

Press Release from CCCT, Chisopani

Workshop on Mental Health, Substance Use Disorders and Stress Management Conducted by CCCT , Chisopani

A workshop on Mental Health, Substance Use Disorders and Stress Management was conducted for newly admitted students of CCCT, Chisopani, Jorethang, on 15 July 2026 as part of the institute's induction programme.

Dr. Satish Rasaily, Senior Consultant Psychiatrist and Addiction Medicine Specialist, attended the programme as the resource person and thanked the management of CCCT for inviting him to interact with students at the beginning of their academic journey.

During the interactive session, Dr. Rasaily explained that mental health is much more than the absence of mental illness. It is the foundation for learning, healthy relationships, sound decision-making and overall well-being. He emphasized that the brain controls our thoughts, emotions and behaviour, and that mental disorders are medical conditions affecting brain function, just as diabetes affects the pancreas or hypertension affects the heart and blood vessels.

The workshop also focused on understanding the stress response. Students learned how stress can be helpful in motivating performance when it is short-lived, but prolonged or excessive stress can adversely affect physical and mental health. Practical strategies such as maintaining a healthy lifestyle, regular physical activity, adequate sleep, mindfulness, problem-solving skills, social support and seeking timely professional help were discussed.

Introducing the principles of positive psychology, Dr. Rasaily encouraged students to identify their personal strengths, cultivate gratitude, build resilience, develop meaningful relationships and find purpose in life. He highlighted that these protective factors enhance emotional well-being and help individuals cope with life's challenges.

The session also covered depression and suicidal behaviour, helping students recognize early warning signs and understand that depression is a treatable medical condition rather than a sign of personal weakness. Students were encouraged to reach out to trusted family members, teachers or mental health professionals whenever they or their friends experience emotional distress or suicidal thoughts.

Addressing the growing concern of substance use disorders, Dr. Rasaily explained how alcohol, tobacco and drugs alter the brain's reward system, impair judgment and gradually lead to addiction. He stressed that addiction is a chronic but treatable brain disorder and that early intervention, evidence-based treatment and strong family support significantly improve recovery.

The programme concluded with an engaging question-and-answer session, during which students actively discussed issues related to stress, anxiety, depression, relationships, social media, peer pressure and drug addiction. The interactive nature of the workshop reflected the growing awareness among young people regarding mental health and their willingness to seek accurate information and professional support.

The workshop aimed to empower students with knowledge, reduce stigma surrounding mental illness and addiction, and promote a culture of resilience, compassion and help-seeking behaviour as they begin their academic journey.