

12:15PM -1:15PM: Academic Session II  
Topic: Organizational Climate and Mental Health

Chairperson : Ms. Kevidenu Sakfirii  
Research Scholar, NEHU, Shillong  
Rapporteur : Ms. Hiramaya Thapa  
New Primary School, Kamrup Metro,  
Guwahati, Assam  
Speaker : Prof. Indranee P. Borooah

1:15PM - 2:00 PM: LUNCH

2:00PM -3:00 PM: Academic Session III  
Topic: Mental Health at Workplace for Teachers

Chairperson : Mr. Poji, Manager, NABARD  
Manipur Regional Office, Imphal  
Rapporteur : Ms. Mengu Sekhose  
Alumni, Department of Psychology, NU  
Speaker : Ms. Bidita Das, Assistant Professor,  
Handique Girls College, Guwahati, Assam

Wednesday, 11<sup>th</sup> October, 2017

10:00 AM -11:00 AM: Academic Session IV  
Topic: Mental Illness in the Workplace

Chairperson : Ms. Rukuoviu,  
Research Scholar, GU & Assistant  
Professor, Dimapur Govt. College  
Rapporteur : Mr. Shipivito Francis  
Alumni, Department of Psychology, NU  
Speaker : Dr. P Ngully (Psychiatrist)  
Chairman, Kohima Educational Society

11:00 AM - 11:15 AM : TEA BREAK

11:15AM - 12:15 PM: Academic Session V  
Topic: Stress in the Workplace

Chairperson : Ms. Puli Chishi  
Assistant Professor  
Dimapur Govt. College  
Rapporteur : Ms. Keyihungle Kauring  
Alumni, Department of Psychology, NU  
Speaker : Dr Ditalak Mpanme  
Asst. Professor, Dept. of Management, NU

12:15PM - 1:15 PM: Valedictory Session

Guest of honour : Prof. R.C. Gupta  
Pro Vice Chancellor, NU,  
Kohima Campus, Meriema  
Chair person : Ms. Meininglungliu Gonmei

Report of the Seminar: Ms. Sashirenlia Mollier  
Alumni, Department of Psychology, NU  
Special song : Students,  
Department of Psychology, NU  
Speech : Guest of Honour  
Distribution of Certificates  
Vote of Thanks : Lovika P Shikhu

1:15 PM -2:00 PM: LUNCH

Organizing Committee

Patron : Prof. R.C. Gupta  
Pro Vice Chancellor  
Kohima Campus, Meriema  
Advisor : Prof. Buno Liegise  
Head I/C, Department of Psychology  
Dean, School of Humanities  
and Education

Convenor : Dr. Imlisongla Longkumer  
Organizing Secretary : Ms. Lovika P. Shikhu  
Assistant Secretary : Ms. Meininglungliu Gonmei  
Ms. Temsusenla Jamir

FREE REGISTRATION

Confirmation of Participation: Latest by 6/10/2017  
No TA/DA for participants.

Contacts: 9612327274/7005203979  
Email: [hodpsychologynu@gmail.com](mailto:hodpsychologynu@gmail.com)

Background Watermark: Talipokha Jamir

TWO DAY NATIONAL SEMINAR

On the occasion of  
World Mental Health Day, 2017  
Theme: Mental Health in the Workplace

10<sup>th</sup> and 11<sup>th</sup> October, 2017

Venue : Ladies Common Room,  
Nagaland University,  
Kohima Campus, Meriema

Organised by:  
Department of Psychology,  
Nagaland University,  
Kohima Campus, Meriema



Sponsors

Synergy Systems, Chishi Marketing Complex, 1st floor,  
Circular Road, Dimapur.

National Mental Health Program, Directorate of Health  
and Family Welfare, Government of Nagaland.

National Program for Prevention and Control of Cancer,  
Diabetes, Cardio-Vascular Disease & Stroke, Directorate  
of Health and Family Welfare, Government of Nagaland.

To,



## INVITATION

Sir/Madam,

It gives us immense pleasure to inform you that the Department of Psychology, Nagaland University, is organising a Two Day National Seminar on 10<sup>th</sup> and 11<sup>th</sup> October, 2017, as a mark of observing the World Mental Health Day, 2017. The theme of the seminar is Mental Health in the Workplace.

We solicit your gracious presence in the program.

Sd/-  
Ms. Lovika P. Shikhu  
Secretary  
Organizing Committee

Sd/-  
Dr. Imlisongla Longkumer  
Convenor  
Organizing Committee

Mental health is essential for all individuals as it enables them to realize their full potential, cope with the normal stresses of life, work productively and contribute to their communities. However, mental illnesses are common worldwide causing immense suffering to the millions affected and leaving many jobless and homeless. Around one in four of the world population suffers from symptoms of mental illness (WHO) that includes depression, anxiety disorder, bipolar disorder and schizophrenia. Further, one-sixth of the population suffers from symptoms associated with mental ill health, such as worry, sleep problems and fatigue, which while not meeting the criteria for mental illness, can still affect their ability to function at work. The International Labour Organization (ILO) estimates that more than 500 million people or 7-10% of the world's population is disabled as a result of a physical or mental impairment such that their prospects of securing, retaining and advancing a suitable employment are substantially reduced. It is reported that mental health accounts for 7% of the health issues faced by employees in the workplace (ILO) causing long-term absences from one's job. Such absenteeism can affect the productivity of an individual and will be costly in the long run, not just for the individual but also for the businesses, the economy and society in general. Hence, it is imperative that individuals be aware of issues about mental health in the workplace and take steps to maintain good mental hygiene. Promoting good mental health in the workplace is, therefore, key to the growth of an organization. The World Federation for Mental Health has set the theme "Mental Health in the Workplace" for World Mental Health Day, 2017, with the aim of addressing the value of promoting well being in work settings of all kinds. It is toward this same end that this Seminar is being organised so as to provide a platform for academicians, clinicians, and the work force to come together and address issues relating to mental health in the workplace and also to chalk out ways to promote wellbeing of individuals at the work settings.

**Tuesday, 10<sup>th</sup> October, 2017**

9:00 AM – 10:00 AM: Registration

10:00 AM – 11:00 AM: Inaugural Session

Chief Guest : Prof. Pardeshi Lal,  
Vice Chancellor  
Nagaland University  
Guest of Honour : Prof. R.C. Gupta  
Pro Vice Chancellor  
NU, Kohima Campus, Meriema  
Chairperson : Dr. Imlisongla Longkumer  
Lighting of the Lamp  
University anthem : Students, Department of  
Psychology, NU  
Welcome speech : Prof. Buno Liegise  
Head I/C, Department of  
Psychology, NU  
Keynote speech : Prof. Indranee P. Borooah  
Department of Psychology,  
Gauhati University, Assam  
Speech : Guest of Honour  
Speech : Chief Guest

**11:00AM - 11:15 AM: TEA BREAK**

11:15 AM – 12:15 AM: Academic Session I  
Topic: Positive Psychology for Mental Health

Chairperson : Ms. Temsusenla Jamir  
Rapporteur : Mr. Hovisuto Khieya  
Alumni, Department of Psychology, NU  
Speaker : Prof. Indranee P. Borooah