



NEWS BULLETIN

World Mental Health Week, 2023



AZARA, October 16: World Mental Health Week was observed from the 9th to 15th of October, 2023. The Department of Psychology at Girijananda Chowdhury University (GCU) took an active role in commemorating Mental Health Day on October 10th, by organizing various engaging and informative activities throughout the week. On the 10th of October, a thought-provoking street play (nukkad) was performed on the university campus, emphasizing the importance of mental health and the significance of suicide prevention. This event aimed to raise awareness among the students and staff about the pressing need to prioritize mental well-being. Continuing the efforts to promote mental health awareness, a poster-making competition was conducted in the afternoon of the same day, inviting enthusiastic participation from students of different departments. The theme “GCU cares: Nurturing mental wellness” inspired a display of creative talent and a strong commitment to supporting mental health initiatives. The posters were judged by the officials of the National Health Mission (NHM) based on the clarity and effectiveness of the message delivered through them. The winners of the competition were declared with Afreen Sultana, (B.A. Psychology, 1st semester) grabbing the 1st prize, followed by Supreeti Phukan, (B.Tech CSE, 3rd semester) winning the 2nd prize winner, and Pritish Medhi (B.Tech EE, 3rd Semester) receiving the 3rd prize. Also, a few students grabbed consolation prizes: Madhushree Kalita (B.A. Psychology, 1st semester), Md. Sohail Khan (BCA, 1st Semester), Himangshu Rajbonshi (BBA, 1st semester).



Students performing street play in the university campus.



Winning posters chosen by the NHM team.



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On the 13th of October, the Department of Psychology, along with the Departments of Sociology and Social Work collaborated with the National Mental Health Programme (NMHP) under National Health Mission (NHM) and organized an informative awareness cum interactive session. A resource team of four experts shared insightful and practical information, shedding light on critical aspects of mental health and the challenges surrounding it.

The interactive session with the audience provided a platform for meaningful discussions, fostering a better understanding of mental health issues. Moreover, a quiz was conducted at the end of the event, allowing participants to test their knowledge, with the session concluding on a positive note, as prizes were awarded to three winners who answered correctly. The experts highlighted the toll number 14416 which offers mental health services around the clock.

The week-long activities underscored the significance of addressing mental health concerns and promoting a culture of understanding and support within the university community. The initiatives taken by the GCU team during World Mental Health Week demonstrated a strong commitment to nurturing mental wellness and fostering a more inclusive and supportive environment for all.



Prof. Shantanu Chakravarty, Dean of Social Sciences giving the welcome speech.



Dr. Prakash Barman, State coordinator of TeleManas and Consultant of NMHP delivering a presentation.



A student delivering the vote of thanks.



Deepjyoti Das, Counsellor, TeleManas awarding a T-shirt to a winner of the quiz.



The organizing members of GCU with the resource team of NHM.