental Health & Wellness.

These 19 Government Senior Secondary Schools are located mostly in the rural areas of Sikkim, where creating awareness on cyber safety and mental well-being is very important for the protection, education, and future growth of young students.

The University is grateful to the **Education Department, Government of Sikkim** for granting permission to conduct this outreach program. Their support made it possible to reach the students across the state and carry forward this important social cause.

The workshop was led by our dedicated and highly qualified doctorate faculty members. The sessions were designed to help students understand new challenges in today's fast-growing digital world.

The keynote session on Cyber Crime Awareness was delivered by Dr. L. P. Sharma, Scientist-G cum Deputy Director General, National Informatics Centre (NIC), and Government of India. He guided students on safe internet usage, identifying online fraud, and ways to remain protected from cyber criminals. As digital usage increases even in rural Sikkim, youngsters are more exposed to cyber risks. This awareness is essential to prevent misuse of technology.

The Keynote Address on Mental Health and Wellness was delivered by Ms. Neeru Grover. She highlighted that many students face stress, anxiety, peer pressure, and emotional challenges. Mental health concerns are rising in Sikkim, especially among adolescents. She encouraged students to communicate openly and seek help when they feel burdened mentally or emotionally.

Additionally, **Ms. Soumya Shukla from Heartfulness Centre, Gangtok** delivered a special session on Stress Management. She discussed practical relaxation techniques, positive thinking, and the importance of balanced lifestyle choices for students. Her session helped students understand how mindfulness and self-care can improve focus and reduce anxiety in day-to-day life.

This meaningful initiative was guided and encouraged by **Dr. Jagannath Patnaik, Honourable Vice Chancellor, and The ICFAI University Sikkim**. He emphasized that the University is committed to not only providing quality education but also contributing to social responsibility and community development through such impactful programs.

The ICFAI University, Sikkim sincerely thanks all Principals, teachers, and students for their cooperation and enthusiastic participation. The University aims to continue such outreach initiatives to empower students and support the welfare of society in Sikkim.