

WORKSHOP ON MENTAL HEALTH AND PERSONALITY DEVELOPMENT

Date: 12th May

Time: 10:00am

Venue: Auditorium, GZRSC

Organized by Department of Home Science, GZRSC.

Sponsored by RUSA, GZRSC.

Organizing committee:

Mrs. Lalsangliani Khawlhing-Programme coordinator

Mrs. Lalthanpuii Ralte-Organizing secretary

Mrs. Lalsangkimi Hmar

Mrs. Lalhmingliani Hlondo

A one day workshop on, "Mental Health and Personality Development" was organized by the home science department for the B.Sc. Home Science students in order to equip them with the confidence and skills necessary to face the challenges in their daily lives and to make them productive members of society.

Mrs. Vanlalruati, Lecturer (Child Rights Protection Cell, SCERT), with her vast experience in this field was the resource person for this workshop.

The workshop was chaired by Mrs. Lalhmingliani Hlondo who gave a brief introductory speech and then called upon the resource person to conduct her power point presentation.

The resource person, Mrs. Vanlalruati began the first session by stressing on the importance of mental health in the development of a strong and wholesome personality. She stated that mental health is not just the absence of mental illness, it refers to a state of well-being, whereby individuals recognize their abilities and are able to cope with the normal stresses of life, work productively and make a contribution to their communities.

The resource person made a strong emphasis on the fact that mental health and a healthy personality develops from a positive attitude towards the self. She told the students that they should be able to love themselves just the way they are, including both their positive as well their negative qualities. They should learn to accept qualities about themselves which they cannot change such as physical appearance while trying to improve on the qualities which can be changed. She conducted simple exercises such as asking the students to list out 5 things that they love and 5 things that they hate about themselves. She then told them to learn to focus and build on their strengths rather than dwell on their weaknesses. The resource person also talked about the importance of time management and setting goals. She urged the students to set both short-term and long-term goals for themselves and told them to work hard towards achieving their goals.

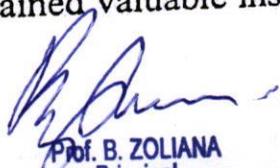
Mrs. Vanlalruati discussed the devastating effects of alcoholism and drug addiction. She conducted activities where the students were taught to simply say "No", when someone tempts them to try alcohol or drugs.

Mrs. Vanlalruati also made use of this opportunity to enlighten the students about effective measures that can be taken to prevent child abuse. She then implored the students to spread her message to their families and friends.

During the second session, the resource person dealt with life skills, namely stress management and anger management. She again conducted simple exercises with the students to help them cope with stress and anger such as laughing aloud to relieve themselves of stress, slowly counting up to 10 before reacting to anger provoking situations, etc. The resource person emphasized that normal levels of stress and anxiety are a part of our daily lives, that no person is problem free. But, when the level of stress and anxiety is such that it interferes with our normal life such as inability to sleep or eat, then it is time to get help. Students were encouraged to talk about their problems with family members and friends if it gets too much for them to handle on their own.

The workshop was concluded with a brief vote of thanks from the chairperson.

Throughout both the session, students gave their full attention and there was active participation from all of them. The students gained valuable insights on how to improve on their personality.


Prof. B. ZOLIANA
Principal
Govt. Zirtiri Resi. Sc. College
Aizawl : Mizoram