

## Report on Seminar on Mental Health for College Students

**Date:** 1<sup>st</sup> September, 2022

**Venue:** Home Science Building, Govt. Zirtiri Residential Science College

**Resource Person:** Dr. Lalremruati, Clinical Psychologist

Associate Professor

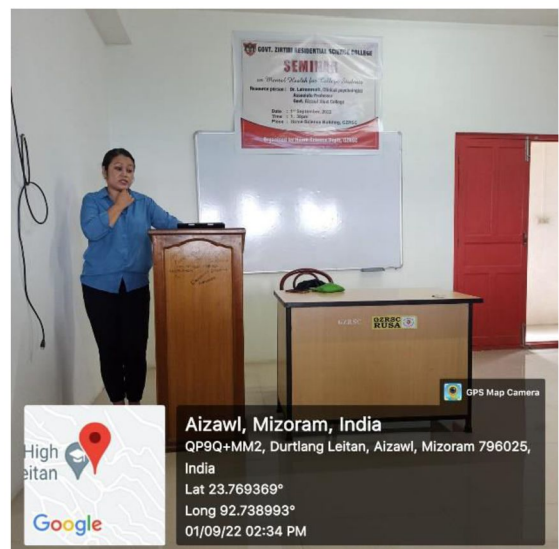
Govt. Aizawl West College

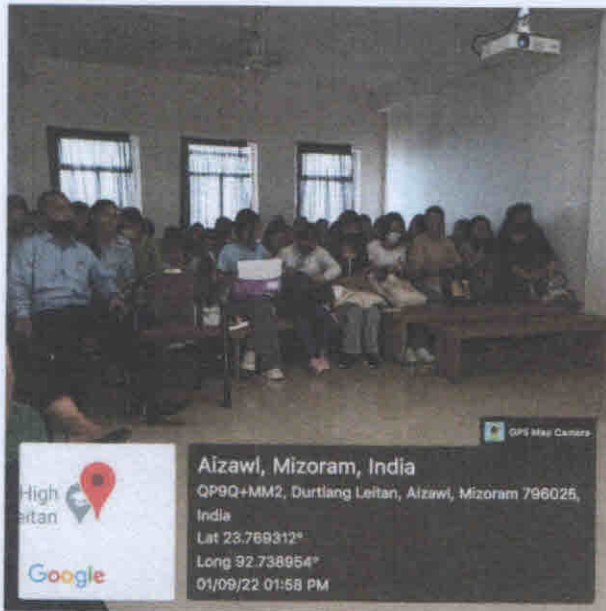
**Organizers:** Department of Home Science, GZRSC

**No of participants:** 63 students

Seminar on Mental Health for College Students was organized by the Department of Home Science for I, III and V semester B.Sc. Home Science students. The resource person for the Seminar was Dr. Lalremruati, Associate Professor from Govt. Aizawl West College who is also a well-known Clinical Psychologist. The Seminar was hosted by Mrs. lalthanpuui Ralte, who welcomed all the participants and introduced the resource person.

The resource person, Dr Lalremruati addressed important mental health issues such as stress, anxiety, substance abuse, depression, suicide and self-injurious behaviour. She focussed on life-skills required to deal with such issues and demonstrated simple exercises to help cope with stress. She also discussed the importance of self-acceptance, time management, humour and laughter, participation in social activities and meditation and prayer in maintaining our mental health. At the end of the presentation there was an interactive session in which the students actively participated. The Seminar was organized to help the students cope with the stresses and challenges they face in their daily life, to understand and recognise the symptoms of mental health issues and to seek help if they feel that they cannot cope with their problems on their own.





Seminar on Mental Health for College Students  
Date: 1.9.2022 Time:1:30 PM  
I Semester Home Science, GZRSC  
Attendance Sheet

Sl. No.	ROLL NO.	NAME	SIGNATURE
1	2017BH001	C. LALCHHAWM	
2	2017BH002	C. LALRUATOKH	
3	2017BH003	C. LALRUATOKH	
4	2017BH004	CELINE VANLALHBAI	
5	2017BH005	CHRISTY LALRUPUI	
6	2017BH006	F. MALSAYWANGHAI	
7	2017BH007	LALWAMPUI	
8	2017BH008	LALCHHANHMA	
9	2017BH009	LALRUATPUI	
10	2017BH010	LALMUNAWAB KHATE	
11	2017BH011	LALMUNHOM	
12	2017BH012	LALRUOKI RALTE	
13	2017BH013	LALRUATKAR	
14	2017BH014	MARY LALWAMPUI	
15	2017BH015	RAMTHANGHUM	
16	2017BH016	ROSY VANLALHBAI	
17	2017BH017	VANRAMMAWE	

Seminar on Mental Health for College Students  
Date: 1.9.2022 Time:1:30 PM  
III Semester Home Science, GZRSC  
Attendance Sheet

Sl. No.	ROLL NO.	NAME	SIGNATURE
1	2107BH001	ANGELINA F ZOTHAMOMI	
2	2107BH002	CORDELIA LALRUATSANGI	
3	2107BH004	GRACY LALRUATHARI	
4	2107BH005	IBRAEL RAZANGHARTHEKENG	
5	2107BH006	LALRUPUI	
6	2107BH007	LALMUNSANGI	
7	2107BH008	MALSAYWANGHAI	
8	2107BH009	MARY LALMUNFELI	
9	2107BH011	R. MALSAYWANGHAI	
10	2107BH012	S. LALCHHANHMA	
11	2107BH013	T. VANLALRUATI	
12	2107BH014	VANLALHONGHAI	
13	2107BH015	V. L. HERTHANGI HRAHCEL	

Workshop on Career Guidance for Home Science Students  
Date: 26.10.2022 Time:1:00 PM  
V Semester Home Science, GZRSC  
Attendance Sheet

Sl. No.	ROLL NO.	NAME	SIGNATURE
1	2007BH001	WINDHOMI	
2	2007BH002	C. LALRUATOKH	
3	2007BH003	C. LALRUATOKH	
4	2007BH004	CHRISTY LALRUATPUI	
5	2007BH005	IBRAEL RAZANGHARTHEKENG	
6	2007BH006	MARY LALRUATPUI	
7	2007BH007	ROSY VANLALHBAI	
8	2007BH008	V. LALRUATOKH	
9	2007BH009	VANLALRUATI	
10	2007BH010	WINDHOMI	
11	2007BH011	LALRUATOKH	
12	2007BH012	LALRUATOKH	
13	2007BH013	LALRUATOKH	
14	2007BH014	LALRUATOKH	
15	2007BH015	LALRUATOKH	
16	2007BH016	LALRUATOKH	
17	2007BH017	LALRUATOKH	
18	2007BH018	LALRUATOKH	
19	2007BH019	LALRUATOKH	
20	2007BH020	LALRUATOKH	
21	2007BH021	LALRUATOKH	
22	2007BH022	LALRUATOKH	
23	2007BH023	LALRUATOKH	
24	2007BH024	LALRUATOKH	
25	2007BH025	LALRUATOKH	
26	2007BH026	LALRUATOKH	
27	2007BH027	LALRUATOKH	
28	2007BH028	LALRUATOKH	
29	2007BH029	LALRUATOKH	
30	2007BH030	LALRUATOKH	
31	2007BH031	LALRUATOKH	
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33	2007BH033	LALRUATOKH	
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38	2007BH038	LALRUATOKH	
39	2007BH039	LALRUATOKH	
40	2007BH040	LALRUATOKH	
41	2007BH041	LALRUATOKH	
42	2007BH042	LALRUATOKH	
43	2007BH043	LALRUATOKH	
44	2007BH044	LALRUATOKH	
45	2007BH045	LALRUATOKH	
46	2007BH046	LALRUATOKH	
47	2007BH047	LALRUATOKH	
48	2007BH048	LALRUATOKH	
49	2007BH049	LALRUATOKH	
50	2007BH050	LALRUATOKH	

*[Signature]*  
Principal  
Govt. Zirtiri Residential Science College  
Aizawl : Mizoram