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BERHAMPORE COLLEGE

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A N A A C Accredited College

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Title of the Program: Seminar on "Mental Health and Suicide Prevention"

Venue: Rammohan Kakshya (Seminar Room), Berhampore College

Date: 11.09.2025

Speaker: (i) Dr. Subho Samajder, Clinical Psychologist
(ii) Dr. Namani Roy Dey, Psychiatrist & Social Workers

Aims/Objective:

The aim of this seminar, organized by Health and Hygiene & Students' Health Home cell of Berhampore College in collaboration with CMOH office, Berhampore, Murshidabad is to raise awareness about mental health issues, reduce stigma surrounding psychological challenges, and equip individuals with knowledge and strategies for suicide prevention and development of Mental Health, thereby fostering a supportive and compassionate community.

The main objectives of this seminar are as follows:

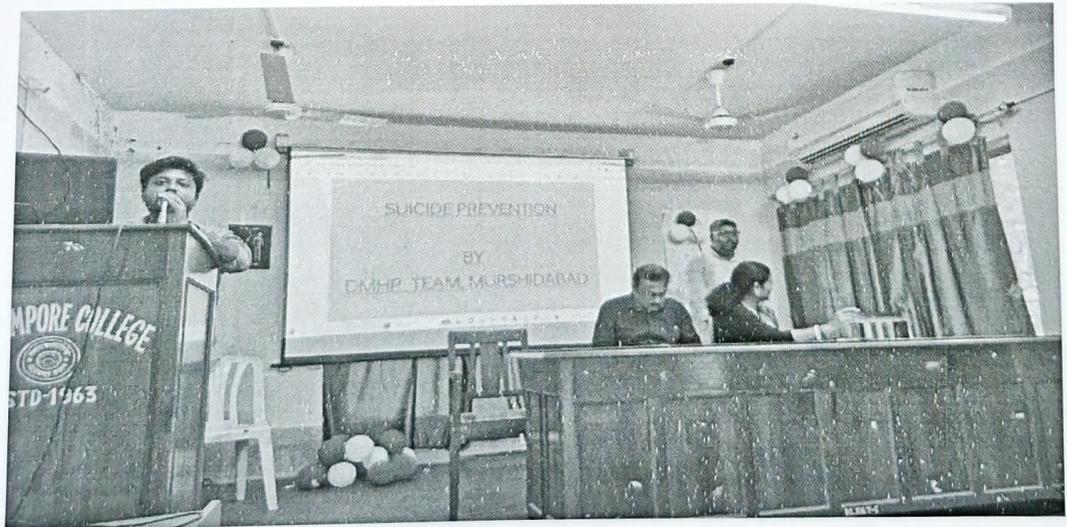
- (i) To improve understanding of mental health, its importance, and the impact of mental illnesses on individuals, families, and society.
- (ii) To break myths, misconceptions, and social stigma associated with mental health problems and suicide.
- (ii) To highlight the signs and risk factors of suicidal thoughts and mental distress for timely intervention.
- (iii) To discuss healthy coping mechanisms, stress management techniques, and the role of family, friends, and institutions in providing support.
- (iv) To encourage participants to become advocates of mental well-being and active contributors to suicide prevention efforts within their communities.

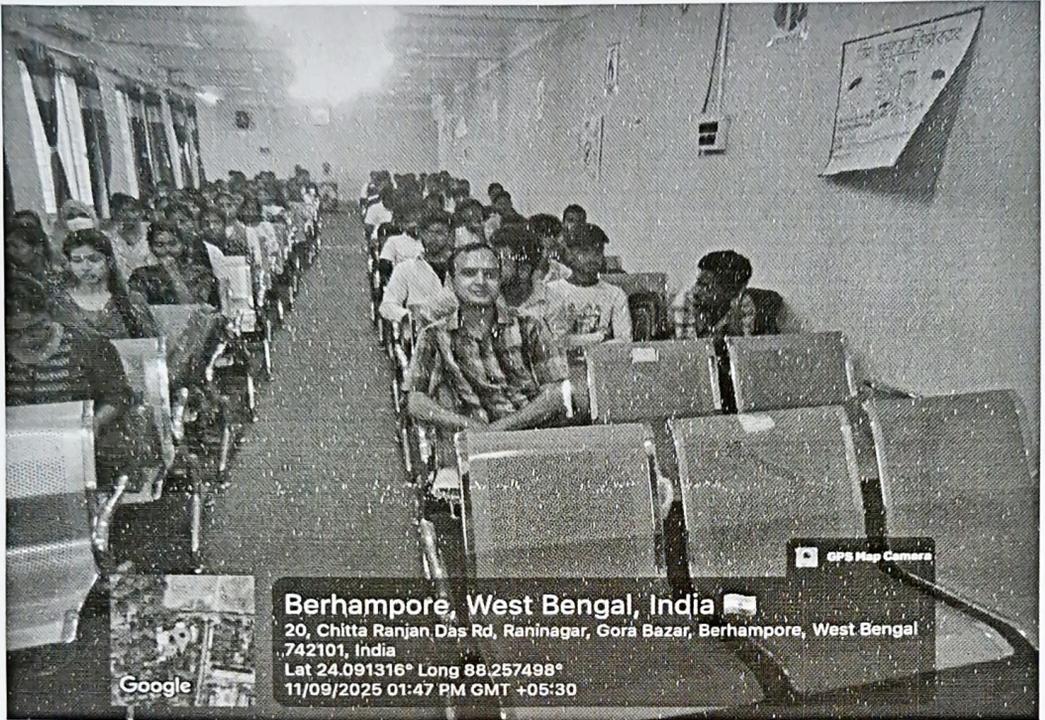
Outcome:

The seminar on *Mental Health and Suicide Prevention* proved to be highly impactful and informative. Participants gained deeper awareness of the importance of prioritizing mental well-being and recognizing the warning signs of psychological distress. The sessions helped reduce stigma surrounding mental health issues and encouraged open conversations within academic, professional, and personal settings. The key outcomes are (i)

Participants developed a better understanding of mental health challenges, their causes, and strategies for early intervention, (ii) Attendees learned effective strategies, stress management techniques, and resources for suicide prevention, (iii) The seminar motivated individuals to approach professional counsellors, help lines, and support systems without hesitation, etc.

Participants: There are 97 students who are participated in the seminar.





Suman
13/12/25

Principal
Berhampore College
Berhampore, Murshidabad
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