

WORKSHOP ON MENTAL HEALTH FOR NON-TEACHING STAFF OF SMIT

Event Name: Workshop on “Mental Health” for the non-teaching staff of SMIT.

Event Schedule: 25.02.22, Multi-purpose Hall (F – Block), 11:00 am

Event Description:

In the current situation, the importance of mental health and wellbeing. has become a primary concern for a motivated workforce. In view of the same, ‘SAHAYYAM’ organized a workshop on “Mental Health” for the non-teaching staff of SMIT.

Under the leadership of Associate Director (Student Affairs), Prof. Dr. AP Tiwary, the workshop was coordinated by Dr. Jaya Rani (Coordinator Sahayyam & Institute Counsellor), Assistant Professor(SG), Dept. of Management Studies as Senior Coordinator and Mrs. Sonam Lhamu Bhutia, Assistant Professor(SG), Dept. of Information Technology as Junior Coordinator.

Resource person for the workshop was Miss Shraddha Gurung, Counselling Psychologist, Sikkim Manipal Institute of Technology. Miss Shraddha covered various aspects of healthy mind and the significance of well-being of mental health. It was an interactive session. Non-staffs of SMIT could understand the significance of mental health.

The participants also presented their thoughts and views on the topic and its relevance in their day to day life.

No of participants: $67 + 2(\text{Coordinators}) = 69$

BROCHURE OF THE EVENT



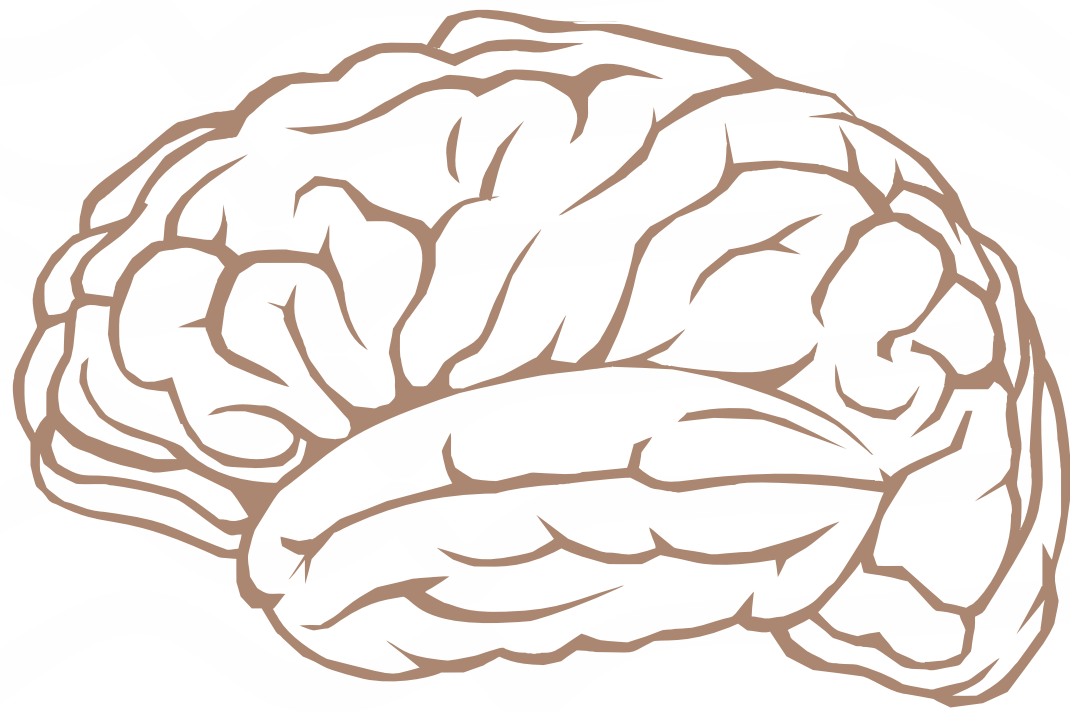
Mental Health Awareness

END THE STIGMA NOW

Let's talk about it. Come & be part of the conversation.

OPEN FORUM AT SMIT UNIVERSITY

MENTAL HEALTH



I'm doing all right

I'm feeling okay

I'm feeling great

I'm feeling anxious

I could be better

I'm feeling depressed



PLAY A ROLE IN A LOVED ONE'S RECOVERY

Helping someone *with* Depression

1 Insert first step

2 Insert second step

3 Insert third step

4 Insert fourth step



Tips For Taking Care Of Your

MENTAL HEALTH



Talk To Someone
You Trust

Take Care Of Your
Physical Health

Do Activities
That You Enjoy

Take Two Minutes
To Focus On The
World Around You

Don't Be Afraid
To Say "No"

Self awareness is the
key

MINDFULNESS

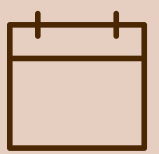
Mindfulness is the practice of purposely
bringing one's attention in the present moment without judgment

LIVE SEMINAR

Mental Health Matters

How to Manage Your Mental Health
During the Pandemic

Join us for Mental health discussion for
non-teaching staff



26TH FEBRUARY 2022



11am - 12 am



Multipurpose Hall, F Block



With:

Shradha Gurung

Contact:

919064749384

Mental Health

Online Consultation

The consultation
can be from home.

Monday - Saturday



CALL NOW

919064749384

ATTENDANCE SHEET

TOPIC OF THE TRAINING/WORKSHOP: MENTAL HEALTH

DATE: 26TH FEBRUARY 2022

TIME: 11AM to 12PM

TRAINER'S NAME: MS. SHRADHA GURUNG

TRAINER'S DESIGNATION: COUNSELLOR

VENUE: MULTI PURPOSE HALL, F-BLOCK, SMIT

SL.NO.	NAME	E. CODE	DESIGNATION	DEPARTMENT	SIGNATURE
1	Rinku Sharma	11003106	M.T	HR	Rinku
2	Adinay Rai	3797	J. Assistant	HR	Adinay
3	Saru Pradhan	1330	Attender	Head Admin	Saru
4	Saur Pradhan	1866	Admin Asst.	S&M	Saur
5	Proema Dore Tam	1389	Executive Asst.	CE	Proema
6	Sushma Chettri	2442	Lab Technician	Chemistry	Sushma
7	Sangita Chitrey	1514	Executive Assistant	RED	Sangita
8	Khilita Dohar	403	Executive Asst.	Mgt, St. Shop	Khilita
9	Sainika Dohar	404	Lib Asst	Cent Lib	Sainika
10	Maniksoni Chetri	5280	J. Asst	CSE	Maniksoni
11	Kamala Sharma	1240	DEO	Exam cell	Kamala
12	Ranjita Sharma	1804	Executive Asst.	"	Ranjita
13	Manikma Pradhan	3770	Exam Cell J. Asst	Exam cell	Manikma
14			Jr. Assistant		
15	Basanti Chettri	6939	Sn. Ex. Assistant	"	Basanti
16	Megha Subba	3879	Junior Engg	ECE	Megha
17	Sushma Pradhan	3602	"	"	Sushma
18	Deepa Sharma	2326	"	IT	Deepa
19	Rajen Chettri	1537	Electrician	S/M	Rajen
20	Suman K. Das	3971	AE, Electrical	S&M	Suman
21	Harpin Das Khali	531	Electrician	S&M	Harpin
22	Talshi Pradhan	2232	"	"	Talshi
23	Gopi Sharma	-	Attender	ME dept	Gopi
24	Jit Bdr. Gur	2346	"	Library	Jit
25	Kashinath Samal	1936	Asst. Librarian	Library	Kashinath
26	Ashok K. Das	4690	Lib Asst	Computer Lib	Ashok
27	Maga Devi Mages	-	Attender	CIVIL	Maga
28	Ujjwala Giri	4591	J.E.	CIVIL	Ujjwala
29	Preema Chahalay	4608	J.E.	CIVIL	Preema
30	Rodhan Rai	-	Attender	"	Rodhan
31	Jyoti Prasad Sengupta	4277	J.E.	CIVIL	Jyoti
32	Udai Chettri	3168	St. Exe	Head of Admin	Udai
33	Prabha Shaha	533	Asst Engg	OCE (T)	Prabha
34	Abhilash Biswakarma	-	Lyrician	Sports	Abhilash
35	Eden Upa	-	"	Sports	Eden

Prof. Dr. Anand Prakash Tiwary
Associate Director (Student Affairs)
Sikkim Manipal Institute of Technology
Majhitar, East Sikkim-737136

Rishu
SL Number
12/22

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36	SAILENDRA POUDYAL	4639	SMJE	S&M	
37	RISHAV BAGDAS	4911	J.E	C.S.E.	
38	LOKESH POUDYAL	3093	Programmer	CSE	
39	Khman Gungu	1390	Exe. Asst.	Add. Legist	
40	Shuman Ghosh	4890	JE-1	CSE	
41	Sudhanshu Rai	4696	JE-1	CSE	
42	Shital Sital Shoma	4695	JE1	CSE	
43	Santosh Kr. Das	3455	JE	ECE	
44	Kishan Sharma	29	JE	Phy	
45	Sagnik Sarkar	4724	JE	ECE	
46	Kabita Chhetri	5826	JE	ECE	
47	Pawan Prasad	4168	JE	ECE	
48	Norbu Shompa	4668	"	EEL	
49	Bina Lohar	3901	Attndg	MGT	
50	Shanli Chetri	2903	"	EEE	
51	Priya Pradhan	3745	JE	EEE	
52	Srijana Rai	4580	JE	EEF	
53	Prinu Subba	3909	JE	EEE	
54	Mohan subba	1387	G.A.	AD(SA)	
55	Binesh Pradhan	3174	Lab Technician	Physics	
56	Ranjeet Thapa	4008	security		
57	Lubon Ratswekera	-	Attender	IBAC	
58	Mangy Kr. Rai	2349	Attender	Chemistry	
59	Nanda Bpr. Chellu	5292	Lab Technics	Chemistry	
60	Anu Anu Jemong	1536	Lab. In-charge	Maths	
61	Rajesh Subba	1386	Exe. Asst.	Physics	
62	Sarosh Chetri	2305	Lab. Asst.	MATHS	
63	Tika Ram Sharma	30	JE	ESC	
64	Ramesh sharma	1433	A.E	EEE	
65	Hari Babadi Mishra	3143	Driver	Transport deptt	
66	Bhanu Bhakta G.	4899	J. Electrician	S.P.M.	
67	Saman Pradhan		Attender	AD(SA)	
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Prof. (Dr.) Anand Prakash Tiwary
Associate Director (Student Affairs)
Sikkim Manipal Institute of Technology
Majitar, East Sikkim-737136

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26/2/22

WORKSHOP ON MENTAL HEALTH FOR NON-TEACHING STAFFS AT SMIT

ATTENDANCE SHEET FOR COORDINATORS

DATE: 26.02.22

S.NO	NAME	DEPARTMENT	SIGNATURE
1	Dr. Jaya Rani (Senior Coordinator)	Department Of Management Studies	 26/2/22
2	Mrs. Sonam Lhamu Bhutia (Junior Coordinator)	Department of Information Technology	 26.02.22


26/2/22
Prof. (Dr.) Anand Prakash Tiwary
Associate Director (Student Affairs)
Sikkim Manipal Institute of Technology
Majhitar, East Sikkim-737136

BIO-DATA OF RESOURCE PERSON

Ray Kholā Road,
Gangtok, East Sikkim

Mob: +91-9620062209/+91-9064749384
E-Mail: Shaddhagurung1@gmail.com



Shradha Mani Gurung

Counselling Psychologist

Objective My mission and vision is for all students, clients to depart empowered with the knowledge and skills necessary to achieve academic, personal/social, and career success and to reach their fullest potential as well rounded human being when facing adversaries of life.

Personal Details Age: 30 years
Marital Status: Single
Gender: Female

Skills

- Strong experience in providing counselling psychological services to individual, couple and family.
- Expertise in diagnosing, identifying, and treating various psychological conditions.
- Exceptional knowledge of psychotherapeutic techniques and ability to diagnose conditions in the DSM-IV & V.
- Ability to detect patterns that enables me to predict and understand behaviour.
- Skills in creating programs that help address psychological issues in campuses and workplaces.
- Great interpersonal skills that allow me to collaborate with physicians and other healthcare workers.
- My passion towards helping people dealing with their mental health issues.
- Huge knowledge of preventive mental health outreach programs.
- Ability to conduct psycho-educational workshops.
- Ability to provide trainings for interns.

Highlights of Qualification

- Two year of clinically supervised Master's level individual counselling sessions with clients as part of the MSc in counselling psychology course (**3000 hours plus, full-time**).
- Provided individual counselling services at schools, social service agencies, clinics, colleges, rehabilitation centre for personal, social, academic, and vocational issues. Central issues included: depression, anxiety, sexual abuse, low self-esteem, eating disorders, conflict resolution, stress management, cross-cultural issues, and relational, academic and career planning difficulties. Client age range: 8-65.
- Practiced and applied clinical skills-training and techniques-acquisition of major psychological modalities and therapeutic interventions. Cognitive-Behavioural Therapy, REBT, Psychotherapy, Behaviour Modification approaches.

- Developed programs and assisted individual work through emotional and behavioural issues connected with autism.
- Participated in an International Conference on '**Counselling and Psychotherapy: Diversity in Training & Practice**'.
- Volunteered in a National Conference on "**Trauma and Counselling**".
- Attended several workshops and seminars held in college on topics like **marriage and family therapy, psychotherapy, addiction & depression**.
- Co-led two groups on workshop on resilience among adolescents and assertiveness.
- Research paper on resilience among adolescence. Currently working on research in Parenting styles and its effects.
- Volunteered for fund raising strategies and mental health awareness programs.

Work Experience

- Worked in an online counselling website **yourdost.com** as a Counselling Psychologist.
- Currently working in Sikkim Manipal Hospital for last two years as Research Assistant for **ICMR Project on 'Anxiety among adolescents'** from 2018-2020 .

Education

- Master of Science in Counselling Psychology (2014-2016): Sampurna Montfort College, Bangalore
- Bachelor of Arts in Psychology, Journalism, English (2010-2014): MS Ramaiah College of Arts, Science & Commerce

Other Interests

Spiritual, Environmentalist, Avid reader, Language enthusiast.

Languages English, Hindi, Nepali, Arabic.

References Available upon request.

(Shradha M Gurung)

PHOTOGRAPHS OF THE EVENT



Majitar, Sikkim, India
SMIT Campus, Majitar, Rangpo, Majitar, Sikkim 737136, India
Lat 27.183305°
Long 88.501248°
26/02/22 12:14 PM

GPS Map Camera



SMIT Campus, Majitar, Rangpo, Majitar, Sikkim 737136, India

Majitar
Sikkim
India

24°C
75°F

2022-02-26(Sat) 12:22





CIRCULARS & EMAIL

**OFFICE OF THE ASSOCIATE DIRECTOR (STUDENT AFFAIRS)
SIKKIM MANIPAL INSTITUTE OF TECHNOLOGY**

033/SMIT/AD (SA)/Sahayyam/01/2022

Date: 24 February 2022

CIRCULAR

In the current situation, the importance of mental health and wellbeing, has become a primary concern for a motivated workforce. In view of the same, 'SAHAYYAM' is organizing a workshop on "Mental Health" for the non-teaching staff of SMIT.

The details of event are as follows:

Date: 26 February 2022

Time: 11:00 AM

Venue: Multi-purpose Hall (F – Block)

Resource Person: Ms. Shradha Gurung, Counsellor, SMIT

All the HoDs and HoOs are requested to kindly send the non-teaching staff of their respective departments/offices to attend the same.



Dr. Jaya Rani

Coordinator, SAHAYYAM & Institute Counsellor



Prof. A. P. Tiwary

Associate Director (SA)

To

All HoDs/HoOs

Copy to:

Director, SMIT for information please.

All Associate Directors for information please

Head, Administration with a request for preparation of venue.

HR, SMIT

Reply all | Delete | Junk | Block sender | ...

Workshop on "Mental Health" for the non-teaching staff of SMIT.

AS Associate Director (Student Affairs) SMIT
Thu 24-02-2022 10:23

To: HOD SMIT; SMIT HOO; nts
Cc: Director SMIT; Associate Director; Sonam Rinchen Bhutia [CRH]; Head Admin SMIT; Sonam Lhamu Bhutia,SMIT +1 other

Brochure for MENTAL HEALT... 967 KB
CIRCULAR (1).pdf 64 KB

2 attachments (1 MB) Save all to OneDrive - Sikkim Manipal University Download all

Dear All,

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The scanned copy of circular along with brochure of workshop is attached herewith for reference.

Thanks and regards

Prof. (Dr.) Anand Prakash Tiwary
Associate Director (SA)
SMIT

Ph: 03592246219 (Ext: 488)
Mo: +919620689530

Reply | Reply all | Forward