



**MIZORAM COLLEGE OF NURSING
& ECHO India**
are organizing



MCON-Capacity Building Mental Health & Self Care-ECHO Program



Beginning on
12 June 2025
Duration: 3 months



Mode of Training:
Virtual via iECHO platform
Session Frequency: once a week



Who can Attend:
Nursing Officer and
Faculties/nursing teachers who
speak or understand

Mizo language from across India

EVALUATION PLAN

Pre-test and post- test
to evaluate participants
at the start and end of
the program.

80% attendance
and 75% post-test
marks required for
completion.

Feedback
collected after
every session.

CURRICULUM

S.No	Topic	Date	Resource Person
1	Mental health awareness	12.06.2025	Mrs C. Lalrintluangi, Principal, CON Synod Hospital, Durtlang
2	Mental health and nutrition	19.06.2025	Mrs Saidingliani Sailo. Psychiatric Nurse, DHME
3	Mental health in the Workplace	26.06.2025	Mrs Lalruatkimi Asst Prof, MCON Falkawn.
4	Stress and its management	03.07.2025	Mrs Laldusaki Principal, MCON Falkawn.
5	Managing emotions and anger	10.07.2025	Ms Esther Lalhriatpuui Tutor, CON Synod Hospital, Durtlang
6	Self-Care and management of Stress and negative emotion during Covid-19	17.07.2025	Mrs Sainunsangi Senior Nursing Officer, ZMCH
7	Work-Life Balance & Physical Health	24.07.2025	Ms Lalrinhlui Asst. Prof CON, RIPANS
8	Managing IPR	31.07.2025	Mr Victor Rosangzuala Asst Prof, BCON
9	Seeking support	07.08.2025	Lalhmingmawii Tutor, CON Synod Hospital, Durtlang
10	Conflict Resolution	14.08.2025	Mr Samuel Vanlalpeka Guest Faculty, CON RIPANS
11	Suicide Prevention	21.08.2025	LC Beihneipaki. Psychiatric Nurse, TELEMNAS. DHME
12	Life Skills/ Soft Skills	28.08.2025	Mrs Laldusaki Principal, MCON Falkawn.
	Validatory Session	28.08.2025	Helen Lalthianghlimi Sailo Asst Prof. MCON

Registration

For Technical queries, contact: nursing@echoindia.in

For queries, contact: mconfalkawn@gmail.com