

On September 14, 2022 at 2:30 PM, the Department of Psychology, Govt. Aizawl West College hosted a programme on "**Awareness on Mental Health**".

In the twenty-first century, mental health has emerged as one of the most crucial challenges for young people, who are now born and raised in a time of intense academic pressure and strain, racing against the clock to outperform their rivals in a world where unemployment is the norm. Youths are more likely to develop mental illnesses that affect their way of life during this period. As a result, when faced with intense parental pressure, they occasionally succumb to sin and commit suicide. Therefore, this awareness programme has been appropriately organised by the aforementioned department in order to shield the youths from these hazards.





GPS Map Camera



Aizawl, Mizoram, India
PPM8+M4X, Dawrpui Vengthar, Chaltlang, Aizawl,
Mizoram 796001, India
Lat 23.734171°
Long 92.715211°
14/09/22 02:33 PM GMT +05:30