

Leh, October 10, 2026: The Department of Psychology at Eliezer Joldan Memorial College Leh, successfully organized a meaningful and impactful event to observe World Mental Health Day under the theme, “Lived Experiences heard: Real Voice Real Change”.



The event was graced by eminent dignitaries, with Madam Bhanu Prabha (IAS) Honourable Administrative Secretary, attending as the Chief Guest. Dr. Padma Angmo, Consultant Psychiatrist, served as the Guest of Honour. Other distinguished guests in attendance included Mr. Sonam Dorje Namgial, Principal, DIET, and Professor Stanzin Yangdol, Principal, EJM College.

The program commenced with a traditional welcome ceremony featuring the presentation of Khatak and ceremonial Lamp Lighting, followed by the solemn recitation of the National Song and National Anthem.

HoD Ms Phuntsog Tsering Wangmo, delivered the opening remarks, underscoring the vital role of mental health awareness in academic institutions.

Guest of Honour Dr. Padma Angmo, Consultant Psychiatrist, shared insightful clinical perspectives on emotional well-being, and the importance of destigmatizing mental health support. To further highlight these issues, students performed an engaging skit showcasing empathy, active listening, and social support networks.

In her address as Chief Guest, Madam Bhanu Prabha Honourable Administrative Secretary, commended the faculty, and the students of the Department of Psychology for their initiative. She emphasized creating empathetic communities where mental healthcare is prioritized and accessible to everyone.

The formal speeches were followed by a lively dance performance and an interactive Question & Answer Session, giving students and faculty members an opportunity to engage directly with the experts on various mental health topics.

The event concluded with a formal Vote of Thanks and token of appreciation, expressing deep gratitude to all dignitaries, guest speakers, and participants, followed by a celebratory closing performance of the traditional Tashispa Dance.