



**Speech**

**of**

**Dr. Hari Babu Kambhampati**  
**Hon'ble Governor of Mizoram**

**On The Occasion of**

**Inauguration Of International Conference**  
**By School Of Medical And Paramedical Sciences,**  
**Mizoram University**

**At**

**Mizoram University**

**On**

**14<sup>th</sup> November, 2023.**

- Justice Nelson Sailo, Hon'ble Judge Gauhati High Court
- Prof. Dibakar Chandra Deka
- Vice Chancellor
- Mizoram University
- Prof. Lalnundanga, Registrar
- Mizoram University
- Dean, School of Medical and Paramedical Sciences
- Organizers of the Conference
- Dear participants

It gives me great pleasure to be here at the International Conference on “*Emerging Trends in Psychological Interventions (Health and Allied Sciences): Future Prospects and Challenges*”, organized by the School of Medical and Paramedical Sciences, Mizoram University.

As we all know, Mental Health is one of the most important aspects of human life.

Mental health reflects not just the absence of mental diseases, but rather represents the overall well being of the individual as reflected in his emotional, psychological, physical and spiritual well being.

The World Health Organization appropriately describes mental health as: *"A state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to his or her community"*.

Therefore, it is extremely essential to look after one's mental health, especially in this day and age.

As members of the society, we are continuously affected by various factors present in our surroundings.

Factors related to family and occupation act as psychological stressors and affect our mental health both directly and indirectly.

Thus, there is a constant need to monitor our state of mind. However, in our efforts to earn livelihood, we often ignore or forget to take care of our own selves.

Here, conferences such as this one, provide opportunity to understand the importance of keeping sound mental health, and they keep us informed about the recent advancements in psychological interventions and approaches that are used for the treatment of disorder of mind.

I have gone through the interesting sub themes of this International Conference, and I feel that they amply justify the central theme and the overall aim of the Conference.

I am certain that they will give the participants an opportunity to learn and know about the recent developments that are taking place in various modes of intervention related with psychological well being.

Promotion of intervention technique related with mental health is essential, in order to identify the individual, social and structural determinants of mental health; and to reduce risks, build resilience and establish supportive environments for mental health.

Such gatherings of academicians and professionals related with or working in the area of mental health will definitely help in creating mass awareness, and also motivate the scholars and students of psychological, medical and allied sciences to work in this area in future.

I look forward to this International Conference achieving its goal of sensitizing the participants about recent advancements related with interventions in psychological sciences, while further motivating our bright young minds in the process.

I congratulate the organizers for their hard work, and I wish the Conference a grand success.

Thank you.

Jai Hind.