

ONE DAY AWARENESS PROGRAMME ON *MENTAL HEALTH*

A One-Day Awareness Programme on *Mental Health* is organised in the Virtual Room of Patrasayer Mahavidyalaya on July 25th, 2023 from 1pm onwards. The programme is graced by trained professionals from the Department of Health and Family Welfare, Bishnupur, Bankura. The workshop is conducted by the IQAC and NSS unit of Patrasayer Mahavidyalaya in joint collaboration with the Bishnupur Mental Health Wing primarily for the college faculty and non-teaching staff to get a detailed idea regarding issues related to mental health and the ways to cope with them.

The workshop is attended by more than thirty (30) teaching and non-teaching staff who feel enlightened by the workshop and the detailed explorations provided by the speakers. Their experience and expertise as professionals on Mental Health go a long way in clarifying the doubts of the participants and assuring them regarding the course of action to be taken when necessary. They emphasised on meticulous and thorough understanding of the issues related to mental health before proceeding to remediation. They further stress on sincere efforts, compassionate understanding, and sympathetic approach to deal with the same and promise to be available for any / all help and support.

The programme is concluded with a hearty Vote of Thanks by Ms. Aparajita Mukherjee, IQAC Co-Ordinator of Patrasayer Mahavidyalaya.

The details of the Invited Speakers are as follows:

DISTRICT MENTAL HEALTH PROGRAMME , Bishnupur Health District

Sl.	Name	Designation	Phone No.	Email ID
1.	Dr. Bablu Sharma	Psychiatrist (DMHP-BHD)	9874063554	Drbablu0301@gmail.com
2.	Ms Priyanka Chowdhury	Psychologist (DMHP-BHD)	9903625516	ipriyankachowdhury@gmail.com
3.	Ms Kankani Roy	Psychiatric Social Worker (DMHP-BHD)	8296692588	kankaniroy@yahoo.com
4.	Abantika Baidya	Psychiatric Nurse (DMHP-BHD)	9886190452	Abantikab@gmail.com