

[1] As part of an ongoing programme, the Sikkim State Legal Services Authority under the directions of Hon'ble Mrs. Justice Meenakshi Madan Rai, Judge, High Court of Sikkim and Executive Chairperson, Sikkim State Legal Services Authority in collaboration with Sikkim Chapter of the Indian Psychiatry Society, organized *Sensitization Programme on Positive Mental Health for the Employees of Human Resource Development Department on 12<sup>th</sup> July, 2019 (Friday)* at 10:30 a.m. at the Sikkim Judicial Academy, Sokeythang, East Sikkim.

[2] Also present during the Inaugural Session were Shri Suraj Chettri, Member Secretary, Sikkim SLISA, Officers/Officials from H.R.D.D., Press and Media and staff of Sikkim SLISA.

[3] The Sensitization Programme was in consonance to her Ladyship's prime concern, which is with regard to the Mental Health issues arising out of work stress and other factors which are being faced by Government employees, which needed to be addressed, and, for imparting sensitization and awareness amongst various State Government Department's Officers/Officials regarding mental health and the issues relating thereto.

[4] The Resource Persons for today's programme were Dr. C.S Sharma, Head of the Department of Psychiatry, Dr. C.L. Pradhan, Consultant Neuro-Psychiatrist, H.C. H.S & F.W. Department, Ms. Archana Chhetri, Assistant Professor, Department of Psychiatry, SMIMS/CRH.

[5] The programme commenced with the welcome address by Shri Suraj Chettri, Member Secretary, Sikkim SLISA, who gave a brief introduction about World Mental Health Day, which is celebrated on 10<sup>th</sup> Day of October every year to educate and generate awareness amongst people about mental health issues and to advocate against social stigmatization of mentally ill persons and to invite attention regarding mental illness and its effects on people.

He also informed that with the increase in stress level in our day to day life, it is important for us to be aware about our mental well being and to stay healthy not only physically but mentally also and with the view to achieve mental well being of all the employees working in various Departments, the Sikkim SLISA under the directions of Hon'ble Mrs. Justice Meenakshi Madan Rai, Judge, High Court of Sikkim and Executive Chairperson, Sikkim SLISA in co-ordination with Sikkim Chapter of the Indian Psychiatry Society has taken this initiative to organize this sensitization programme.

[6] Dr. C.L. Pradhan, spoke on *Suicide*, while Dr. C.S Sharma spoke on *Coping Skills* and Ms. Archana Chhetri on *Effective Ways to Reduce Stress in the Work Place* and *Mental Health and well being in work place, models, inclusion and awareness of psychological harassment*. This was followed by interactive sessions between participants and Resource Persons.

[7] The moderator of the programme was Shri Bikash Sharma, Deputy Secretary, Sikkim SLISA while the vote of thanks was proposed by Mr. Praveen Pradhan, Under Secretary, Sikkim SLISA.