



NETAJI SUBHAS OPEN UNIVERSITY

(NAAC Accredited with Grade-A)

Regional Centre, Kalyani

Ghoshpara Station Road, Kalyani, Nadia-741235

Ph.:033 25025066; E-mail: rd.kalyani@wbnsou.ac.in

STUDENTS' WEEK-2023

AWARENESS PROGRAM ON MENTAL HEALTH & WELLNESS

Jointly Organized by School of Professional Studies & Regional Centre, Kalyani

Netaji Subhas Open University

Date & Time: 6th January, 2023; 12:30 PM

As per order of Department of Higher Education, Government of West Bengal (Order No.-1036-Edn(U)/HED-12016(21)/12/2022-UNV SEC-Dept. of HE dated 27th December, 2022) School of Professional Studies and Regional Centre, Kalyani jointly organized an awareness programme “Mental Health & Wellness” on 6th January, 2023 (Friday) to celebrate the “Students’ Week-2023” at Muktadhara Shabhaghar, Kalyani Campus.

EVENT HIGHLIGHT:

Title of the Event: Awareness Program on Mental Health & Wellness

Organized By: School of Professional Studies & Regional Centre, Kalyani

Venue: Muktadhara Shabhaghar, Kalyani Campus

Date & Time: 6th January, 2023; 12:30 PM

No. of Participants: 55

MEMBERS PRESENT:

- Dr. Premananda Jana, Director, R.C, Kalyani
- Mr. Mayank Kumar, Invited Speaker
- Shri J. P Chowdhary, Asst. Director, R.C, Kalyani
- Dr. Bibhas Guha, HOD and Associate Professor, Zoology, School of Sciences
- Dr. Sintu Ganai, Asst. Professor, Chemistry, School of Sciences
- Dr. Puspall Mukherjee, Asst. Professor, Chemistry, School of Sciences
- Smt Kasturi Sinha, Asst. Professor, School of Professional Studies
- RC Staff & Students



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At the outset, Dr. Premananda Jana, Director, R.C, Kalyani mentioned about the great initiative taken by Department of Higher Education, Government of West Bengal, and thanked and applauded for the same. He welcomed to all the dignitaries (Directors, Faculties, Officers) and students of Saraswati Trust Estate Vidyapith on behalf of NSOU. He also informed about the objective of the programme and benefits of the students.

Smt Kasturi Sinha, Asst. Professor in Social Work, School of Professional Studies was invited to speak a few words in the occasion. While addressing the students, Smt Sinha Ghosh said that since most of the students are in their adolescent phase, which is a period of stress and storm, therefore they must learn to control their emotions and must talk about their problems with their parents or teachers. They must be very careful in choosing their friends. Smt Sinha Ghosh wished the students all the very best and concluded her speech.

Mr. Mayank Kumar in his address stated that: Mental health includes our emotional, psychological, and social well-being, and how all these things interact with each other. Mental health and wellbeing are fundamental to a person's quality of life and general well-being. Mental illness can be debilitating, but it is also treatable, and there is no shame in seeking help from professionals. Stigma and discrimination (include self-stigma) is a great hindrance in treatment and prevention of mental illness. Mr. Kumar further focused on substance abuse and its harmful effects, particularly on adolescents and youth. He spoke on role of adolescents and youths in minimizing violence in family to have a healthy and productive emotional and mental health for all family members. He also very briefly discussed the symptoms of major mental illnesses like schizophrenia, depression, obsessive compulsive disorder, anxiety, childhood disorders etc. by sharing his practical experiences of looking after the persons having said disorders.

He also spoke on healthy and supportive peer relationship, and adversity of bullying and negative expressed emotions on mental health, particularly among adolescents and youths, and suggested how adolescents and youths can contribute in mental health wellbeing of their contemporaries' ones. He emphasized that without a healthy mind, we cannot achieve our goals or be successful in life and unable to contribute productivity in our society and community. In his interactive session, he also invites questions and discuss those in length. He also spoke on the importance of sharing our feelings with our close ones, trying to understand the perspectives



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of our parents, following routines, seeking professional support in need, and engaging in physical activities especially outdoor games every day to keep ourselves healthy.



The program was ended with a vote of thanks by Shri J.P Chowdhary, Asst. Director, RC, Kalyani. The meeting was concluded with a positive note.

Dr. Premananda Jana
Director,
Regional Centre, Kalyani, NSOU

Prof. (Dr.) Anirban Ghosh
Director (I/c),
School of Professional Studies, NSOU