



SAO CHANG COLLEGE MENTORING COMMITTEE

World Mental Health Day, 10 October 2024

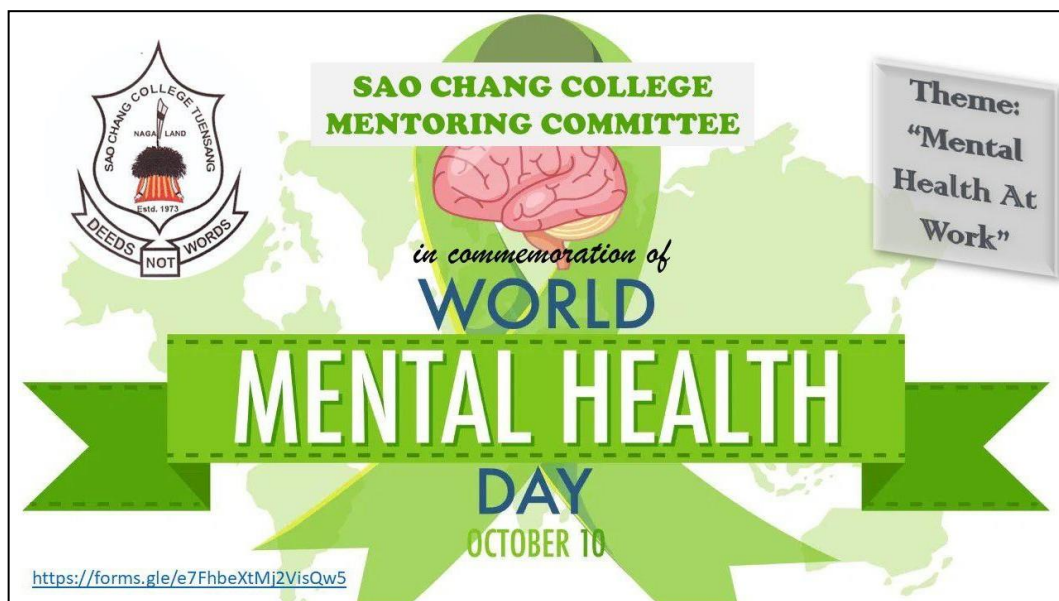
Report:

The Mentoring Committee observed World Mental Health Day on October 10, 2024, by launching an interactive activity through a Google Form. The form comprised various sections addressing the importance of mental health at all stages of life, from childhood and adolescence to adulthood. It provided insights into recognizing psychosocial hazards and understanding emotions through speech patterns.

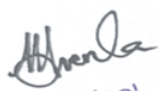
Additionally, the form featured a short play and a news article highlighting workplace culture in India. It concluded with three simple tips to help participants protect and nurture their mental well-being.

Participants from diverse backgrounds engaged with the activity and shared valuable feedback on the program.

FLYER:



Authenticated


Principal
Sao Chang College
Tuensang : Nagaland

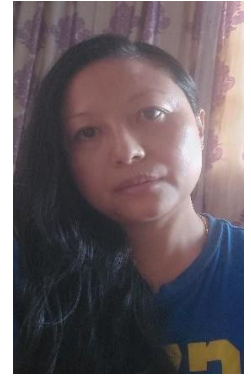
ATTENDANCE (according to response in Google form)

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FEEDBACKS (from participants)

1.	Excellent
2.	Excellent
3.	Informative videos
4.	Kudos to the Mentoring Committee of Sao Chang College for the excellent initiative of reminder us the importance of mental health in this day and age.
5.	A good initiative on mental health.
6.	It is an excellent presentation, which was insightful.
7.	This videos remind us that 'It's ok to be not ok '
8.	Very Creative. Can encourage local artist, videos.
9.	Great initiative. The videos are aptly and carefully selected. Thank you.
10.	The content was engaging and relatable. Very valuable resources especially for those suffering from mental health problems.
11.	Good initiative!
12.	Thank you for checking in on me. Keeping this quote daily as a reminder to push myself.
13.	I have learnt a lot about myself .It's a good reminder for me
14.	This exercise really helped me to learn many things and to be more active it's really a good job
15.	Thank you
16.	A much needed exercise for the quietly transitioning world where you and i and everyone are very much part of it. Thank you.
17.	Perfection
18.	Good learning experience
19.	Together we can rise above all odds
20.	Excellent and very informative initiative by the committee. Keep up the good work.
21.	Good
22.	More topics could be included in future initiative.
23.	Good initiative by the committee. Happy world mental health day
24.	Thank you for providing this form. It was easy to navigate, and the videos were thoughtful and relevant. I appreciate how it encouraged self-reflection on mental health in a supportive way.
25.	Well structured & captures the aspects of mental health
26.	Very informative
27.	That's a powerfull message. Very informative
28.	Very valuable and informative video.
29.	Bravo.
30.	Very informative and detailed videos

PHOTOS OF PARTICIPANTS (as uploaded in google form)





Reported by:

Rangbenkumla Chang,
Coordinator,
Mentoring Committee,
Sao Chang College.

Authenticated
Maria
Principal
Sao Chang College
Tuensang : Nagaland