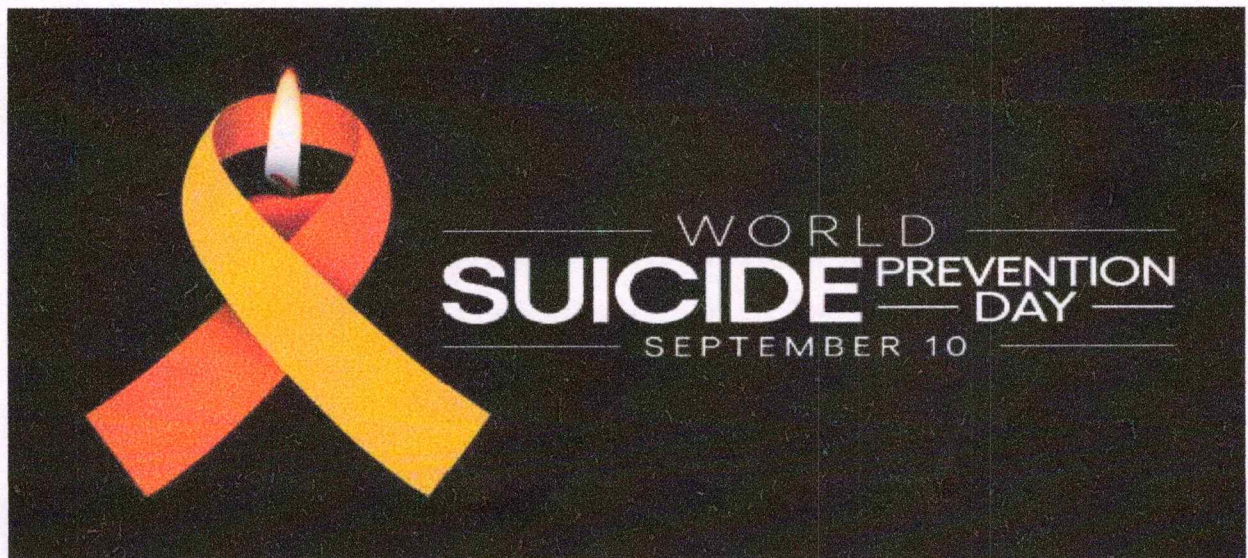




11/09/2023

REPORT
ON
MENTAL HEALTH AND PREVENTION OF
SUICIDAL TENDENCY ORGANISED BY
DEPARTMENT OF EDUCATION
BILASIPARA COLLEGE, DHUBRI,
ASSAM



MENTAL HEALTH AND PREVENTION OF
SUICIDAL TENDENCY ORGANISED BY
DEPARTMENT OF EDUCATION

Date: 11/09/2023

Time: 1 PM onwards

Venue: Dr. Bhupen Hazarika Hall, Bilasipara College

Beneficiaries: Students of the Department of Education, Bilasipara College.

Schedule of events:

Describing the “objective of the event”

Felicitation program

Speech by the HoD, Department of Education

Speech by Principal of Bilasipara College

Speech by the invited Speaker

Vote of thanks

SIGNIFICANCE OF MENTAL HEALTH AND PREVENTION OF SUICIDAL TENDENCY

There is a nationwide push to recognize the value of mental health because it may be one of the most critical concerns the healthcare sector as a whole is currently confronting. Fighting the stigma, offering assistance and support to those in need and their loved ones, and fighting for legislative reforms are all essential components of raising public awareness of mental health issues. Our eating and sleeping patterns are influenced by our mental health, which also has a significant impact on our physical health. We must take care of our mental health demands or it will frequently have an adverse effect on other aspects of our health as well. Focusing on mental health awareness has the advantage of increasing awareness of the signs and symptoms of specific illnesses. Early intervention predicts how well various disorders may respond to mental health treatment. The greater the chance that someone will be able to manage their disease and improve their mental health, the earlier they will be diagnosed and start receiving treatment.

In our world, suicide is a serious, complex tragedy that occurs frequently. In the modern world, suicide is a very significant problem. One could ponder what might motivate someone to attempt suicide. Bullying is a major factor in many suicide situations. Other situations

include depression and not feeling desired or loved. Depression, bullying, or even simply feeling out of place all be factors in suicide. We can all do our part to stop suicide. Stop bullying, educate yourself and others, inspire change, and discuss the issue openly. You could launch a revolution and save millions of lives just by doing things like this.


EVENT ON MENTAL HEALTH AND PREVENTION OF SUICIDAL TENDENCY

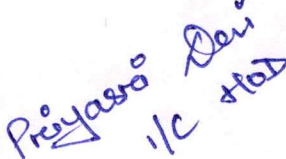
The Department of Education of Bilasipara College organized the aforementioned event with particular consideration for the pupils. It was carried out to assist the department's students in maintaining good mental health and avoiding any suicidal tendencies.

Gitumoni Das, 5th semester, Department of Education, opened the event by reading aloud to the crowd the "objectives of the event". The Principal of Bilasipara College, Dr. Biswajit Biswas Sir, then attended the ceremony and gave the students some motivational advice.

The students were then enriched by the speeches delivered by the key speakers of the event, Dr. Hasanuj zaman. The speakers talked about the causes and consequences and solution to get rid of suicidal thoughts and to develop a good healthy mental health.

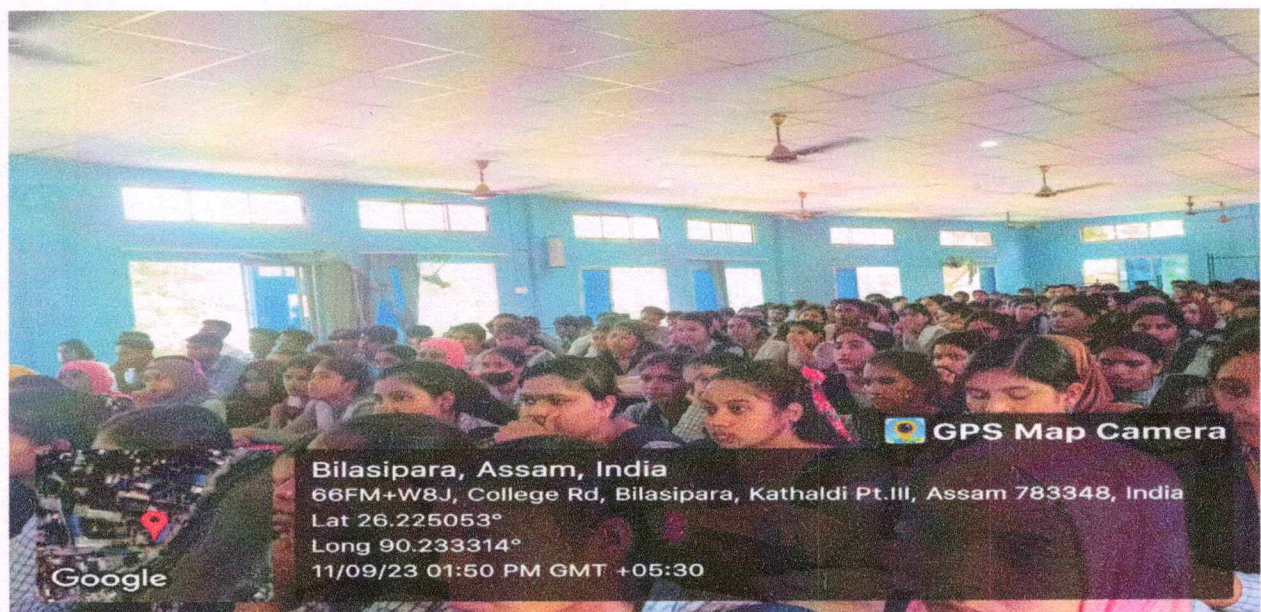
The audience was then attended by the Hod, Department of Education, Bishnu Pada Roy Sir, who gave the vote of thanks and also knowledge to remain mentally healthy and prevent suicidal tendency.


Signature of the Principal
Principal
Bilasipara College


Signature of the HoD
Department of Education

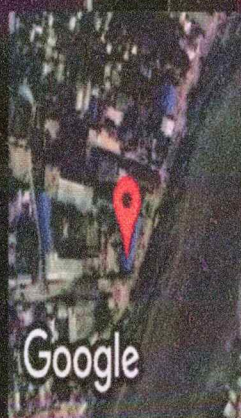
Some glimpses from the day







 GPS Map Camera



Bilasipara, Assam, India

66FM+W8J, College Rd, Bilasipara, Kathaldi Pt.III, Assam 783348, India

Lat 26.225087°

Long 90.233328°

11/09/23 01:47 PM GMT +05:30

