

DIMAPUR GOVERNMENT COLLEGE

DIMAPUR, NAGALAND-797112

Naac Accredited Grade B+

Department of Psychology

Report on Essay Writing Competition in Commemoration of World Mental Health Day, 2025

Date: October 10, 2025 | **Time:** 12:30 p.m. – 2:00 p.m. | **Venue:** Seminar Hall, DGC

The Department of Psychology, in collaboration with the IQAC, Dimapur Government College, organized an **Essay Writing Competition** to commemorate *World Mental Health Day 2025* on the theme “*Access to Services – Mental Health in Catastrophes and Emergencies.*” The competition saw enthusiastic participation from students, with a total of 15 participants. The event aimed to create awareness about the importance of mental health services during catastrophes and emergencies, emphasizing timely support, resilience-building, and trauma reduction.

The program began with Ms. Jimokali Zhekheto Zhimomi, Assistant Professor, Department of Sociology, and Secretary-cum-Treasurer, IQAC, DGC, who chaired the session. She introduced the objectives of the event and outlined the day’s proceedings. This was followed by a welcome address from Dr. Temsusenla Jamir, Head of the Department of Psychology, who greeted the gathering and highlighted the significance of World Mental Health Day. She encouraged students to actively engage in discussions surrounding mental health awareness.

An insightful talk on the event’s theme was delivered by Dr. Ruokuoviu, Assistant Professor, Department of Psychology. She illustrated how, during disasters such as floods or wars, response efforts often prioritize physical needs while overlooking psychological trauma. Citing examples from the Gaza conflict and the Uttarakhand floods, she emphasized that mental health care is an essential part of disaster management. Dr. Ruokuoviu urged collective efforts to promote open dialogue about mental well-being, reiterating that mental health is as vital as physical health.

The judges for the competition were Ms. Kilangsungla Pongen, Assistant Professor, Department of Education, and Ms. Keyilingbeu Zeliang, Assistant Professor, Department of Psychology.

The event concluded with a vote of thanks delivered by Dr. Razouneinu Suokhrie, Assistant Professor, Department of Psychology, who expressed appreciation to the judges, speaker, participants, and audience for their valuable contributions.

After a brief **refreshment break**, the winners of the competition were announced as follows:

- **1st Prize:** Ilungkole (1st Semester, Education)
- **2nd Prize:** Liu Chishi (3rd Semester, Psychology)
- **3rd Prize:** Anitoli Zhimo (3rd Semester, English)

The program concluded with a group photo session capturing the event.

Rapporteurs:

- *Alivi* – 3rd Semester, Department of Psychology
- *Deborah* – 1st Semester, Department of Psychology





Recorded by

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