



Special Programmes organised by the Department of Education, Pachhunga University College 2019 'Special Talk on Mental Health'

This programme was organised for V and III Semester Education Core students on 25.9.2019 where Mr Lalawmpuia, Clinical Psychologist, was invited as Resource Person. The Resource Person talked about what the concept of mental health, how to maintain good mental health, how to combat depression, anxiety and other mental illnesses, the concept of life skills and how to develop good life skills and maintain a happy balance in life, how to deal with problems successfully and have a great future.

After an hour's lecture, there was an interaction session where many of the students actively participated and shared their problems and asked for advice. The programme was attended by 58 students and the faculty members. It was successfully concluded and the students greatly benefited from the programme and enjoyed it immensely.



(Pic: V and III Semester students and faculty of Education Dept with Mr. Lalawmpuia < Clinical Psychologist attending Special Talk on Mental Health at Lecture Hall, Dept. of Education, Pachhunga University College, College Veng, Aizawl, Mizoram 796005, India. Latitude N 23° 43' 21.3168'', Longitude E 92° 43' 31.7136'', 25.9.2019 2.00 pm.)

(DR. LALTHANKUNGI)
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