

SEMINAR ON MENTAL HEALTH & STRESS MANAGEMENT

Jointly Organised by:

National Tobacco Control Programme, Mizoram

& Dept. of Computer Science GZRSC

Resource Person:

- 1) Dr.C Lalremruati
- 2) Dr Zohmingsanga

Email: smokefreemizoram@gmail.com

Number of Students Present: 60

Number of Faculty Present: 5

Venue: Seminar Hall, Ramthar Campus

Short Report:

The seminar was chaired by Sir C Lalrinawma, he gave introduction of the faculties and the student. He then called the first resource person Dr C Lalremruati. She talked about mental health and what can affect our mental health.

Global Adult Tobacco Survey(GATS)

The Global Adult Tobacco Survey which was held during 2009-2010 shows that Mizoram state has 65% of tobacco users and stood the highest among the states of India. A second survey was held during 2016-2017. This time the statistics decline to 59%, and stood second next to Tripura. Next survey is yet to analyse and the resource person request all the students not to try any of tobacco product as it is very harmful for health. From the second survey, it was estimated that about 4,35,087 (58.7%) adult of above 15 years consume tobacco product. About 1,26,610 (29.1%) smoke cigarette and it was calculated that their monthly expenses is Rs. 712.60 monthly. About 6,526 (1.5%) smoked local cigarette and their monthly expenses is calculated as Rs.256.10. Total monthly expenditure is calculated as Rs. 918,93,845, which come to Rs. 1102,726,140 a year.

Global Youth Tobacco Survey(GYTS) was explained and she talked about some of the statistics. The former governor Mr. Kannan Gopinathan was also very interested and with his initiatives, a survey was conducted. She talked about **Main Provision of COTPA 2003** and punishment for consuming tobacco. Some GATEWAY DRUGS are as follows:

Tobacco, Alcohol, Ganja, Heroin, No 4, Injecting Drugs.

Mental Health(WHO)

Yesterday was World Mental Health Day. She explained the meaning of Mental Health.

WHO has spent over \$1 Trillion on Mental Health. In India, WHO has estimated \$1.03trillion economic loss from 2012 till 2030.

Why Mental Health?

If we do not have a healthy mentality, we cannot be what we are. Mental health problem is increasing in today's world. Stress is also a factor which can affect mental health. If stress is managed at proper time, it can lead to serious mental problem. Life skill is also very important in order to have an active and energetic life.

10 Core of Life Skills:

- 1) Self Awareness.
- 2) Empathy.
- 3) Critical Thinking.
- 4) Creative Thinking.
- 5) Decision making.
- 6) Problem Solving.
- 7) Effective Communication.
- 8) Interpersonal relationship.
- 9) Coping with emotion.
- 10) Coping with stress.

10 core of life skills are very important to have good connection with others. Empathy and Self Awareness is the main key to life skills.

Growth Mindset

What we hear is very important to have a good mindset. It is best not to gossip on people's matter and talk more about culture and current affairs.

Happy Brain Chemicals:

- 1) DOPAMINE
- 2) SEROTONIN
- 3) OXYTOCIN
- 4) ECDORPHINS

The above chemicals are some of the medicine to have a happy brain.

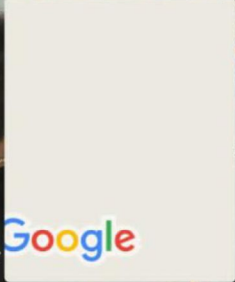
The next session was handed over to Dr Zohmingsanga. He talked about HIV and its victims. He also talked about the precaution and the difficulty faced by its victims. ART Centre is available at different places where the patients can take medicines and take counselling. If the HIV has achieved Target not Detected (TND) stage, they are not harmful and cannot spread the virus to others. But they cannot donate blood. He then encouraged the student to have a blood to know themselves better in order to stop the spread. The meeting was ended by a vote of thank by Sir Lalhrui Luanga, assistant professor, Dept. of Computer Science.

Seminar Pictures:





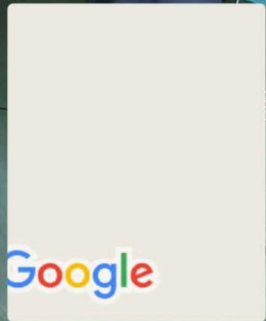
GPS Map Camera



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