

# WORLD MENTAL HEALTH DAY

*Theme: Mental Health is a Universal Human Right*

The program held on October 16<sup>th</sup>, 2023 to commemorate World Mental Health day was a comprehensive and engaged event.

Dr. Joy Lyngwa (Visiting Physician, MCU, Lady Keane College) hosted the event followed by a welcome speech from Sir D.K.B Mukhim, our respected Principal and the program was taken over by Dr. Sandra D. Lyngwa, Psychiatrist, MIMHANS delivering a speech on mental health.

Dr. Sandra played a vital role in promoting awareness about mental health as a Universal Human Right and addressing the stigma associated with mental health disorders. The inclusion of interactive activities such as stress management games, effectively engaged the students.

The event saw active participation from teachers (10), staffs(5) and students (246) indicating a strong collective effort to raise awareness on mental health.

## Teachers

Sir Joey Sohtun  
Ms. Iladeiphi Lyngdoh  
Mrs. Lizia Sahkhar  
Ms. Janailin Warjri  
Sir M Hoque  
Dr. K. Kharshiing  
Dr. A.M Shangpliang  
Dr. J. Lyngwa  
Mr. R. Decruse  
Mr. J. Dkhar

## Staffs

Ignasius Lamin  
Lydianora Dohling  
Pynsuk Lyngdoh  
Stevenson Nongkynrih  
Dr. J. Lyngwa

## Students

Marzing Lombi  
Elia Wangpan  
Bagya Lona  
Riba Lyngdoh nongphud  
Pherrilin Nongrum  
Timalin Nongrum  
Mattikorlang Suting  
Mishalin Mawlong  
Wadahun Bareh  
Dakarushwa Suchiang  
Ridorki Suchiang  
Emisaka Challam  
Libika Kharsati  
Silan Marbaniang  
Philari Manih  
Phibanker Kharkongor  
Taying Yapee  
Preety Subba

Iorilin Mawlong  
Mingkiam Paron  
Ummi Tamut  
Joycyful Sun  
Maphishisha Khongwir  
Evandareen Lyngdoh  
Rinky Dao  
Parmashree Ghosh  
Sweta Thadani  
Shaimora Nongsiej  
Filtress L Nonglait  
Manlianvung  
Deborah Lalmuanpuii  
Desilan Pariong  
Glory Shylla  
Julibia Nongsiej  
Lalruapuii Lianhna  
Ruthy Vanlalhrauzeli  
R. Lalrempuii  
Glaudia Lalnunmawii  
Laltlankimi  
Melory  
HC Meledis  
Nanlalmuanpuii  
Laldingpuii Zote  
Lucy Zonunmawii  
Lalmuansangi  
Bansara Snaitang  
Emisaka Nongkhlaw  
Ribanknti Dkhar  
Meshabaai Shadap  
Philapynkmen Kharkongor  
Kandafira Nongrum  
Senovia Dohling  
Phrerisha Nongrum  
Ibakyntiew Rani  
Shairihun Thabah  
Meialancy Pohsnem  
Indarisha Lyngdoh

Pynsgewlang Dhar  
Binolin Rangdong  
Larisha Mawlong  
Batrity Kharryngki  
Thailandhi Saio  
Dakorlyne Lyngkhoi  
Airismira Nongrum  
Abareenda L Mawnai  
Manu Pujen  
Monika Namuk  
Mamta Paul  
Mon Rai  
Anjali Gupta  
Dalmei Syiemlieh  
Piyali Bhowmik  
Salchina Sangma  
Barasharani Baro  
Daphishisha Thabah  
Philamon Lyngkhoi  
Naomi Myrthong  
Jessy Nongsiej  
Puja Kumari Roy  
Jumpi Ete  
Barilin Nongrum  
Shisur Dhar  
Tengrime Marak  
Ibamelari Pdang  
Ranisha marak  
Badamulypa Shadap  
Medarisha Suting  
Phibahunlang Snaitang  
Bateinam Lyngdoh  
Initoli Zhimomi  
Surely Goodness Lamin  
Garima Gogoi  
Dibyakhi Bonia  
Prathana Changmai  
Ishita Kaur  
Disha Momin

Ibaiaineh Ryndong  
Dakanipaia Pariat  
Ribashisha Kharshiiing  
Bandarisha mawrie  
Ibadarishisha Warjri  
Ribhalang Nongsiej  
Sanijajai Puhsiej  
Atinasha Nongspung  
Puja Chanda  
Mira Thapa  
Samrita Hajong  
Siristi Chetri  
Mihpli Law  
Naphisamanbha Kharbithai  
Daiahunshisha Mawlong  
Gracel Langstieh  
Ibankyntiew Thabah  
Jibalin Nongrum  
Maryjune Lamare  
Sanibabet Nongbsap  
Mehek Poddar  
Binita Bisu  
Meghna Kanwar  
Steffinia Kharbudnah  
Laiskingdi Kamprai  
Lawanbiang L Nonglait  
Dinsila Mukhim  
Baiahun Marthong  
Laxmi Dorjee  
Hibu Kari  
Samcha Tangluk  
Surbala Aribam  
Lamjingshaihun Iawphniaw  
Ladabiang Lyngkhai  
Nisha Okram  
Shiya Huidram  
Neecha Aran  
Rossylyne mawlein  
Gaihemmeilu Goimei  
Aiwitisha Warlaitthma  
Phidari Myllemngap  
Britisha Ch Sangma  
Kavita Rai  
Shrishti Singh  
Bansaralin Thongni  
Nada Nancy  
Bahunlang Nonglang  
Nirok Asher G Momin  
Twinny Lamin  
Caredeng Kassar  
Riphylla Kharsati  
Jasmine Suchen  
Treweini Lakiang  
Felicia Law  
Walsime Sangma  
Kem Kumari Boro  
Silsina marak  
Thengsesa Arength

Anne Wanse M Sangma  
Carefully Malngiang  
Solagracia Ramsiej  
Badaphira Suting  
Ibadahun Kharbithai  
Joyful Mukhim  
Rhinna Jana  
Beautiful Gayang  
Ibanrisha Kurbah  
Kordorlyne L Nongbsap  
Insabetlang K Shabong  
Iwannaki Warjri  
Phibadahun Nengnong  
Wari-I-Iaka Syiem  
Deiphisha Decruse  
Ilasara Shabong  
Sana Shabong  
Jane Everette Kharlukhi  
Nangroi Khongmawloh  
Danella Shisha War  
Lakynthiew Kharpan  
Jubabhun Khongkrom  
Daibanar Nongbri  
Ibakyrmen Massar  
Baniarahun Sohkhlet  
Sakhi S Roy  
Sandhya Kumari Shah  
Amazing Grace Shadap  
Wandarisha Hoojon  
Lapynkhamti Marwein  
Naisabun Mawlong  
Phibakordor Sahkhar  
Badahun mairom  
Phindaphyrnai Khongrit  
Elizabeth Sangma  
P. Raduanliu Niumai  
Adolfie Nongbri  
Banehbok Nongspung  
Roshni Chettri  
Kushboo Gupta  
Rishma Khatoon  
Simsahchiara Marak  
Pinky Roy  
Belle chetnip T  
Debjani Roy  
Bornali Pao  
Dapjingtngen khongtani  
Deiwitawan Marbaniang  
Ibanylla Marbaniang  
Daiarshisha Myllem  
Aijingkmen Rynjah  
Cricia Mary shabong  
Alphimai maring  
Bashisha Thabah  
Carefully Rynjah  
Dakermeka Thabah  
Rislity Khongjee  
Pdianghunlin Nongrang

Monadeisha Langrin  
Mone Eko  
Rimaya Buam  
Baritisha Nongbet  
Meridian Wahlang  
Blessiful Kharbani  
Jaisephin Wahlang  
Jelyne Khonghat  
Geniallyne Lyngdoh  
Evalarahun peinlang  
Lasaradarisa Dkhar  
Oiyang Raitang  
Annalia M Sagma  
Elisha Nongbri  
Punyo Sonia  
NS Rupa  
N. Rupa  
Gollo Juna  
Pollyanna Ering  
Aitimary Nongbri  
Pynshailin Mary Nongtnga  
Alvika Talany  
Sherisha Manih  
Phulmati Marbaniang  
Fenella Nongsiej  
Taiba Gureshi  
Padi Jumpi  
Abhismita Das  
Chumami D Sangma  
Niksime G Momin  
Edisa Wahlang  
Rikgam Chiasa R Marak  
Piyapime D Shirra  
Damchi M Sangma



**Fig 1: Students attending the program**



**Fig 2: Students actively participate in stress management games**



**Fig 3: Dr. Sandra Lyngwa delivering a speech on Mental Health**