

## HOW TO PARTICIPATE

There is no Registration Fee. The paper should be submitted in 'Times New Roman', font size 12, 1.5 spaced with margin 1 ½ " on the left side and 1" on the other three sides which will be screened by review committee. Abstract /paper (Max 500/3000 words) may be submitted electronically to Seminar Coordinators on Email: [tvijayakumar.nird@gov.in](mailto:tvijayakumar.nird@gov.in) ; [bhaskarsingh.nird@gov.in](mailto:bhaskarsingh.nird@gov.in)

However it may be noted that in view of the limited accommodation, the Center may accept a maximum of 40 participants with thematically Relevant Papers on first cum first basis. The selected participants will be Given 25minutes time (15 minutes for presentation and 10 minutes for Interaction) in the seminar.

### ACCOMMODATION AND TRAVEL:

Contributors of papers will be provided free board and lodging at the NIRD&PR NERC Guest House, Guwahati. Select paper contributors May be eligible for travel allowance as per NIRD&PR norms.

### SEMINAR CO-ORDINATORS:

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### ABOUT NIRD&PR

The National Institute of Rural Development & Panchayati Raj (NIRD&PR), an autonomous organization under the Union Ministry of Rural Development, is a premier national Centre of Excellence. The North Eastern Regional Centre of the National Institute of Rural Development & Panchayati Raj (NIRD & PR-NERC) came into existence in July 1983 at Guwahati with the aim to orient its training and research activities to the specific needs and potentials of North Eastern States. The Centre is located at Jawaharnagar, Khanapara, adjacent to Assam Administrative Staff College and Veterinary College, Assam Agriculture University, Khanapara. It is at a distance of about 15 km from Guwahati Railway Station and Central ASTC Bus Stand and nearly 35 kms from Lokpriya Gopinath Bordoloi International Airport. The NERC is located at Jawaharnagar, Khanapara, Guwahati. Assam.



**Mental health is something that we all need to talk about, and we need to take the stigma away from it. So let's raise the awareness**

**National Seminar  
On**

**Empowering People with Mental Health:  
Breaking Barriers & Building Bridges  
(October 1-3, 2024)**



**National Institute of Rural Development & Panchayati Raj**

(Ministry of Rural Development, Govt. of India)

**North Eastern Regional Centre**

Khanapara, Jawaharnagar, Guwahati, Assam

Website: [www.nirdpr.org.in/nirdnerc.nic.in](http://www.nirdpr.org.in/nirdnerc.nic.in)

## BACKGROUND

Mental health is critical to overall well-being yet remains a pressing issue globally, influenced by social, economic, and cultural factors. Disorders like depression, anxiety, bipolar disorder, and schizophrenia are prevalent worldwide. The World Health Organization (WHO) estimates that one in four people globally will be affected by mental or neurological disorders at some point in their lives. Depression and anxiety disorders are among the most common, significantly impair daily functioning and quality of life, exacerbated by poverty, unemployment, and limited education, which heighten susceptibility to mental health challenges. Factors such as stable housing, healthcare access, and community safety are pivotal in shaping mental health outcomes.

Stigma surrounding mental health poses a significant barrier to seeking assistance, often deterring individuals from timely intervention and support. Misunderstandings and inadequate education further hinder recognition and management of symptoms. Empowerment strategies are crucial in public health, equipping individuals with knowledge, skills, and confidence to manage their mental well-being. Zimmerman's model of psychological empowerment underscores personal belief in influencing outcomes, understanding environments for informed decisions, and taking actions to achieve goals.

Efforts to address social determinants and reduce stigma are essential for cultivating supportive environments conducive to mental well-being. This involves promoting mental health education, enhancing healthcare accessibility, and advocating for early intervention. Empowering individuals to actively manage their mental health fosters improved outcomes and enhances overall quality of life for those affected by mental health disorders.

In the above Context, The National Institute of Rural Development and Panchayati Raj (NIRD&PR), North Eastern Regional Centre, Guwahati is organizing a three-day national seminar to address the barriers and opportunities in empowering the people for Mental Health.

## THE SEMINAR OBJECTIVES

- Discuss the importance of mental health and its impact on overall well-being.
- Identify and understand the barriers to empowering individuals with mental health challenges.
- Explore opportunities and strategies for empowering individuals to manage their mental health effectively, such as stress management and self-care practices.
- Examine the social, economic and cultural factors that influence mental health and explore ways to address these determinants to create a supportive environment for mental well-being.
- Generate insights and recommendations for policy and practice empowering people for mental health.

### SEMINAR FOCUS:

This seminar will address the opportunities and barriers in empowering people for mental health by **inviting research papers on the following themes**

#### I Access to Mental Health Services and Support

- ✓ Availability and accessibility of mental health services
- ✓ Challenges and solutions for improving access
- ✓ Early detection and intervention
- ✓ Preventive measures and programs

#### II Barriers to Empowerment in Mental Health

- ✓ Stigma and discrimination
- ✓ Structural barriers in accessing mental healthcare
- ✓ Impact on disadvantaged communities
- ✓ Internalized oppression and negative beliefs about mental illness

#### III. Mental Health Awareness and Education

- ✓ Importance and impact of mental health education
- ✓ Strategies for increasing mental health literacy

#### **IV Trauma and Adverse Childhood Experiences**

- ✓ Impact of trauma on mental health
- ✓ Interventions and support for individuals with adverse childhood experience

#### **V Academic Stress and Performance Anxiety**

- ✓ Causes and effects of academic stress
- ✓ Coping strategies and intervention

#### **VI Role of Peer Support in Maintaining Mental Health**

- ✓ Benefits and challenges of peer support
- ✓ Examples of peer support programs

#### **VII Social Media and Digital Well-Being**

- ✓ Impact of social media on mental health
- ✓ Strategies for promoting digital well-being

#### **VIII Mental Health Advocacy and Community Empowerment**

- ✓ Role of advocacy in mental health
- ✓ Use of technology and online tools for community empowerment

#### **IX Empowerment Strategies for Promoting Mental Health**

##### **In the Workplace**

- ✓ Workplace mental health programs
- ✓ Strategies for creating a supportive work environment

#### **X Spiritual Practices and Mental Health**

- ✓ Role of spirituality in mental health
- ✓ Benefits and practices of spiritual approaches

#### **XI Resilience-Building Techniques and Coping Mechanisms**

- ✓ Strategies for building resilience
- ✓ Effective coping mechanisms for mental health challenges

#### **WHO SHOULD ATTEND**

Academicians, Human Resource Professionals, Healthcare Professionals, policymakers, Psychologists, Social Workers, School Counselors and Educators, Corporate and Workplace Wellness Professional, NGO representatives working in rural/Community development are invited to participate

#### **IMPORTANT DATES**

Last date for Abstracts and Full paper submission: **September 06, 2024**  
Acceptance notification of Abstract and full paper: **16 September. 2024**

**Seminar dates: 01-03 Oct, 2024**

#### **Venue:**

**National Institute of Rural Development & Panchayati Raj - NERC, Guwahati, Assam.**

#### **OUTCOMES:**

To generate insights and recommendations for policies and practices aimed at empowering individuals with mental health challenges and Develop actionable strategies for promoting mental health awareness, education and advocacy Presented papers will be published in an edited book, and observations will be integrated into training programs.