

## **SENSITIZATION PROGRAMME ON POSITIVE MENTAL HEALTH**

Under the guidance of Hon'ble Mrs. Justice Meenakshi Madan Rai, Judge, High Court of Sikkim & Executive Chairperson, Sikkim SLSA and as per the State Plan of Action, Sikkim State Legal Services Authority in collaboration with Sikkim Chapter of the Indian Psychiatry Society organized a Sensitization Programme on Positive Mental Health for the Employees of Energy & Power Department, Government of Sikkim on 22<sup>nd</sup> November, 2019 in the Auditorium of Sikkim Judicial Academy, Sokeythang, East Sikkim.

Dr. C.L. Pradhan, Consultant Neuro-Psychiatrist and Mrs. Nancy Palmu Chankapa, Clinical Psychologist, Health Care & Family Welfare Department were the Resource Persons.

The topics that were delved by the Resource Persons were (i) Mental Health and (ii) Healthy Life Style and Stress Management.

The welcome address was delivered by Mr. Sonam Palden Bhutia, Member Secretary, Sikkim SLSA while the vote of thanks was proposed by Mr. Praveen Pradhan, Under Secretary, Sikkim SLSA.

Similarly, awareness programmes were also conducted by the following District Legal Services Authorities/Taluk Legal Services Committees on the occasion of Senior Citizens Day which are as follows:

<b>Sl. No.</b>	<b>Name of the DLSA</b>	<b>Venue</b>
<b>1.</b>	<b>North Sikkim at Mangan</b>	<b>Mangar Nagar Panchayat Hall</b>
<b>2.</b>	<b>South Sikkim at Namchi</b>	<b>Government Senior Secondary School, Ben.</b>
<b>3.</b>	<b>West Sikkim at Gyalshing</b>	<b>ADR Centre, Gyalshing</b>