

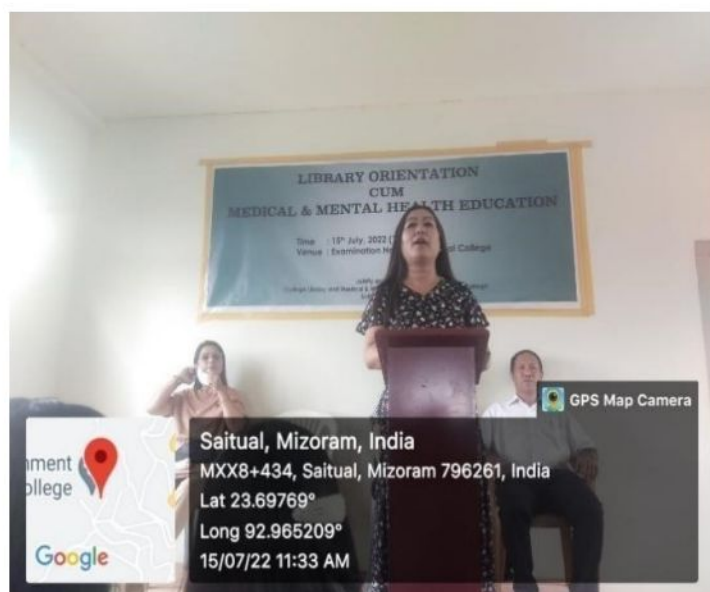
GOVT. SAITUAL COLLEGE
MEDICAL AND MENTAL HEALTH SUB-COMMITTEE

END SEMESTER REPORT (JULY-DECEMBER) 2022

1) Meeting On Medical and Mental Health Education:

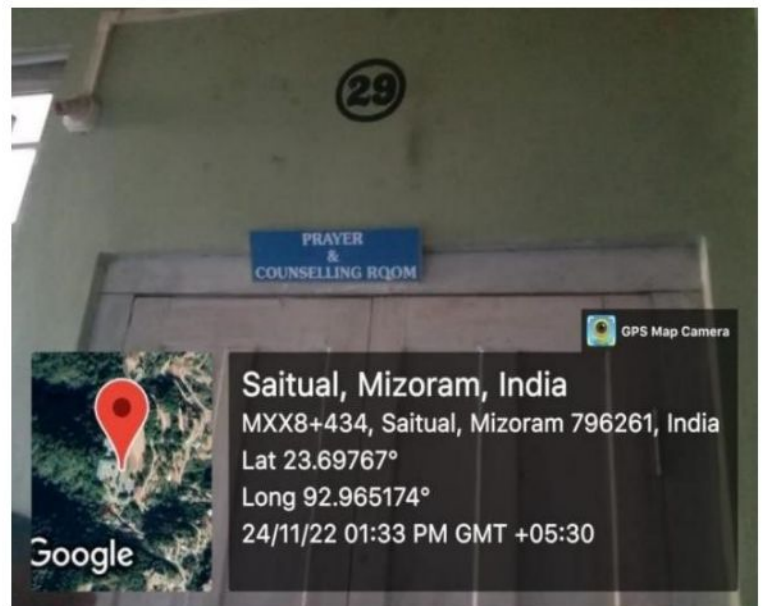
Medical and Mental Health Sub-Committee organized a meeting on Medical and Mental Health Education on 15th July 2022 at Exam Hall II, Govt. Saitual College. The meeting had been attended by the members of Medical and Mental Health Sub-Committee and students from each semester in Govt. Saitual College.

The meeting was convened by Miss Grace Lalnunpuii, Chairman, Medical and Mental Health Sub-Committee. Mr. R. Lalruatkima, member of Medical and Mental Health Sub-Committee had a brief introduction on the aims and objectives of Medical and Mental Health Sub-Committee. Miss Grace Lalnunpuii, Chairman of the Sub-Committee had a speech on the importance of mental health and highlighted the functions and action plans of the sub-committee. The meeting ended at 11:50 AM.



2) Counselling Room:

As proposed in the first meeting, the Medical and Mental Health Sub-Committee set up Counselling Room for the students and staff of Govt. Saitual College. Counselling have been set up to provide adequate help for the students to resolve their personal problems which could badly affect their studies.



3) Observation of World Mental Health Day:

The Medical and Mental Health Sub-Committee observed World Mental Health Day on 10th October 2022 at Govt. Saitual College Auditorium. The meeting was convened by Miss Grace Lalnunpuui, Chairman, Medical and Mental Health Sub Committee. Miss Lalrinkimi, Member, Medical and Mental Health SubCommittee delivered a speech on World Mental Health Day 2022, theme 'Making Mental Health & Well-being for All a Global Priority'.



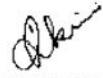
4) First Aid Kit:

First aid kit has been placed at the college office and college library for the students and staffs of Govt. Saitual College. Miss Lalchhanhimi, Member of Medical and Mental Health is the in-charge of this medical supply.



5) Others:

Two mental cases have been identified and assisted within this year. Counselling has been given to them. One of them is seeking medical professional and a sum of Rs. 2100/- has been handed for his/her medical needs.


(LALRINKIMI)
Secretary
Medical and Mental Health
Sub-Committee
Govt. Saitual College