



# NETAJI SUBHAS OPEN UNIVERSITY

## School of Vocational Studies

### Report of the Outreach Programme

The banner features logos for Rotary Club of Calcutta Sutanuti, Create Hope in the World, and Netaji Subhas Open University. The main text reads: **MENTAL HEALTH AWARENESS PROGRAMME**, Organised By **SHIVANANDA HEALTH SOCIETY NSOU : P-19**, Jointly with **Rotary Club Of Calcutta Sutanuti**, Supervised by **DR. SUBRATA PAL AND HIS SHS TEAM (psychological Counselling - ADPC)**. A blue bar at the bottom contains the text: **Welcome to all !!**. Below this bar, the details are listed: **Venue**: Chandrahati Dilip Kumar High School (H.S), Tribeni - Kuntighat Road. Pin: 712503; **Date**: 22nd March, 2024; **Time**: 2:00pm - 4:00pm.

Venue: Chandrahati Dilip Kumar High School (H.S),  
Tribeni - Kuntighat Road, Hooghly. Pin - 712503.

Date: 22 March 2024

No. of students participants (class 8 to 10)- 100.

No. of Teacher participants-26

Doctor's name : Dr. Subrata Pal

Psychological Counsellor:

1. Ratan Bhaumik -Head teacher of Sukharia Jogamaya Primary School.
2. Mitali Biswas - Psychological Counsellor
3. Biswanath Dutta -Psychological Counsellor.

The Shivananda Health Society study centre (P-19) under the School of Vocational Studies, NSOU organized the Mental Health Awareness Programme at Chandrahati Dilip Kumar High School (H.S), Hooghly on 22/3/2024. The other collaborative partners were Rotary Club of Calcutta and Create Hope organization.

#### The objectives of the programme were:

- Increase understanding and awareness of mental health conditions, including their symptoms, prevalence, and impact on individuals and communities. This involves providing accurate information about various mental health disorders, treatment options, and available resources.
- Encourage early recognition of signs and symptoms of mental health problems among individuals, families, and communities. Promote proactive steps to seek help, access support services, and facilitate early intervention and treatment.
- Foster positive mental health and well-being by promoting self-care practices, stress management techniques, and healthy coping mechanisms. Encourage lifestyle habits that support mental wellness, such as exercise, mindfulness, and social connection.

- Raise awareness about risk factors associated with mental health problems, such as substance abuse, trauma, social isolation, and chronic stress. Promote strategies for risk reduction and resilience building at individual, family, and community levels.
- Empower individuals and communities to advocate for their mental health needs, rights, and interests. Encourage active participation in policy advocacy, community initiatives, and support networks aimed at improving mental health services and addressing systemic barriers.



### Activities in our programme:

#### Students Section:

- Interaction with students to understand their mental health (awareness of adolescence period )
- Providing guidance to the students how to become a successful person.
- Guidance to the mindfulness activities, involves in various cultural activities and also providing a proper balanced diet.
- Make knowledge about the opposite gender attraction, emotions , anxiety and behaviour.

#### Teacher's Grooming Section:

- Providing awareness to the teachers on how to deal with students through a group discussion.
- Guiding teachers to make a friendly environment with the students.



-Report prepared by Dr. A. Ghosh