

Institute of Post Graduate Medical Education & Research - SSKM Hospital, Kolkata



INSTITUTE OF PSYCHIATRY

A Center of Excellence in Mental Health

Dept. of Health & Family Welfare, Govt. Of West Bengal

DEPARTMENT OF PSYCHIATRIC SOCIAL WORK

AN EXTENSIVE REPORT

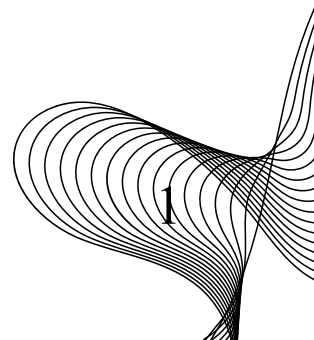
2025

HAVING MANY NEW INITIATIVES

TELE MANAS

TOLL FREE MENTAL HEALTH HELPLINE NUMBER
(TO CALL IN DISTRESS)

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OVERVIEW

Psychiatric Social Work has been a recognized profession in India for decades. **The Bhore Committee Report (1946)** recommended appointing medical and psychiatric social workers in hospitals, leading the **Tata Institute of Social Sciences (TISS)** to start specialized training courses in **1948**. **Psychiatric social workers (PSWs)** operate in various settings, including **mental hospitals, general hospitals' psychiatric departments, community mental health clinics, prisons, schools, deaddiction centers, and rehabilitation centers**.

PSWs use all social work techniques, including **social case work, social group work, and community organization**. In social case work, PSWs follow three stages: social study, social diagnosis, and psycho-social treatment. They gather detailed social histories, contribute in understanding patients' social environments, and prioritize intervention areas. PSWs **support patients' treatment and admission and discharge, help families adapt, and ensure patients' post-discharge adjustment through follow-ups, employment assistance, and community resource mobilization**.

Psychiatric social work plays a crucial role in the **multidisciplinary treatment and rehabilitation of individuals with mental illness or psychosocial issues**. However, there is a shortage of professionally qualified PSWs in India. Recognizing this need, the Government of India has included PSW in the **manpower development project** under the **National Mental Health Programme (NMHP)**.

In 2011, the Dept. of Psychiatric Social Work at the Institute of Psychiatry-CoE was established. PSW professionals are recognized as **integral members** of the **Medical Board** as per the notification of the **Ministry of Social Justice & Empowerment, Department of Empowerment of Persons with Disability**.

The Department of Psychiatric Social Work offers a **two-year full-time M. Phil in Psychiatric Social Work (M. Phil PSW)** course focused on **hands-on skills training**. Students get Rs. 20,000/- per month as stipend per month during their course duration of two years. Students rotate through **various units, learning skills** in mental health and related fields such as **psychiatry, psychology, child and adolescent mental health, rehabilitation, family therapy, community mental health, and de-addiction, etc**. Total 71 students have completed their MPhil PSW course till date from Dept. of PSW, IOP. Recently, the flow of application and admission in the course has been increased significantly. The said course is

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affiliated with West Bengal University of Health Sciences, Kolkata, admits **30 students annually** since 2024-2025.

The Department of PSW offers a diverse range of curriculum activities, including **group, family, individual, vocational guidance, psychoeducation, and play therapies; social advocacy; regular indoor rounds; Disability Assessment and Certification** (administration of IDEAS); **Home Visits; Movie Club, Journal Club, Debate Club, and Continued Outreach Activities**, etc. Frequent classes in the department, along with **seminars, case conferences**, workshops and other **academic activities**, ensure trainees continually expand their knowledge, gain fresh insights, and develop a comprehensive understanding of their profession.

The Department is committed to providing trainees with a comprehensive understanding of their field. The department is committed to enhancing the education and training of its trainees by facilitating opportunities for them to visit prestigious national institutes such as **NIMHANS in Bangalore, CIP in Ranchi**, and other renowned institutions. By interacting with experts and peers from other institutions, trainees expand their knowledge, gain fresh insights, and develop a comprehensive understanding of their profession. This **exchange of ideas** enhances their **competency, adaptability, and innovation in addressing mental health challenges**. It also **fosters networking and collaboration**, essential for professional growth and advancing the field.

The Department also prioritizes trainee involvement in key decision-making processes, recognizing that their input is essential for personal and departmental growth. By engaging trainees in curriculum and decision-making, the department fosters a collaborative learning environment.

Since the establishment of the Department of Psychiatric Social Work in 2011, this is the first time the department successfully submitted a grant proposal to a national funding agency. The grant was sanctioned by the **National Institute of Social Defence (NISD), Government of India**.

15 structured programs were conducted **over 22-day period** including a **state level conference under funded projects**. Focus areas included: **Mental health of senior citizens, Mental health concerns of transgender communities, Prevention of substance and drug abuse, Mental health promotion across diverse institutional settings**. The programs collectively reached over **1,000 beneficiaries** under the NISD-funded project alone.

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Programs were conducted across several reputed institutions, including:

Institute of Health and Family Welfare, Govt. of West Bengal, Asiatic Society, Indian Museum, Kolkata Police Training School, Kolkata Police Training Academy, Regional Institute of Correctional Administration, Dept. of Correctional Services. Government of West Bengal, Dum Dum Central Correctional Home, Presidency Correctional Home, Narcotics Control Bureau (Govt. of India). Activities and programs received coverage from over **30 reputed local and national newspapers**, including **The Times of India, The Telegraph, The Hindu, The Indian Express, The Statesman, The Print, PTI, The Wall, Aaj Kal, Hindustan Times Bangla, The Millennium Post, Sanmarg, Prabhad Khabar, Ananda Bazar Patrika, Sangbad Pratidin, etc .**

To enhance its community impact, the department actively engages with diverse non-governmental organizations specializing in **health, education, and social development**. Key institutional partners such as **CINI, Helpage India, Praajak, etc** collaborate with the department to bridge the gap between clinical mental health services and grassroots social welfare initiatives.

For the first time, the department hosted over **32 senior faculty members** from **16 Indian states**. Visiting professionals represented **prestigious institutions** such as **the Central Institute of Psychiatry (CIP, Ranchi), Institute of Human Behaviour and Allied Sciences (IHBAS, Delhi), Tata Institute of Social Sciences (TISS, Mumbai and Guwahati), Delhi School of Social Work (Delhi University), Rashtriya Raksha University (Gujarat), O.P. Jindal Global University (Haryana) King George's Medical University (Lucknow), Govt. Medical College and Hospital (Chandigarh), National institute of Mental Health and Neuro Sciences (NIMHANS, Bangalore), Tezpur Central University, Manipal University, IMH Rohtak, Symbiosis Pune, CIMHNS Chattisgarh, Karve ISC (Pune), etc.**

Senior officials from the **Government of West Bengal** actively participated in multiple programs, including **DHS, DME, ADHS, Joint DME, Special Secretary, etc.** Their presence reflected interdepartmental recognition and policy-level engagement with the government's work.

Overall outreach expanded significantly beyond the funded project: **More than 4,100 participants** were reached in 2025 through **workshops and awareness programs**. The department has hosted **13 interns** in the year 2025 from different places of India, contributing to academic enrichment and service delivery.

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Sl. No.	Type of Service	Category	Standard Duration	Key Components Included
1	Individual Psychotherapy & Psychosocial Intervention	New Case	50–75 minutes	Detailed assessment, case formulation, treatment planning, initial intervention
		Follow-up	40–50 minutes	Progress review, symptom monitoring, continued therapy
2	Family Therapy	New Case	80–90 minutes	Family assessment, interaction analysis, psychoeducation
		Follow-up	60–80 minutes	Conflict resolution, communication enhancement, relapse prevention
3	Group Psychotherapy	Per Session	90 minutes	Thematic intervention, peer support, skill-building
4	Disability Assessment & Certification (Since 2023)	Per Case	70–80 minutes	Functional assessment, documentation, same-day report delivery
5	Home Visit Psychotherapeutic Intervention	Per Visit	120–150 minutes <i>(excluding travel time)</i>	Environmental assessment, family intervention, rehabilitation planning
6	Community Outreach Clinics & Workshops	Per Program	6.5–7.5 hours <i>(excluding travel time)</i>	Mental health awareness, drug prevention, suicide prevention, interactive sessions

OVERVIEW

Over 10,000 therapy sessions were completed, and 4,100 participants were addressed at community outreach workshops. The Department of Psychiatric Social Work delivers structured, intensive, and time-bound psychotherapeutic and psychosocial interventions. Services are defined by clinical depth and ethical rigor, prioritizing comprehensive care over speed. Family and home-based interventions are naturally time-intensive due to their systemic nature, while outreach programs require full-day engagement to support preventive mental health.

Despite rising patient demand, the department maintains accessibility through streamlined same-day disability certification, ensuring high-quality, thorough therapeutic support for every individual.

Through forums, feedback sessions, and self-evaluation, trainees actively shape a dynamic curriculum while fostering personal accountability. By incorporating patient and caregiver perspectives, this collaborative approach strengthens the department and ensures an inclusive environment where everyone can excel.

The Department of PSW at the Institute of Psychiatry-COE in Kolkata is taking a significant leap forward in bringing about meaningful change in society. By extending its reach to remote, vulnerable, and excluded areas, the department is dedicated to providing essential mental health support to some of the most neglected sections of the community. This initiative targets areas where sex workers, members of the LGBTQIA+ community, survivors of domestic violence/acid attack, individuals who have experienced abuse/violence, and other marginalized groups reside.

By prioritizing historically underserved populations, the department fosters resilience and reduces stigma. This proactive outreach ensures no one is left behind, paving the way for a more inclusive, empathetic, and mentally healthy society.

The Department of PSW works in close collaboration with psychiatric services to build strong support systems for individuals and families. By addressing unique personal and community needs, it promotes accessible, resource-driven mental healthcare that empowers people to thrive.

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The Department of PSW, IOP-COE is committed towards ensuring high academic standards and quality training in the interest of patient care. The PSW trainees and interns are also attending academic seminars, presentations, case conferences and classes conducted by the Dept of Psychiatry, Clinical Psychology & Psychiatric Nursing of IOP on a regular basis.

The Department of PSW invites individuals to join, emphasizing that their voice matters, their growth is a priority, and together, a future of compassionate and competent mental health professionals will be built.

The department invites suggestions and feedback to enhance its activities and patient services. Input from academicians, mental health professionals, clients, caregivers, and all other stakeholders is welcomed. Contributions can be sent to



psw.dept@iopkolkata.ac.in

PSW DEPT, IOP-COE

DECEMBER 23, 2025

WORKSHOP ON SUPPORTING HOLISTIC WELLBEING: GENDER AFFIRMING HEALTHCARE PRACTICES

A state-level program titled “Supporting Holistic Wellbeing: Gender Affirming Healthcare Practices” was successfully organised on 23 December 2025 at the Conference Hall, Institute of Health & Family Welfare (IH&FW), Swasthya Bhawan, Government of West Bengal, Kolkata. The program was organized by the Department of Psychiatric Social Work, Institute of Psychiatry – Centre of Excellence (IPGME&R and SSKM Hospital), Kolkata, in collaboration with the Institute of Health & Family Welfare, GoWB, and Child in Need Institute (CINI), with support from terre des hommes, Germany.

The programme highlighted critical issues related to gender-affirming healthcare, with a special focus on the transgender community in West Bengal. It was discussed in the workshop and the same has been reported in leading newspapers such as **Sangbad Pratidin** (28 December 2025) and **Prabhat Khabar** (24 December 2025), West Bengal records a transgender literacy rate of 58.83%. The discussions emphasised the need to translate this progress into equitable healthcare access, dignity, and psychosocial support.

The sensitization programme was graced by the presence of several distinguished leaders and subject matter experts from the Department of Health and Family Welfare, premier medical institutions, and the developmental sector.

Senior health officials, academicians, medical professionals, and mental health experts addressed the gathering, stressing the importance of sensitivity, inclusivity, and human rights-based approaches in public healthcare systems.



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Speakers highlighted the role of psychiatric social work and multidisciplinary collaboration in addressing stigma, mental health challenges, and healthcare barriers faced by transgender and gender-diverse individuals.

The following eminent officials and academic heads provided their expertise and shared valuable insights during the sessions:

- Prof. Dr. Kaustav Nayek, Director, Institute of Health & Family Welfare (IHFW), Swasthya Bhawan, GoWB.
- Dr. Debasis Halder, Advisor (Public Health), Dept. of Health & Family Welfare, Govt. of West Bengal.
- Prof. Dr. Om Prakash Singh, Professor & HOD, Dept. of Psychiatry, Midnapore Medical College and Hospital.
- Prof. Dr. Sayanti Ghosh, Professor & HOD, Dept. of Psychiatry, Murshidabad Medical College and Hospital.
- Dr. Swati Chakraborty, Assistant Director, Child in Need Institute (CINI).
- Ms. Bulbul Baksi, Psychotherapist and Expert on Gender Issues. Samikshani

In addition to the core resource persons, the programme saw active participation and representation from faculty and specialists across various Medical Colleges spanning multiple districts of West Bengal.

The programme underscored the necessity of gender-sensitive policies, trained healthcare professionals, and institutional support systems to ensure holistic wellbeing. The initiative was widely appreciated for bringing attention to an often-overlooked population and for fostering dialogue between policymakers, practitioners, and civil society. The event marked an important step towards strengthening inclusive healthcare practices in West Bengal, reinforcing the state's commitment to equity, social justice, and holistic health for all.



রূপান্তরকামীদের সাক্ষরতাতেও এগিয়ে বাংলা!

সামগ্রিক সমাজের কাছে রূপান্তরিত হওয়ার প্রক্রিয়ায় সাক্ষরতা একটি গুরুত্বপূর্ণ ভূমিকা পালন করে। সাক্ষরতা ছাড়াই রূপান্তরিত হওয়া অসম্ভব। এই ভাবনাতে মুম্বই-ভিত্তিক একটি সংগঠন 'সাক্ষরতা' শীর্ষক একটি আলোচনা সভা আয়োজন করে।

সাক্ষরতার গুরুত্ব নিয়ে আলোচনা সভা আয়োজনের উদ্দেশ্যে মুম্বই-ভিত্তিক একটি সংগঠন 'সাক্ষরতা' শীর্ষক একটি আলোচনা সভা আয়োজন করে।

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সংবাদ প্রতিদিন. পৃষ্ঠা-২. ২৪/১২/২৫



PSW DEPT, IOP-COE

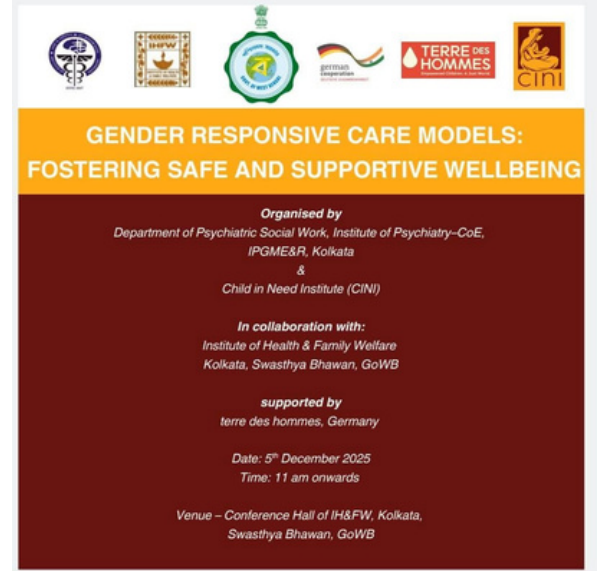
DECEMBER 05, 2025

WORKSHOP ON GENDER RESPONSIVE CARE MODELS: FOSTERING SAFE AND SUPPORTIVE WELLBEING

A state-level programme titled “Gender Responsive Care Models: Fostering Safe and Supportive Wellbeing” was organised in December 2025 in Kolkata, focusing on strengthening inclusive and sensitive healthcare systems for transgender and gender-diverse populations. The programme was held at Swasthya Bhawan and the Institute of Psychiatry – Centre of Excellence (IPGME&R and SSKM Hospital) and was organised by the Department of Psychiatric Social Work, Institute of Psychiatry–CoE, in collaboration with the Institute of Health & Family Welfare, Government of West Bengal, and Child in Need Institute (CINI), with support from terre des hommes, Germany. The Chief Guest of the Programme was Prof. Dr. Amit Dan, Special Secretary (Medical Education), Dept. of Health & FW, GoWB.

The deliberations focused on moving beyond a "one-size-fits-all" approach to healthcare, emphasizing that well-being is inextricably linked to safety and social validation.

Speakers addressed the need to sensitize the entire hospital ecosystem from security personnel and ward staff to senior clinicians to ensure that transgender and gender-diverse patients do not face harassment or misgendering.



স্টাফ রিপোর্টার: লিঙ্গ সংবেদনশীল হওয়ার কর্মশালা স্বাস্থ্যভবনে। লেসবিয়ান, গে (সমকামী), বাইসেক্সুয়াল, ট্রান্সজেন্ডার, কুইর (queer)-দের সঙ্গে কীভাবে ব্যবহার করতে হবে। তারা হাসপাতালে এলে কেমন আচরণ তাদের প্রাপ্য। সবই শেখানো হবে স্বাস্থ্যভবনে তিনদিন ব্যাপী কর্মশালায়। ডিসেম্বর মাসে আয়োজিত হতে চলেছে এই বিশেষ কর্মশালা। রাজ্যের প্রতিটি সরকারি হাসপাতালের আধিকারিকরা অংশ নেবেন সেখানে। হাজির থাকবেন নীলরতন সরকার মেডিক্যাল কলেজ, এসএসকেএম, কলকাতা মেডিক্যাল কলেজ এমনকী জেলার মেডিক্যাল কলেজগুলির চিকিৎসকরাও। সূত্রের খবর, ৫, ১৭ এবং ২৩ ডিসেম্বর আয়োজিত সেই কর্মশালায় প্রতিটি সরকারি হাসপাতালের চিকিৎসকদের শেখানো হবে এলজিবিটি সম্প্রদায়ের প্রতি বেশি সহানুভূতিশীল হওয়া প্রয়োজন। বাংলায় এই প্রথম আয়োজিত হতে চলেছে এলজিবিটি-দের জন্য এই ধরনের প্রথম সংগঠিত হাসপাতাল ভিত্তিক কর্মসূচি। এসএসকেএম হাসপাতাল

ইনস্টিটিউট অফ সাইকিয়াট্রি, চাইল্ড ইন নিড ইনস্টিটিউট এবং স্বাস্থ্য পরিবার কল্যাণ দপ্তর যৌথভাবে আয়োজন করছে এই কর্মশালায়। ইনস্টিটিউট অফ সাইকিয়াট্রি সোশাল সাইকিয়াট্রি বিভাগের বিভাগীয় প্রধান মায়াজ কুমার জানিয়েছেন, সমাজের এই বিশেষ সম্প্রদায় (এলজিবিটি) মানুষের প্রয়োজন সহমর্মিতা। সেটাই শেখানো হবে এই কর্মশালায়। শুধু এলজিবিটি নই, নির্যাতিতা, গার্হস্থ্য হিংসার শিকার কেউ সরকারি হাসপাতালে এলে তাদেরও জন্য আরও

■ ৫, ১৭, ২৩ ডিসেম্বর আয়োজিত হবে কর্মশালা

সহানুভূতিশীল হতে হবে। কীভাবে তাদের সঙ্গে কথা বলতে হবে তা-ই শেখানো হবে তিনদিন ব্যাপী কর্মশালায়। উদ্বেগ, যখনই মানুষ লিঙ্গ পরিচয় সংক্রান্ত বৈষম্যের শিকার হন, তারা প্রায়শই প্রথমে স্বাস্থ্যকেন্দ্রে আসেন। সচেতনতা না থাকার জন্য অনেক সময়ই চিকিৎসকরা তাদের বুঝে উঠতে পারেন না। সেই অন্তরায় কাটাতেই এই কর্মশালা।

PSW DEPT, IOP-COE

NOVEMBER 07, 2025

WORKSHOP: PARENTING IN THE DIGITAL AGE

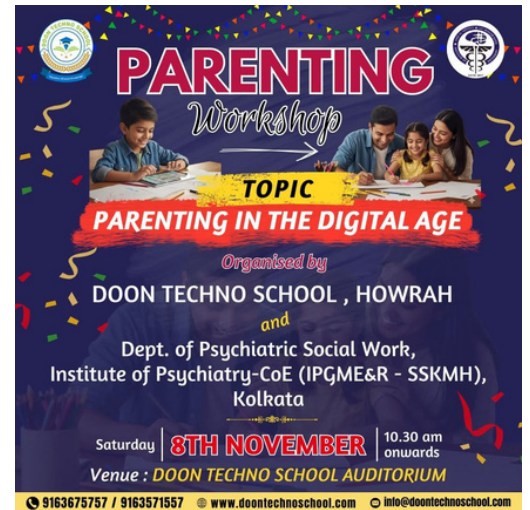
The workshop addressed the evolving dynamics of child development in the AI era, focusing on the emerging "competition for friendship" between parents and algorithms. Experts from the Institute of Psychiatry examined why the "AI Best Friend" (e.g., ChatGPT) is increasingly preferred by the Alpha Generation.

The Psychological Shift

- Non-Judgmental Interaction: AI offers instant curiosity fulfillment without the "lectures" or emotional fatigue often shown by parents.
- Instant Gratification: Digital feedback loops reward screen time over the slower pace of human conversation.
- The Communication Gap: Increased digital withdrawal is leading to a decline in verbal exchange and parent-child bonding.

Dr. Riyal Das, Asst. Prof. & HOD, Psychiatric Epidemiology, IOP was chief speaker of programme along with **Mr. Mayank Kumar**, Asst. Prof. & HOD, Dept of PSW, IOP and the psychiatric social worker team provided an elaborate framework for parents to rebuild their influence. Participants included Teachers and Parents.

While AI provides information, it cannot replace the empathy, soul, or moral compass provided by a parent. "Digital Parenting" is defined by ensuring the human bond remains the primary influence in a child's life through presence, boundaries, and active play.



ডিজিটাল ওয়ার্কশপে ইনস্টিটিউট অফ সাইকিয়াট্রির চাঞ্চল্যকর তথ্য

পিছিয়ে মা-বাবা, এগিয়ে চ্যাট-জিপিটি!

বাবা বাবার হাতে...
এই দুই...
শিশুর মন...
ডিজিটাল...
বন্ধু হওয়ার...
প্রতিযোগিতা...
সংবাদ প্রতিদিন, পৃষ্ঠা ৩, ০৯/১১/২৫

PSW DEPT, IOP-COE

**OCTOBER 13, 14 & 18,
2025**

OBSERVATION OF WORLD MENTAL HEALTH MONTH, OCTOBER 2025 “HEALING YOUNG MINDS: WORKSHOP ON ADDRESSING MENTAL HEALTH EMERGENCIES”

In observance of World Mental Health Month in October 2025, a series of specialized workshops titled "Healing Young Minds" was conducted. These sessions were designed to equip participants with the necessary skills to identify and manage mental health emergencies specifically within the youth population. The initiative represents a collaborative effort between the Child in Need Institute (CINI) and the Department of Psychiatric Social Work at the Institute of Psychiatry-CoE, Kolkata.

The workshops identified a critical shift in child development, where "The AI Alternative" (AI as a non-judgmental companion) is filling the void created by parental digital preoccupation. This immersion, often exceeding three hours daily, is directly linked to physiological side effects, including chronic sleep deprivation, academic friction, and heightened irritability.

"Healing Young Minds" moved clinical expertise from institutional settings into local community spaces. The initiative underscored that managing youth mental health emergencies requires a shift toward active listening, physical engagement, and the restoration of human-centric bonds over algorithmic companionship.



PSW DEPT, IOP-COE

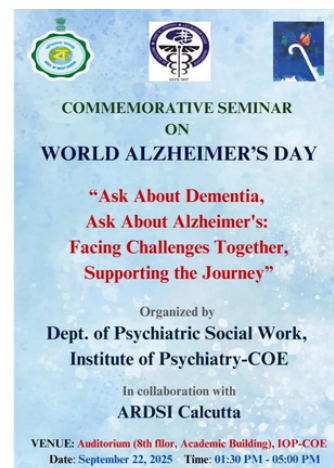
SEPTEMBER 22, 2025

COMMEMORATIVE SEMINAR OF WORLD ALZHEIMER'S DAY

In observance of **World Alzheimer's Day**, the Department of Psychiatric Social Work, Institute of Psychiatry-COE (IOP-COE), organized a high-level commemorative seminar in collaboration with **ARDSI Calcutta**. The event served as a critical platform for medical professionals, caregivers, and stakeholders to address the rising prevalence of dementia and Alzheimer's disease in the region. The seminar focused on the dual pillars of awareness and action, encapsulated by the theme of supporting the patient's journey through collective effort.

The seminar was inaugurated by **Dr. Amit Kumar Bhattacharya**, Director and HOD of the Psychiatry Department at IOP-COE, who emphasized the importance of institutional leadership in mental health advocacy. The opening remarks set a tone of urgency, highlighting the need for early detection and the reduction of social stigma associated with memory-related disorders.

The program featured a multidisciplinary panel of experts who provided comprehensive insights into the medical, social, and psychological aspects of dementia: **Clinical Psychiatry & Policy: Dr. Partha Sarathi Kundu** and **Dr. Sujit Sarkhel** discussed the current psychiatric landscape in West Bengal and the necessity of specialized training for healthcare workers to manage Alzheimer's cases effectively



PSW DEPT, IOP-COE

Geriatric Specialization: Prof. Dr. Arunangshu Talukdar, HOD of Geriatric Medicine at Medical College and Hospital, provided a specialized perspective on managing the comorbidities often found in elderly patients suffering from cognitive decline, chaired by Dr. Bidita Bhattacharjee, Associate Professor and HOD, Dept. of Clinical Psychology, IOP-COE..

Neurological Perspectives: Dr. Atanu Biswas, HOD of Neuro Medicine at the Bangur Institute of Neurosciences, delivered a detailed discourse on the neurological pathways of Alzheimer's and the latest advancements in diagnostic imaging and treatment, chaired by Dr. Prasanta Kumar Roy, Assistant Professor, Dept. of Clinical Psychology, IOP-COE.

Community Support: The Secretary General of ARDSI Calcutta, Ms. Nilanjana Maulik spoke on the vital role of community-based support systems and the NGO's commitment to providing resources for family caregivers.

Administrative & Nursing Excellence: Ms. Krishna Guha, Nursing Superintendent, highlighted the critical role of frontline nursing staff in providing compassionate, long-term care. Ms. Gita Purkait, Associate Professor & HOD and Principal, College of Nursing, IOP-COE also shared her views.

Academic Contributions: Dr. Riyal Das and Mr. Mayank Kumar contributed to the academic discourse, focusing on the social determinants of health and the impact of dementia on the family unit.

The seminar was structured around several core objectives:

“Ask About Dementia”: Encouraging families not to ignore early signs of memory loss as **"normal aging"** and to seek professional consultation.

Integrated Care Models: Discussions focused on bridging the gap between neurology, psychiatry, and social work to provide a holistic care plan.

Caregiver Support: Acknowledging the **"silent patients,"** the caregivers, and providing them with the emotional and technical tools needed to **"support the journey."**

The seminar concluded with a renewed commitment from IOP-COE and ARDSI Calcutta to enhance public outreach and improve the quality of life for those living with Alzheimer's. The event underscored that while the challenges are significant, they can be managed effectively by **"Facing Challenges Together"**.

PSW DEPT, IOP-COE

SEPTEMBER 16, 2025

WORKSHOP ON EMPOWERING LIVES: ADVANCING MENTAL HEALTH & SUICIDE PREVENTION WITH POLICE PERSONNEL

In the framework of World Suicide Prevention Week, a high-level sensitization programme was conducted to address the critical intersection of law enforcement and mental health. The initiative, "*Empowering Lives*," recognizes that suicide prevention is not merely a clinical responsibility but a community-wide imperative where police personnel play a frontline role.

Dr. Swapan Saren, DHS, GoWB; Dr. Subrata Ray, ADHS (Mental Health), Directorate of Health Services, Dept. of H&FW, GoWB; Dr. Kishalaya Dutta, Chief Medical Officer of Health (CMOH), Howrah District (Dept. of H&FW, GoWB); Mr. Pradip Khara, Assistant Commissioner of Police, Kolkata Police; and Mr. Dilip Bose, Programme Officer, Child in Need Institute (CINI); and Dr. Swati Chakraborty, Assistant Director, Child in Need Institute (CINI), were the eminent guests at the workshop

Rupa Chakraborty and Rituparna Jash, both faculty and psychiatric social worker Dept. of Psychiatric Social Work, were the key speakers and moderator. A wonderful session was taken by Dr. Prasanta Kumar Roy, Assistant Professor, Clinical Psychology, IOP-COE.

The program centered on the reality that police officers are often the "*first responders*" to psychiatric emergencies. Their role was highlighted through several key lenses:

Commemorative Sensitization Programme
World Suicide Prevention Week
Empowering Lives: Advancing Mental Health & Suicide Prevention with Police Personnel

Organised by
Child In Need Institute (CINI)
&
Department of Psychiatric Social Work,
Institute of Psychiatry-CoE

In collaboration with
Kolkata Police,
Government of West Bengal

Date: 16th September 2025
Time: 10 am onwards



PSW DEPT, IOP-COE

- **Crisis Intervention:** Officers are frequently the first on the scene during attempted suicides. The programme emphasized their role in immediate stabilization, verbal de-escalation, and securing the environment to prevent self-harm.
- **Gatekeeping:** Police serve as vital gatekeepers who can identify early warning signs of distress during routine patrols, domestic dispute calls, or community interactions, allowing for early referral to mental health services.
- **Legal & Ethical Navigators:** With the shifting legal landscape regarding mental health (such as the Mental Healthcare Act), the session guided officers on handling cases with empathy rather than criminalization.
- **Internal Peer Support:** High stress, irregular hours, and exposure to trauma make police personnel a high-risk group themselves. The programme highlighted the importance of officers recognizing signs of burnout and suicidal ideation within their own ranks.
- A core theme of the event was the Collaborative Care Model. The synergy between the Kolkata Police and the mental health experts from the Institute of Psychiatry–CoE and CINI aims to create a seamless transition from "*rescue*" to "*recovery*."

The curriculum for the day was structured to transform the police force from a reactive body to a proactive mental health advocacy partner:

- **Stigma Reduction:** Dismantling myths that label suicide as "*cowardice*" or a purely "*legal issue*."
- **Mental Health First Aid:** Training officers in the "*Look, Listen, Link*" method; observing distress, listening without judgment, and linking the person to professional help.
- **Building a Safety Net:** Establishing a direct line of communication between local police stations and psychiatric emergency wards.

The collaboration between the **Kolkata Police** and the **Department of Psychiatric Social Work, IOP-COE** marks a significant shift toward a more compassionate and scientifically-informed public safety strategy. By empowering police personnel with mental health literacy, the **Government of West Bengal** is creating a more resilient urban safety net capable of saving lives long before a crisis reaches a point of no return.

PSW DEPT, IOP-COE

SEPTEMBER 10, 2025

WORKSHOP ON REDUCING STIGMA, PROMOTING COPING STRATEGIES, AND ENCOURAGING HELP-SEEKING BEHAVIOURS

This multi-sectoral initiative targeted the youth demographic to dismantle mental health taboos. Facilitated by **Ms. Rupa Chakraborty** and **Ms. Rituparna Jash**, the program focused on the following:

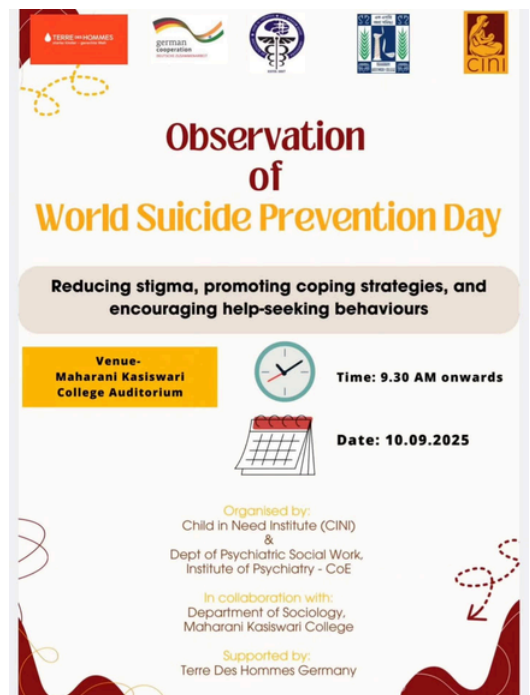
Stigma Reduction: Creating safe spaces to challenge social "*shame*."

Coping Tools: Providing practical strategies for stress and emotional management.

Resource Mapping: Promoting professional help-seeking behaviors and psychiatric support.

By targeting the youth demographic in an academic setting, the workshop successfully integrated grassroots community reach with specialized psychiatric social work. The event fostered a critical dialogue on mental health, transforming the college auditorium into a hub for practical intervention and emotional resilience.

Officials from CINI and the college authorities were also present in the programme.



PSW DEPT, IOP-COE

JULY-SEPTEMBER, 2025

OUTREACH PROGRAM ON MENTAL HEALTH SCREENING AND AWARENESS OF SENIOR CITIZENS NAMED “SAARTHAK” IN DIFFERENT OLD-AGE HOMES IN KOLKATA

HelpAge India collaborated with the Department of Psychiatric Social Work, Institute of Psychiatry, Kolkata (IPGME&R – SSKM Hospital) to strengthen mental health support for senior citizens in West Bengal.



Key aspects of this collaboration included:

Mental Health Screenings & Assessment:

A project, involving the Department of Psychiatric Social Work at IOP, conducted screenings and assessments for residents of 14 old age homes in and around Kolkata.



Targeted Interventions:

The initiative, carried out between July and September 2025, included around 15 workshops, treatment sessions, and individual therapy sessions to address mental health concerns such as depression and anxiety among elderly residents.



PSW DEPT, IOP-COE

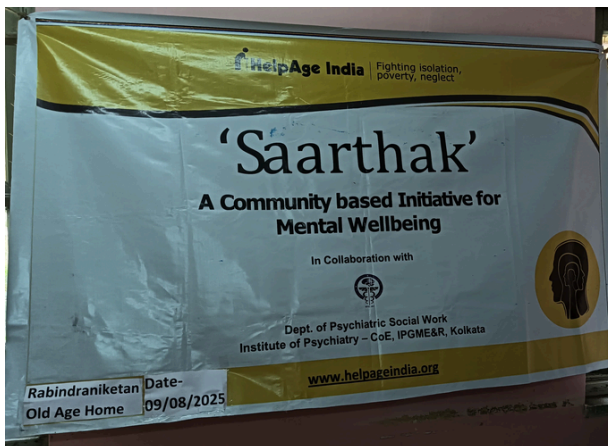
Community-Based Interventions:

A second phase of community-based interventions was initiated, aiming to benefit over 1,000 senior citizens in collaboration with **HelpAge India**.

Regional Advocacy:

HelpAge India participated in a state-level conference on the well-being, dignity, and rights of the aging population, hosted by the Institute of Psychiatry and the Indian Museum in July 2025.

This partnership was part of a broader initiative aimed at addressing the rising mental health concerns among older adults and improving their quality of life, with a focus on both institutional and community settings.



PSW DEPT, IOP-COE

JUNE 23, 2025

SEEDS OF CHANGE – SENSITIZATION WORKSHOP AT PRESIDENCY CORRECTIONAL HOME

As part of the Fortnight Commemoration of the International Day Against Drug Abuse & Illicit Trafficking, a transformative workshop titled “Seeds of Change” was held on June 23, 2025. The programme took place at Presidency Correctional Home, Alipore, focusing on substance addiction, recovery, and the long-term psychological wellbeing of residents.



The workshop was organized through a high-level partnership between enforcement and clinical institutions:

Narcotics Control Bureau (NCB), Kolkata Zone, Ministry of Home Affairs, Govt. of India.

Dept. of Psychiatric Social Work, Institute of Psychiatry-COE, Govt. of West Bengal, Kolkata. Key Speakers included **Noushin Tarannum, MPhil PSW Trainee, Rupa Chakraborty, PSW, Dept of Psychiatric Social Work, IOP-COE; Barunjyoti Chowdhury, Superintendent, Narcotics Control Bureau (East Zone), Govt of India.**

Organized in collaboration with the Department of Correctional Administration, Govt. of West Bengal.

The "Seeds of Change" workshop underscored the philosophy that correctional homes should serve as centers for reform and healing. By bringing specialized mental health services directly to the residents, the organizers provided tangible hope and a structured roadmap for a drug-free life post-release. This initiative reinforces the state's commitment to humane rehabilitation and the global fight against drug abuse.

PSW DEPT, IOP-COE

JUNE 12, 2025

SCHOOL ENRICHMENT PROGRAMME

In observance of the International Day Against Drug Abuse & Illicit Trafficking, a high-level sensitization programme titled “Safeguarding the Future” was held on June 12, 2025, at Mandarmani. The event marked the commencement of a fortnight-long commemoration aimed at bolstering student well-being and institutional drug prevention strategies.

The program was a strategic joint initiative organized by:

- Narcotics Control Bureau (NCB), Kolkata Zone, Ministry of Home Affairs, Govt. of India.
- Dept. of Psychiatric Social Work, Institute of Psychiatry-COE, Govt. of West Bengal, Kolkata.
- In collaboration with Kendriya Vidyalaya Sangathan (KVS), Ministry of Education, Govt. of India.

Key speakers included **Ms. Debapriya Bhowmik, Faculty and Psychiatric Social Worker, Dept. of PSW (IOP-COE) & Rittika Dey Sarkar, MPhil PSW Trainee.** The event saw an impressive turnout of over 60 principals representing various Kendriya Vidyalayas across the West Bengal Zone. Given their pivotal role as institutional heads, the sessions were designed to equip these leaders with the psychological and administrative tools necessary to create drug-free campus environments.

By bringing together the clinical expertise of Dept. of PSW, IOP-COE and the enforcement perspective of the NCB, the program empowered the KVS leadership to move beyond academic instruction toward a holistic model of student protection. The workshop concluded with a collective pledge to prioritize mental health as the first line of defense against drug abuse, ensuring a safer future for the youth of West Bengal.



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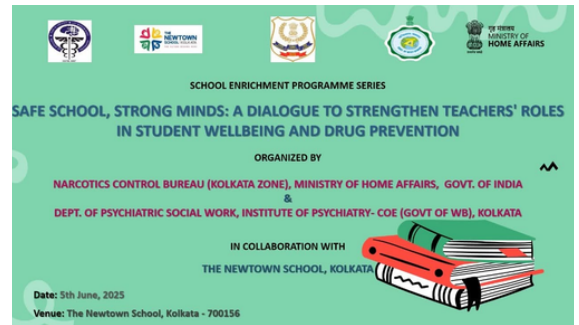
JUNE 05, 2025

School Enrichment Programme Series – "Safe School, Strong Minds"

This report details the "*Safe School, Strong Minds: A Dialogue to Strengthen Teachers' Roles in Student Wellbeing and Drug Prevention*" program, an essential component of the ongoing School Enrichment Programme Series. Held on June 5, 2025, at **The Newtown School, Kolkata**, the initiative brought together key stakeholders from government, health, and education sectors to **empower educators with enhanced knowledge and skills in student wellbeing and drug prevention strategies**. The program was a collaborative effort aimed at fostering a safer and more supportive school environment for students.

The primary objectives of this dialogue were to:

- **Strengthen Teacher Roles:** Enhance the capacity and confidence of teachers in identifying and addressing student wellbeing issues.
- **Promote Student Wellbeing:** Equip educators with practical strategies to support the mental, emotional, and social health of students.
- **Advance Drug Prevention:** Provide comprehensive information and tools for early intervention and prevention of substance abuse among the student population.
- **Foster Collaboration:** Facilitate a multi-stakeholder approach involving law enforcement, mental health professionals, and educational institutions.



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The program was jointly organized by two prominent governmental and institutional bodies:

- *Narcotics Control Bureau (Kolkata Zone), Ministry of Home Affairs, Govt. of India*: Provided critical insights into drug prevention, legal frameworks, and the broader societal impact of substance abuse.
- *Department of Psychiatric Social Work, Institute of Psychiatry – COE (Govt of West Bengal), Kolkata*: Offered expert guidance on student mental health, psychological support, and social work interventions.

The event was held in collaboration with:

The Newtown School, Kolkata: Served as the host institution, demonstrating its commitment to student welfare and community engagement.

The dialogue was expertly facilitated by experienced professionals from the Department of Psychiatric Social Work, Institute of Psychiatry – COE:

- **Ms. Debapriya Bhowmik**: Psychiatric Social Worker
- **Mr. Supriyo Dey**: Trainee Psychiatric Social Worker

Their expertise ensured a comprehensive and empathetic approach to the sensitive topics discussed, providing actionable insights for the participating educators.

This program represents a crucial step in creating a more resilient and supportive educational ecosystem. By empowering teachers with knowledge from both law enforcement and mental health perspectives, the initiative aims to:

Improve early detection and intervention for students at risk.

Reduce the stigma associated with mental health issues and substance abuse.

Foster open communication channels between students, teachers, and parents.

Contribute to the overall safety and psychological well-being of the student community.

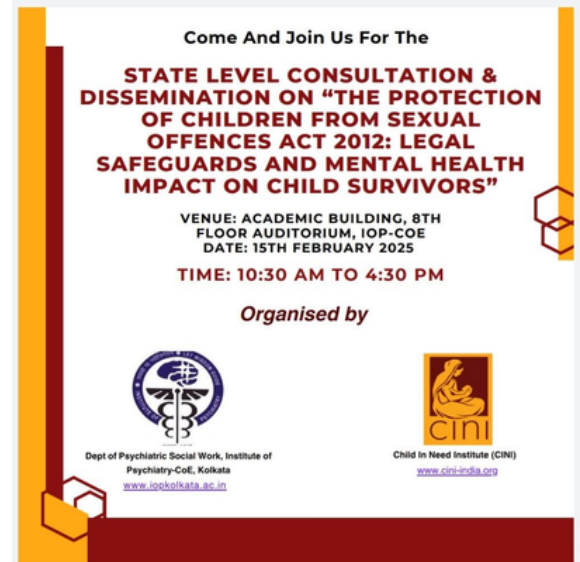


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FEBRUARY 15, 2025

**ONE-DAY WORKSHOP ON POCSO
ACT, 2012**

THE PROTECTION OF CHILDREN FROM SEXUAL OFFENCES ACT, 2012: LEGAL SAFEGUARDS AND MENTAL HEALTH IMPACT ON CHILD SURVIVORS



On February 15, 2025, the Department of Psychiatric Social Work at the Institute of Psychiatry-COE (IOP), Kolkata, in partnership with the Child in Need Institute (CINI), held a state-level consultation focusing on the Protection of Children from Sexual Offences (POCSO) Act.

The seminar, titled "*Legal Safeguards and Mental Health Impacts on Child Survivors in POCSO Cases*," aimed to create a multidisciplinary dialogue between legal professionals, mental health experts, and policymakers.



Key Proceedings and Expert Contributions

- **Judicial Advocacy: Justice Soumen Sen, Judge and Chairperson of the Juvenile Justice Committee at the Calcutta High Court**, delivered a keynote emphasizing that the law must serve as "*both a shield and a sword*"—protecting the innocent while ensuring swift action against perpetrators.



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- **Mental Health Intersection:** The seminar specifically addressed how trauma affects a child's emotional and cognitive development. Experts argued that the legal system's success should not just be measured by conviction rates but by the long-term psychological recovery of the survivor.
- **Multidisciplinary Collaboration:** Participants included child protection officers and NGO representatives who discussed the challenges of implementing **POCSO** in rural and underserved areas where social stigma often discourages reporting.



The program was graced by a diverse panel of experts from the medical, legal, and social sectors, representing the highest levels of governance and academic excellence in West Bengal.

Department of Health & Family Welfare (GoWB)

- Dr. Swapan Saren, Director of Health Services (DHS), Govt. of West Bengal.
- Dr. Subrata Ray, Assistant Director of Health Services (ADHS), Mental Health.

Judiciary and Legal Authorities

- Sri S. Arnab Ghosal, Member Secretary, West Bengal State Legal Services Authority (WBSLSA).
- Prof. (Dr.) Kavita Singh, Professor of Law, West Bengal National University of Juridical Sciences (WBNUJS).
- **Judiciary Representation:** The workshop saw active participation and addresses from Judges representing Districts across West Bengal, focusing on the legal frameworks of mental health and child protection.

Experts from Academics, Child Rights and Social Development academic and Community Contributors

- Prof. Bula Bhadra, Professor Emeritus & Renowned Sociologist; Director, Center for Interdisciplinary Studies and Research.
- Dr. Rima Mukherjee, Consultant Psychiatrist and Vice President. Indian Psychiatric Society. West Bengal.
- Shri R. Arjun, IAS, Member Secretary, West Bengal Commission for Protection of Child Rights (WBCPCR).
- Ms. Shila Rani Kundu, Assistant Director, Directorate of Child Rights and Trafficking, Dept. of Women & Child Development and Social Welfare.
- Dr. Samir Narayan Chaudhuri, Founder Director and Secretary, Child In Need Institute (CINI).
- Dr. Swati Chakraborty, Assistant Director, Child In Need Institute (CINI).
- Mr. Dilip Bose, Programme Officer, Child In Need Institute (CINI).

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Critical Recommendations

The consultation resulted in several actionable recommendations to reform the current handling of POCSO cases:

Institutional Reforms: There was a strong call for more fast-track courts to reduce the lengthy trial periods that often retraumatize children.

Support Mechanisms: The importance of appointing a "*support person*" (as per Rule 4(8) of the POCSO Rules, 2020) was highlighted to bridge the gap between the child and the complex legal system. The house also suggested there is an urgent need to ensure mental health well-being of survivors of child sexual abuse.

Restorative Justice: Speakers advocated for restorative justice, which prioritizes healing, rehabilitation, and timely interim compensation for victims over purely punitive measures.

Child-Friendly Environments: The event stressed the need for "child-sensitive" judicial environments, including on-site counseling units and the use of Vulnerable Witness Deposition Centres (VWDC) to prevent children from being exposed to the accused during testimony.

Collaborative Impact

The seminar underscored the unique collaboration between IOP Kolkata, a premier psychiatric institution, and CINI, a prominent NGO. This partnership emphasized that child protection is a "shared responsibility of society," requiring integrated efforts from law enforcement, healthcare providers, and the media to safeguard a child's dignity.

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**JANUARY 6, 7, 8, 9, 10, 21,
22, 24, 27, 2025**

AWARENESS PROGRAMME ON DRUG ABUSE PREVENTION IN VARIOUS EDUCATIONAL INSTITUTIONS

Nine (9) awareness programme on Drug Abuse Prevention was organized by The West Bengal State Legal Services Authority (WBSLSA) and the Department of Psychiatric Social Work, IOP-COE, on January 4-10, 21-22, 24, 27; 2025.

The programme was conducted across multiple educational institutions in Kolkata and surrounding regions, with the objective of sensitizing students to the psychosocial, health, and legal consequences of substance use and abuse, and to promote preventive awareness among young adults.

The participating institutions included: **Surendranath Law College, Adamas University, Heritage Law College, University of Engineering & Management Kolkata, St. Xavier's University Kolkata, Amity University, Sister Nivedita University, Brainware University, and The Neotia University.**

A total of approximately 700 students participated in the nine programmes.

TO CALL IN DISTRESS - 14416 (24*7 TOLL FREE) (TELE MANAS)



PSW DEPT, IOP-COE

Resource persons from the Department of Psychiatric Social Work, IOP-COE, who contributed to the sessions included: **Ms. Kamalika Bhattacharjee, Ms. Debapriya Bhowmik, Ms. Rupa Chakraborty, Ms. Rituparna Jash, Mr. Supriya Dey, Ms. Niketha Mathur, Ms. Suparna Sen, and Ms. Anwasha Pal.**

The sessions focused on understanding substance use and its impact on mental and physical health, legal implications related to drug abuse and trafficking, role of peer pressure, family dynamics, early identification of risk behaviours, available support systems, counselling and rehabilitation services, along with prevention strategies and relapse prevention approaches.

Participants were also informed about national support services including **Tele-MANAS (14416)** for mental health counselling and the **National Drug De-addiction Helpline (14446)** under the Ministry of Social Justice & Empowerment for substance use related support.

The programme was highly interactive, with active participation from students across all institutions. Participants engaged in discussions and clarified queries related to substance use prevention and help-seeking pathways.

Overall, the initiative effectively enhanced awareness among students and reinforced the importance of collaborative efforts between mental health professionals and legal authorities in addressing substance abuse issues among youth.

TO CALL IN DISTRESS - 14416 (24*7 TOLL FREE) (TELE MANAS)



PSW DEPT, IOP-COE

JANUARY 18, 2025

WORKSHOP ON MEN, GENDER ROLES, MASCULINITIES AND MENTAL HEALTH: BREAKING BARRIERS AND BUILDING SUPPORT SYSTEMS



On January 18, 2025, the Department of Psychiatric Social Work at the Institute of Psychiatry-COE, Kolkata, and **Praajak India** (a specialized NGO focusing on child protection and gender) convened a state-level seminar on "*Men, Gender Roles, Masculinities, and Mental Health: Breaking Barriers and Building Support Systems.*"



The workshop was formally inaugurated by Justice **Madhumati Mitra**, Hon'ble Member of the West Bengal Human Rights Commission (WBHRC) and former Judge of the Calcutta High Court.



The seminar aimed to dissect the "silent crisis" of male mental health in India, where adherence to traditional masculine norms often correlates with decreased help-seeking behavior.

1. Core Objectives and Thematic Focus

The event centered on how rigid social constructs of manhood impact the psychological well-being of boys and men. Key themes included:

The Help-Seeking Gap: Research shared during the session highlighted that Indian men often experience "*self-stigma*," where the internal pressure to appear self-reliant prevents them from accessing psychiatric services.



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Provider-Role Stress: Discussions explored the specific anxiety related to the "breadwinner" expectation, which can lead to high levels of chronic stress and social isolation if not addressed.

Deconstructing Toxic Masculinity: Facilitators from Praajak emphasized moving away from models of "toxic masculinity" toward a healthy sense of self based on empathy and emotional vulnerability.

Seminar Highlights & Key Discussions

Structural Determinants: Speakers presented mental health not as a neutral medical issue but as a social one shaped by intersectional factors like gender, caste, and economic status.

Tailored Interventions: Participants discussed the need for gender-responsive therapy, which uses "entry points" men can relate to such as sports or community leadership to initiate conversations about emotional health.

Youth-Led Change: **Praajak** showcased its "Village Champion" model, where young men are trained to challenge gender discrimination and patriarchy within their communities to foster more inclusive environments.

Department of Psychiatric Social Work (IOP-COE): **Mr. Mayank Kumar** (Project Head & Assistant Professor), extended clinical and social work framework for the seminar.

Praajak India: Brought grassroots expertise in engaging men and boys to promote gender equity, highlighting that gender issues are a "human rights issue" that affects everyone.

The seminar concluded with a call for multisectoral programs that integrate mental health support into schools and local government schemes. The consensus among experts was that achieving sustainable mental wellness requires dismantling the structural barriers of patriarchal norms that punish men for showing emotional distress.

**CAPACITY BUILDING PROGRAMME ON DRUG ABUSE PREVENTION ORGANIZED BY
THE DEPARTMENT OF PSYCHIATRIC SOCIAL WORK, IOP-COE, IN
COLLABORATION WITH THE NATIONAL INSTITUTE OF SOCIAL DEFENCE (NISD)**

A series of capacity building programmes on drug abuse prevention were organized across various locations in West Bengal. These programmes aimed to raise awareness, enhance knowledge, and develop effective strategies to combat drug abuse with different stakeholders of the society.



INAUGURATION CEREMONY AT REGIONAL INSTITUTE OF CORRECTIONAL ADMINISTRATION, GoWB

FromLeft to Right: Mr.Mayank Kumar, Project Head & Assistant Professor., Dept. of PSW, IOP-COE; Dr. Prasad Kannakanti, Assistant Professor. in Social Science, Dept. of Psychiatry, KGMU, Lucknow; Dr. A. Sadananda Reddy,

Assistant Professor. & SRC Director, Jindal School of Psychology; Dr. Swapan Saren, Director of Health Services, Health & FWDept.Govt.of WB;Mr. Ganesh Maiti, Controller & Administrative Officer, RICA, Govt. of WB

DETAILS OF THE SIX PROGRAMMES CONDUCTED IN APRIL, 2025

DATE AND TITLE OF THE PROGRAMME	VENUE OF THE PROGRAMME	ORGANIZED BY	COLLABORATIVE AGENCY	NO. AND NATURE OF PARTICIPANTS
April 17-18, 2025 Resilient Communities: Combating Substance Use Through Prevention and Control	Conference Hall of Narcotics Control Bureau (Kolkata Zone), Newtown, Kolkata, West Bengal - 700160	Dept. of Psychiatric Social Work, Institute of Psychiatry-COE, (IPGME&R, SSKMH), Kolkata & Narcotics Control Bureau (Kolkata Zone), Ministry of Home Affairs, Govt. of India	National Institute of Social Defence (NCDAP), Ministry of Social Justice & Empowerment, Govt. of India	32 Mixed Population (Social Welfare Managers of De-addiction Treatment and Rehabilitation Centres, Social Worker, Psychologist, De-Addiction Specialists, Police Personnel, Customs Officials, NCB Officials)
April 19-20, 2025 Building A Healthy Society: Empowering Communities for Substance Use Prevention and Control	Auditorium, 8th Floor, IOP-COE, Kolkata, West Bengal - 700025	Dept. of Psychiatric Social Work, Institute of Psychiatry – COE (IPGME&R – SSKMH), Govt. of WB, Kolkata	National Institute of Social Defence (NCDAP), Ministry of Social Justice & Empowerment, Govt. of India	38 Mixed Population (Social Welfare Managers of De-addiction Treatment and Rehabilitation Centres, Social Worker, MSW Student, Police (CID officials), Psychologist)
April 23-24, 2025 Substance Use Prevention: Empowering Correctional Officers and Residents for Lasting Change	Regional Institute of Correctional Administration (Govt. of West Bengal), Kolkata – 700028 & Dum Dum Central Correctional Home, Govt. of WB	Dept. of Psychiatric Social Work, Institute of Psychiatry – COE (IPGME&R – SSKMH), Govt. of WB, Kolkata & Directorate of Correctional Services, Govt. of WB	National Institute of Social Defence (NCDAP), Ministry of Social Justice & Empowerment, Govt. of India	158 (24 Medical Professionals/Officers of Correctional Services, GoWB, 5 Social Workers & 62+67 residents of Dum Dum Correctional Home, Govt. of WB)

April 25-26, 2025 Substance Free Futures: Building Resilience and Prevention Strategies in Correctional Environment	Regional Institute of Correctional Administration (Govt. of West Bengal), Kolkata – 700028 & Dum Dum Central Correctional Home, Govt. of WB Kolkata Police	Dept. of Psychiatric Social Work, Institute of Psychiatry – COE (IPGME&R – SSKMH), Govt. of WB, Kolkata & Directorate of Correctional Services, Govt. of WB	National Institute of Social Defence (NCDAP), Ministry of Social Justice & Empowerment, Govt. of India	173 (25 Medical Professionals & Officers of Correctional Services, GoWB, 5 Social Work Students & 70+73 Male and Female Residents of Dum Dum Correctional Home, Govt.ofWB)
April 27-28, 2025 Defeating The Epidemic: Fortifying Police Personnel for a Drug-Free Society	Training Academy, Howrah, West Bengal - 711112	Dept. of Psychiatric Social Work, Institute of Psychiatry – COE (IPGME&R – SSKMH), Kolkata & Kolkata Police, Govt. of West Bengal	National Institute of Social Defence (NCDAP), Ministry of Social Justice & Empowerment, Govt. of India	40 (Police Officers & Health Professionals)
April 29-30, 2025 Strengthening Efforts for Drug Prevention and Safer Communities: A Comprehensive Training with Police Personnel	Swami Vivekananda State Police Academy, Barrackpore, WB – 700120, Govt. of WB	Dept. of Psychiatric Social Work, Institute of Psychiatry – COE (IPGME&R – SSKMH), Kolkata & West Bengal Police Directorate, Govt. of West Bengal	National Institute of Social Defence (NCDAP), Ministry of Social Justice & Empowerment, Govt. of India	161 (26 Police Officers (Offline) & 135 Police Officers (Virtual))

The funding/collaborative agency i.e. National Institute of Social Defence **directed** the Dept. of Psychiatric Social Work, IOP-COE to **accommodate at least 150 participants** in six programmes (i.e. 25 participants in each programme) whereas **we have successfully accommodated 602 participants of different categories throughout the state of West Bengal** by maintaining the quality of the programme at highest level.

Irrespective of the above, we have distributed leaflets, pamphlets, among passers-by around the programme venue. We have also taken the help of social media to raise awareness against harmful impact of drug use and necessity to prevent and control it.

THE FOLLOWING TOPICS HAS BEEN DISCUSSED IN THE PROGRAMME:

- Understanding Drug Abuse and Addiction.
- Identifying and Assessing Drug Abuse.
- Legal, Ethical, and Human Rights Considerations in Drug Abuse Prevention & Intervention.
- Understanding Counselling in the Context of Substance Use.
- Creating Drug-free Workplaces and Communities.
- Role of stakeholders and law-enforcement agencies in prevention of drug abuse.
- Early Intervention in Drug Abuse.
- Effective Communication Skills, Counselling and Rehabilitation Techniques.
- Collaborative Model of Drug Prevention.
- Empowering Peer Leaders in Drug Prevention.
- Role and functioning of De-addiction treatment and rehabilitation centres.

THE ABOVE-MENTIONED TOPICS WERE ALSO DISCUSSED BY THE FOLLOWING TWENTY-FOUR SENIOR FACULTIES (OUTSIDE WEST BENGAL) WHO HAD VISITED THE PROGRAMME VENUE AS RESOURCE PERSONS:

1. **Dr. Satabdi Chakraborty**, Additional Professor (PSW) & Deputy Registrar (Academics), Institute of Human Behaviour and Allied Sciences, New Delhi (session on 17/04/25)
2. **Dr. Srikanth Pallerla**, Assistant Professor, Symbiosis Institute of Health Sciences, Symbiosis International (Deemed University), Pune (session on 17/04/25)
3. **Dr. Soma Saha**, Assistant Professor, Vellore Institute of Technology, Vellore, Tamil Nadu (session on 18/04/25)
4. **Dr. Pomi Mahanta**, Assistant Professor, Centre for Counselling, Tata Institute of Social Sciences (TISS), Guwahati Campus (session on 18/04/25)
5. **Dr. B.P. Nirmala**, Professor & Head, Dept. of Psychiatric Social Work, NIMHANS, Bangalore (session on 19/04/25)
6. **Dr. N. Janardhana**, Professor, Dept. of Psychiatric Social Work, NIMHANS, Bangalore (session on 19/04/25)
7. **Dr. Subhasish Bhadra**, Professor (PSW) & Head, Dept. of Psychosocial Intervention in Disaster Management, NIMHANS, Bangalore (session on 20/04/25)
8. **Dr. V. Kannapa Setty**, Assistant Professor, School of Social Work, IGNOU, New Delhi (session on 20/04/25)
9. **Dr. Bhupendra Singh**, Professor & Head, Dept. of Psychiatric Social Work, Institute of Mental Health, UHS, Rohtak, Haryana (session on 23/04/25)
10. **Dr. Prashant Srivastava**, Assistant Professor & In-Charge, Dept of Psychiatric Social Work, Central Institute of Psychiatry (CIP), Ranchi (session on 23/04/25)
11. **Dr. Narendra K. Singh**, Senior Psychiatric Social Welfare Officer, Central Institute of Psychiatry (CIP), Ranchi (session on 24/04/25)
12. **Dr. Apurba Saha**, Assistant Professor & Head, Dept. of Social Work, Tezpur (Central) University, Tezpur, Assam (session on 24/04/25)

13. **Dr. Prasad Kannekanti**, Assistant Professor in Social Science, Dept. of Psychiatry, KGMU, Lucknow (session on 25/04/25)
14. **Mr. Chetan Diwan**, Assistant Professor of Social Work & Mental Health, Karve Institute of Social Service, Pune (session on 25/04/25)
15. **Dr. A. Sadananda Reddy**, Assistant Professor & SRC Director, Jindal School of Psychology and Counselling, O.P. Jindal Global University, Sonapat, Haryana (session on 26/04/25)
16. **Dr. Senthil M.**, Assistant Professor, Dept. of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi (session on 26/04/25)
17. **Dr. Kalpana Sarathy**, Professor & Dean, Tata Institute of Social Sciences (TISS), Guwahati Campus (session on 27/04/25)
18. **Dr. Abhijeet Singh**, Assistant Professor (PSW), Rashtrya Raksha University, Gujarat (session on 27/04/25)
19. **Dr. Nilesh Maruti Gujar**, Assistant Professor (PSW), Central India Institute of Mental Health & Neuro Sciences, Devada, Chattisgarh (session on 28/04/25)
20. **Dr. Mahesh B. Thakur**, Professor of Social Work & Director, Karve Institute of Social Service, Pune (session on 28/04/25)
21. **Dr. Thippeswamy Vaddar**, Associate Professor (PSW), Dept. of Psychiatry, Kasturba Medical College, Manipal (session on 29/04/25)
22. **Dr. Kamlesh Kumar Sahu**, Associate Professor (PSW), Dept. of Psychiatry, Govt. Medical College & Hospital, Chandigarh (session on 29/04/25)
23. **Dr. Mutharaju Arelingaiah**, Research Associate, NIMHANS, Bangalore (session on 30/04/25)
24. **Dr. Shanivaram Reddy K.**, Associate Professor (PSW), NIMHANS, Bangalore (session on 30/04/25)

Trained counsellors at PG level (i.e., Trainee PSWs) and faculties of IOP-COE acted as facilitators (Moderators, Speakers etc) in conducting the programme successfully.

THE FOLLOWING SIGNIFICANT INSIGHTS WERE GATHERED THROUGH THEIR DISCUSSIONS AND PRESENTATIONS:

The physical, psychological, and social symptoms of addiction were presented, with particular emphasis on social aspects such as isolation, deteriorating interpersonal relationships, and the neglect of personal and professional responsibilities. Key assessment approaches were focused upon, including clinical interviewing techniques, observational assessments, the role of family and collateral interviews, as well as laboratory and medical testing. The essential nature of the collaborative model was emphasized, along with the identification of key stakeholders involved in the collaboration process. The magnitude of substance use in India is alarming. A 2019 national study conducted by Ambedkar and colleagues revealed that 14.6 percent of individuals between the ages of 10 and 75 had consumed alcohol. Cannabis use was recorded at 2.8 percent of the population, with 0.66 percent identified as dependent users. Opioid use was reported at 2.1 percent, primarily driven by heroin consumption. Among the youth, tobacco use continues to rise, defying regulatory efforts. Notably, substance use patterns differ between urban and rural regions due to disparities in access, awareness, and cultural attitudes. Prevalence of Alcohol Intake: 20% of adult males in India consume alcohol, with the lowest prevalence observed in Gujarat (7%) and the highest in Arunachal Pradesh (75%). The per capita consumption of alcohol is 2 Liters of absolute alcohol per adult per year. Of those who consume alcohol, 50% engage in hazardous drinking behaviours. Prevalence of Nicotine Use: 55.8% of males aged 12-60 years currently use tobacco. 2.4% of women smoke, and 12% chew tobacco. Among adolescents, 2 out of 10 boys and 1 out of 10 girls use some form of tobacco product. There is an increasing trend in the initiation of tobacco use before the age of 10 years." Between 2016 and 2019, raids and inspections were conducted at 51 de-addiction and drug/alcohol rehabilitation centres across India. The findings revealed serious concerns: 51% of centres reported incidents of physical abuse; 43% were found lacking the basic facilities

mandated by law; 41% engaged in other forms of torture, including psychological abuse; 25% practiced locking up patients; 20% demonstrated mismanagement of medication; 8% lacked proper patient records; and in 37% of cases, the facilities were managed by individuals with no formal training or relevant educational background.

Over 50% of the 51 facilities inspected were found to be operating without a valid license, indicating a significant prevalence of illegal or unlicensed de-addiction and rehabilitation centres. A substantial number of centres were found to have inadequate infrastructure, lacking essential amenities such as potable water, hygienic sanitation facilities, proper bedding, and sufficient food provisions. Risk factors that contribute to substance abuse can be found at the individual, family, and community levels. On an individual level, genetic predispositions, existing mental health issues such as depression or ADHD, and early exposure to drugs play a critical role. Within the family context, factors such as parental conflict, neglect, over control, or a history of substance use contribute to increased vulnerability. At the community level, socioeconomic disadvantage, lack of education, drug availability, and media portrayal of drug use can further heighten risk. A Central debate in drug policy concerns the efficacy of criminalization versus harm reduction. Criminalizing individuals for drug use tends to lead to higher incarceration rates, intensified social stigma, and increased health risks. Conversely, harm reduction strategies—such as needle exchange programs and opioid substitution therapies—have demonstrated higher effectiveness in reducing adverse health outcomes and facilitating reintegration. However, legal and systemic barriers continue to obstruct the full implementation of these interventions in India. The discussions highlighted the challenges faced in West Bengal, such as cross-border trafficking, low awareness levels, and a lack of adequate rehabilitation centres. Opportunities for intervention were also thoroughly explored.

The presentations highlighted neurobiological effects of substance use, emphasizing the profound and lasting impact it has on brain function and behaviour. It focused on the critical need to approach addiction with evidence-based strategies and empathy. Understanding the biological underpinnings of substance use disorders is essential for developing effective prevention and treatment programs. Alteration of the Brain's Reward System, Dysregulation of Dopamine Function, Impairment of Cognitive and Emotional Functioning, Development of Compulsive Drug-Seeking Behaviour, Addiction as a Chronic Biopsychosocial Disorder: these important points were the key focus of the discussions. The need to view addiction through a scientific and medical lens rather than as a moral shortcoming was also emphasized on. It was specified that there are indications of a troubling trend wherein children and adolescents are initiating drug use at progressively younger ages. Tobacco and inhalants have emerged as the most common substances of initiation, often serving as entry points into broader patterns of substance use. It was noted that, although substance abuse has historically been perceived as a predominantly male-cantered issue, recent trends show a significant increase in drug use among women. This rise is often attributed to underlying factors such as emotional trauma, experiences of domestic violence, and various socio-cultural pressures. Research and clinical observations reveal that women typically transition from initial use to substance dependence more rapidly than men. Additionally, women face heightened societal stigma and discrimination when seeking treatment, which frequently acts as a barrier to timely and effective intervention. This compounded vulnerability not only exacerbates the severity of their condition but also underscores the critical need for gender-sensitive approaches in prevention, treatment, and rehabilitation services. A case vignette describes a young male who, despite completing treatment, faced unemployment and familial rejection. His referral to an NGO for skill development and counselling illustrates a best practice in bridging treatment and reintegration. The discussion highlighted vulnerable populations, including adolescents, street children, LGBTQIA+ individuals, and rural communities, emphasizing their increased susceptibility to various risks.

The discussions highlighted the importance of community engagement, the role of schools and colleges as prevention hubs, and the involvement of law enforcement in addressing substance use and promoting public health, particularly high-risk groups include adolescents, migrant labourers, urban slum dwellers, and street children. In-depth deliberation also happened regarding the distinct challenges such as cross-border drug trafficking, poor public awareness, a shortage of rehabilitation facilities, and high rates of school dropouts etc. and possible solutions. The concept of peer leadership in prevention was highlighted, focusing on the roles and activities of peer leaders, the challenges they face, and strategies for effectively training them. The National Legal Framework, specifically the NDPS Act of 1985, was thoroughly discussed, with a focus on recent amendments and policy shifts. Key aspects included ethical principles in drug abuse interventions, the importance of informed consent in treatment, the right to health and access to treatment, community-based interventions and legal support, as well as the role of mental health and human rights laws. The initiatives undertaken by NIMHANS were thoroughly discussed, with particular emphasis on the Centre for Addiction Medicine (CAM) and the National Drug Dependence Treatment Centre guidelines. The discussions addressed the reasons behind adolescent drug use, examining the risk factors at the individual, family, and community levels. Discussions were conducted on the initiation of substance abuse, highlighting key factors such as peer pressure, imitation, and curiosity. It was highlighted that prevention within the community and workplace is a critical component of the treatment and management of substance use disorders. The presentations focused on the importance of mobilizing the community, raising awareness about the treatability of substance use disorders, and informing individuals about the availability of treatment options. Group activities should be encouraged in the development of strategies for promoting drug-free communities and drug-free workplaces.

The importance of distributing toll-free numbers, posters, pamphlets, and notices, as well as leveraging media channels such as print, television, and radio to seek help, was thoroughly discussed. Additionally, the sensitization of private doctors to these initiatives was highlighted. Detailed information was presented on several key intervention programs in India, including the National Action Plan for Drug Demand Reduction (NAPDDR), the Punjab Substance Abuse Prevention Plan (P-SAP), the Sankalp Rehabilitation Trust, and Avahan – The India AIDS Initiative. The discussion highlighted key topics such as the principles of therapeutic communication, active listening, barriers to communication, and the role of empathy in effective communication. Additionally, the conversation extended to strategies for developing communication skills, with focus on cultural sensitivity. The discussion thoroughly covered rehabilitation, including its goals, principles, phases, and psychosocial interventions. The role of the family in the rehabilitation process and the importance of community-based rehabilitation were also emphasized. A comprehensive discussion was held on various psychosocial rehabilitation techniques, including Psychoeducation, Cognitive Behaviour Therapy (CBT), Adherence Therapy (AT), Assertive Community Treatment (ACT), Vocational Rehabilitation, Occupational and Art Therapy, as well as Interpersonal and Social Rhythm Therapy. The discussions focused on the different types of counselling, including Individual, Family, Group, and Crisis counselling, emphasizing their distinct roles and applications in therapeutic settings. The discussion further addressed key counselling techniques, including questioning strategies, boundary setting, and the understanding of transference and counter-transference in therapeutic relationships. The discussion covered various types of drugs, including natural, semi-synthetic, and synthetic substances, as well as the process of physical examination for drug abuse and conducting a mental status examination.

The discussions highlighted key legislative frameworks, including the Mental Health Care Act (MHCA), 2017 and international guidelines on human rights and drug policy. The presentations emphasized the multidimensional causes of substance abuse, which necessitate a comprehensive, community-involved, and multi-stakeholder approach to both prevent and rehabilitate drug-related issues. The distinction between prevention and rehabilitation was clarified, highlighting prevention as a proactive strategy aimed at curbing the onset of substance abuse through primary, secondary, and tertiary methods. Rehabilitation, conversely, was framed as a restorative approach focused on regaining function and quality of life following addiction or substance-induced impairments. These twin pillars serve complementary roles in addressing the drug abuse crisis. The case of Lhokseumawe, Indonesia, provided real-world insights into collaborative governance. The model there involved the government, National Narcotics Agency (BNN), NGOs, police, healthcare workers, religious institutions, and educational bodies. While this model showed promise in developing programs and community engagement, it also revealed challenges such as irregular dialogue, limited interpersonal trust, and lack of unified vision among stakeholders. The absence of binding agreements and fragmented funding further hampered impact, as evidenced by the lack of measurable reduction in drug cases. Focus was also on the role of stigma as a significant barrier, advocating for stigma-free language, inclusive practices, and the strategic use of traditional and faith-based institutions to foster reintegration. A successful example from Kerala, India, was cited, where panchayat-led public health models and community-based rehabilitation yielded strong results.

SUGGESTIONS RECEIVED FROM EMINENT EXPERTS, PARTICIPANTS AND STAKEHOLDERS:

Frequent awareness campaigns in schools, communities, public places, panchayats, clubs, colleges, correctional homes, armed forces, police stations should be conducted. Social media, prints and electronic media, radio stations maybe also approached. Tightening control over restricted and prescription medications should be focused upon. There should be strict monitoring of drug treatment and rehabilitation centres. More capacity building programmes to be organized among all stakeholders. Prevention strategies should be focused by involving communities and stake holders by the Law enforcement agencies. Adequate budgetary provisions and allocations should be provided to all for combating and prevention of drug abuse in order to promote drug-free lifestyle. Addiction Treatment Facility (ATS) should be open in all hospitals in all subdivision, State, general, medical colleges and in all correctional homes throughout the country as soon as possible. Mental health professionals and counsellors (Psychiatric Social Workers/Social Workers/Psychologists/Clinical Psychologist/Psychiatrists) should be appointed in all health facilities, correctional homes, educational institutions and other workplaces. Rights of the persons with substance use should be protected in all health facilities and correctional homes. All health practitioners should be given training on addiction medicine and treatment (pharmacological and non-pharmacological). To strictly monitor transportation hubs and parcel services to intercept trafficking routs for drug prevention. “Nasha Mukti Yatra” should be organized in every part of India as per Ludhiana model. In Ludhiana, the district administration launched the “Nasha Mukti Yatra”, a grassroot campaign aimed at raising awareness against drug abuse. This initiative involves local leaders, recovering

people living with addiction sharing motivational stories, and oath-taking, ceremonies to bolster anti-drug commitment. Providing skill development, vocational training, and livelihood support to persons with lived experience of substance use promotes meaningful employment, instils a sense of purpose, and reduces the likelihood of relapses. Implementing programmes tailored to fit the cultural context of different communities to enhances their effectiveness.

FOLLOWING ARE EMINENT GUESTS WHO HAD PARTICIPATED IN THE PROGRAMME AND ADDRESSED THE PARTICIPANTS:

- **Dr. Swapan Saren**, Director of Health Services, Health & FW Dept. Govt. of W.B (visited on 25/04/25, 28/04/25 & 30/04/25)
- **Dr. Debasish Halder**, Advisor (Public Health), Dept. of Health and Family Welfare, Govt. of W.B (visited on 24/04/25)
- **Shri Ajay Kumar Thakur, IPS**, Commissioner of Police, Barrackpore Police Commissionerate, Govt. of WB (visited on 29/04/25)
- **Shri Gautam Mondal**, DIG (WBCS) & Director RICA, Dept. of Correctional Administration, Govt. of W.B. (visited on 23/04/25 & 25/04/25)
- **Dr. Kaushik Kar**, Professor & Joint Director of Medical Education, Health & FW Dept, Govt. of W.B (visited on 20/04/25 & 29/04/25)
- **Dr. Avijit Hazra**, Professor & Dean, IPGME&R – SSKMH, Kolkata (visited on 19/04/25)
- **Shri. Pradip Khara**, Assistant Commissioner of Police, Kolkata Police Training Academy, Govt. of WB (visited on 27/04/25 & 28/04/25)
- **Shri Barunjyoti Chowdhury**, Superintendent, Narcotics Control Bureau, Ministry of Home Affairs, Govt. of India (visited on 17/04/25 & 18/04/25)
- **Dr. Subrata Roy**, ADHS (Mental Health), Govt. of W.B (visited on 20/04/25)
- **Dr. Sampa Dhabal**, Assistant Director, State Forensic Science Laboratory, Swami Vivekananda State Police Academy (SVSPA) Govt. of W.B (visited on 29/04/25)
- **Shri Anirban Chakraborty**, WBPS, Dy, SP, Swami Vivekananda State Police Academy (SVSPA) Govt. of W.B (visited on 29/04/25 & 30/04/25)

APRIL 17-18, 2025



**CAPACITY BUILDING PROGRAMME ON DRUG ABUSE PREVENTION AT
CONFERENCE HALL, NARCOTICS CONTROL BUREAU, NEWTOWN, KOLKATA, WB**





Felicitation of Dr. Satabdi Chakraborty, Additional Professor, PSW & Deputy Registrar, Academics, Institute of Human Behaviour and Allied Science s, New Delhi by Ms. Debapriya Bhowmick, Psychiatric Social Worker, And Mr. Mayank Kumar, Project Head & Assistant Professor., Dept. of PSW, IOP-COE



Shri Barunjoyti Chowdhury, Superintendent, Narcotics Control Bureau, Ministry of Home Affairs, Govt. of India



Shri Barunjoyti Chowdhury, Superintendent, during his session at the Conference Hall, NCB



Felicitation of Dr. Srikanth Pallerla, Assistant Prof., Symbiosis Institute of Health Sciences, Symbiosis International, Deemed University, Pune by Mr. Supriya Dey and Ms. Manisha Manna, PSW Trainees, Dept. of PSW, IOP-COE



Felicitation of Dr. Soma Saha, Assistant Professor, Vellore Institute of Technology, Vellore, Tamil Nadu, by Ms. Debapriya Bhowmik, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Felicitation of Dr. Pomi Mahanti, Assistant Professor, Centre for Counselling, Tata Institute of Social Science, Guwahati Campus by Ms. Manisha Manna, Trainee, Dept. of PSW, IOP-COE



Dr. Pomi Mahanti, Assistant Professor, during her session at the Conference Hall, NCB

APRIL 19-20, 2025



**Dr. Avijit Hazra, Professor & Dean,
IPGME&R – SSKMH, Kolkata**



**Felicitation of Dr. Subrata Roy, ADHS, Mental Health, Govt. of
WB by Ms. Niketha Mathur, Trainee, Dept. of PSW, IOP-COE**



**Dr. B.P Nirmala, Prof. & Head, Dept. of
Psychiatric Social Work, NIMHANS**



**Dr. N. Janardhana, Professor, Dept. of Psychiatric
Social Work, NIMHANS**



Dr. Prasanta Kr Roy, Assistant Prof., Dept. of Clinical Psychology, Institute of Psychiatry



Professor Dr. Kaushik Kar, Joint Director of Medical Education, Health & FW Dept, Govt. of W.B



Ms. Gita Purkait, Principle (Officiating) College of Nursing, IOP-COE



Mrs. Rupa Chakraborty, Psychiatric Social Worker, PSW, IOP-COE



Felicitation of Dr. Subhasish Bhadra, Professor of PSW & Head, Dept. of Psychosocial Intervention in DM, NIMHANS by Ms. Manisha Manna & Ms. Anindita Halder, Trainees, Dept. of PSW, IOP-COE



Felicitation of Dr. V. Kannappa Shetty, Assistant Prof., School of Social Work, IGNOU by Ms. Kamalika Bhattachariya, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Felicitation of Dr. Dr. N. Janardhana, Professor, Dept. of Psychiatric Social Work, NIMHANS by Ms. Anindita Halder, Trainee, Dept. of PSW, IOP-COE



Dr. Subhasish Bhadra during his session



Dr. Dr. V. Kannapa Setty addressing the participants



Ongoing sessions on Drug Abuse and Prevention at Auditorium (8th floor) IOP-COE





Faculties and Psychiatric Social Work Trainees of Dept. of Psychiatric Social Work with Eminent Guests at Auditorium (8th Floor), IOP-COE



From Left to Right: Ms. Geetasri Roy, Nursing Superintendent, IOP-COE; Ms. Gita Purkait, Principle (Officiating) College of Nursing, IOP-COE; Dr. Avijit Hazra, Professor & Dean, IPGME&R – SSKMH, Kolkata; Dr. B.P Nirmala, Professor & Head, Dept. of Psychiatric Social Work, NIMHANS; Dr. Subrata Roy, ADHS, Mental Health, Govt. of WB



**Felicitaton of Ms. Geetasri Roy, Nursing Superintendent, IOP-COE
byMs. Manisha Manna, Trainee, Dept. of PSW, IOP-COE**



Ms.Kamalika Bhattachariya addressing the participants



**Felicitaton of Prof. Dr. Kaushik Kar, Joint Director of Medical Education,
Health & FW Dept, Govt. of W.B by Mrs. Banasri Chakraborty, Psychiatric
Social Worker, Dept. of PSW, IOP-COE**



**Participants attending Capacity Building Programme on Drug
Abuse Prevention at Auditorium (8th Floor) IOP-COE**



**Artist of Janhavi Sanskriti Chakra performing Skit/drama on
Drug Abuse Prevention**

APRIL 23-24, 2025



INAUGURATION CEREMONY AT REGIONAL INSTITUTE OF CORRECTIONAL ADMINISTRATION, GoWB

From Left to Right: Dr. Bhupendra Singh, Prof. (PSW); Shri Gautam Mondal, DIG & Director; Mr. Suprakash Roy, Superintendent, Dum Dum Central Correctional Home; Mr. Mayank Kumar, Project Head and Assistant Prof. Dept. of PSW, IOP-COE



Felicitating of Mr. Suprakash Roy, Superintendent, Dum Dum Central Correctional Home Haryana by Ms. Debapriya Bhowmick, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Felicitating of Dr. Bhupendra Singh, Prof. of Psychiatric Social Work, Institute of Mental Health, UHS, Rohtak, Haryana by Ms. Debapriya Bhowmick, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Dr. Bhupendra Singh addressing the audience



Mr. Supriya Dey, Trainee, Dept. of PSW, IOP-COE



Felicitation of Dr. Debasis Halder, Advisor (Public Health) Dept. of Health & Family Welfare, Govt. of WB by Ms. Niketha Mathur, Trainee, Dept. of PSW, IOP-COE



Dr. Narendra Kumar Singh, Senior Psychiatric Social Welfare Officer Dept. of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi and Faculties and PSW Trainees, IOP-COE



Dr. Prashant Srivastava, Assistant Prof. and In-Charge, Dept. of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi

Dr. Apurba Saha, Assistant Prof. & Head, Dept. of Social Work, Tezpur University



Felicitation of Shri Gautam Mondal, DIG & Director by Ms. Debapriya Bhowmick, Psychiatric Social Worker, Dept. of PSW, IOP-COE

APRIL 25-26, 2025



Felicitation Of Dr. Swapan Saren, Director of Health Services, Health & FW Dept. Govt. of WB by Ms. Noushin Tarannum, Psychiatric Social Work Trainee, Dept. of PSW, IOP-COE



Felicitation of Dr. Prasad Kannekanti, Assistant Professor in Social Science, Dept. of Psychiatry, KGMU, Lucknow by Ms. Noushin Tarannum, Psychiatric Social Work Trainee, Dept. of PSW, IOP-COE



Felicitation of Mr. Chetan Diwan, Assistant Professor of Social Work & Mental Health, Karve Institute of Social Service, Pune by Ms. Noushin Tarannum, Trainee, Dept. of PSW, IOP-COE





Felicitation of Dr. A. Sadananda Reddy, Assistant Professor & SRC Director, Jindal School of Psychology and Counselling, O.P. Jindal Global University, Sonapat, Haryana by Ms. Nabanita Sil, Trainee, Dept. of PSW, IOP-COE



Felicitation of Dr. Senthil M, Assistant Professor, Dept. of Psychiatric Social Work, Central Institute of Psychiatry, Ranchi by Ms. Rittika Dey Sarkar & Ms. Niketha Mathur, Trainees, Dept. of PSW, IOP-COE



Active engagement of the participants in the programme

Ms. Kamalika Bhattachariya, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Felicitation of Mr. Ganesh Maiti, Controller & Administrative Officer, RICA by Ms. Noushin Tarannum, Trainee, Dept. of PSW, IOP-COE



Mr. Mayank Kumar addressing the participants

Interactive sessions were conducted with the residents of Dum Dum Central Correctional Home, where Senior Resource Persons of different states, trainees and faculties of IOP actively engaged with different batches of participants for 4 days within correctional premises. Total number of participants were 272 (62+67+73+70). These sessions served to raise awareness and contributed significantly to sensitizing the residents on key issues of Drug Abuse and Prevention.

As part of the awareness initiative on substance abuse prevention, an impactful skit/drama titled “**Nahi NahiBhoy**” was also staged at the correctional home by artists of **JANHABI SANSKRITIK CHAKRA**, a theatre group and partner of PSW Dept. IOP-COE, directed by **Mr. Samarjit Das**. The drama engaged the residents through powerful storytelling and emotional resonance.



From left to right: Ms. Nabanita Sil, Trainee, Dept. of PSW,IOP-COE; Dr. Prasad Kannekanti, Assistant Professor, Dept. of Psychiatry, Lucknow; Mr. Chetan Diwan, Assistant Professor of Social Work & Mental Health, Karve Institute, Pune; Ms. Noushin Tarannum, Trainee, Dept. of PSW, IOP-COE

APRIL 27-28, 2025



Mr. Pradip Khara, Assistant Commissioner of Police, Kolkata Police Training Academy and Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE addressing the participants



CAPACITY BUILDING PROGRAMME ON DRUG ABUSE PREVENTION AT KOLKATA POLICE TRAINING ACADEMY, HOWRAH, WB



Dr. Kalpana Sarathy, Professor & Dean, Tata Institute of Social Sciences, Guwahati Campus



Dr. Kalpana Sarathy, Prof. & Dean, Tata Institute of Social Sciences, Guwahati Campus and Mr. Mayank Kumar, Project Head & Assistant Prof., Dept. of PSW, IOP-COE



Felicitating of Dr. Abhijit Singh, Assistant Professor (PSW), Rashtrya Raksha University, Gujarat by Mrs. Banasri Chakraborty, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Mr. Mayank Kumar addressing the participants



Felicitating of Dr. Kalpana Sarathy, Prof. & Dean, Tata Institute of Social Sciences, Guwahati Campus by Mrs. Banasri Chakraborty, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Dr. Swapan Saren, Director of Health Services, Health & FW Dept. Govt. of W.B and Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of PSW, IOP-COE



Dr. Swapan Saren, addressing the participants



Felicitation of Professor Dr. Amit Kumar Bhattacharya, Project Supervisor & Director, Institute of Psychiatry-COE, Kolkata, by Ms. Choutisha Banerjee, Trainee, Dept. of PSW, IOP-COE



**Dr. Nilesh Maruti Gujar, Assistant Prof. (PSW),
Central India Institute of Mental Health &
Neuroscience, Devada, Chattisgarh**



**Dr. Mahesh B. Thakur, Prof. & Director,
Karve Institute of Social Sciences, Pune**



From left to right: Mr. Rajkumar Bandyopadhyay, Chief Law Instructor, Kolkata Police Training Academy, Govt. of WB; Prof. Dr. Amit Kumar Bhattacharya, Project Supervisor & Director, Institute of Psychiatry-COE, Kolkata; Dr. Nilesh Maruti Gujar, Assistant Prof. (PSW), Central India Institute of Mental Health & Neuroscience, Devada, Chattisgarh; Mr. Mayank Kumar, Project Head & Assistant Prof., Dept. of PSW, IOP-COE

APRIL 29-30, 2025



Felicitating of Shri Ajay Kumar Thakur, IPS , Commissioner of Police, Barrackpore Police Commissionerate by Ms. Debapriya Bhowmik, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Professor Dr. Kaushik Kar, Joint Director of Medical Education, Health & FW Dept, Govt. of W.B



Felicitating of Dr. Sampa Dhabal, Assistant Dir., Forensic Sciences Laboratory, SVSPA, Govt. of WB by Ms. Debapriya Bhowmik, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Mr. Mayank Kumar addressing the participants



Felicitation of Dr. Swapan Saren, Director of Health Services, Health & FW Dept. Govt. of WB by Ms. Debapriya Bhowmik, Psychiatric Social Worker, Dept. of PSW, IOP-COE and Ms. Noushin Tarannum, Trainee, Dept. of PSW, IOP-COE



Felicitation of Shri Prasant Pal, Inspector, SVSPA, GoWB by Ms. Noushin Tarannum, Trainee, Dept. of PSW, IOP-COE



Shri Anirban Chakraborty, WBPS, DY, SP, Swami Vivekananda State Police Academy, SVSPA Govt. of W.B



Mrs. Banasri Chakraborty addressing the participants



Felicitation of Dr. Thippeswamy Vaddar, Associate Professor, PSW, Dept. of Psychiatry, Kasturba Medical College, Manipal by Ms. Debapriya Bhowmik, Psychiatric Social Worker, Dept. of PSW, IOP-COE



Felicitation of Dr. Kamlesh Kumar Sahu, Associate Professor, PSW, Dept. of Psychiatry, Govt. Medical College & Hospital, Chandigarh, by Ms. Debapriya Bhowmik, Psychiatric Social Worker, Dept. of PSW, IOP-COE



From left to right: Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of PSW, IOP-COE; Dr. Kamlesh Kumar Sahu, Associate Professor (PSW), Dept. of Psychiatry, Govt. Medical College & Hospital, Chandigarh; Dr. Thippeswamy Vaddar, Associate Professor (PSW), Dept. of Psychiatry, Kasturba Medical College, Manipal



Dr. Mutharaju Arelingaiah, Research Associate, NIMHANS, Bangalore



Dr. Shanivaram Reddy K, Associate Professor, PSW, NIMHANS, Bangalore



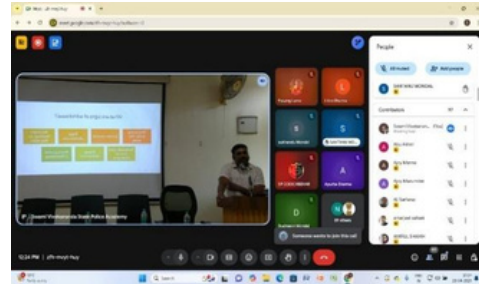
Dr. Shanivaram Reddy K, Associate Professor, PSW, NIMHANS, Bangalore and Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of PSW, IOP-COE



Adv. Mr. Arpan Sarkar



Participants (Police Personnel) Attending Programme at Swami Vivekananda State Police Academy, Barrackpore



Virtual Participation of Participants for Strengthening Efforts for Drug Prevention and Safer Communities: A Comprehensive Training with Police at Swami Vivekananda State Police Academy, Barrackpore



Active engagement of participants and eminent guests at Swami Vivekananda State Police Academy, Barrackpore



PROGRAMME ON STRENGTHENING EFFORTS FOR DRUG PREVENTION AND SAFER COMMUNITIES: A COMPREHENSIVE TRAINING WITH POLICE PERSONNEL AT SWAMI VIVEKANANDA STATE POLICE ACADEMY, BARRACKPORE

ACTIVE INVOLVEMENT BY PARTICIPANTS IN DIFFERENT CAPACITY BUILDING PROGRAMME FOR DRUG ABUSE AND PREVENTION





As part of the ongoing initiative to raise awareness on substance abuse prevention, a powerful and thought-provoking skit/drama titled “Nahi Nahi Bhoy” was staged by artists of **JANHABI SANSKRITIK CHAKRA**, a theatre group and partner of PSW Dept. IOP-COE. The production was thoughtfully guided and directed by **Mr. Samarjit Das**. The performance offered a raw, honest, and deeply human portrayal of how trauma, abandonment, and socio-economic despair can push individuals----especially juveniles----towards substance use and criminal pathways.



ARTISTS OF JANHABI SANSKRITIK CHAKRA (A THEATRE GROUP) PARTNER OF PSW DEPT. IOP-COE



From left to right: Mr. Jayatu Dutta; Ms. Oyshi Upadhyaya; Ms. Pritika Das; Ms. Anwesha Talukdar; Ms. Pratyusha Ray; Ms. Madhurima Ghosh; Mr. Avay Dutta; Mr. Pritam Mallick; Ms. Triparna Paul - Artists of Janhabi Sanskritik Chakra



ARTISTS OF JANHABI SANSKRITIK CHAKRA (A THEATRE GROUP) PARTNER OF PSW DEPT. IOP-COE



Pre- and Post-Evaluation (through Google form):

The results revealed a positive outcome among the participants, indicating increased awareness and understanding of the topics and prevention strategies discussed during the program. Many participants rated the programme as **excellent**.



PROGRAMME ON DEFEATING THE EPIDEMIC: FORTIFYING POLICE PERSONNEL FOR A DRUG-FREE SOCIETY AT KOLKATA POLICE TRAINING ACADEMY, HOWRAH, WEST BENGAL



PROGRAMME ON STRENGTHENING EFFORTS FOR DRUG PREVENTION AND SAFER COMMUNITIES: A COMPREHENSIVE TRAINING WITH POLICE PERSONNEL AT SWAMI VIVEKANANDA STATE POLICE ACADEMY, BARRACKPORE

Facebook link to view public comments/feedback/contributions:

➤ <http://www.facebook.com/share/p/1AMRxVfqgL/>

Links of the Newspapers covered the above activities:

- <https://www.thestatesman.com/bengal/bengal-launches-coordinated-anti-drug-campaign-1503434201.html>
- <https://www.thehindu.com/incoming/kolkatas-top-government-hospital-launches-anti-drug-addiction-campaign-with-central-help/article69597440.ece/amp/>
- <https://indianexpress.com/article/cities/kolkata/kolkata-hospital-awareness-campaign-drug-abuse-10028038/>



Tele-MANAS

A toll-free, 24/7 helpline number (14416) for tele-mental health counselling services.

Drug Abuse Helpline number: 1800-11-0031

Submitted by:

Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Ms. Kamalika Bhattacharya, Associate Project Head & Psychiatric Social Worker, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Ms. Debapriya Bhowmick, Associate Project Head & Psychiatric Social Worker, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Ms. Banasri Chakraborty, Associate Project Head & Psychiatric Social Worker, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Prepared by:

Ms. Nabanita Sil, Project Assistant and M. Phil Psychiatric Social Work Trainee, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

All other eight Project Assistants and M. Phil Trainees of IOP (**Mr. Supriya Dey, Ms. Noushin Tarannum, Ms. Niketha Mathur, Ms. Choutisha Banerjee, Ms. Manisha Manna, Ms. Anindita Halder, Ms. Rittika Dey Sarkar & Ms. Sayantani Basu**) along with **Mr. Mayank Kumar**, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE, Kolkata supported in the preparation of the report.

The detailed report was prepared by **Adv. Mr. Arpan Sarkar**.

Edited by:

Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

SENSITIZATION WORKSHOPS AND CAMPAIGNS ON MENTAL HEALTH WELLBEING AND DIGNITY OF SENIOR CITIZENS: AN INITIATIVE BY THE DEPARTMENT OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY, KOLKATA, IN PARTNERSHIP WITH THE NATIONAL INSTITUTE OF SOCIAL DEFENCE (GOVERNMENT OF INDIA), CONDUCTED ACROSS MULTIPLE COMMUNITY SETTINGS

The Department of Psychiatric Social Work, Institute of Psychiatry, Kolkata started Sensitization workshop and campaign for mental health wellbeing and advocated for dignity of the senior citizens in the community in April and May and did 5 such events in different locations including Asiatic Society, Bethune Institute, Kolkata Police training School and different community halls with total 280 Senior Citizens only, in partnership with National Institute of Social Defence, Govt. of India.

The first phase of the campaign concluded on June 21-22, 2025 with 170 participants attending the consultation programme, and the second phase of the community-based intervention may commence from the next month till September 2025 which will cover residents of old age home also as per the proposed discussion and in partnership with HelpAge India. It is estimated that more than 1000 citizens will benefit from the above intervention of HelpAge India and Dept. of Psychiatric Social Work, IOP-COE.

The funding/collaborative agency i.e. National Institute of Social Defence directed the Dept. of Psychiatric Social Work, IOP-COE to accommodate at least 400 participants in five programmes whereas we have successfully accommodated 450 participants throughout the state of West Bengal by maintaining the quality of the programme at highest level.

STATE LEVEL CONFERENCE

ON

UNITED FOR THE ELDERLY: PROMOTING WELLBEING, DIGNITY AND RIGHTS IN AGING AGAINST LONELINESS AND ISOLATION

The Department of Psychiatric Social Work, Institute of Psychiatry – COE (Govt. of W.B.), Kolkata and The Indian Museum, Ministry of Culture, Government of India in collaboration with National Institute of Social Defence (Senior Citizen Division), and Ministry of Social Justice & Empowerment, Government of India, organized a two-day high-level conference programme on the wellbeing, dignity, and rights of the aging population. The significant initiative aimed to address critical issues such as loneliness and social isolation among senior citizens.

Loneliness has a profound effect on both mental and physical health. It is linked to a heightened risk of conditions such as cardiovascular disease, stroke, dementia, depression, and anxiety—and can even contribute to premature death. When loneliness becomes chronic, it may lead to elevated cortisol levels, which can weaken the immune system, impair cognitive function, and raise the risk of vascular issues and heart disease.

The conference programme served as a vital platform for dialogue and collaboration, emphasizing the collective responsibility of families, communities, and the healthcare sector in ensuring the protection, respect, and inclusion of the elderly. Through this engagement, participants reinforced the urgent need for sustainable and compassionate strategies to uphold the rights and dignity of older individuals in today's changing social landscape.

The conference programme focusing on the issues and challenges faced by elderly individuals, particularly in West Bengal, brought together a wide range of stakeholders including experts, academics, healthcare professionals, community workers, youth leaders, and senior citizens themselves.

FOLLOWING ARE EMINENT GUESTS WHO HAD PARTICIPATED IN THE STATE LEVEL CONFERENCE AND OTHER FIVE PROGRAMMES AND ADDRESSED THE PARTICIPANTS:

- **Dr. Swapan Saren** , Director of Health Services, Govt. of W.B (visited on 09/04/2025, 15/06/205, & 21/06/2025)
- **Shri Pandey Santosh**, IPS, Additional Commissioner of Police – IV, Kolkata Police, Govt. of W.B (visited on 15/06/2025)

Shri Subhankar Bhattacharya, Joint Commissioner of Police (AP), Kolkata Police, Govt. of W.B (visited on 15/06/2025)

Shri Partha Chakraborty, Deputy Commissioner of Police – II, HQF, Kolkata Police, Govt. of W.B (visited on 15/06/2025)

Lt. Col. Mr. Anant Sinha, Administrator, The Asiatic Society, Kolkata (visited on 09/04/2025)

Dr. Subrata Ray, ADHS (Mental Health), Dept. of Health and FW, Govt. of W.B (visited on 09/04/2025, 15/06/2025 & 22/06/2025)

Dr. Shamik Parna Pal, Psychiatrist & Consultant (NMHP), Govt. of W.B (visited on 09/04/2025 & 15/06/2025)

Dr. Sujit Sarkhel, Professor of Psychiatry, Institute of Psychiatry – COE, Kolkata (visited on 09/04/25)

Prof. Amit Kumar Bhattacharya, Director, IOP-COE (visited on 21/06/2025)

Mr. Mahesh K. Saharia, Hony. Consul of the Republic of Indonesia (visited on 22/06/2025)

Ms. Sharmistha Ghosh, WBCS (Exe.), Joint Director (Social Welfare), Dept, of WCD & SW, Govt. of W.B (visited on 21/06/2025)

Dr. Paramita Ray, Associate Professor, Dept. of Psychiatry, IOP-COE (visited on 22/06/2025)

Ms. Priyanjali Chakraborty, State Head – WB & North East, HelpAge India (visited on 21/06/2025)

Dr. Prasanta Kumar Roy, Assistant Professor, Dept. of Clinical Psychology, IOP-COE (visited on 21/06/2025)

Dr. Dibyendu Ghosh, Joint Director (Programmes) – W.B, Sikkim & Andamans, HelpAge India (visited on 21/06/25)

Ms. Gita Purkait, Principle (officiating), CON, IOP (visited on 22/06/2025)

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FOLLOWING ARE THE SENIOR FACULTIES WHO HAD VISITED THE STATE LEVEL CONFERENCE AND OTHER FIVE PROGRAMMES AS RESOURCE PERSONS:

- **Dr. Sohini Chakraborty**, Secretary & Director, Kolkata Sanved (session on 09/04/2025)
- **Dr. Indranil Sarkar**, Assistant Professor (Social Work), Rabindra Bharati University, Kolkata (session on 09/04/2025)
- **Dr. Kasturi Sinha Ghosh**, Assistant Professor (Social Work), Netaji Subhash Open University, Kolkata (session on 09/04/2025)
- **Dr. Amit Chakraborti**, Scientist G (Medical) ICMR-Centre for Ageing and Mental Health (I-CAM) Indian Council of Medical Research (ICMR) (session on 16/04/2025)
- **Mr. Sujan Banerjee**, PhD Research Scholar, Bankura University and Faculty of Social Work Sonamukhi College, Bankura (session on 16/04/2026)
- **Dr. Arunima Dhar**, Assistant Professor of Social Work, Rabindra Bharati University, Kolkata (session on 13/05/2025)
- **Dr. Rupa Biswas**, Assistant Professor & Head, Dept. of Social Work, St. Xavier's University, Kolkata (session on 13/05/2025)
- **Dr. V. Kannapa Setty**, Assistant Professor, School of Social Work, IGNOU, New Delhi (21/04/2025)
- **Dr. Priya Treasa Thomas**, Additional Professor, Department of Psychiatric Social Work, NIMHANS, Bengaluru (session on 21/06/2025)
- **Dr. Archana Kaushik**, Professor & Director of Field Work, School of Social Work (Dept. of SW), University of Delhi (session on 21/06/2025)
- **Dr. N. Janardhana**, Professor & Head, Dept. of Psychiatric Social Work, NIMHANS, Bengaluru (session on 21/06/2025)
- **Dr. Sojan Antony**, Additional Professor, Dept. of Psychiatric Social Work, NIMHANS, Bengaluru (session on 21/06/2025)

Dr. Shivani Chauhan Barooah, Assistant Professor, School of Social Work, Centre for Community Organization and Development Practices, Tata Institute of Social Sciences (TISS), Guwahati (session on 22/06/2025)

Dr. Subhashis Bhadra, Professor of Psychiatric Social Work & HOD, Dept. of Psychosocial Support in Disaster Management, NIMHANS, Bengaluru (session on 22/06/2025)

Dr. Saigita Chitturu, Assistant Professor, Centre for Lifelong Learning, School of Social Work, Tata Institute of Social Sciences (TISS) Mumbai (session on 22/06/2025)

Dr. A. Thirumoorthy, Professor, Dept. of Psychiatric Social Work, NIMHANS, Bengaluru (session on 22/06/2025)

Ms. Namrata Kaunga and Ms. Tilottama Choudhury, DBT and CAT Practitioners, Kolkata Sanved (session on 22/06/2025)

Ms. Preetha Biswas, MSW Scholar, Dept. of Social Work, St. Xavier's University, Kolkata (session on 22/06/2025)

Ms. Jayashree Mitra, Consultant Psychologist (session on 22/06/2025).

Faculties of Psychiatric Social Work Dept., IOP-COE, trained counsellors at PG level (i.e., Trainee PSWs) and other distinguished faculties of Institute of Psychiatry acted as facilitators (Moderators, Speakers etc) in conducting the programmes successfully.

The purpose of the programmes was to understand the multifaceted problems older adults face in India today and to explore solutions that are both practical and sustainable. Over the course of several discussions and presentations, a number of key insights emerged, backed by data, field studies, and on-ground experiences that painted a clear picture of the reality faced by India's ageing population.

One of the foremost issues discussed was the physical health condition of the elderly, which is a significant area of concern. Nationally, data from the 75th round of the National Sample Survey Office (NSSO) indicates that 21% of India's elderly population suffers from at least one chronic illness. This number rises significantly in urban areas (29%) compared to rural areas (17%). In West Bengal, the situation is even more alarming, with 36.18% of the elderly population affected by chronic conditions. The majority of these are related to hypertension and diabetes, which account for 68% of the illnesses. In a focused study involving 500 older women living in the slums of Kolkata, a staggering 83.6% reported suffering from back or joint pain, 73.2% had dental problems, and nearly half—49.2%—

reported being hypertensive. Many of these individuals were living with multiple health issues, with the average number of morbidities being 6.1 per person. ((Dasgupta et al., 2020).

Alongside physical health, mobility and functionality are major concerns. An estimated 64% of older adults in India report difficulty performing two or more basic activities of daily living (ADLs), such as bathing or dressing. When it comes to instrumental activities of daily living (IADLs), such as shopping or managing money, 34% reported difficulties. The data also highlights a gender gap in these challenges: 73% of elderly women reported mobility issues compared to 59% of men. (Kaur et al., 2021)

Mental health emerged as another deeply concerning area. A community-based study in Purba Bardhaman conducted between August 2022 and January 2023 revealed that 36.95% of elderly individuals suffered from mental illness, with women being more affected than men. Mood disorders, including depression and anxiety, were most common, followed by dementia. Alarming, over 64% of those affected had never received any form of treatment (Banerjee et al., 2023). Similar findings were reported from Kolkata's Chetla area, where an identical percentage (36.95%) of elderly individuals were found to have mental health issues, yet a majority had never sought medical help. (Chakraborty et al., 2022). In a separate study involving 180 elderly individuals in the same region, 68.89% reported suffering from poor sleep quality. Factors such as marital status, recent family incidents, and symptoms of depression and anxiety were found to be strongly linked to these sleep disturbances. (Das et al., 2020).

When it comes to cognitive health, the numbers are equally worrying. A study that used semi-supervised machine learning techniques estimated that the age-standardized prevalence of dementia in West Bengal stands at 13.57%, with a 95% confidence interval ranging from 11.19% to 15.95% (Jin et al., 2023). Other studies reported varying figures, such as a 1.0% prevalence of dementia in Kolkata using DSM-IV diagnostic criteria, and a 5.6% prevalence among individuals aged 60+ based on data from the Longitudinal Ageing Study in India (LASI) conducted between 2017 and 2020. (Lee et al., 2023). In Murshidabad, a study found that among those diagnosed with dementia, 47.3% had Alzheimer's disease, 24.7% had vascular dementia, and 23.3% had mixed types (Ghosh et al., 2022). A 2006 study in Kolkata reported a Parkinsonism prevalence of 45.82 per 100,000 elderly people ((Das et al., 2006). Meanwhile, rural studies in places like Bankura and among tribal populations in West Bengal revealed high levels of cognitive impairment (Saha et al., 2024). One such study involving 179 elderly women found that 42.4% showed signs of cognitive issues. Contributing factors included advanced age (above 70), widowhood, low income, and lack of family support. (Saha et al., 2010)

Quality of life was another major focus during the consultation. In Memari-I block, a study involving 436 elderly individuals examined various determinants of their well-being. Factors such as age, caste, family structure, addiction, body mass index, dependency levels, socioeconomic status, and the presence of chronic illnesses like hypertension and diabetes were all found to significantly influence

quality of life outcomes. (Kumar et al., 2023). Social isolation and loneliness were discussed at length. A study in Cooch Behar Municipal Town found that 48.8% of the elderly experienced social isolation and 50.8% felt lonely. (Chatterjee et al., 2022)

A similar situation was observed in Kolkata's urban slums where the same percentages were reported. These feelings were more pronounced among individuals who were over the age of 69, unmarried, living alone, or had inadequate income. In rural areas like Singur in Hooghly district, 62.8% of elderly people were found to be suffering from psychological distress due to isolation, with predictors being living alone, financial dependency, and inability to perform daily activities. (Das et al., 2021)

Elder abuse was another area of concern. In rural parts of West Bengal, 25.6% of elderly individuals aged 60 and above reported experiencing abuse, mostly psychological in nature. Key predictors included being female, over 70 years of age, living in a nuclear family, and being financially or functionally dependent on others (Sarkar et al., 2022). A study conducted in the urban slums of Siliguri found that 19.4% of elderly individuals had suffered abuse, mostly emotional, often tied to depression or past experiences of mistreatment. (Bhattacharya et al., 2023)

Caregivers play a crucial role in elderly care, yet their preparedness varies widely. A study of 56 caregivers in Bengaluru found that most had a positive attitude toward caring for the elderly, especially when it came to maintaining hygiene and offering emotional support. However, nearly half of the caregivers lacked knowledge in critical areas such as preventing pressure sores and assisting with personal hygiene effectively. (Patil et al., 2021).

The issue of financial insecurity came up repeatedly during the consultation. In Dewli and Getugachhi Gram Panchayats of Nadia District, 73.4% of elderly people had no independent income and relied entirely on their families, with only 4.3% receiving any old age pension (Chowdhury et al., 2022). In Kalyani Municipality, 82.3% of elderly individuals had chronic health conditions, mainly hypertension, leading to long-term financial strain (Sen et al., 2023). Another study in Singur found that 62.8% of elderly individuals suffered psychological distress, largely due to financial dependency and the absence of immediate family support (Das et al., 2021). HelpAge India's research revealed that 58% of elderly women in Kolkata felt financially insecure, with only 14% owning any assets and 42% being widowed (HelpAge India, 2022).

The consultation placed significant emphasis on the four foundational pillars of healthy ageing—physical health, mental health, social inclusion, and lifelong learning with a sense of purpose. It was highlighted that India is undergoing a demographic transition, with its ageing population growing at a faster pace than the general population. This change is being driven by decreasing fertility rates, increasing life expectancy, and reduced mortality rates. Projections suggest that by 2030, one in six people globally will be aged 60 or older. Mental disorders, including depression and dementia, are expected to become increasingly common in this age group, with WHO data showing that around 14%

of those aged 60 and above suffer from some form of mental disorder. (World Health Organization, 2017).

India's Maintenance and Welfare of Parents and Senior Citizens Act (2007) was discussed in detail. The act legally mandates the setting up of old age homes in each district with a capacity of at least 150 people and allows senior citizens to reclaim their property in cases of neglect or abuse. Suggestions were made to strengthen this law further by streamlining legal processes, increasing penalties for non-compliance, and raising awareness among seniors about their rights. (Ministry of Social Justice and Empowerment, Government of India, 2007).

Mental health support was another key theme. The idea of launching a National Brain Health Mission was proposed, aimed at integrating mental health screening into routine geriatric care. It was also recommended that a National Loneliness & Social Inclusion Index be developed to monitor and measure the social well-being of older adults, which would help guide policies and interventions.

Digital literacy among the elderly was identified as both a challenge and an opportunity. Presentations emphasized the need to promote digital education using simple, jargon-free methods, printed learning materials, and intergenerational mentorship—especially from grandchildren. Tools like WhatsApp, Zoom, Amazon Alexa, and digital photo frames were mentioned as helpful in reducing isolation and enabling social engagement.

Key highlights of the study report, “Understanding Intergenerational Dynamics & Perception of Ageing” has been presented by Ms. Priyanjali Chakraborty, State Head – WB & North East, HelpAge India and Dr. Dibyendu Ghosh, Joint Director (Programmes) – W.B, Sikkim & Andamans, HelpAge India. Their presentation highlighted how both youth and elders perceive ageing and their intergenerational relationships. Youth often view elders as wise but also lonely and dependent, while elders themselves feel neglected and undervalued, despite some respect from younger family members. Interactions mostly occur within families, especially in joint households, but digital communication is low among elders due to confusion and lack of guidance. Both generations value face-to-face bonding and share similar fears about ageing—mainly loneliness, poor health, and financial insecurity. Though communication gaps and misunderstandings exist, there's strong optimism on both sides that spending more quality time and having open conversations can bridge the divide. Elders rely heavily on family for support, and many youths are willing to contribute more actively, including volunteering and helping with technology.

The presentations emphasized that creative expression is not a luxury but a necessity when it comes to caring for the elders. Citing WHO and UNESCO, it highlighted how the arts enhance health and wellbeing across the lifespan. For seniors, artistic engagement reignites purpose, reinforces identity, and fosters healing. Dance Movement Therapy (DMT), in particular, stands out as an inclusive,

reflective, and non-judgmental modality—empowering even those with physical limitations. As Kolkata Sanved aptly states, “The body remembers what the mind forgets.”

The presentation introduced the Three Pillars of Creative Elder Care: Connection, Creativity, and Care – as the foundation for a transformative approach to aging. By fostering safe communities, unlocking self-expression, and embedding empathy into every interaction, these pillars shape deeply interactive practices. From gentle movement to expressive play and reflective sharing, these are not mere activities—they are intentional experiences of healing, dignity, and transformation.

Community involvement and intergenerational programmes were highlighted as effective ways to build a more age-friendly society. Programmes such as the School–Elder Buddy System, “Adopt a Grandparent,” and Community Gardening projects were discussed as successful examples. Youth involvement was strongly encouraged, through initiatives such as the National Service Scheme (NSS), Nehru Yuva Kendra, and HelpAge India’s Youth Champions programme. The quote “The youth can walk faster, but the elder knows the road” was used to underline the importance of mutual respect and collaboration between generations. Innovative policy models from different states were also showcased. The PRANAM Act in Assam, which mandates financial support for elderly parents by government employees, and Kerala’s “Vayomithram” programme for home-based elderly care were discussed as best practices. Free public transit services for the elderly, available in several states, were noted as crucial for maintaining their mobility and independence. (National Institute of Social Defence, 2023).

The discussions outlined India’s evolving policy landscape for elder care, spotlighting key initiatives designed to support the aging population. The National Policy for Senior Citizens (2011) emphasizes financial security, healthcare, housing, and social inclusion. The Maintenance and Welfare of Parents and Senior Citizens Act (2007) provides legal safeguards and mandates family responsibility. Meanwhile, the National Program for Health Care of the Elderly (NPHCE) delivers specialized and community-based geriatric care. While these frameworks signify important policy intent, the presentations noted persistent gaps in implementation – especially in addressing the emotional and mental wellbeing of seniors. (Ministry of Social Justice and Empowerment, Government of India, 2011).

Through the presentations, Maintenance and Welfare of Parents and Senior Citizens Act, 2007 was discussed thoroughly, which legally obligates children to provide financial maintenance to their elderly parents. It establishes dedicated maintenance tribunals to ensure swift and affordable redressal. Key provisions include monthly financial support of up to ₹10,000, protection against abandonment, safeguards for property and healthcare rights, and the creation of old age homes—aiming to strengthen the social and legal safety net for senior citizens. (Ministry of Social Justice and Empowerment, Government of India, 2007).

The sessions spotlighted a range of governmental schemes dedicated to elderly welfare. Central initiatives such as the National Government Portal for Senior Citizens, Elder-line helpline, Rashtriya Vayoshri Yojana (providing assistive devices), Ayushman Bharat health insurance, and the Indira Gandhi National Old Age Pension Scheme were thoroughly discussed for their roles in supporting seniors. At the state level, West Bengal's Jai Bangla Pension Scheme and its management of 30 state-funded old age homes were highlighted as vital resources enhancing the quality of life for the elderly population. (Ministry of Social Justice and Empowerment, Government of India, 2023; Government of West Bengal, 2022).

One important but often overlooked topic was the lack of age-sensitive approaches in disaster management. Presenters emphasized that older adults are disproportionately affected by natural disasters, yet they are rarely included in disaster preparedness plans. According to experts, less than 1% of global humanitarian aid is directed specifically toward elderly people. The consultation called for better funding, training, and awareness in this area to make disaster responses more inclusive and effective.

To address these numerous challenges, the conference produced a wide set of recommendations: launching widespread awareness campaigns, training caregivers and health workers in geriatric care, setting up accessible community centres, ensuring financial support and pensions for the elderly, enforcing stronger legal protections, and establishing helplines and shelters. It was also suggested that community-level monitoring and reporting mechanisms be developed to prevent elder abuse and neglect.

Participants shared how the programme helped them better understand the struggles of older adults and made them more aware of their own responsibilities. Many expressed a desire to be more involved in community-based efforts and to advocate for the elderly in their personal and professional circles.

In conclusion, the conference programme served as a powerful reminder that the issues facing older adults in India—and particularly in West Bengal—require immediate and collective action. From health and financial security to social inclusion and legal rights, the needs of the elderly must be met with empathy, respect, and determination. The time has come not just to add years to life, but to add life to years—for every senior citizen deserves to age with dignity, security, and a sense of purpose.

THE FOLLOWING TOPICS HAS BEEN DISCUSSED THOROUGHLY:

- Mental Health and Wellbeing in Older Adults: Challenges and Effective Strategies
- Supporting the Physical Health of Older Adults: Policies, Support Systems & Stakeholders
- Holistic Wellness for Older Adults: Bridging Physical and Mental Health, Prevention, and Legal Considerations
- Physical and Mental Health Wellbeing in Older Adults: Challenges and Effective Strategies
- Upholding the Rights, Dignity, and Wellbeing of the Elderly through Promoting Brain Health: Building a National Framework for Advocacy and Policy
- Loneliness and Isolation in Later Life: A Global Public Health and Social Justice Imperative
- Enhancing Social and Physical and Mental Health Support Systems for Seniors Facing Isolation
- The Role of Technology in Reducing Elderly Isolation
- Policy and Programmatic Innovations to Prevent and Address Social Disconnection
- Strengthening Community and Support Networks for the Elderly
- Advancing Holistic Health & Mental Wellbeing in Later Life
- Overcoming Barriers to Tech Access and Literacy
- Bridging Generations and Communities: Engaging Youth, Volunteers and Leaders to Support Elder Wellbeing
- Healing Through Culture: Exploring Music, Creative Arts and Social Engagement for Senior Wellbeing
- Fostering Inclusive, Secure, and Resilient Communities for the Elderly: Addressing Poverty, Promoting Stability, and Advancing Geriatric Rehabilitation
- Combating Elderly Isolation Through Intergenerational Programmes and Volunteerism
- The Therapeutic Power of the Arts, and Cultural Expression in Promoting Emotional, Mental and Cognitive Wellbeing among Seniors
- Fostering Community-based Creative Engagement through Cultural Platforms and Intergenerational Bonding

- Designing Age-friendly Urban Environments: Enhancing Accessibility, Safety and Rehabilitation Infrastructure for Seniors
- Strengthening Financial Security and Economic Support Systems: Integrating Geriatric Rehabilitation into Holistic Elder Care Strategies

SUGGESTIONS AND RECOMMENDATIONS:

- To strengthen community-based ageing support systems: Local clubs, panchayats, urban municipalities, schools, colleges, and all educational institutions should be encouraged to host regular senior citizen meets, wellness sessions, and intergenerational dialogues. Engaging youth groups in such activities can promote respect, reduce ageism, and curb loneliness. To enhance
- access to geriatric and mental health services: Existing health-care schemes and sub-centres should include dedicated health check-up camps, mental health counselling, and mobile medical units catering specifically to senior citizens, especially under sub-districts.
- To promote digital inclusion and connectivity for the elderly: The competent authority can collaborate to roll out digital literacy programs through libraries, block offices, and community centres. Teaching the elderly how to use smartphones, video calling apps, and digital payment tools will enhance their independence and reduce isolation. To create senior-friendly
- infrastructure across urban and rural areas: The stakeholders may ensure that public infrastructure is elder-friendly, including ramps, benches, accessible toilets, signage in audio-visual formats, and safe transportation. To promote awareness of elder rights
- and entitlements: While India has a sizable elderly population, many remain unaware of their rights. Legal awareness workshops, help desks at block levels, and district-level grievance redressal mechanisms could be strengthened. Collaboration with legal-aid bodies, police stations, and NGOs will enhance the outreach
- To support and recognize informal caregivers: Pilot studies should be conducted that offer financial support, caregiver counselling, and training. NGOs and SHG networks can be engaged to identify and support caregivers in both joint and nuclear families.

- Leverage cultural platforms for elder inclusion: West Bengal’s deep-rooted cultural heritage – from Rabindra sangeet to theatre, folk traditions, and festivals can serve as powerful tools for inclusions. The cultural centres should host events and competitions that encourage elderly participation, creativity and storytelling, helping them stay mentally active and socially connected.
- To institutionalize data collection in ageing: Regular surveys and data collection on ageing, loneliness, elder abuse, and access to services are essential. Several academic institutions can be engaged to conduct detailed studies and provide evidence-based policy guidance.
- To promote cross-sectional collaboration: Through a state-level taskforce it will be easy to oversee programme implementation, monitor outcomes, and facilitate sharing of best practices across districts.
- To promote family involvement and communication in elderly care: Families and caregivers should be encouraged to stay involved, communicate openly, and work together in caring for elderly members. Regular check-ins—through visits or calls—will help spot any signs of neglect or abuse early and offer emotional support. Open, honest conversations within the family will strengthen relationships and make it easier for elders to express their needs. Involving the whole family in care decisions will also reduce pressure on one person and ensure the elder’s wishes are respected, leading to better care and stronger family connections.
- To launch state-wide campaigns on “Ageing with Dignity”: High-impact communication campaigns in local dialects should be launched across television, radio, and local outreach platforms to address stigma, promote respect for elders, and highlight available services. Folk performance and community-driven initiatives can make the campaigns inclusive and relatable across urban and rural areas.

GLIMPSES OF THE CONFERENCE PROGRAMMES











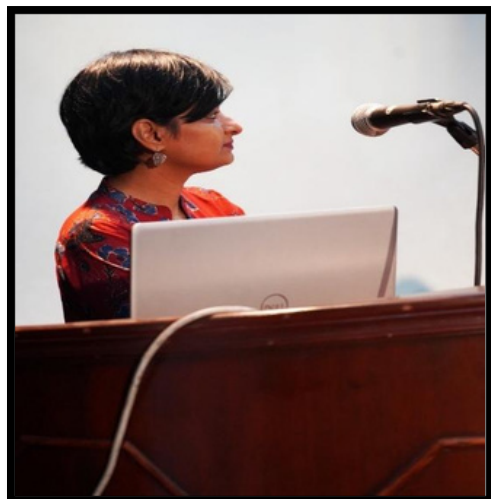
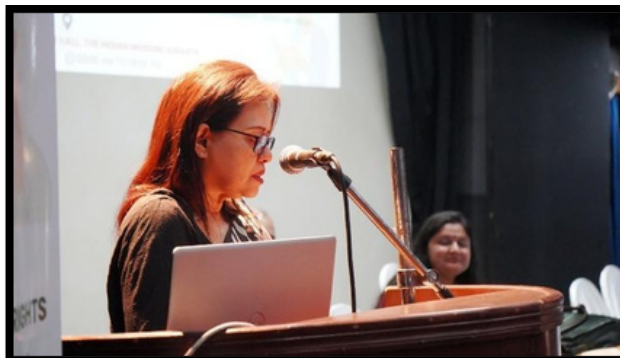


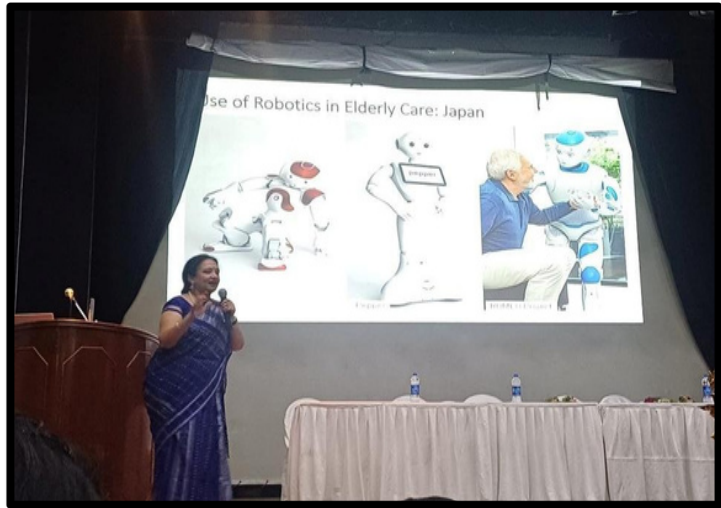
















ACTIVE INVOLVEMENT OF THE PARTICIPANTS



As part of the ongoing initiative to raise awareness on sensitization on common physical and mental health issues of elderly, a powerful and thought-provoking skit/drama titled “**Banchbo Mora Eksathe**” was staged by artists of **JANHABI SANSKRITIK CHAKRA**, a theatre group and partner of PSW Dept., IOP-COE. The production was thoughtfully guided and directed by **Mr. Samarjit Das**. The performance offered a message of reconciliation, respect, and the importance of emotional support and care for the elderly. The moving performance left a lasting impact on the audience and strongly reinforced the programme’s theme.



Tele-MANAS

A toll-free, 24/7 helpline number (14416) for tele-mental health counselling services.

Facebook link to view public comments/feedback/contributions:

- <https://www.facebook.com/share/p/1AoBVitKzq/>

Links of the Newspapers covered the above activities:

- https://www.thewall.in/west-bengal/kolkata-police-and-institute-of-psychiatry-sskm-arranged-special-session-on-world-elder-abuse-awareness-day/tid/163317?fbclid=IwY2xjawLiGGdleHRuA2FlbQIxMQABHrcMc7l3RC0A2GIA9qihm5SqhbPXVdgFikMkyWVaGE42adWeWeyBVF7brgTh_aem_id6mTdzYY4IVZ96szykCew
- https://www.thehindu.com/news/cities/kolkata/solidarity-not-sympathy-kolkata-campaign-centres-dignity-of-the-elderly/article69709018.ece?fbclid=IwY2xjawLiGJFleHRuA2FlbQIxMQABHgYMyOKgfloQHGBqE97vsdR7-sXFr4aUhn0pzbWneHZ9zbPC4ATTWLif2lq_aem_jHPzLPKGDafT7X7ygi5IU-w
- https://bangla.hindustantimes.com/bengal/kolkata/someone-starts-a-new-chapter-at-21-or-81-its-their-right-seminar-of-department-of-psychiatric-social-work-31750604385956.html?fbclid=IwY2xjawLiGLNleHRuA2FlbQIxMQABHn3NYi3nL8TYJ43eXtAqXS0-s0_S3_bHqffY7OesSBSSBnl5DxBmCIfmenN6_aem_9Qu1uBYpldcGpuQBgs4WcA
- https://www.thewall.in/west-bengal/kolkata/elderly-mental-health-rights-west-bengal-conference-2025/tid/164679?fbclid=IwY2xjawLiGOxleHRuA2FlbQIxMQABHqou5KzTJLjl-wyTc6Rp-yQmLHPjx0RQVC6qmgFXWoov8k-UILWHGRIZLDC5_aem_OygRXTv8j-pthER-fwZcNA
- https://www.millenniumpost.in/bengal/sensitisation-workshops-for-senior-citizens-held-617431?fbclid=IwY2xjawLiGoFleHRuA2FlbQIxMQABHi9S1_ATj_s-XsSKoZeDUkfUI0IPwBfgOz0S59PIgOqnWfUjVOUBqujNP7_9_aem_7UgagS2Vb3-uWWTAhCXbfQ
- https://www.telegraphindia.com/west-bengal/kolkata/focus-on-active-ageing-bridging-gaps-and-empathy-at-elderly-well-being-conference-prnt/cid/2111502?fbclid=IwY2xjawLiGwhleHRuA2FlbQIxMABicmlkETA2Q1dhdXo1NkJIUGVaQkRMAR5yHOu5e16ba7Nq8zTfoErCc3c5phuivjroypUN9Yv4kqTg5C1CNpjENri-mA_aem_zbzAucYcv0llrO2pEe1qg

বয়স্কদের নিয়ে পুলিশের বিশেষ কর্মশালা

৩৬৫ দিন। সমাজে বয়স্কদের ওপর নির্যাতন নিয়ে এক কর্মশালা করলো কলকাতা পুলিশ। শহরের বিভিন্ন প্রান্ত থেকে প্রায় ৫০০ জন বয়স্ক মানুষ এই কর্মশালাতে যোগ দিয়েছিলেন। এই ধরনের পরিস্থিতির শিকার হলে বা এই ধরনের পরিস্থিতি তৈরী হচ্ছে তা আগাম বুঝতে কি করণীয় তা নিয়ে আলোচনা করেন ডাক্তার ও পুলিশ অধিকারিকরা। উপস্থিত ব্যক্তিদের প্রশ্নের ও জবাব দেন তারা। মনোরোগ বিশেষজ্ঞ মায়াক্ষ কুমার জানিয়েছেন বয়স হলে অনেক সময় সমস্যা বেড়ে যায় বয়স্কদের। এছাড়া ছেলে মেয়ে বহিরে থাকলে বা একলা থাকলে বয়স্কদের। এছাড়া ছেলে মেয়ে বহিরে থাকলে বা একলা থাকলে সেই সমস্যা আরও বাড়ে। সেই সময়ে সমাজের নানা স্তর থেকে তাদের অনেক অভ্যাচারের সম্মুখীন হতে হয়। সেক্ষেত্রে তাদের মানসিক সাহায্য ও আইনি সাহায্য পেতে পারেন ও সেই পরিস্থিতি দামাল দিতেই এখানে আলোচনা হয়। কলকাতা পুলিশের তরফে উপস্থিতিরঃ ছিলেন অতিরিক্ত নগরপাল সন্তোষ পাণ্ডে ও ডিসি প্রদম্বর ভট্টাচার্য সহ একাধিক ধার্মিক অধিকারিকরা। সম্ভব জানান শহরের নাগরিকদের গড় বয়স বাড়ছে। ফলে বয়স্কদের নিরাপত্তা নিয়ে তারাও যত্নে ওয়াস্তিবহাল। বয়স্কদের নিয়ে তাদের বিশেষ

Focus on active ageing

► FROM PAGE 7

Kaushik urged the elderly to spend more. "In India, people tend to leave 70 per cent of their savings behind, spending only 30 per cent on themselves. Why not do the reverse?"

The conference was inaugurated by the director of health services Swapan Saren and Amit Bhattacharya, director, IoP. Saren lamented the excessive privacy given to children, giving them a room but denying them company. "We grew up in our grandmothers' laps, which they lack," he said.

Bhattacharya urged the care-giving generation to be more empathetic. "If we speak to our parents for half an hour daily, it might arrest dementia or keep depression at bay."

Sharmista Ghosh, joint director, social welfare, department of women and child development and social work, provided information on the government support available to the elderly. "We have 30 old age homes across 17 districts. Legal help is provided to address grievances under the Maintenance and Welfare of Parents and Senior Citizens Act, 2007 through a tribunal, she said. "Often, they seek not financial help but the company of grandchildren."

Mayank Kumar, project head and assistant professor, department of psychiatric social work, IoP, pointed out that this was the fifth workshop that they had organised with senior citizens in focus since April.

Sensitisation workshops for senior citizens held

OUR CORRESPONDENT

Closer Look

KOLKATA: The department of Psychiatric Social Work under the Institute of Psychiatry carried out 5 sensitisation workshops and campaigned for mental health wellbeing of senior citizens.

In each phase of the campaign, many elderly people attended the consultation programme. A community-based intervention will commence from the next month and will continue till September which will cover residents of old age homes.

It is estimated that more than 1,000 senior citizens will benefit from the event. The 5 sensitisation events were held in different locations, including Asiatic Society, Bethune Institute, Kolkata Police training School and different community halls with around 280 senior citizens joining the programme. Each workshop successfully accommodated 450 participants from across the state.

The Department of Psychiatric Social Work, Institute

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The Department of Psychiatric Social Work, Institute

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of Psychiatry in collaboration with the Indian Museum, Ministry of Culture, Government of India and National Institute of Social Defence (Senior Citizen Division) and Ministry of Social Justice & Empowerment, Government of India, organised a two-day high-level conference programme on the wellbeing, dignity and rights of the aging population.

The conference programme served as a vital platform for dialogue and collaboration, emphasising the collective responsibility of families, communities and the healthcare sector in ensuring the protection, respect and inclusion of the elderly.

Through this engagement, participants reinforced the urgent need for sustainable and compassionate strategies to uphold the rights and dignity of older individuals in today's changing social landscape," said Mayank Kumar, project head and assistant professor, department of Psychiatric Social Work.

Millennium Post Kolkata 04 07 25

NGO TIES UP WITH STATE PSYCHIATRY BODY FOR TESTING AND THERAPY AT OLD AGE HOMES

Focus on active ageing, need for empathy at meet on elderly



Director of health services Swapan Saren lights the lamp along with others at the inauguration of the conference at the Indian Museum

SUDESINA BANERJEE

Calcutta: The effect of loneliness on health is akin to smoking 15 cigarettes a day. A state-level conference titled United for Elderly: Promoting Well-being, Dignity and Rights in Aging against Loneliness and Isolation highlighted several such observations on what the elderly in our country face.

Organised by the department of psychiatric social work, Institute of Psychiatry (IoP), in collaboration with the senior citizen division of the National Institute of Social Defence, the meet at the Indian Museum last week brought together mental health professionals, social work

ers and government officials to deliberate on an age group that is projected to rise from 10.5 per cent in 2022 to 20.8 per cent by 2050, according to the UNTPA India Ageing Report 2023.

"We will also have the largest youth population in the world. Between the two extremes, there will be a generational and cultural gap as also a digital divide. The nation cannot progress unless we bridge this gap," said Priyanjali Chakraborty, head, Bengal and North-East, HelpAge India.

The NGO has released a report on 'Inter-generational dynamics and perspective on ageing', based on a survey of the youth and elderly across 10 cities.

"A majority of elders, 51 per

cent, report negative feelings about ageing, citing neglect, dependence and weakness, with loneliness being the most common emotion (in 47 per cent). A large section complained about being left out of the planning process. "We are informed, never asked," a respondent said. But ageing is not a disease, it is a developmental phase," Chakraborty pointed out.

After Covid, her colleague Dibyendu Ghosh, state joint director, programmes, added, mental health has emerged as a big concern among the elderly.

"HelpAge India has started providing counselling in old age homes across the country. In Bengal, we have tied up with the

Institute of Psychiatry, which will hold screenings for dementia, depression and other issues at 11 old age homes," said Ghosh.

Archana Kaushik, professor and director of field work, School of Social Work, University of Delhi, pointed to a root problem — India will age before India becomes rich. "We are still a developing country. In Japan, nearly 30 per cent are over 65. But they were prepared to age; we are not. The World Health Organisation advocates active ageing as a necessity. A nation cannot progress if a large segment is seen as a spent force," she said.

Kaushik cited innovative practices across the world. Introducing robots in elderly

care in Japan has resulted in a 15 per cent reduction in fall.

She also spoke of dementia villages offering assisted living and the concept of time bank.

"In Switzerland, Time Bank is a system where individuals can volunteer to care for the elderly and 'deposit' their time into a social security account, which can be withdrawn when they need care in their old age. You can 'Rent a Grandma' in several countries for your child. In China, many national universities have the elderly attending classes," she said.

Elderly self-help groups were being formed across India, she added.

CONTINUED ON PAGE 8 ►

Submitted by:

Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Ms. Kamalika Bhattacharya, Associate Project Head & Psychiatric Social Worker, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Ms. Debapriya Bhowmick, Associate Project Head & Psychiatric Social Worker, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Ms. Banasri Chakraborty, Associate Project Head & Psychiatric Social Worker, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

Prepared by:

Ms. Nabanita Sil, Project Assistant and M. Phil Psychiatric Social Work Trainee, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

All other eight Project Assistants and M. Phil Trainees of IOP (**Mr. Supriya Dey, Ms. Noushin Tarannum, Ms. Niketha Mathur, Ms. Choutisha Banerjee, Ms. Manisha Manna, Ms. Anindita Halder, Ms. Rittika Dey Sarkar & Ms. Sayantani Basu**) along with **Mr. Mayank Kumar**, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE, Kolkata supported in the preparation of the report.

The detailed report was prepared by **Adv. Mr. Arpan Sarkar**.

Edited by:

Mr. Mayank Kumar, Project Head & Assistant Professor, Dept. of Psychiatric Social Work, IOP-COE, Kolkata

<http://www.iopkolkata.ac.in/psychiatric-social-work/>

**THREE SENSITIZATION PROGRAMMES AMONG HEALTHCARE
PROFESSIONALS SOCIO-LEGAL ASPECT, PHYSICAL AND
MENTAL WELL-BEING OF TRANSGENDER
PERSONS**

ORGANIZED BY

DEPT. OF PSYCHIATRIC SOCIAL WORK

INSTITUTE OF PSYCHIATRY-COE (IPGME&R – SSKM HOSPITAL), GOVT. OF W.B.

&

NATIONAL INSTITUTE OF SOCIAL DEFENSE (TG DIVISION)

MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT, GOVT. OF INDIA

IN COLLABORATION WITH

INSTITUTE OF HEALTH AND FAMILY WELFARE, KOLKATA

AT

**CONFERENCE HALL OF INSTITUTE OF HEALTH&FW, SWASTHYA BHAWAN, GOVT.
OF W.B**

JUNE 24-26, 2025

10:30 AM – 6:00 PM

The Department of Psychiatric Social Work, Institute of Psychiatry – COE (Govt. of W.B.), Kolkata and National Institute of Social Defence (TG Division), Ministry of Social Justice & Empowerment, Govt. of India in collaboration with Institute of Health & Family Welfare, Kolkata organized a three- day high-level sensitization workshop on Socio-Legal Aspects, Physical and Mental Well-being of Transgender Persons. The workshop was held from June 24-26 at the Conference Hall of Institute of Health and Family Welfare, Swasthya Bhavan, Govt. of W.B. with total 230 participants from different professions (i.e., Medical Health Care Professionals, Nurses, Counsellors, Security Personnel, Govt. officials) against initial target of 150. The sensitization workshop aimed at building awareness, sensitivity, and competency among healthcare professionals in addressing the unique needs of transgender persons by educating them on the legal framework, ethical responsibilities, and best practices for inclusive, respectful, and affirming care. and clinics.

FOLLOWING ARE EMINENT GUESTS WHO HAD PARTICIPATED IN THE SENSITIZATION PROGRAMMES AND ADDRESSED THE PARTICIPANTS:

- **Prof. Dr. Indrajeet Saha**, Director of Medical Education, Dept. of H&FW, GoWB (visited on 24/06/2025)
- **Dr. Swapan Saren**, Director of Medical Education, Dept. of H&FW, GoWB (visited on 24/06/2025 & 25/06/2025) **Prof. Dr. Kaustav Nayek**, Director, Institute of Health & FW, Swasthya Bhawan, Kolkata (visited on 24/06/2025, 25/06/2025 & 26/06/2025)
- **Dr. Debasis Halder**, Advisor (Public Health), Dept. of H&FW, GoWB (visited on 24/06/2025, 25/06/2025 & 26/06/2025)
- **Prof. Dr. Amit Kr. Bhattacharyya**, Director, Institute of Psychiatry, Kolkata (visited on 24/06/2025)
- **Prof. Dr. Aditi Chaudhuri**, Institute of Health & FW, Dept. of H&FW, GoWB (visited on 24/06/2025, 25/06/2025 & 26/06/2025) **Dr. Somanth Naskar**, Joint Director (TI) WBSAC&PS, Swasthya Bhawan, Govt. of WB and Associate Professor, Dept. of Community Medicine, IPGME&R – SSKM Hospital (VISITED ON 25/06/2025 & 26/06/2025)

- **Dr. Subrata Ray**, ADHS (Mental Health), Dept. of Health & FW, Govt. of WB (visited on 24/06/2025)

FOLLOWING EXPERTS HAD VISITED THE SENSITIZATION WORKSHOP AS RESOURCE PERSONS

- **Prof. Dr. Kaustav Nayek**, Director, Institute of Health & FW, Swasthya Bhawan, Kolkata (session on 24/06/2025, 25/06/2025 & 26/06/2025) **Dr. Shivani Chauhan Barooah**, Assistant Professor, School of Social Work, Centre for Community Organization and Development Practices, Tata Institute of Social Sciences (TISS), Guwahati Campus (session on 24/06/2025)
- **Dr. A. Thirumorthy**, Professor, Dept. of Psychiatric Social Work, NIMHANS, Bengaluru (session on 24/06/2025) **Mr. Shaan Chowdhury** (Transman) (session on 24/06/2025) **Mrs Debangshi Biswas Chowdhury** (Transwoman) (session on 24/06/2025) **Prof. Debmalya Sanyal**, Professor, Department of Endocrinology, KPC Medical College, Kolkata (session on 24/06/2025)
- **Dr. Satabdi Chakraborty**, Addl. Professor, Dept. of Psychiatric Social Work, & Deputy Register (Academics), Institute of Human Behaviour and Allied Sciences, New Delhi (session on 25/06/2025)
- **Mr. Bipul Biswas**, WBCS (Exe.) Joint Secretary to the Govt. of W.B, & Member Secretary, WB Transgender Persons Development Board, Dept. of Social Welfare, Govt. of W.B (session on 24/06/2025 & 25/06/2025) **Prof. Dr. Anirban Majumder**, Professor, Department of Endocrinology, KPC Medical College, Kolkata (session on 25/06/2025)
- **Dr. Shamik Parna Pal**, Psychiatrist & Consultant (NMHP), Dept. of Health & FW, Govt. of W.B (session on 25/06/2025)
- **Ms. Honey Halder** (Transwoman), Kolkata Rista (participated on 25/06/2025 & 26/06/2025 and shared her lived experiences)

- **Mr. Bappaditya Mukherjee**, Prantakatha (session on 26/06/2025)
- **Mrs. Anuprabha Das Mazumder** (Transwoman), Prantakatha (participated on 26/06/2025 and shared her lived experiences)
- **Dr. Manish Mukul Ghosh**, Consultant Plastic Reconstructive & Cosmetic Surgeon (session on 26/06/2025)
- **Dr. Srabasti Majumdar**, Mental Health Professional, Counsellor & Queer Affirmative Therapist and also parent of a transgender person (session on 26/06/2025) **Transgender Persons**, also representing Koshish Organization, Kolkata Rista, Prantakatha participated in the sensitization workshop and shared their lived experiences.
- Faculties of Psychiatric Social Work Dept., IOP-COE, trained counsellors at PG level (i.e., Trainee PSWs) of IOP-COE and other distinguished persons acted as facilitators (Moderators, Speakers etc) in conducting the programmes successfully.

The primary objective of this sensitization programme was to equip healthcare professionals with a comprehensive understanding of the challenges faced by transgender persons in the healthcare system, and to promote rights-based, inclusive care and to strengthen non-discriminatory practices. The workshop emphasized the importance of recognizing the legal rights, medical and psychosocial needs, and socio-cultural experiences of transgender individuals, aiming to improve both access to and quality of care. Over the three days, several pertinent themes were explored through lectures, panel discussions, case studies, documentaries, drama, skit-play and interactive sessions, led by an array of eminent professionals and experts from across the country. Data presented during the discussion at the workshop underlined the invisibility and marginalization faced by transgender communities in India. According to the 2011 Census, only 4.88 lakh individuals identified as transgender, while expert estimates suggest the actual population could exceed 4.8 million. In West Bengal alone, the transgender community is significantly underrepresented in official records and schemes. For instance, in 2019, out of an estimated 25,000 transgender persons in Kolkata, only 1,426 were enrolled as voters. These statistics reflect a broader pattern of deep social exclusion and

invisibilization in planning and implementation. It is also important to mention the disproportionately high dropout rates from schools, limited employment opportunities, and unsafe work environments as common challenges faced by the transgender community globally and in India. (NHRC, 2018), (OECD 2019)

A considerable portion of the workshop was devoted to understanding the physical and mental health needs of transgender individuals, particularly the structural and interpersonal barriers they encounter in accessing healthcare. Discussions drew from empirical research, including data from the American Psychiatric Association and the National Alliance on Mental Illness, which show that transgender individuals are significantly more likely to experience depression (40–60%), anxiety, post-traumatic stress disorder, and suicidal ideation. Suicide attempt rates in some studies reach up to 40%. These figures were contextualized using Meyer’s Minority Stress Model, which explains how the chronic stress resulting from social stigma, discrimination, and internalized transphobia can severely impact mental health outcomes. (APA, 2021) (NAMI, 2021)

National Mental Health Survey (2015–16) revealed that 13.07% of West Bengal’s population currently experiences mental illness, a rate higher than the national average of 10.56% (Murthy et al., 2024).

53 transgender individuals in South India awaiting gender-affirming care, nearly a quarter (24.5%) experienced moderate to severe depression or anxiety, with two-thirds reporting discrimination and over one-fifth reporting sexual or physical assault. Mental health burdens in rural Bengaluru echoed this trend, where 40% of transgender participants presented with psychiatric morbidity, 16.6% were diagnosed with depression, and 26.7% used substances—mostly alcohol (Jaypee Digital, 2021) (PubMed, 2024).

Globally, transgender individuals are four times more likely than cisgender individuals to experience mental health conditions. 58% of transgender people in the U.S had at least one DSM-5 diagnosis, compared to only 13.6% among cisgender peers. Major depression (31%), anxiety (12%), and PTSD (6.7%) were among the most common (Medical News Today, 2022; Liebert Publications, 2020).

Suicide risk among transgender individuals remains devastatingly high. Global estimates indicate 32–50% have attempted suicide; in India, up to 50% reported attempts, often before the age of 20. In Sweden, suicide risk among trans individuals is 19 times higher than the general population (Annals of General Psychiatry, 2023)

Rural transgender communities are particularly vulnerable. It was revealed that there is heightened levels of social anxiety and loneliness in rural areas compared to urban counterparts. A Kolkata study found transgender parents faced high levels of stress due to societal disapproval, with ripple effects on their adopted children (RKDF University Journal, 2024).

Family dynamics add to the psychological burden. Parents of transgender individuals often exhibited authoritarian (rather than supportive) parenting styles. Although 67% of transgender people in West Bengal continued to live with family after coming out, emotional support was rare—limiting true independence and often contributing to school dropout and emotional distress (Rural India Online, 2023) (OJPAS, 2017) .

Educational access remains severely limited. Only 24% of transgender individuals in Kolkata had completed high school, and just 2.5% had postgraduate education. More than a third dropped out before Class 10 due to school-based discrimination and family rejection. Across 128 Indian institutions, only 237 transgender students applied, 10 gained admission, and just 2 graduated—demonstrating systemic exclusion from higher education (Mendeley, 2022), (Reddit, 2024; UCLA Williams Institute, 2021).

Economic independence is rare. Around 60% of transgender individuals depend on family or spouses financially. Even when housing is provided by families, it seldom includes emotional acceptance. In West Bengal, two-thirds earn less than ₹10,000/month. 92% of transgender persons were excluded from formal employment, pushing many into informal sectors (NHRC, 2018) (ResearchGate, 2021), (Rural India Online, 2023).

Housing discrimination further exacerbates marginalization. In the U.S., 27% of transgender people report discrimination when applying for housing, and 63% of homeless trans individuals are

unsheltered—significantly higher than cisgender counterparts (Opportunity Home, 2024; Realtor.com, 2024).

331 transgender and gender-nonconforming individuals were found being killed in a global view (Them.us, 2019). Additionally, 83% of transgender individuals experienced loneliness and 78% felt socially isolated, with 34% having very limited social networks (PMC, 2023; PubMed, 2018).

Peer support emerges as a beacon of hope. In India and abroad it was revealed that grassroots organizations and peer support groups improve psychological well-being, reduce depression and anxiety, and help transgender individuals navigate healthcare and transition-related services (NIAS, 2023; PMC, 2024).

Despite small signs of progress—such as the West Bengal Council of Higher Secondary Education officially recognizing the “third gender” category in 2023—systemic gaps remain in healthcare, education, housing, employment, and emotional support (Daily Guardian, 2023).

Healthcare professionals shared their observations regarding the persistence of prejudice in clinical settings, often manifested through misgendering, inappropriate curiosity, denial of services, and overt discrimination. Such experiences not only violate the dignity of transgender individuals but also discourage them from seeking timely medical help. A critical takeaway from the programme was the urgent need for trauma-informed and culturally competent care. Participants were introduced to the informed consent model of healthcare, which removes the gatekeeping role of mental health professionals and empowers individuals to make decisions regarding their transition-related treatments. This aligns with the Standards of Care outlined by the World Professional Association for Transgender Health (WPATH, 2022), which advocates for autonomy, respect, and inclusivity in transgender healthcare.

Medical aspects of gender transition, including puberty blockers, hormone therapy, surgical interventions (such as vaginoplasty and phalloplasty), and post-operative care were discussed in detail. The multidisciplinary nature of transgender healthcare was emphasized, involving endocrinologists,

psychiatrists, surgeons, speech therapists, and social workers, counsellors, psychiatric social workers, psychologists working in tandem. A step-wise transition protocol—beginning with psychosocial assessment, followed by social transition, hormonal therapy, and gender-affirming surgeries—was shared, with evidence indicating high satisfaction rates (87–97%) and minimal regret rates (<1.5%) as reported in longitudinal studies (Pfäfflin et al.; Green and Fleming et al., 2003).

One of the sessions focused on sexual health, particularly the heightened vulnerability of transgender individuals to HIV and sexually transmitted infections showing HIV prevalence ranging from 0% to 49.6% and syphilis rates ranging from 1.4% to 50.4% among transgender individuals. Contributing factors include lack of access to safe sex education, economic marginalization pushing individuals into sex work, and unsafe hormone or silicone injection practices without medical supervision. (Van Gerwen OT et al., 2020)

Affirmative communication practices were also emphasized. Resource persons accentuated the importance of using inclusive and respectful language, such as asking individuals for their pronouns, avoiding assumptions based on appearance, and using gender-neutral terms when appropriate. Creating a safe, non-judgmental, and welcoming environment was framed as central to ethical healthcare practice.

The workshop also addressed diagnostic frameworks and how global definitions have evolved. With the release of the DSM-5 in 2013, the term “Gender Identity Disorder” was replaced with “Gender Dysphoria” to remove the implication of pathology. Similarly, the WHO’s ICD-11, adopted in 2018, moved “Gender Incongruence” out of the category of mental disorders and into sexual health, reflecting

a more affirming, rights-based understanding of gender diversity. These shifts were discussed as crucial in reducing stigma and ensuring access to respectful, non-pathologizing care. Childhood and adolescent gender diversity was another important theme. Research shared during the programme noted that among pre-pubertal children diagnosed with gender dysphoria, the majority—up to 85%—do not persist into adolescence. Therefore, participants were advised to approach gender non-

conformity in children with sensitivity, without rushing to medical interventions, but with support and monitoring, especially if dysphoria continues into adolescence. (Thompson et al., 2022).

One of the central areas of discussion was the legal and policy framework concerning transgender persons in India. The landmark *NALSA v. Union of India* (2014) judgment by the Supreme Court recognized transgender persons as a 'third gender' and affirmed their fundamental rights under Articles 14, 15, 16, 19, and 21 of the Constitution. This was a historic moment in Indian jurisprudence that mandated the right to self-identification and non-discrimination. The *Navtej Singh Johar v. Union of India* (2018) case further decriminalized consensual same-sex relationships, upholding that sexual orientation is innate and protected under the right to life and dignity. These legal milestones were reinforced by the Transgender Persons (Protection of Rights) Act, 2019 and its corresponding Rules, which prohibit discrimination in education, employment, healthcare, and public services while affirming the right to self-perceived gender identity and mandating access to gender-affirming healthcare and insurance benefits.

Despite these advances, several implementation gaps were identified and discussed during the sessions. The lack of awareness, delays in issuing identity documents, inadequate training among frontline staff, and persistent stigma were highlighted as barriers preventing transgender persons from accessing their legal rights. In this context, the judgement by the Madras High Court (*Suresh Kumar, TNN*, June 8, 2021) banning conversion therapy and directing educational institutions and medical establishments to adopt affirmative policies was also discussed as a step forward in institutional sensitization.

The role of social workers in bridging community and healthcare systems was a recurring theme. Social workers act as vital links for advocacy, care coordination, legal support, and psychosocial rehabilitation. Their presence can ensure that transgender individuals are not only able to access health services but also navigate related challenges such as housing, employment, family conflict, and identity documentation. Likeminded NGOs were recognized for their community-based, peer-led work in supporting transgender rights and health.

As the programme concluded, participants expressed a renewed commitment to fostering an inclusive and equitable healthcare environment. The event underscored the necessity for sustained policy engagement, regular training, and institutional reform to ensure that transgender persons in India can exercise their right to health without fear, stigma, or discrimination.

We received overwhelming positive response from the participants.

THE FOLLOWING TOPICS HAS BEEN DISCUSSED THOROUGHLY:

- Gender Identity, Gender Dysphoria, and Gender diversity, gender expression, and sexual orientation.
- Policy framework: understanding the Judgement of the Supreme Court & High Courts.
- Transgender Persons (Protection of Rights) Act, 2019 and Rules-Rights-based approach to healthcare – Obligations of healthcare institutions
- Mental health impacts of stigma, discrimination, and dysphoria – Role of healthcare workers in psychosocial support – Creating safe spaces and building trust.
- Trauma-informed and culturally sensitive care – Identify approaches to reduce gatekeeping in mental health services
- Queer Affirmative Therapy
- Health screening guidelines, gender-affirming hormone therapy/surgeries (e.g., top surgery, vaginoplasty, phalloplasty)
- Pre-operative and post-operative care, referrals and coordination with surgical team, develop respectful, gender-affirming communication skills
- Understand gender affirming care pathways – address barriers to dignified and ethical treatment.
- Disorders of Sex Differentiation

RESEARCH ACTIVITIES (M.PHIL THESIS SESSION 2023-2025)

Sl. No.	Name of the Trainee Researchers	Title of their Research / Dissertation
1	Mr. Supriya Dey	Identity Formation, Interpersonal Struggles, Help Seeking Barriers and Resilience: A Psycho-social Analysis Among Young Male Survivors of Childhood Sexual Abuse
2	Ms. Noushin Tarannum	Family Expressed Emotion, Perceived Social Exclusion, Loneliness and Resilience: A Study among Acid Survivors
3	Ms. Niketa Mathur	Understanding the Impact of Domestic Violence on Men: A Psychosocial Investigation of Expressed Emotion, Mental Health and Suicidal Ideation
4	Ms. Choutisha Banerjee	A Study on Academic Stress, Social Support and Mental Wellbeing of JEE Aspirants of Kolkata
5	Ms. Manisha Manna	A Study on Peer Pressure, Loneliness and Substance Misuse in Adolescent Orphans in West Bengal
6	Ms. Nabanita Sil	Perceived Social Exclusion and Loneliness, Self-Consciousness and Family Communication Pattern: Exploring the Experiences of Sexual Minorities in Kolkata, West Bengal
7	Ms. Anindita Halder	Loneliness, Autonomy, Death Anxiety and Mental Wellbeing: A Study among Elderly Persons Living in Old Age Homes in Kolkata
8	Ms. Rittika Dey Sarkar	Mental Health, Identity Congruence, Resilience and Health Seeking Behaviour: A Descriptive Study among Transgender Persons in West Bengal
9	Ms. Sayantani Basu	A Descriptive Study on Level of Stress, Quality of Life and Social Support among School Teachers in Selected Areas

DETAILS OF FACULTY AND STAFF

Department of Psychiatric Social Work.
Institute of Psychiatry - COE

Sl. No.	Name	Designation
1	Mr. Mayank Kumar	Head of the Department, Assistant Professor
2	Ms. Rupa Chakraborty	Psychiatric Social Worker
3	Ms. Kamalika Bhattacharjee	Psychiatric Social Worker
4	Ms. Rituparna Jash	Psychiatric Social Worker
5	Ms. Banasri Chakraborty	Psychiatric Social Worker
6	Ms. Debapriya Bhowmik	Psychiatric Social Worker
7	Ms. Chandrima Banerjee	Psychiatric Social Worker
8	Ms. Debjani Mahanti	Psychiatric Social Worker

NOTE:

In February 2026, Ms. Rupa Chakraborty has been transferred on detailment to CMOH, Howrah. Subsequently, in the same month, two new faculty members, Ms. Chandrima Banerjee & Ms. Debjani Mahanti have joined the department on detailment, and contributing in its development and patient services.



DETAILS OF M.PHIL. IN PSW TRAINEES (2023-2025 & 2024-2026)

Sl. No.	Name	Session
1	Supriya Dey	2023-2025
2	Noushin Tarannum	2023-2025
3	Niketa Mathur	2023-2025
4	Choutisha Banerjee	2023-2025
5	Manisha Manna	2023-2025
6	Nabanita Sil	2023-2025
7	Anindita Halder	2023-2025
8	Rittika Dey Sardar	2023-2025
9	Sayantani Munai Basu	2023-2025
10	Yuthika Bag	2024-2026
11	Hena Mallick	2024-2026
12	Soyel Mitra	2024-2026
13	Ankita Chandra	2024-2026
14	Susmita Dutta	2024-2026
15	Shreya Saha	2024-2026
16	Robin Kabiraj	2024-2026
17	Pranati Saha	2024-2026
18	Tanmoya Modak	2024-2026
19	Soumya Saha	2024-2026
20	Writi Roy	2024-2026
21	Suchandra Kolay	2024-2026
22	Riya Hembram	2024-2026
23	Sneha John	2024-2026
24	Riya Ghosh	2024-2026
25	Sikta Patra	2024-2026



राज्य में ट्रांसजेंडर साक्षरता दर 58.83 प्रतिशत

राज्य में ट्रांसजेंडर साक्षरता दर 58.83 प्रतिशत... The state's transgender literacy rate has reached 58.83 percent...



राज्य में ट्रांसजेंडर साक्षरता दर 58.83 प्रतिशत... A group of people, including officials and community members, gathered for a meeting or event.

एगारोतेहै चणाल राग, बाड़छ कनडाङ्क डिजअडर

एगारोतेहै चणाल राग, बाड़छ कनडाङ्क डिजअडर... The article discusses the challenges and progress of transgender rights in India.



एगारोतेहै चणाल राग, बाड़छ कनडाङ्क डिजअडर... A portrait of a man, likely a key figure mentioned in the article.

संवाद प्रतिदिन, पृष्ठा-७, २५/१०/२०२५

२५ हजार रुपान्तरकामीर १८२६ जनर भोटार कार्ड

२५ हजार रुपान्तरकामीर १८२६ जनर भोटार कार्ड... The article reports on the issuance of voter ID cards to transgender individuals.

संवाद प्रतिदिन, पृष्ठा २, ३०.७.२५

Capacity Building Program on Drug Abuse Prevention

Capacity Building Program on Drug Abuse Prevention... The program aims to build capacity for drug abuse prevention among transgender individuals.



Capacity Building Program on Drug Abuse Prevention... A group of people participating in a training program.

Sensitisation workshops for senior citizens held

Sensitisation workshops for senior citizens held... The workshops were held in different locations across the state to educate the public on the rights of senior citizens.

Focus on active ageing

Focus on active ageing... The article discusses the importance of active ageing and the role of the government in supporting it.

Millennium Post, Kolkata, 04.07.25

Focus on active ageing

Focus on active ageing... The article discusses the importance of active ageing and the role of the government in supporting it.

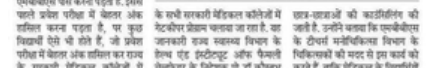
Times of India, Kolkata, 07/07/25, Pg - 5

Focus on active ageing

Focus on active ageing... The article discusses the importance of active ageing and the role of the government in supporting it.

मेडिकल स्टूडेंट्स के लिए गेटकीपर ट्रेनिंग प्रोग्राम चला रहा राज्य का स्वास्थ्य विभाग

मेडिकल स्टूडेंट्स के लिए गेटकीपर ट्रेनिंग प्रोग्राम चला रहा राज्य का स्वास्थ्य विभाग... The health department is running a training program for gatekeepers for medical students.



मेडिकल स्टूडेंट्स के लिए गेटकीपर ट्रेनिंग प्रोग्राम चला रहा राज्य का स्वास्थ्य विभाग... A group of people, including medical students and staff, participating in a training program.

Sensitisation drive for hosp staff on transgender patients' rights

Sensitisation drive for hosp staff on transgender patients' rights... The drive aims to educate hospital staff on the rights of transgender patients.



Sensitisation drive for hosp staff on transgender patients' rights... A group of people, including hospital staff and transgender individuals, participating in a sensitisation drive.

Times of India, Kolkata, 07/07/25, Pg - 5

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Times of India, Kolkata, 07/07/25, Pg - 5

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Sensitisation drive for hosp staff on transgender patients' rights... A group of people, including hospital staff and transgender individuals, participating in a sensitisation drive.

Sensitisation prog held for rights of transgenders

KOLKATA: The department of Psychiatric Social Work at the Institute of Psychiatry, SSKM in collaboration with the state health department organised a three-day sensitisation programme at Swasthya Bhawan to protect the rights of the transgenders who face indifference and violence in the society.

The programme was held between June 24 and 26. This is for the first time, the state has seen a sensitisation programme which was meant to uphold the rights of the transgender people in Bengal. More than 250 health care professionals took part in the event. Medical superintendents of various district hospitals, many HoDs from different medical colleges, professors, Director of Medical Education, various directors of health services took part in the programme. Faculties from other prestigious institutions, including Tata Institute of Social Science, also attended.

The programmes highlighted the difficulties the transgender face in society. Mayank Kumar, an assistant professor of the department of psychiatric social work and two Mphil scholars - Nabanita Sil, Sayantani Basu played significant roles in the programme.

"Transgenders often face challenges in society. Sometimes they are subjected to violence. Even in their houses they do not get proper acceptance. The programme highlighted on how to protect and upheld their rights," Kumar said. **MP/POST**

Kol youth prone to suicide, substance abuse, finds study

Prithi@Mitra@timesofindia.com

Kolkata: A series of field observation studies by the Institute of Psychiatry (IPGME&R) concluded that a significant number of youngsters in the city are distressed, resulting in mental health issues. This distress is turning them to substances and even making them suicidal due to a lack of emotional support, proper understanding, and guidance at schools, colleges, and at their homes. A significantly large section of students and adolescents are struggling silently often without knowing how to ask for help, said researchers.

"Many of them are under immense pressure — mostly from studies, the constant competition to achieve top marks, and the deep fear of falling short. This pressure often unintentionally reinforced by well-meaning parents who want the best for their children. But what's often overlooked is that these students are still developing emotionally. They're still trying to understand themselves and the world around them, and they don't always have the tools to cope with stress, failure, or rejection," said Mayank Kumar, assistant professor at Institute of Psychiatry who was part of the research.

He added: "We've come to a clear understanding that there is a real need for more support for students in schools and colleges when it comes to their mental and emotional health."

Internal suffering is difficult to identify and remains unaddressed

'THEY NEED EMOTIONAL SUPPORT'

LOOK OUT FOR SIGNS

> A student might start missing classes, isolate themselves, or show sudden mood swings

> They might lose interest in

activities they once enjoyed

> Changes in sleep or eating patterns

> Display signs of sadness, anger, or anxiety

STEPS THAT MATTER

> Speak to the child privately. Give them space to talk

> Just listening, without being judgemental, can be a first step

> If the concern is serious, connect them with professionals

> Call toll-free govt helpline (like 14415) for support

In most cases, said psychiatrist Anirban Roy. "There is also a stigma attached to mental health issues, and parents and teachers still tend to label them as weakness rather than trying to help. This is indeed a concern, and adolescents must be spoken to more frequently," added Roy.

What they need most is not just advice, but kindness, patience, and emotional support—from teachers, parents, and the people around them, said the study. School environments play a vital role and should be safe, free of violence and bullying. "A rigid or overly harsh atmosphere can make students feel alienated. If a teacher only scolds, but never tries to understand, the emotional distance grows. That gap can lead students to disengage and, in some cases, turn to unhealthy coping strategies.

When students lack emotional support at home or at school, the likelihood of substance use increases sharply. Higher rates of substance misuse were observed in adolescents reporting family stress or conflict," added Kumar.

It's crucial that teachers and parents learn to notice early signs before things escalate, he added. "A student might start missing classes, isolate themselves from friends, or show sudden mood swings. They might lose interest in activities they once enjoyed, experience changes in sleep or eating patterns, or display signs of sadness, anger, or anxiety. Sometimes, there are noticeable changes in appearance or hygiene. When substance use is involved, there may be red eyes, new friends, slurred speech, secrecy, or falling grades."

Times of India, Kolkata, 19.6.25, Pg 2

বয়স্কদের নিয়ে পুলিশের বিশেষ কর্মশালা

৩৬৫ দিন। সমাজে বয়স্কদের ওপর নির্যাতন নিয়ে এক কর্মশালা করলে কলকাতা পুলিশ। শহরের বিভিন্ন প্রান্ত থেকে প্রায় ৫০০ জন বয়স্ক মানুষ এই কর্মশালাতে যোগ দিয়েছিলেন। এই ধরণের পরিস্থিতির শিকার হলে বা এই ধরণের পরিস্থিতি তৈরী হচ্ছে তা আগাম বুঝতে কি করণীয় তা নিয়ে আলোচনা করেন ডাক্তার ও পুলিশ আধিকারিকরা। উপস্থিত ব্যক্তিদের প্রশ্নের ও জবাব দেন তারা। মনোরোগ বিশেষজ্ঞ মায়ানক কুমার জানিয়েছেন বয়স হলে অনেক সময় সমস্যা বেড়ে যায় বয়স্কদের। এছাড়া ছেলে মেয়ে বাইরে থাকলে বা একলা থাকলে সেই সমস্যা আরও বাড়ে। সেই সময়ে সমাজের নানা স্তর থেকে তাদের অনেক অত্যাচারের সম্মুখীন হতে হয়। সেক্ষেত্রে তাদের মানসিক সাহায্য ও আইনি সাহায্য পেতে পারেন ও সেই পরিস্থিতি সামাল দিতেই এখানে আলোচনা হয়। কলকাতা পুলিশের তরফে উপস্থিতদেরা ছিলেন অতিরিক্ত নগর পাল সমস্বেষ পাণ্ডে ও ডিসি শুভঙ্কর ভট্টাচার্য সহ একাধিক থানার আধিকারিকরা। সমস্বেষ জানান শহরের নাগরিকদের গড় বয়স বাড়ছে। ফলে বয়স্কদের নিরাপত্তা নিয়ে তারাও যত্নে ওয়াকিববাল। বয়স্কদের নিয়ে তাদের বিশেষ কর্মসূচি প্রণামের সাক্ষ্যও তিনি তুলে ধরেন।

NGO TIES UP WITH STATE PSYCHIATRY BODY FOR TESTING AND THERAPY AT OLD AGE HOMES

Focus on active ageing, need for empathy at meet on elderly



Director of health services Swapna Seven lights the lamp along with others at the inauguration of the conference at the Indian Museum

SUDHESHA BANERJEE
Kolkata: The effect of loneliness on health is akin to smoking 15 cigarettes a day. A state-level conference titled United for Elderly: Promoting Well being, Dignity and Rights in Aging against Loneliness and Isolation highlighted several such observations on what the elderly in our country face.

Organized by the department of psychiatric social work, Institute of Psychiatry (IPG), in collaboration with the senior citizens division of the National Institute of Social Defence, the meet at the Indian Museum last week brought together mental health professionals, social workers

and government officials to deliberate on an age group that is projected to rise from 10.5 per cent in 2023 to 20.8 per cent by 2056, according to the UNFPA India Aging Report 2023. "We will also have the largest youth population in the world. Between the two extremes, there will be a generational and cultural gap as also a digital divide. The nation cannot progress unless we bridge this gap," said Priyanshi Chakraborty, head, Bengal and Northeast, HelpAge India.

The NGO has released a report on 'Intergenerational dynamics and perspective on ageing', based on a survey of the youth and elderly across 16 cities. "A majority of elders, 54 per

cent, report negative feelings about ageing, citing neglect, dependence and weakness, with loneliness being the most common emotion (in 47 per cent). A large section complained about being left out of the planning process. "We are informed, never asked," a respondent said. But ageing is not a disease, it is a developmental phase," Chakraborty pointed out.

After Covid, her colleague Dibyendu Ghosh, state joint director, programmes, added, mental health has emerged as a big concern among the elderly. "HelpAge India has started providing counselling in old age homes across the country. In Bengal, we have tied up with the

Institute of Psychiatry, which will hold screenings for dementia, depression and other issues at 14 old age homes," said Ghosh. Archana Kankhik, professor and director of field work, School of Social Work, University of Delhi, pointed to a root problem — India will age before India becomes rich. "We are still a developing country. In Japan, nearly 30 per cent are over 65. But they were prepared to age; we are not. The World Health Organisation advocates active ageing as a necessity. A nation cannot progress if a large segment is seen as a spent force," she said. Kankhik cited innovative practices across the world. Introducing robots in elderly

care in Japan has resulted in a 15 per cent reduction in fall. She also spoke of dementia villages offering assisted living and the concept of time bank. "In Switzerland, Time Bank is a system where individuals can volunteer to care for the elderly and 'deposit' their time into a social security account, which can be withdrawn when they need care in their old age. You can 'Rent a Grandpa' in several countries for your child. In China, many national universities have the elderly attending classes," she said. Elderly self help groups were being formed across India, she added.

CONTINUED ON PAGE 8

State launches anti-drug campaign

STATESMAN NEWS SERVICE
KOLKATA, 19 MAY

West Bengal has launched a city-based and state-wide anti-drug campaign in collaboration with the National Institute of Social Defence (NISD), under the Union ministry of social justice and empowerment, aiming to strengthen grassroots capacity to combat rising substance abuse.

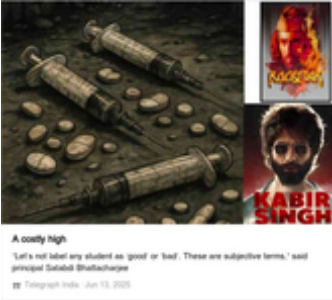
Spearheaded by the depart-

ment of psychiatric social work at the Institute of Psychiatry (IPGME&R-SSKM Hospital), the campaign has already conducted six intensive workshops in Kolkata and other districts. Over 600 participants from law enforcement, education, healthcare, and civil society took part—quadrupling the initial target of 150. The sessions focused on early detection, rehabilitation, legal aspects, and stigma reduction, particularly among adolescents,

women, LGBTQIA+ individuals, and economically vulnerable groups. "This holistic approach merges medical, psychological, and social support with policing and education," said Mayank Kumar, assistant professor at the Institute of Psychiatry. Experts from leading institutions including NIMHANS, TISS, CIP Ranchi, IHBAS Delhi, and OP Jindal Global University contributed to the programme.

NEWS LINKS

(TO CLICK ON THE LINK PLEASE VISIT OUR WEBSITE)



A costly high
 'Let's not label any student as 'good' or 'bad'. These are subjective terms,' said principal Subhash Chakraborty

Capacity Building Programmes on Drug Abuse Prevention organised by the Department of Psychiatric Social Work, Institute of Psychiatry,...

A series of Capacity Building Programmes on Drug Abuse Prevention were successfully organised across various locations in Kolkata, West Bengal, between 17-24 April 2025. These programmes were designed to raise awareness, enhance...

IPW pswjournal.org



Transgender: প্রতিশ্রুতি কটন স্টোরের ট্রেন প্রশাসকসহ, ৩০ বিশিষ্ট কর্মকর্তা-কর্মচারী
 Kolkata transgender workshop: প্রতিশ্রুতি কটন স্টোরের কর্মকর্তা-কর্মচারী ৩০ জনের একটি দলকে নিয়ে একটি প্রশিক্ষণ কর্মসূচি অনুষ্ঠিত হয়েছে।



FCTWEL SSKM launch workshops to support Tollywood professionals facing mental health issues | Kolkata News
 KOLKATA: The Federation of Cine Technicians' Workers of Eastern India (FCTWEL), in collaboration with SSKM Hospital, launched its first sensitization...

রূপান্তরকারীদের সাক্ষরতাতেও এগিয়ে বাংলা!

কলিকাতা: পশ্চিমবঙ্গের বিভিন্ন জায়গায় সাক্ষরতা কর্মসূচি চালিয়ে যাচ্ছে বাংলা। বিশেষ করে রূপান্তরকারীদের সাক্ষরতাতেও এগিয়ে আসছে।

Page 2 - Sangbad Pratidin 24-12-25
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 Epaper Sangbad Pratidin



Focus on active ageing, bridging gaps and empathy at elderly well-being conference
 NGO ties up with state psychiatry body for testing and therapy at old age homes



এগারোতেই চণ্ডাল রাগ, বাড়ছে কনডাক্ট ডিজঅর্ডার
 কলিকাতা: কলিকাতার বিভিন্ন জায়গায় চণ্ডাল রাগ এবং কনডাক্ট ডিজঅর্ডারের হার বেড়েছে।



স্বাস্থ্য সেবা সংশ্লিষ্টদের মধ্যে সাক্ষরতা কর্মসূচি চালিয়ে যাচ্ছে বাংলা!
 কলিকাতা: স্বাস্থ্য সেবা সংশ্লিষ্টদের মধ্যে সাক্ষরতা কর্মসূচি চালিয়ে যাচ্ছে বাংলা।

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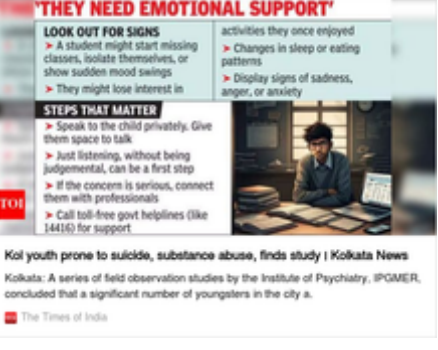
Sensitisation drive for hosp staff on transgender patients' rights | Kolkata News
 Kolkata: Shahanaaz, a transgender (TG) woman, was taken to SSKM Hospital with acute abdominal pain caused by appendicitis. The Alipore resident aleg...



ডিজিটাল ওয়ার্কশপে ইনসিটিউট অফ সাইকিয়াট্রির চাঞ্চল্যকর তথ্য
পিচ্ছিয়ে মা-বাবা, এগিয়ে চ্যাট-জিপিটি!
 কলিকাতা: ডিজিটাল ওয়ার্কশপে ইনসিটিউট অফ সাইকিয়াট্রির চাঞ্চল্যকর তথ্য পিচ্ছিয়ে মা-বাবা, এগিয়ে চ্যাট-জিপিটি!



West Bengal to teach its hospitals how to be more sensitive towards vulnerable communities
 West Bengal's workshops aim to enhance healthcare sensitivity towards vulnerable communities, including LGBT individuals, promoting inclusive and supportive environments.



'THEY NEED EMOTIONAL SUPPORT'
LOOK OUT FOR SIGNS
 > A student might start missing classes, isolate themselves, or show sudden mood swings
 > They might lose interest in activities they once enjoyed
 > Changes in sleep or eating patterns
 > Display signs of sadness, anger, or anxiety



Sensitisation workshops for senior citizens held
 Kolkata: The department of Psychiatric Social Work under the Institute of Psychiatry carried out 5 sensitisation workshops and campaigns for mental health wellbeing of senior citizens. In each...



'Solidarity, not sympathy': Kolkata campaign centres dignity of the elderly
 Kolkata campaign aims to combat elderly isolation and depression, promoting dignity and mental health awareness.



'33 টিকে ১১' কীর্তনের নতুন অধ্যায় শুরু করছেই পশ্চিমবঙ্গের মাদ্রাসা
 কলিকাতা: '33 টিকে 11' কীর্তনের নতুন অধ্যায় শুরু করছেই পশ্চিমবঙ্গের মাদ্রাসা।



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Sensitisation prog held for rights of transgenders

Kolkata: The department of Psychiatric Social Work at the Institute of Psychiatry, SSKM in collaboration with the state health department organised a three-day sensitisation programme at Seasthya...

MillenniumPost | Jun 27, 2025



Statewide anti-drug abuse campaign by Kolkata's top government hospital is now focusing on students

SSKM Hospital's Psychiatric Social Work Department partners with Narcotics Control Bureau to combat drug abuse in schools and colleges.

The Hindu | Jun 11, 2025

২৫ হাজার রূপান্তরকারী ১৪২৬ জনের ভোটার কার্ড

১৫ শতক রূপান্তরকারী ভোটারের কার্ড প্রস্তুত করা হয়েছে। এই কার্ডগুলি আগামী ১৫ দিনের মধ্যে ভোটারদের কাছে পৌঁছে দেওয়া হবে।

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রূপান্তরকারীদের সঠিকভাবে ভোটার কার্ড প্রস্তুত করার জন্য একটি সেমিনার অনুষ্ঠিত হয়েছে।

transgender healthcare-sensitization-workshop-kolkata-2025
 transgender healthcare-sensitization-workshop-kolkata-2025
 Click here to visit the page.



গুরুত্বপূর্ণ জ্ঞান: মস্তিষ্ক ও শরীরের চর্চা দিন কলকাতা - elderly-mental-health-rights-west-bengal-conference-2025

১৫০ জনের অংশগ্রহণে মস্তিষ্ক ও শরীরের চর্চা নিয়ে একটি সেমিনার অনুষ্ঠিত হয়েছে।

ThePrint | Jun 29, 2025



গুরুত্বপূর্ণ সচেতনতা ও মনোবল বাড়ানোর উদ্দেশ্যে কলকাতা পুলিশের উদ্যোগ, গার্লস পলিস্টেশন-৩ - kolkata police and institute of psychiatry skm arranged.

মস্তিষ্ক ও শরীরের চর্চা নিয়ে একটি সেমিনার অনুষ্ঠিত হয়েছে।

TheWest | Jun 16, 2025



Bengal launches coordinated anti-drug campaign

In a major step toward curbing drug abuse across Kolkata and West Bengal, the department of Psychiatric Social Work Institute of Psychiatry (PGME&R-SSKM Hospital)

The Statesman | May 19, 2025



Meet to address psychological impact of child abuse held in Kolkata

Kolkata, Feb 15 (PTI) To address the psychological impact of child abuse, and focus on how trauma affects a child's emotional and cognitive development, Kolkata-based Institute of Psychiatry on Saturday organised a state-level consultation and

ThePrint | Feb 15, 2025



West Bengal to teach its hospitals how to be more sensitive towards vulnerable communities

West Bengal's workshops aim to enhance healthcare sensitivity towards vulnerable communities, including LGBT individuals, promoting inclusive and supportive environments.

The Hindu | Nov 25, 2025



Kolkata hospital holds awareness campaign against drug abuse for govt officials

The IPGME&R-SSKM Hospital has collaborated with the National Institute of Social Defence for six capacity building programmes against drug abuse.

The Indian Express | May 25, 2025



Think before you switch over

Ahead of Paresseval Pride Day on December 8, a surgeon speaks of gender reconstruction challenges

Telegraph India | Dec 5, 2025



Kolkata's top government hospital launches anti-drug addiction campaign with Central help

SSKM Hospital launches drug abuse prevention...

thehindu.com



Press Trust Of India

ptinews.com/

ADDITIONAL LINKS

INSTITUTE OF PSYCHIATRY: <https://www.iopkolkata.ac.in>

DEPT. OF PSYCHIATRIC
SOCIAL WORK, INSTITUTE
OF PSYCHIATRY: <https://www.iopkolkata.ac.in/psychiatric-social-work/>

ANNUAL REPORT 2023-2024: <https://iopkolkata.ac.in/psw/psw-report-2023-2024.pdf>

REPORT ON CAPACITY
BUILDING PROGRAMME
ON DRUG ABUSE
PREVENTION : https://iopkolkata.ac.in/psw/PSW_Department_IOP_Report_Drug_Abuse_Prevention_NISD.pdf

REPORT ON STATE LEVEL
CONFERENCE ON UNITED
FOR THE ELDERLY:
PROMOTING WELLBEING,
DIGNITY AND RIGHTS IN
AGING AGAINST
LONELINESS AND
ISOLATION : <https://iopkolkata.ac.in/psw/PSW-Report-IOP-elderly-programs-2025.pdf>

REPORT ON THREE
SENSITIZATION
PROGRAMMES AMONG
HEALTHCARE
PROFESSIONALS SOCIO-
LEGAL ASPECT, PHYSICAL
AND MENTAL WELL-
BEING OF TRANSGENDER
PERSONS <https://iopkolkata.ac.in/psw/PSW-Report-IOP-TG-2025.pdf>



On 22 September, 2026, in agreement with Asst. Professor Mayank Kumar, HOD, Dept. of Psychiatric Social Work, IOP-COE, Director of IOP-COE Prof. Dr. Amit K. Bhattacharyya felicitated all the nine (9) students of MPhil PSW Part II of Dept of PSW IOP-COE in front of more than 100 people for their outstanding performance, services and notable contribution in the development of the department.

Dept of PSW, IOP-COE conveys its immense gratitude and heartfelt regards to all these nine (9) wonderful, progressive and promising change makers!

(L to R) Rittika Dey Sarkar, Choutisha Banerjee, Sayantani Basu, Manisha Manna, Anindita Halder, Director Prof. Dr. Amit K. Bhattacharyya, Noushin Tarannum, Niketha Mathur, Nabanita Sil, & Supriyo Dey

Written & Edited by:

- MS. ANWESHA PAL, CONSULTANT PSYCHIATRIC SOCIAL WORKER AND AN ALUMNI OF DEPT. OF PSW, IOP-COE.
- MR. MAYANK KUMAR, HOD AND ASSISTANT PROFESSOR, DEPT. OF PSW, IOP-COE.

Designed by:

- Ms. ANWESHA PAL, CONSULTANT PSYCHIATRIC SOCIAL WORKER AND AN ALUMNI OF DEPT. OF PSW, IOP-COE.

Supported by:

- Ms. NABANITA SIL, 2nd Year M.PHIL TRAINEE, DEPT. OF PSW, IOP-COE.
- Ms. BANASRI CHAKRABORTY, PSYCHIATRIC SOCIAL WORKER, DEPT. OF PSW, IOP-COE.
- Ms. DEBAPRIYA BHOWMIK: PSYCHIATRIC SOCIAL WORKER, DEPT. OF PSW, IOP-COE.
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