

About the College

Immanuel College is a full fledged college affiliated to Nagaland University and is recognized by the University Grants Commission (UGC) Under Sec. 2(f) & 12(B). It was established in 1994, the pioneer among Science colleges in Dimapur municipality. It is located in a residential area at Lengrijan, Dimapur, Nagaland which is 3 km away from the railway station and 10 km away from the airport. It has been accredited B+ during the NAAC 2nd Cycle in the year 2022 placing it among the top colleges in Nagaland. The college offers Arts & Science stream for the undergraduate and recently the college also upgraded to MA English and MA Political Science. The College aims to teach, nurture and encourage every student. To meet the ever-increasing challenges in this modern advanced world the college has spared no effort in keeping pace with these challenges both academically and in other co-curricular activities as well as in matters of infrastructural development.



About the Seminar

Beneath the vibrant culture and scenic beauty of the India's Northeast region lies a growing mental emergency of the silent crisis of anxiety or depression among the youth that has remained largely unspoken and unknown yet deeply felt as they grapple with emotional turmoil, identity confusion, academic stress and a deep sense of isolation. In this age of technology besides the post pandemic period, the influence of the glamorous world has only intensified these issues with increased exposure to digital media, peer comparison and an overwhelming pressure to meet family and societal expectations all contributing to deteriorating mental well being.

Stories are not rare of bright students suddenly dropping out of college due to debilitating anxiety, the surge in the use of substance abuse among adolescents in states like Assam, Manipur, Nagaland etc is alarming. Behind every statistic is a story, a family and a future lost too soon. The consequences are not limited to individuals alone as the region is witnessing rippling effects in rising dropout rates, broken family structures, unemployment and increased vulnerability to crime and radical influences. With many youths migrating from rural to urban areas for education and stability, there is a disconnection from traditional values and support systems widening their emotional gap. This seminar aims to serve as a clarion call to recognize and respond to this epidemic silence by bringing together all stakeholders and raising our voice on this issue that youth mental health is no longer an option but needs an urgent attention.

In essence, Northeast India with a region so rich in diversity, talent and resilience, the youth's mental health cannot remain ignored and therefore Immanuel college seeks to provide a platform of building a stronger, kinder and mentally healthier Northeast as we believe the wealth and progress of a Nation depends on the well being of its youth.



**Organized by IQAC, Immanuel College
Dimapur**

*Sponsored by
ICSSR - NERC*

*One day National Seminar
on*

*“Unravelling the exacerbating growth
of Anxiety and Depression among
youths in India's North East.”*

**Venue: College Conference Hall
Spot registration: 8:30-9:00 am
Seminar Date : 12.09.2025**