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BERHAMPORE COLLEGE

ESTD.-1963

A N A A C Accredited College

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TITLE OF THE PROGRAMME: Workshop on Mental Health Awareness.

VENUE: Rammohan Kakshya [Seminar Hall], Berhampore College.

DATE: 11.12.2025

SPEAKER:

- i. Srijita Sen, Psychologist .
- ii. Sharmistha Sarkar, Project Coordinator.
- iii. Neena Roy, Adolescence Counsellor.

HEALTH WORKER:

- i. Payel Modak, Community Mental Health Worker.
- ii. Suvhanki Sinha, Community Mental Health Worker.

AIMS AND OBJECTIVES:

The aim of this workshop, organised by Counselling Cell and Department of Philosophy of Berhampore College in collaboration with Anjali Mental Health Rights Organisation is to raise awareness about the importance of mental health and emotional well-being, reduce stigma, fear, and misconceptions related to mental illnesses. It is also to promote healthy coping strategies for stress, anxiety, and personal challenges and build a supportive and empathetic environment within the institution/ community.

The main objectives of this workshop are enumerated below:

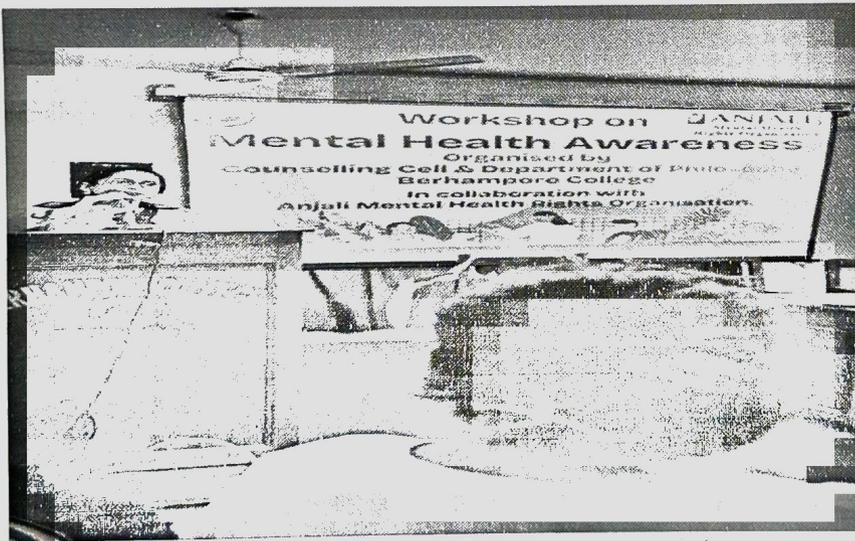
1. To create awareness about mental well-being by educating participants on common mental health issues such as anxiety, depression, stress and stress management.
2. To help students/staff identify early signs of mental distress in themselves and others.
3. To conduct interactive activities like workshops, discussions, and counselling sessions.
4. To equip students with practical tools to take care of their mental health.
5. To motivate participants to practice self-care, mindfulness, and healthy lifestyle habits.
6. To develop empathy, better communication, and peer support within the group.

OUTCOMES:

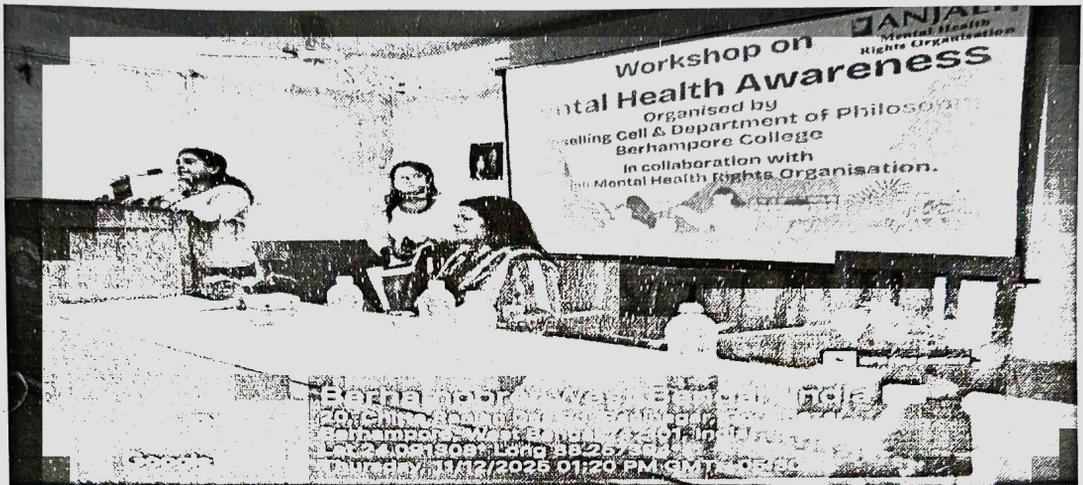
The workshop on Mental Health Awareness confirms increased awareness and understanding of mental health and helped reduced stigma and facilitated a more open attitude towards discussing mental health concerns. Participants after the session, gained knowledge about how and where to seek help and an improved emotional resilience and coping skills among students/staff were traced. It aided to build a stronger sense of community support and sensitivity towards others. The session affirmed long-term improvement in mental well-being through sustained practices, building a positive and emotionally secure environment. The session was so enriching and motivating that more than 10 students opened up about their mental health issues without any hesitation. The Organisation also assured the students to help them get through their mental health predicament by conducting counselling sessions. The Organisation has provided the participants with the concerned phone numbers and the address for correspondence, for further assistance.

The session concluded successfully marking an indelible positive impression on the participants, making them more confident and aware about their mental health and well-being.

PARTICIPANTS: 140 enthusiastic participants comprising of the staff and the students actively participated in the workshop making the programme a grand success.







[Handwritten Signature]
13/12/25

Principal
Berhampore College
Berhampore, Murshidabad
742101