

GOVT. HRANGBANA COLLEGE
DEPT. OF PSYCHOLOGY
 (Mental Health Webinar Series, No.2)

*"Let's break the stigma against
 Mental Health"*
 17th October, 2020
 8.00 PM

- Speakers :
1. Mrs. Malsawmtluangi (Lecturer, Women Polytechnic, Aizawl)
 2. Mr. C. Lalruatsanga (CEO, Bio-Nest, MZU)
 3. Mr. Vanlalthruazela (Former SU, GHBC)



GOVT. HRANGBANA COLLEGE
DEPARTMENT OF PSYCHOLOGY
 Mental Health Webinar Series#5

**"MINDFULNESS AND
 SELF CARE"**

with: **Fr. Emmanuel Ralte, CSC**

Saturday, November 14, 2020, 8:00 p.m.
 Connect with us on Zoom
THE WEBINAR IS OPEN FOR ALL.

GOVT. HRANGBANA COLLEGE
DEPT. OF PSYCHOLOGY
 (Mental Health Webinar Series, No. 3)

"Social Media & The Law"
Impact on Mental Health
 24th Oct, 2020, 2.00 PM

Social Media could get you on the wrong side of the law
 Be careful what you read & post in social media



Speaker
T. Lalnunsiana
 Advocate
 Former SU, GHBC

LET'S TALK ABOUT.....

social
 media
 &&&
 mental
 health



GOVT. HRANGBANA COLLEGE
 AIZAWL, MIZORAM
 DEPARTMENT OF PSYCHOLOGY

Mental Health Webinar Series #4
 Topic
*"Life Skills: Importance in the New
 Normal"*

Resource Person:
 Dr Zoengpari, Department of Psychology,
 MZU

Date: 7th November, 2020 (Saturday)
 Time: 8:00pm

Welcome address by Ms. Soibhuputi, HOD,
 Department of Psychology,
 Govt. Hrangbana College.

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GOVT. HRANGBANA COLLEGE
DEPARTMENT OF PSYCHOLOGY
 Presents
Mental Health Webinar Series#6

**"MIND-BODY RELATIONSHIP
 FOR MENTAL HEALTH"**

Speaker: **Prof. Lalhankima Yarte,**
 Department of Psychology, Mizoram
 University

Facilitator: **Dr. P. Lalhmingsangi,**
 Department of Psychology, GHBC

Saturday, November 21, 2020, 9:00 p.m.

Co-ordinator: **Dr. Juliet Lalremmawii Ralte**
 Host: **Dr. Zothanzami** Connect with us on Zoom

THE WEBINAR IS OPEN FOR ALL.

GOVT. HRANGBANA COLLEGE
DEPT. OF PSYCHOLOGY

WORLD MENTAL HEALTH DAY

**MOVE FOR MENTAL HEALTH:
 INCREASED INVESTMENT IN MENTAL
 HEALTH**

RESOURCE PERSON: **MALSAWMTLUANGI** (LECTURER, CHEMISTRY)
 WOMEN POLYTECHNIC, AIZAWL

October 10, 2020
@ 2:00 PM

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**A BRIEF REPORT ON WEBINAR SERIES ON MELTAL HEALTH BY
 DEPARTMENT OF PSYCHOLOGY, GHBC**

The impact of the COVID-19 pandemic on the mental health of populations and mental health systems and services was profound and will likely endure long after the pandemic. In order to address the increased need for mental health services during and after the pandemic, Department of Psychology, GHBC observed mental health month and conducted six (6) series of Mental Health Webinar on various topics and with different Resource persons.

The webinar series were observed are depicted in the table below:

Sl.no	Date	Topic	Resource Persons
1	10 th October,2020	Move For Mental Health: Increased Investment in Mental Health	Mrs. Malsawmtluangi, Lecturer, Women Polytechnic, Aizawl
2	17 th October, 2020	Let's Break the Stigma Against Mental Health	Mrs. Malsawmtluangi, Lecturer, Women Polytechnic, Aizawl Mr. C.Lalruatsanga, CEO,BIO- NEST, MZU) Mr. Vanlalhraizela, Former S.U. GHBC (ALL OF THEM ARE COVID-19 SURVIVOR DURING THE FIRST WAVE OF THE PANDEMIC)
3	24 TH October,2020	Social Media and the Law: Impact on Mental Health	Mr. T. Lalnunsiana, Advocatae, Former S.U
4	7 th . November,2020	Life Skills: Importance in the New Normal	Dr. Zoengpari, Associate Professor,Department of Psychology, Mzu
5	14 th November,2020	Mindfulness and Self Care	Fr. Emmanuel Ralte, CSC
6	22 st November,2020	Mind- Body Relationship for Mental Health	Prof. Lalfamkima Varte, Department of Psychology, MZU

Many people have faced serious challenges to their mental health. Along with the health impacts of the disease, COVID-19 has led to, self and social isolation, disconnection from family and friends, quarantine and lockdowns on movement resulting in more people than ever experiencing feelings of helplessness, isolation, grief, anxiety and depression. To address these many issues and psychological suffering, The holistic webinar was conducted to give our participants a means to provide support that looks at the whole person, not just their mental health needs but also their physical, emotional, social and spiritual wellbeing. We had a

worthwhile, productive and benefitable time with more than 200 participants in each of our Webinar Series.