

Session on Youth Mental Health

The Don Bosco College Kohima Jesus Youth Students participated in the Youth Mental Health Programme organized by Centre of Development Initiatives for the students of Don Bosco College Kohima on 04th March 2023. 15 students attended the programme.

The Programme started with the opening prayer by Mr. John, Coordinator of Jesus Youth. After which the session started, which was delivered by Ms. Teresa.

The Speaker spoke about how it is important the Youth need to take care of their mental health and the steps on how to keep our mind and body healthy. The speaker also arranged some games to play so that the students will be lighten up. The speaker had an interactive session after the games so students were lighten up to give sharing and ask their doubts. After the programme, the speaker made herself available for any students who would be willing to have personal sharing and counselling with her.

The Programme ended with Ms. Agnes, member of JY delivering the vote of thanks.

