

**a. Access to mental health support for students and staffs :**

Both the technical campus & medical campus of Sikkim Manipal University offers mental health support to the students & staffs.

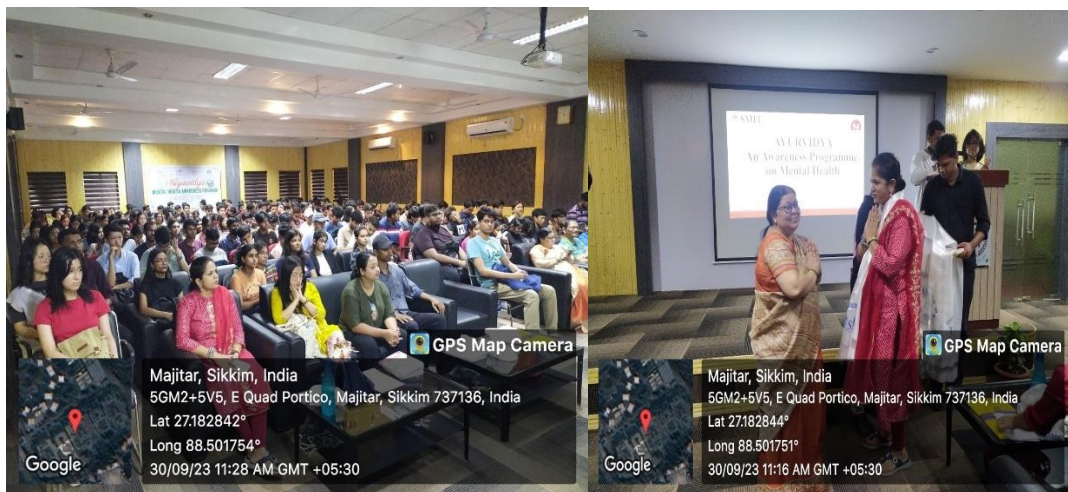
In Technical campus a student support group ‘Sahayyam’ which is constituted with professional counsellor, faculty advisor and student volunteers acts as a mental health support for the students. The aim of formation of Sahayyam is to provide various opportunities to the students to acquire new skills and knowledge. However, adjusting to the new environment and managing academic and personal demands may induce stress and anxiety. Often the constant pressure and expectation from oneself and significantly others, often leads to emotional or psychological turmoil, thus disturbs the peace of mind. Sahayyam, the student support group of Sikkim Manipal Institute of Technology aims at helping students to reach their highest academic & personal potential ensuring that morale & motivation of students remains on the higher side at all times.

Similarly in Medical Campus Ì ‘Let’s talk support’ especially for mental health issues is confidential service. Any student feeling distressed can contact Dr. Geeta Shoonida, who is a clinical psychiatrist and an Associate Professor at SMIMS.

## Awareness Program on Mental Health

**September 30,2023**

This event was organized by Sikkim Manipal Institute of Technology, Sikkim on Mental Health, conducted by Ayush wing of Ayurvediya, Govt. of Sikkim. The objective of the event was to create awareness among students about their well being. The event was attended by first year students & faculty members of all courses teaching in first year.



## World Mental Health Day 2022

**October 10,2022**

Central Referral Hospital (CRH) observes World Mental Health Day 2022 on 10.10.2022, Monday.

A health talk was delivered to the public by Department of Psychiatry at Level 3, Central Referral Hospital, SMU along with free registration and consultation from 9:00 am – 5:00 pm.



25 YEARS OF SERVICE  
 **CRH** SIKKIM MANIPAL UNIVERSITY  
CENTRAL REFERRAL HOSPITAL - OINDO

**CENTRAL REFERRAL HOSPITAL (CRH) OBSERVES  
WORLD MENTAL HEALTH DAY  
ON 10.10.2022, MONDAY.**