

## PROGRAMME SCHEDULE

TIME	ACTIVITIES/TOPIC	RESOURCE PERSON
8AM -9AM	Registration	-----
9AM – 9:15AM	Inaugural programme	-----
9:15AM-10 AM	Overview of normal development of children	Dr. BondanaTimungpi
10:00AM-11:00AM -	Overview of normal development of adolescents	Dr. Pradip Sarma
11:00AM - 11:15AM	Tea break	-----
11:15AM - 12:30PM	Overview of mental health problems among children and adolescents 1. Neurodevelopmental disorders 2. Emotional disorders 3. Behavioral disorders and others	Mrs. Amina Ahmed
12:30PM - 1:30PM	Risk factors and protective factors of mental health problems among children and adolescents	Dr. Bikram Sutradhar
1:30PM - 2:30PM	Lunch break	-----
2:30PM - 3:30PM	Promotion of mental health among Children and Adolescents	Dr. Nurnahar Ahmed
3:30PM - 5:30PM	Group activities on identification & management of children with mental health problem	-----
5:30PM – 6:00PM	Valedictory session	-----

## REGISTRATION DETAILS

### Spot registration:

*Seminar room, third floor,*

*Department of Psychiatric Nursing, LGBRIMH,*

*Tezpur, Assam*

*Date: 10/07/2023.*

*Time: 8.00am-6.00pm.*

*Free Registration*

**LGB REGIONAL INSTITUTE OF MENTAL HEALTH,**

**TEZPUR, ASSAM**



**TOPIC- "Promotion of Mental Health among Children and Adolescents"**



### RESOURCE PERSONS:

1. Dr. Bondana Timungpi, Associate professor, Dept. of Psychiatry, LGBRIMH
2. Dr. Pradip Sarma, Nodal Officer, DMHP cum SDM and HO School Health, Sonitpur
3. Dr. Nurnahar Ahmed, Asst. Professor, Dept. of Psychiatric Nursing, LGBRIMH
4. Dr. Bikram Sutradhar, Asst. Professor (NMHP), Dept. of Psychiatry, LGBRIMH
5. Mrs. Amina Ahmed, Nursing Tutor, Dept. of Psychiatric Nursing, LGBRIMH

*Date: 10/07/2023.*

*Time: 8.00am-6.00pm.*

*Venue: Seminar room, third floor, Department of Psychiatric Nursing, LGBRIMH, Tezpur*

### ORGANISED BY-

*Department of Psychiatric Nursing, LGBRIMH, TEZPUR, ASSAM in collaboration with DMHP, Sonitpur, Assam*

## INTRODUCTION

Mental health is an important aspect of children and adolescent's overall health and well-being. Childhood and adolescence are two critical stages of life for mental health. This is a time when rapid growth and development take place in the brain. Mental health includes children's mental, emotional, and behavioral well-being. It affects how they think, feel, and act. It also plays a role in how they handle stress, relate to others, and make healthy choices. Children and adolescents acquire cognitive and social-emotional skills that shape their future mental health which are important for assuming adult roles in society. Early negative experiences in homes, schools, or digital spaces, such as exposure to violence, the mental illness of a parent or other caregiver, their ways of parenting, bullying and poverty, increase the risk of different mental health problems.

## OBJECTIVES OF THE WORKSHOP

- To review the normal development of children and adolescents.
- To provide an overview regarding different mental health problems among children and adolescents.
- To discuss different risk and protective factors of mental health problems among children and adolescents.
- To provide knowledge regarding the promotion of mental health among children and adolescents.

## WHO CAN PARTICIPATE



NURSES WORKING IN PERIPHERY



TERTIARY CARE HOSPITAL



NURSING INSTITUTION

## WORKSHOP COMMITTEE

### Members of the workshop committee:

1. **Chairperson:** Dr. Arunjoyoti Baruah, HOD, Dept. of Psychiatric Nursing, LGBRIMH, Tezpur
2. **Organizing Secretary:** Mrs. Amina Ahmed, Nursing Tutor, Dept. of Psychiatric Nursing, LGBRIMH, Tezpur
3. **Student coordinator:** Kankana Chakraborty and Nivamoni Barman
4. **Invitation, Registration and Reception committee:** Arzifa Ahmed, D.L. Sten, Manjari Goswami
4. **Budget and refreshment committee:** Borsha Chetia and Baishali Deb
5. **Scientific and Report Writing Committee:** Suranjana Saikia and Mity Borang
6. **Host:** Nivamoni Barman
7. **Vote of Thanks:** Kankana Chakraborty