



## NATIONAL SERVICE SCHEME: :HALDIA GOVERNMENT COLLEGE

### Report of the Activities

<b>Name of the activity:</b>	One Day Sensitization Workshop on “National Mental Health Program” among the students, teachers and staff members of Haldia Government College
<b>Category of the activity:</b>	Awareness cum Sensitization Workshop
<b>Date, Time, &amp; Venue:</b>	<b>Workshop on 26/11/2019; @ 2:00PM - 4:00PM</b> at Seminar Room, Haldia Government College, Haldia
<b>Name of the resource person (s):</b>	<b>Dr. Dilip Biswas</b> , Dy. CMOH-II, Purba Medinipur <b>Dr. Dibyajyoti Basu</b> , BMOH, Haldia, Purba Medinipur <b>Ishita Ghosh</b> , Clinical Psychologist, Purba Medinipur and <b>Pintu Bera</b> , Psychiatric Social Worker, Purba Medinipur
<b>Other dignitaries present:</b>	Dr. Pijush Kanti Tripathi, Officer-in-Charge, Haldia Government College Dr. Dipankar Sadhukhan, IQAC Coordinator, Haldia Govt. College Prof. Pritam Bandyopadhyay, HoD, Dept. of English, Haldia Govt. College Dr. Bhubon Mohan Das, Program Officer, NSS Unit-I, Haldia Govt. College Dr. Tithi Bose, Program Officer, NSS Unit-II, Haldia Govt. College
<b>No. of participants:</b>	Student participants: 135 Faculty members and Office staff: 11
<b>Brief description of the program (should be using bullet points):</b>	<p>A Sensitization workshop on “National Mental Health Program” among the students, teaching and non-teaching staff members of the college had been organized on 26.11.2019. The workshop is jointly organized by the National Service Scheme units (NSS) in collaboration with Chief Medical Officer of Health (CMOH), Purba Medinipur, West Bengal.</p> <p>Dr. Bhubon Mohan Das, Program Officer, NSS Unit-I, Haldia Govt. College commenced the session as a Convener of the program and welcomes all the Resource persons, delegates and participants.</p> <p>The program was inaugurated by Dr. PijushKanti Tripathi, Officer-in-Charge, Haldia Govt. College and delivered a speech on the topic of Importance of “National Mental Health Program”.</p> <p>Dr. Dipankar Sadhukhan, IQAC Coordinator, Haldia Govt. College welcomes all the resource persons, dignitaries and participants to the workshop and shared valueable knowledge on the topic.</p> <p>Dr. Das introduced the esteemed speaker, Dr. Dilip Biswas, Dy. CMOH-II, PurbaMedinipur; Dr. Dibyajyoti Basu, BMOH, Haldia; Ms. Ishita Ghosh, Clinical Psychologist and Mr. Pinu Bera, Psychiatric Social Worker, Purba</p>



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Medinipur.

Our resource persons delivered their respective speech on the issues of National Mental Health Program, Preventive and curative measures of mental health problem, and how to deal with these mental health issues by the common people.

Finally, Dr. Tithi Bose, Joint Convener of the program & Program Officer, NSS Unit-II, Haldia Govt. College delivered the vote of thanks and concluded the program.

### Outcome:

Mental health and wellbeing of pupil can determine the educational outcomes of the institution in a significant way. The workshop pointed out that anxiety disorder is quite common among the college students and students can overcome these problems by exercise, diet mindfulness, meditation etc.

Sensitization workshop on national mental health, can be an important step towards inculcating qualities such as resilience, stress tolerance, and other such abilities can protect pupil in a significant way from mental health problems.

A careful observation in college can detect children with mental health problems at an early stage which saves their formative years.

(Dr. Bhubon Mohan Das)  
Program Officer  
NSS, Unit - I  
Haldia Government College

(Dr. Pijush Kanti Tripathi)  
Officer-in-Charge  
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