

# Report on 'Awareness Camp on Mental Health' organized by *Internal Complaint Cell (ICC)* in collaboration with *IQAC*, *Mathabhanga College*.

Date; 27.05,2022 Time 1.30 onwards

Mental health is an integral part of physical health and good health is essential to make a person able to unfold their potentialities. People are concerned with physical health but most of the people do not take care of their mental health. During last two years the abnormal situations that arises due to covid 19 have Worsen the mental health of the young generation specially. So at this point of time the awareness program on mental health need to be organized for awareness of mental health.

Objective;-The program aims to make the students aware about mental health to understand mental problems and to motivate the participants to come forward to solve the problems.

Programme in brief; The main two speaker of the program were **Bulti Dey Paul and Mitra Goswami** who were mental Health worker Under *Janamanas prakalpa* of the NGO *ANJALI*. The inaugural session of the the program started at 1.30 pm with the welcome address given by the Teacher in Charge Dr, Sulagna Dutta. Then Secretary Teachers council delivered a short speech on his view regarding mental health. Then Prof. Aparna Biswas, Presiding officer of ICC unit delivered speech highlighting the objectives and importance of the program. She also motivated the students to participate such program and to listen attentively and come forward to solve the problem if they had.

The main program started with the speech of **Bulti Dey Paul**, Mental Health worker Under *Janamanas prakalpa* of the NGO *ANJALI*. She explained the concept of mental health and discussed elaborately the most common symptoms of mental health problems that the young generation face. **Mitra Goswami**, Mental Health worker Under *Janamanas prakalpa* of the NGO *ANJALI* explained mental health problems with some examples from her experience. She discussed about the nature of services provided under *Janamanas prakalpa* of the NGO *ANJALI* to the people to solve the problems of mental health. Then all the doubts of the participants regarding mental health are cleared by the mental health workers.

At the end of the program the participants who feel that they have mental health were asked to come forward for counseling. Then the program ended with the vote of thanks

delivered by Smt.Aparna Biswas , Presiding officer of ICC unit. Number of participants in the program was 121. Online Feedback of the program was taken .

Outcome; Some participants came forward for counseling and the two mental health workers provided the service. Then verbal feedback was taken from those who take counseling, feedback was very much satisfactory.

Weakness ; Though some participants demanded for the service of regular counseling from the college but it was not possible due to financial constraints.

