



REGIONAL WEBINAR SERIES ON MENTAL HEALTH

A year long Academic Initiative | October 2026 – September 2027

JOINTLY ORGANIZED BY

Department of Psychiatric Nursing

Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH),
Tezpur, Assam

&

Indian Society of Psychiatric Nurses (ISPAN), India

MAJOR THEME

*Reaching the Unreached: creating and strengthening a
Community-Driven, Multidisciplinary Mental Health Care*



Webinar Venue: Digital Nursing Academy, Department of Psychiatric Nursing,
LGBRIMH, Tezpur, Assam



ASSAM NURSING COUNCIL CREDIT POINTS
WILL BE AWARDED



ABOUT THE INITIATIVE

Accessible learning • Evidence-based practice • Community-driven care

PURPOSE OF THE WEBINAR SERIES

Mental health professionals, particularly nurses across North-East India, often face challenges in accessing continuing education due to distance, workload, and time constraints. There is a need for accessible learning opportunities to update their knowledge and strengthen evidence-based practice. This webinar series aims to promote continuous professional learning while emphasizing person-centred, recovery-oriented mental health care that values the experiences, needs, and perspectives of patients and their families.

OBJECTIVES

- To share current, evidence-based knowledge on mental health across the lifespan.
 - To integrate the lived experiences of persons with mental illness, families, and caregivers.
 - To strengthen inter-professional and inter-institutional collaboration in mental health education through partnership with ISPN.
 - To enhance professional skills in early identification, recovery-oriented care, and ethical, rights-based practice.
 - To sustain the spirit of World Mental Health Day 2026 through year-round learning and practice.
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ABOUT THE ORGANIZERS

ABOUT LGBRIMH



LGBRIMH, Tezpur, is an autonomous institute under the Ministry of Health and Family Welfare, Government of India, and serves as a Regional Apex Centre for mental health in North-East India. The Institute is committed to providing specialised mental health services, advancing education and research, and strengthening community-based mental health care. It supports workforce development through training, clinical skill development, mentoring, capacity-building, technical guidance, and coordination among regional mental health services.

ABOUT THE DEPARTMENT OF PSYCHIATRIC NURSING



Established in 1998, the Department of Psychiatric Nursing at LGBRIMH, Tezpur, is a pioneer in psychiatric nursing education and mental health care in North-East India. It offers DPN, M.Sc. Nursing (Psychiatric Nursing), and Ph.D. in Psychiatric Nursing, alongside short-term training. Services include psychoeducation, counselling, self-care and skill training, motivational enhancement therapy, behavioural nursing interventions, parent management training, nursing audits, outreach camps, home visits, referrals, and school mental health programmes.

ABOUT ISPN, INDIA



Established in 1991 at NIMHANS, Bengaluru, the Indian Society of Psychiatric Nurses (ISPN) promotes professional education, continuing development, research, clinical excellence, and leadership among psychiatric nurses. Through conferences, seminars, workshops, and continuing nursing education programmes, ISPN fosters knowledge sharing, skill enhancement, collaboration, evidence-based practice, ethical standards, and interdisciplinary teamwork. It also promotes research and publishes the Indian Journal of Psychiatric Nursing.



SUB-THEMES (3:00 – 5:00 PM)



October 2026

Growing Up with Mental Health Challenges: Amplifying the Voices of Children, Adolescents, and Families in Mental Health Care



November 2026

Understanding Psychosis: Pathways to Early Detection, Recovery, and Community-Centred Care



December 2026

Beyond the Diagnosis: Rethinking Continuity of Care and Recovery in Bipolar Disorder



January 2027

The Anxious Mind: Modern Perspectives on Assessing and Treating Stress-Related Disorders



February 2027

Ageing with Dignity: Reimagining Geriatric Mental Health Through Early Recognition and Compassionate Care



March 2027

Breaking the Silence: Towards Gender-Responsive Mental Health Policy for Women



April 2027

The Mind-Body Connection: Bridging Physical and Mental Health in Clinical Practice



May 2027

Mental Health in the Digital Age: Navigating the Promise and Peril of Emerging Technologies



June 2027

Beyond Addiction: Reforming Prevention and Recovery for Substance Use and Behavioural addictions



July 2027

Preventing Suicide and Self-Harm: From Risk Identification to Safety and Sustained Support



August 2027

Rights, Laws, and Lived Realities: Translating Mental Health Legislation into Ethical Practice



September 2027

Reaching the Unreached: The Future of Community-Driven, Multidisciplinary Mental Health Care

MESSAGES

MESSAGE FROM DIRECTOR



It is my distinct privilege to welcome you to the year-long Regional Webinar Series, jointly hosted by LGBRIMH and ISPN. Anchored in the theme “Reaching the Unreached,” this initiative embodies our steadfast dedication to fostering accessible, community-driven mental health care across North-East India. I wish this collaborative academic endeavour resounding success.

MESSAGE FROM DEPUTY DIRECTOR



I am highly pleased to welcome all participants to the Regional Webinar Series on Mental Health, jointly organized by the Department of Psychiatric Nursing, LGBRIMH, and the Indian Society of Psychiatric Nurses (ISPN). This year-long academic initiative is a vital step toward our major theme: Reaching the Unreached: creating and strengthening a Community-Driven, Multidisciplinary Mental Health Care. I strongly encourage all mental health professionals to utilize the platform to update their knowledge and enhance evidence-based practices. I extend my best wishes to the initiative.

MESSAGE FROM ORGANIZING SECRETARY: DR. ARUNJYOTI BARUAH



It is an honour to welcome you to this Regional Webinar Series on Mental Health. As we come together to share knowledge and experience, let us strengthen community-driven, multidisciplinary mental health care and renew our commitment to reaching the unreached. May this initiative inspire collaboration, innovation, and meaningful change across North-East India and beyond.



COMMITTEE MEMBERS

Regional Webinar Series on Mental Health

ORGANIZING COMMITTEE

PATRONS

Dr. Jyoti Hazarika — Director, LGBRIMH, Tezpur, Assam
Dr. Hementa Dutta — Deputy Director, LGBRIMH, Tezpur, Assam

ORGANIZING CHAIRPERSONS

Dr. Arunjyoti Baruah — Prof and HoD, Dept. of Nursing, LGBRIMH, Tezpur
Dr. G Radhakrishnan — Additional Professor, Dept. of Nursing, NIMHANS, Bengaluru

ORGANIZING SECRETARY

Dr. Amina Ahmed — Nursing Tutor, Department of Psychiatric Nursing,
LGBRIMH, Tezpur

ISPN INDIA — PATRON AND FOUNDING MEMBERS

- Dr. T. Dileep Kumar — Patron, ISPN India; President, Indian Nursing Council, New Delhi
- Dr. K Peddermaa — Patron, ISPN India; Nodal Officer INC Ph.D. Consortium,
St John College of Nursing, Bengaluru
- Dr. Nagarajan — Founder General Secretary, Amargyothi Nagar, Vijayanagar, Bengaluru
- Dr. Ramachandra — Founder member/Special Invitee; Former Prof and HoD, Dept. of Nursing,
NIMHANS

EXECUTIVE COMMITTEE (ELECTED)

- Dr. G Radhakrishnan — President; Additional Professor, Dept. of Nursing, NIMHANS, Bengaluru
 - Dr. Sandhya Gupta — Vice President; Academic Health consultant & Lifestyle Coach;
formerly CON, AIIMS New Delhi
 - Dr. Arunjyoti Baruah — Vice President-Administrative (Nominated); Prof and HoD,
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 - Dr. K.N Jayanthi — Treasurer; College of Nursing, NIMHANS, Bengaluru
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