

## Webinar on Mental Health in Educational Institutions

National Education Day was observed by Govt. J. Buana College by organizing a webinar on “Mental Health in Educational Institutions” on 11<sup>th</sup> November, 2020 at 11:00 AM – 12:15 PM The meeting was chaired by Lalnundika Hnamte, Asst. Professor, Department of Political Science. Prof. J. Zorema, Principal delivered a welcome address and pointed out the contribution of Maulana Abul Kalam Azad, first Union Minister of Education in laying the foundation of Indian educational system.

Prof. H.K. Laldinpui Fente, Professor & Head, Department of Psychology, Mizoram University was invited as the Resource Person who gave a special lecture on “Mental Health in Educational Institutions”. She discusses the importance of mental health for both students and teachers and identifies certain qualities of mental health as well as mental stress. She pointed out the initiatives of the Central Government in incorporating mental health education and counseling in educational institutions of all levels.

Prof. Fente introduces the web page *Manodarpan* created on the website of Ministry of Education to provide psychological support for mental health and well-being during Covid-19 pandemic and beyond. She also pointed out the National Toll Free Helpline (8445440632) for tele-counselling to address mental health and psychological issues. The meeting was attended by 168 participants and concluded at 12:15 pm.

**GOVERNMENT J. BUANA COLLEGE, LUNGLEI**  
*National Education Day*  
WEBINAR 11 November, 2020 @ 11:00 am

*Welcome Address*  
Prof. J. Zorema  
Principal, Govt. J. Buana College

*Special Lecture*  
Prof. H.K. Laldinpui Fente  
Head, Dept. of Psychology, Mizoram University

*Mental Health in Educational Institutions*

Webinar ID: 1767180555 Or Click here  
Password: 112020 <https://govtibuana.webex.com/join?MTID=mc464fbd15fd0bce>

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BV	B	B
Baby Vanlalruati	Biakdinliani	Biakmuanawmi