



DEPARTMENT OF PSYCHIATRIC SOCIAL WORK (PSW)

Institute of Psychiatry - Centre of Excellence (Govt. of WB),

7, D. L. Khan Road, Kolkata - 700025

Contact: 8240209300 / psw.dept@iopkolkata.ac.in



"SWACHHA BHARAT, SWASTHYA BHARAT", "SWASTHYA BHARAT, SAMRIDDHA BHARAT" ~ VIKSHIT BHARAT 2047

SCHOOL/ COLLEGE/ COMMUNITY BASED MENTAL HEALTH SENSITISATION PROGRAMME SERIES IN DISTRICTS/RURAL/REMOTE AREAS OF WB									
PHASE I (JUNE-AUGUST), 2026									
SL NO.	DATE	VENUE (GOVT. SCHOOL/COLLEGE/INSTITUTE/COMMUNITY)	BLOCK/MUNICIPALITY	DISTRCT	TITLE	PARTICIPANTS LIST	TRAINER NAME	CONDUCTOR	REMARKS
1	JUN-06	BATABARI TEA ESTATE	MAITIALI BLOCK	JALPAIGURI	HOPE, HEALING& WELLBEING: A COMMUNITY DIALOGUE FOR MENTAL HEALTH IN TEA GARDEN COMMUNITIES	150 TEA GARDEN WORKERS 100 COMMUNITY MEMBERS	HENA MULLICK TAMONYA MODAK	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. COVERED IN UTTARBONGO SANGBAD 2. ATTENDANCE SHEET AND PHOTOS AVAILABLE 3. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 4. https://www.facebook.com/share/v/17vS1sqBC8/
2	JUNE-08 JUNE-09	CHALSA GAYANATH VIDYAPITH	MATIALI BLOCK	JALPAIGURI	FOSTERING SUPPORTIVE COMMUNITIES: MENTAL HEALTH & WELLBEING DIALOGUES WITH STUDENTS, TEACHERS AND PARENTS	100 (STUDENTS, TEACHERS, PARENTS/ GUARDIANS)	TAMANYA MODAK HENA MULLICK	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 2. PHOTOS & ATTENDANCE SHEET AVAILABLE 3. https://www.facebook.com/share/v/17vS1sqBC8/ 4. https://www.facebook.com/share/v/1EPbiSshFZ/ 5. APPRICIATION LETER RECEIVED FROM SCHOOL AUTHORITY
3	JUN-09	BANKURA ZILLA SARADAMANI MAHILA MAHAVIDYAPITH	BANKURA MUNICIPALITY	BANKURA	MENTALHEALTH AND PSYCGHOSOCIAL WELBEING : STRENGTHENING RESILIENT AND SUPPORTIVE COLLEGE COMMUNITIES	60 (STUDENTS, & TEACHERS)	YUTHIKA BAGH SUSHMITA DUTTA	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA IQAC & DEPARTMENT OF SOCIOLOGY, BZSMM, BANKURA	1. ATTENDANCE SHEET & PHOTOS AVAILABLE 2. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 3. COVERED BY NEWS18 BANGLA 4. https://www.facebook.com/share/1EsjCmFUrr/

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									5. APPRICIATION LETER RECEIVED FROM COLLEGE AUTHORITY
4	JUNE-10 JUNE-11	VIVEKANANDA VIDYAPITH	COOCHBEHER	COOCHBEHER	FOSTERING SUPPORTIVE COMMUNITIES: MENTAL HEALTH & WELLBEING DIALOGUES WITH STUDENTS, TEACHERS AND PARENTS	150 (STUDENTS, TEACHERS, PARENTS/ GUARDIANS)	TAMANYA MODAK HENA MULLICK	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. PHOTOS & ATTENDANCE SHEET AVAILABLE 2. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 3. APPRICIATION LETER RECEIVED FROM SCHOOL AUTHORITY 4. https://www.facebook.com/share/v/195SaMmMDP/ 5. https://www.facebook.com/share/v/1BNjU38v6n/
5	JUNE-11 JUNE-12	PLASSEY MIRA BALIKA VIDYANIKETAN	KALIYAGANJ BLOCK	NADIA	BEYOND GRADES: PRIORITIZING MENTAL HEALTH IN SCHOOLS FOR STUDENTS, TEACHERS AND PARENTS	300 (STUDENTS, TEACHERS, PARENTS/ GUARDIANS)	PRANATI SAHA SOYEL MITRA	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. ATTENDANCE SHEET AND PHOTOS AVAILABLE 2. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 3. APPRICIATION LETER RECEIVED FROM SCHOOL AUTHORITY 4. https://www.facebook.com/share/v/1PUPByvKHd/?mibextid=wXlfr 5. https://www.facebook.com/share/v/19EyMzt3vS/?mibextid=wXlfr
6	JUNE-12 JUNE-13	SONAMUKHI BJ HIGH SCHOOL	SONAMUKHI BLOCK	BANKURA	PROMOTING WELLBEING AND DRUG FREE LIVING: A MENTAL HEALTH	160	ANKITA CHANDRA RABIN KABIRAJ	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE	1. HTTPS://WWW.FACEBOOK.COM/SHARE/V/1CNGAYZR2Y/

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					DIALOGUE WITH STUDENTS , TEACHERS AND PARENTS	(STUDENTS, TEACHERS, PARENTS/ GUARDIANS)		OF PSYCHIATRY-COE, KOLKATA	2. ATTENDANCE SHEET AND PHOTOS AVAILABLE 3. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 4. APPRICIATION LETER RECEIVED FROM SCHOOL AUTHORITY
7	JUNE-12 JUNE-13	MAL ADARSHA VIDYABHAVAN	MALBAZAR BLOCK	JALPAIGURI	FOSTERING SUPPORTIVE COMMUNITIES: MENTAL HEALTH & WELLBEING DIALOGUES WITH STUDENTS, TEACHERS AND PARENTS	160 (STUDENTS, TEACHERS, PARENTS/ GUARDIANS)	TAMANYA MODAK HENA MULLICK	DEPT. OF PSYCHIATRIC SOCIAL WORK,INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. ATTENDANCE SHEET AND PHOTOS AVAILABLE 2. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 3. COVERED BY 'UTTAR BANGO SANGBAD' AND 'ANANDABAZAR PATRIKA' 4. APPRICIATION LETER RECEIVED FROM SCHOOL AUTHORITY 5. https://www.facebook.com/share/v/1bYNfugfhg/
8	JUN-15	AIBHEEL TEA ESTATE,SECTION NUMBER- 5A	MAITIALI BLOCK	JALPAIGURI	HOPE, HEALING& WELLBEING: A COMMUNITY DIALOGUE FOR MENTAL HEALTH IN TEA GARDEN COMMUNITIES	60 TEA GARDEN WORKERS.	HENA MULLICK TAMONYA MODAK	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. ATTENDANCE SHEET AND PHOTOS AVAILABLE 2. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 3. COVERED BY 'UTTAR BANGO SANGBAD'
9	JUN-16	AIBHEEL TEA GARDEN SECTION NO- A1	MAITIALI BLOCK	JALPAIGURI	HOPE, HEALING& WELLBEING: A COMMUNITY DIALOGUE FOR MENTAL HEALTH IN	80 TEA GARDEN WORKERS.	HENA MULLICK TAMONYA MODAK	DEPT. OF PSYCHIATRIC SOCIAL WORK,INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL)

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					TEA GARDEN COMMUNITIES				2. COVERED BY 'UTTAR BANGO SANGBAD' 3. ATTENDANCE SHEET AND PHOTOS AVAILABLE
10	JUNE-16 JUNE-17	FULIA BALIKA VIDYALAYA	SHANTIPUR BLOCK	NADIA	NURTURING MINDS & EMPOWERING GIRLS: PROMOTING MENTAL HEALTH & WELLBEING IN SCHOOL COMMUNITIES	300 (STUDENTS, TEACHERS, PARENTS/ GUARDIANS)	SOYEL MITRA SHREYA SAHA	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. HTTPS://WWW.FACEBOOK.COM/SHARE/V/1JXVMZWYT3/ 2. https://www.facebook.com/share/v/1JXVmzwYT3/ 3. https://www.facebook.com/share/v/14iE mosCoPR/ 4. https://www.facebook.com/share/v/1JK1c kovSe/ 5. https://www.facebook.com/share/v/1HW8yS8QrK/ 6. ATTENDANCE SHEET AND PICTURES AVAILABLE 7. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL) 8. APPRECIATION LETTER RECEIVED FROM SCHOOL AUTHORITY
11	JUNE-24 JUNE-25	KURUNNAHAR HIGH SCHOOL	LABPUR BLOCK	BIRBHUM	BUILDING RESILIENT SCHOOL COMMUNITIES: ADVANCING MENTALWELBEING AND SUBSTANCE USE PREVENTION	250 (STUDENTS, TEACHERS, PARENTS/ GUARDIANS)	SOUMYA SAHA WRITI ROY	DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. মানসিক স্বাস্থ্য সচেতনতা বৃদ্ধি এবং মাদকাসক্তি, অতিরিক্ত মোবাইল ফোনের ব্যবহার সহ অন্যান্য নেশা বা অভ্যাস প্রতিরোধের লক্ষ্যে দুঃদিনব্যাপী

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									বিশেষ কর্মসূচি হয়ে গেল লাভপুরের কুরুন্যহার উচ্চ বিদ্যালয়ে। HTTPS://WWW.FACEBOOK.COM/SHARE/V/17CVCBZ3V5/ 2. https://www.facebook.com/share/v/1Ck875DZoB/ 3. COVERED IN 'ANANDABAZAR PATRIKA BIRBHUM' 4. APPRICIATION LETER RECEIVED FROM SCHOOL AUTHORITY 5. ATTENDANCE SHEET AND PICTURES AVAILABLE 6. COVERED BY LOCAL MEDIA (DIGITAL NEWS PORTAL)
12	JUNE-25	ALIPORE CORRECTIONAL HOME	KOLKATA MUNICIPALCOORPORATION	KOLKATA	Mental health and wellbeing among women residence of Alipore correctional home	50 RESIDENTS	SHREYA SAHA PRADIPTA BANERJEE	DISTRICT LEGAL SERVICES AUTHORITY, KOLKATA & DEPT. OF PSYCHIATRIC SOCIAL WORK, INSTITUTE OF PSYCHIATRY-COE, KOLKATA	1. PHOTOS AVAILABLE

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TOPICS DISCUSSED WITH STUDENTS (As per policy of Govt. of India, WHO, UNICEF, NEP, Ayushman Bharat School Health & Wellness Programme, Vikash Bharat 2047):

1. Understanding Mental Health, Mental Well-being and Stigma Reduction
2. Understanding Adolescence and Healthy Growth and Development
3. Self-Awareness, Self-Esteem and Self-Confidence
4. Understanding Emotions, Emotional Regulation and Resilience
5. Positive Communication, Healthy Relationships, Gender Sensitivity and Empathy Practice
6. Stress Management, Healthy Coping and Examination Anxiety
7. Peer Pressure, School Bullying and Violence Prevention
8. Problem-Solving, Decision-Making and Assertiveness Skills
9. Responsible Use of Mobile Phones, Screen Time, Social Media and Digital Well-being
10. Harmful Effects and Prevention of Tobacco, Alcohol and Drug/Substance Use
11. Recognizing Emotional and Behavioural Problems
12. Suicide Prevention, Mental Health Crisis and Help-Seeking Behaviour
13. Building Support Systems through Family, Teachers and Peers
14. Accessing Mental Health Services and Tele-MANAS (14416)
15. Fundamental duties, Values, Responsible Citizenship and Nation Building

Similar Planned Programmes in Govt. Institution/Community: 91

Target No. of Participants: **10000** (Ten Thousand)

No. of Programmes Pending: 68

Expected Time to complete the 68 pending programmes: July- mid August, 2026

Source of Fund: Voluntary Contribution from Faculties and Trainees of the PSW Dept., IOP-COE, Kolkata

TOPICS DISCUSSED WITH TEACHERS & PARENTS/GUARDIANS (As per policy of Govt. of India, WHO, UNICEF, NEP, Ayushman Bharat School Health & Wellness Programme, Vikshit Bharat 2047):

1. Understanding Adolescent Growth, Development and Mental Health
2. Recognizing Emotional, Behavioural and Learning Problems in Children and Adolescents
3. Promoting Positive Parenting, Positive Discipline and Effective Communication
4. Promoting Gender Sensitivity, Respectful Relationships and Child Protection
5. Creating a Safe, Inclusive and Bullying-Free School and Home Environment
6. Supporting Children During Academic Stress, Emotional Distress and Mental Health Crises
7. Role of Parents, Teachers and Schools in Promoting Mental Health and Well-being
8. Early Identification, Basic Psychosocial Support, Help-Seeking and Referral for Mental Health Concerns
9. Accessing Mental Health Services and Tele-MANAS (14416) & related schemes of the Government.
10. Fundamental duties, Values, Responsible Citizenship and Nation Building

No. of Programmes Completed from 9th June to 26th June,2026: 23

No. of Participants Attended/ Benefitted from 9th June to 26th June,2026: 2020 (Two thousand twenty)

Logistic Support for organizing the programme: Provided by Host Institution

Fund received from IOP/Govt./Other Agencies: NIL

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ACKNOWLEDGMENT

Report compiled/designed/prepared by - Ms. Soyel Mitra, MPhil PSW Trainee, Dept. of PSW, IOP-COE & Asst. Professor Mayank Kumar, HOD, Dept. of Psychiatric Social Work (PSW), IOP-COE

Reported Edited by: Mr. Mayank Kumar, Asst. Professor & Head, Dept. of PSW, IOP-COE

Programmes conducted by: MPhil PSW Trainees, Dept. of PSW, IOP-COE in their home districts / nearby areas

Supported by: Prof. Dr. Amit Kr. Bhattacharyya, Director, IOP-COE, Kolkata; Host Institutions; Students, Teachers, Parents/Guardians/Local Authorities

Programme Supervised by: The Psychiatric Social Workers (Chandrima Banerjee, Debjani Mahanti, Banasri Chakraborty, Debapriya Bhowmik, & Kamalika Bhattacharjee), Faculty & HOD (Mayank Kumar) of Dept. of PSW, IOP-COE.

Sd/- 28.06.2026

Mayank Kumar, Asst. Professor,

Head of the Department,

Department of Psychiatric Social Work,

Institute of Psychiatry-COE (Govt. of WB),

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Contact - 8240209300 / psw.dept@iopkolkata.ac.in / hello.mayank21@gmail.com

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Glimpses of the Events:

মানসিক স্বাস্থ্য শিবির

মালবাজার, ১২ জুন : মাল আদর্শ বিদ্যালয়ের একাদশ এবং দ্বাদশ শ্রেণির শিক্ষার্থীদের নিয়ে একটি মানসিক স্বাস্থ্য সচেতনতা কর্মশালা হল।

শুক্রবার ওই কর্মশালাটি পরিচালনা করে সাইকিয়াট্রিক সোশ্যাল ওয়ার্ক বিভাগ, ইনস্টিটিউট অফ সাইকিয়াট্রি, সেন্টার অফ এক্সেলেন্স, এসএসকেএম হাসপাতাল ও রাজ্য সরকার। শিবিরে পড়ুয়াদের সচেতন করেন প্রশিক্ষক তামান্না মোদক এবং হেনা মল্লিক। কর্মশালায় মানসিক স্বাস্থ্য, মানসিক চাপ মোকাবিলা, উদ্বেগ, বিষণ্ণতা সহ বিভিন্ন বিষয়ে আলোচনা করা হয়। বিদ্যালয়ের ভারপ্রাপ্ত শিক্ষক উৎপল পাল জানিয়েছেন, শনিবার বিদ্যালয়ের শিক্ষক ও অভিভাবকদের নিয়েও একই বিষয়ে শিবির হবে।

উত্তরবঙ্গ সংবাদ, পৃষ্ঠা-১১, ১৩/০৬/২৬



‘অবসাদ লুকিয়ে নয়, বলুন খোলাখুলি’!

ভয়ের কথা মন খুলে বললেন ছাত্রীরা, বাঁকুড়ায় মানসিক স্বাস্থ্য সচেতনতায় বিশেষ উদ্যোগ

বিস্তারিত কমেণ্টে

আনন্দবাজার পত্রিকা, ১১/৬/২৬ উত্তরবঙ্গ কও

মানসিক সুস্থতায় কর্মশালা

নিজস্ব সংবাদদাতা কোচবিহার

প্রতিযোগিতার ইদুর দৌড়ে প্রত্যাশার চাপ সামাল দেওয়ার ক্ষমতা হোক কিংবা মোবাইল আসক্তি এড়ানোর চ্যালেঞ্জ— এ সব সবার কাছে একই রকমের হয় না। তাই ভবিষ্যতের নাগরিক, আজকের বয়ঃসন্ধিকালের পড়ুয়াদের মানসিক স্বাস্থ্য চাঙ্গা রাখা জরুরি। কোচবিহারের একটি হাইস্কুলে পড়ুয়াদের মানসিক স্বাস্থ্যের খেয়াল রাখতে আয়োজন করা হয় কর্মশালা।

বুধবার কোচবিহারের বিবেকানন্দ বিদ্যাপীঠে একাদশ শ্রেণির পড়ুয়াদের নিয়ে কলকাতার এসএসকেএম হাসপাতালের ইনস্টিটিউট অব সাইকিয়াট্রি'র সাইকিয়াট্রিক সোশ্যাল ওয়ার্ক বিভাগের উদ্যোগে ওই কর্মশালা হয়। পড়ুয়াদের মানসিক স্বাস্থ্য রক্ষার দিশা দেখাতে আলোচনা করেন তাঁদের দুই প্রতিনিধি তমন্না মোদক ও হেনা মল্লিক। তমন্না বলেন, “বয়ঃসন্ধিকালের পড়ুয়াদের মানসিক স্বাস্থ্য সচেতনতায় ওই কর্মশালা হয়। এ দিনের কর্মশালায় মানসিক স্বাস্থ্য, মানসিক চাপ মোকাবিলা, আবেগগত সুস্থতার মতো নানা আলোচনা

হয়। পড়ুয়ারাও বিভিন্ন বিষয়ে অংশ নিয়েছে।” হেনা মল্লিক বলেন, “বৃহস্পতিবার শিক্ষক, অভিভাবকদের নিয়ে কর্মশালা হবে। বর্তমান সময়ে মানসিক স্বাস্থ্য সচেতনতা জরুরি। পড়ুয়াদের খুব ভাল সাড়া মিলেছে।” উদ্যোগীদের সূত্রেই জানা গিয়েছে, ওই কর্মশালায় টেলি-মানস (১৪৪১৬)-সহ বিভিন্ন মানসিক স্বাস্থ্য পরিষেবা সম্পর্কে তথ্য জানানো হয়। বিবেকানন্দ বিদ্যাপীঠের প্রধান শিক্ষক সৌমেন সাহা বলেন, “এসএসকেএম হাসপাতালের সংশ্লিষ্ট বিভাগের সঙ্গে যোগাযোগের ভিত্তিতে ওই কর্মশালা হয়েছে। সব পড়ুয়ার মানসিক বিকাশে যা জরুরি।”

স্কুলে মানসিক স্বাস্থ্য সচেতনতা কর্মসূচি

নিজস্ব সংবাদদাতা লাভপুর

মানসিক স্বাস্থ্য সচেতনতা বৃদ্ধি এবং মাদকাসক্তি, অতিরিক্ত মোবাইল ফোনের ব্যবহার-সহ অন্যান্য নেশা বা অভ্যাস প্রতিরোধের লক্ষ্যে দু'দিনের বিশেষ কর্মসূচি হয়ে গেল লাভপুরের কুরুমাহার উচ্চ বিদ্যালয়ে। কলকাতার ইনস্টিটিউট অফ সাইকিয়াট্রি সেন্টার অব এক্সেলেন্স ও এসএসকেএম হাসপাতালের সাইকিয়াট্রিক সোশ্যাল ওয়ার্ক বিভাগের উদ্যোগে বুধ ও বৃহস্পতিবার ওই কর্মসূচি হয়।

‘বিল্ডিং রেজিলিয়েন্ট স্কুল কমিউনিটিজ: অ্যাডভান্সিং মেটাল ওয়েলবিয়িং অ্যান্ড সাবস্ট্যান্স ইউজ প্রিভেনশন’ শীর্ষক এই অনুষ্ঠানে উপস্থিত ছিলেন সংশ্লিষ্ট বিভাগের সৌম্য সাহা, ঋতি রায়-সহ স্কুলেরটির শিক্ষক শিক্ষিকারাও। প্রথম দিনে নবম থেকে দ্বাদশ শ্রেণির ছাত্রছাত্রীদের নিয়ে হয় কর্মসূচি। দ্বিতীয় দিনে অভিভাবক ও শিক্ষকদের নিয়ে মানসিক স্বাস্থ্য, কিশোর-কিশোরীদের সমস্যা চিহ্নিতকরণ ও মাদকাসক্তি প্রতিরোধে করণীয় বিষয়ক আলোচনা হওয়ার কথা। সৌম্য ও ঋতি জানান, সংশ্লিষ্ট বিষয়ে সচেতনতা বৃদ্ধি ও পরিষেবা



লাভপুরের কুরুমাহার উচ্চ বিদ্যালয়ে মানসিক স্বাস্থ্য সচেতনতা শিবির। নিজস্ব চিত্র

আনন্দবাজার পত্রিকা, বীরভূম, তারিখ-২৬/০৬/২০২৬

সচেতনতা

চালসা, ৮ জুন : সোমবার স্কুল পড়ুয়াদের নিয়ে মানসিক স্বাস্থ্য বিষয়ক সচেতনতা শিবির করা হল। মাটিয়ালি ব্লকের চালসা গয়ানাথ বিদ্যাপীঠের একাদশ ও দ্বাদশ শ্রেণির শিক্ষার্থীদের নিয়ে এই শিবির অনুষ্ঠিত হয়। সাইকিয়াট্রিক সোশ্যাল ওয়ার্ক বিভাগ, ইনস্টিটিউট অফ সাইকিয়াট্রি ও সেন্টার অফ এক্সেলেন্সের উদ্যোগে শিবিরটি আয়োজন করা হয়। শিবিরে পড়ুয়াদের মানসিক স্বাস্থ্য, মানসিক চাপ মোকাবিলা, আবেগগত সুস্থতা সহপাঠীদের চাপ, উদ্বেগ, বিষণ্ণতা এবং প্রয়োজনে সাহায্য নেওয়ার গুরুত্ব নিয়ে আলোচনা করা হয় এছাড়াও টেলি-মানস সহ বিভিন্ন মানসিক স্বাস্থ্য পরিষেবা সম্পর্কে আলোচনা করা হয়েছে শিবিরে।

উত্তরবঙ্গ সংবাদ, পৃষ্ঠা-৪, ০৯/০৬/২৬

সচেতনতা শিবির

চালসা, ৬ জুন : চা বাগানের শ্রমিক ও স্থানীয়দের নিয়ে শনিবার মানসিক স্বাস্থ্য বিষয়ক সচেতনতা শিবিরের আয়োজন করা হয়। মাটিয়ালি ব্লকের বাতাবাড়ি-চা বাগানের সহযোগিতায় রাজ্য সরকারের আইপিজেএমইস্সার এসএসকেএম-এর সাইকিয়াট্রিক সোশ্যাল ওয়ার্ক বিভাগের উদ্যোগে এই শিবির হয়। প্রথম বাগানের ১৭ বি সেকশন ও পরে বাগানের ফরেস্ট লাইনে থাকা শিশুশিক্ষাকেন্দ্রে এই শিবির হয়। শিবিরে সংশ্লিষ্ট বিভাগের দুই প্রশিক্ষণার্থী হেনা মল্লিক ও তমন্না মোদক সাধারণ মানসিক স্বাস্থ্য সমস্যা, মাদকাসক্তি সংক্রান্ত বিষয়, পারিবারিক ও সামাজিক সমস্যা, উদ্বেগ, বিষণ্ণতা সহ একাধিক বিষয়ে সচেতন করেন। এদিনের শিবিরে ভালো সম্ভা মিলেছে বলে জানান বাতাবাড়ি-চা বাগানের ওয়েলফেয়ার অফিসার কৌস্তভ মজুমদার।

উত্তরবঙ্গ সংবাদ, পৃষ্ঠা ৮, ৭/৬/২৬



DEPARTMENT OF PSYCHIATRIC SOCIAL WORK (PSW)
Institute of Psychiatry - Centre of Excellence (Govt. of WB),
7, D. L. Khan Road, Kolkata - 700025
Contact: 8240209300 / psw.dept@iopkolkata.ac.in



"SWACHHA BHARAT, SWASTHYA BHARAT", "SWASTHYA BHARAT, SAMRIDDHA BHARAT" ~ VIKSHIT BHARAT 2047



"SWACHHA BHARAT, SWASTHYA BHARAT", "SWASTHYA BHARAT, SAMRIDDHA BHARAT" ~ VIKSHIT BHARAT 2047



DEPARTMENT OF PSYCHIATRIC SOCIAL WORK (PSW)

Institute of Psychiatry - Centre of Excellence (Govt. of WB),

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Contact: 8240209300 / psw.dept@iopkolkata.ac.in



"SWACHHA BHARAT, SWASTHYA BHARAT", "SWASTHYA BHARAT, SAMRIDDHA BHARAT" ~ VIKSHIT BHARAT 2047

Phone : (03473) 234425
FULIA BALIKA VIDYALAYA (H.S.)
 (Govt. Sponsored)
 P.O. FULIA COLONY, Dist.-NADIA, PIN-741402
 W.B.B.S.E.-School Index No. D2-121
 W.B.C.H.S.E.-Institution Code No.112072

From : Secretary / Administrator
 Headmistress / Teacher-in-Charge

Ref. No. : Date: 17/6/2026

To : The Head of the Department
 Department of Psychiatric Social Work
 Institute of Psychiatry - Centre of Excellence
 IPGME&R & SSKM Hospital
 Kolkata - 700025

This is to certify that a Two-Day Mental Health Awareness Programme was successfully conducted at Fulia Balika Vidyalaya, Nadia, on 16th and 17th June 2026 by the Department of Psychiatric Social Work, Institute of Psychiatry - Centre of Excellence, IPGME&R & SSKM Hospital, Kolkata.

The programme was facilitated by Ms. Soyal Mitra and Ms. Shreya Saha, M.Phil Trainees in Psychiatric Social Work. Various important issues concerning adolescent mental health, stress management, anger management, school bullying, responsible use of mobile phones and social media, suicide prevention, emotional well-being, and help-seeking behaviour were discussed through interactive and participatory sessions.

The programme was highly informative and beneficial for our students, teachers, and parents. The participants actively engaged in the discussions and activities, and the sessions significantly enhanced their awareness and understanding of mental health and psychosocial well-being.

We sincerely appreciate the efforts of the Department of Psychiatric Social Work for organizing such a meaningful and timely initiative. We believe that programmes of this nature play a vital role in promoting mental health awareness, reducing stigma, and fostering a supportive school environment.

We look forward to continued collaboration and more such awareness programmes in the future for the benefit of our school community.

Thanking you.

Yours sincerely,
 Headmistress
 Plasley Mira Balika Vidyalaya (H.S.)
 P.O. - Fulia Colony, Dist. Nadia
 Teacher in charge

PLASSEY MIRA BALIKA VIDYANIKETAN (H.S.)
 P.O.-Plassey + Dist.-Nadia + Pin-741156
 Index No. D1-157 + H.S. Institution Code - 112217 + Ph-8967723834
 DISE CODE - 19100404804
 Email - plasseymirabalika@gmail.com

Letter No. 0-4/PMBV/04/06/26
 Date: 13/06/2026

From : Secretary / H.M. / President

To : The psychiatric Social Work Dept.
 Institution of Psychiatry-Cot (IPGME&R-SSKM, Govt. of WB),
 KOLKATA, 700025

This is my pleasure to certify that two days Workshop on mental Health awareness, here in this school successfully completed which is organized by the two personnel Pranati Saha & Soyel Mitra from the Psychiatric Social Work Dept. It is observed that the students as well as parents and teachers in this school are very much satisfied and they are enriched with more knowledge regarding the mental health.

This is very beneficial for us, it will be helpful for the students to have more Workshops like this.

Headmistress
 Plasley Mira Balika Vidyalaya
 P.O. - Plassey, Dist. Nadia

SONAMUKHI B.J. HIGH SCHOOL
 (Estd-1887)
 (With higher secondary Section)
 P.O.+Block-Sonamukhi * Subdivision-Bishnupur * Dist-Bankura
 Date: June 13, 2026

Review / Appreciation Note from the Teacher-in-Charge
 Sonamukhi B.J. High School, Bankura

It gives me immense pleasure to express my sincere appreciation and gratitude to Ms. Ankita Chandra and Mr. Rabin Kabiraj for their dedicated efforts in successfully organizing the School Mental Health Programme Series - "Promoting Well-Being & Drug-Free Living: A Mental Health Dialogue with Students, Teachers and Parents" at Sonamukhi B.J. High School, Bankura, on 12th and 13th June 2026.

The two-day programme was conducted in a highly professional, engaging, and well-coordinated manner. Through interactive discussions, awareness sessions, and meaningful dialogue, the programme effectively addressed important issues related to mental health, emotional well-being, and substance abuse prevention among students. The active involvement of teachers, parents, and students made the initiative both impactful and memorable.

Ms. Ankita Chandra and Mr. Rabin Kabiraj demonstrated exceptional commitment, organizational skills, and sensitivity while facilitating the programme. Their ability to connect with participants, encourage open communication, and create a supportive learning environment greatly contributed to the success of the event.

The school community has greatly benefited from this valuable initiative, which has enhanced awareness regarding mental health and promoted positive coping strategies among our students. We deeply appreciate their hard work, enthusiasm, and unwavering dedication towards the welfare of young minds.

On behalf of the management, staff, students, and guardians of Sonamukhi B.J. High School, I extend our heartfelt thanks and best wishes to Ms. Ankita Chandra and Mr. Rabin Kabiraj for their commendable contribution. We look forward to future collaborations aimed at fostering the holistic development and well-being of our students.

With sincere appreciation,
 Teacher-in-Charge
 Sonamukhi B. J. High School
 Sonamukhi, Bankura

WBSE Index No. : O1-011 UDISE CODE : 19031701301
 WBCHSE Institution Code : 110029 Mobile: 9434338015
 VTC Code : 9356(10+2) 8617613161

VIVEKANANDA VIDYAPEETH
 Govt. Sponsored Higher Secondary (10+2) Institution
 NEWTOWN, COOCH BEHAR

Letter No. : Date : 11/06/26

To : The Head of the Department,
 Psychiatric Social Work Department,
 Institute of Psychiatry,
 SSKM, Kolkata.

A two day Workshop on Mental Health and Well-being for the teachers, students, and parents of Vivekananda Vidyapeeth is organized by your department.

The workshop provided valuable insights into mental health awareness, emotional well-being, stress management, and the importance of fostering a supportive and positive environment both at school and at home. Her expertise, dedication, and engaging presentation greatly benefited all participants.

The school sincerely appreciates your contribution and efforts in promoting mental health awareness among the school community.

Given this 11th day of June, 2026.

Headmaster
 Vivekananda Vidyapeeth
 Cooch Behar

Index No. NI-067 Phone: (03562) 255063 (O), 255073
 H.S. -108031 Mobile: 94343 39544 (HOI)

MAL ADARSHA BIDYA BHABAN
 HIGHER SECONDARY WITH SCIENCE, HUMANITIES, COMMERCE SUBJECTS & VOCATIONAL STREAM
 P.O. MAL-735221, DIST. JALPAIGURI
 Email : maladarshabidyabhavan.jale@gmail.com

Ref. No. : NIL Date: 13-06-2026

To : Psychiatric Social Work Department,
 Institute of Psychiatry
 SSKM Hospital, Kolkata

Dated at Mal, the 13th June, 2026.

Subject: Feedback on Two-Day Mental Health Awareness Workshop on 12-06-2026 & 13-06-2026.

Respected Sir/Madam,

On behalf of our institution, I would like to express our sincere gratitude to the Psychiatric Social Work Department, Institute of Psychiatry, SSKM Hospital, Kolkata, for conducting the Two-Day Mental Health Awareness Workshop for students & teachers along with parents on 12-06-2026 & 13-06-2026 respectively.

The workshop was highly informative, interactive, and beneficial for all participants. The resource persons presented the topics in a simple and effective manner, which helped the participants understand various aspects of mental health, emotional well-being, stress management, and the importance of seeking timely support.

The response from the students, teachers, and parents was extremely satisfactory. Participants actively engaged in the sessions, discussions, and activities. Feedback received from them indicates that the workshop significantly enhanced their awareness and understanding of mental health issues. The knowledge gained through the programme will undoubtedly help them in their personal, academic, and social lives.

We highly appreciate the efforts of your department in organizing such a meaningful and impactful programme. We look forward to future collaborations for similar awareness initiatives.

Thank you once again for your valuable contribution towards promoting mental health awareness in our institution.

Yours faithfully,
 (Utpal Kumar Paul)
 Teacher-in-Charge
 Mal Adarsha Bidya Bhaban
 Mal, Jalpaiguri
 Teacher-In-Charge
 Mal Adarsha Bidya Bhaban
 P.O. - Mal, Dist. - Jalpaiguri
 Pin - 735221 (W.B.)

Chalsa Gayanath Vidyapith (XII)
 Govt. aided High School + Estd.-1961 + Index No. N-1-023 + H.S. Code : 108060
 P.O. CHALSA - DIST. JALPAIGURI
 Pin Code : 735106 + Mobile : 98004 11069

Memo / Ref. No. : Date: 03.06.2026

To : The Psychiatric Social Work Dept.
 Institute of Psychiatry,
 SSKM, Kolkata

This is very pleasure to certify that two days programme on mental health awareness here in this school is very successfully done for the end of two personnel from the dept. concerned. It is noticed that the students as well as parents and teachers of this school are happy enough with the programme and they are very much enriched with an information about the awareness programme.

I hope more & more success & effective future.

Headmaster
 Chalsa Gayanath Vidyapith-XII
 P.O. Chalsa, Dist. Jalpaiguri

Index No - I - 1090 (M.P.) 15031(H.S.) DISE CODE - 19080412402 Phone No - 9732265969

KURUNNAHAR HIGH SCHOOL (H.S.)
 P.O - KURUNNAHAR :: DIST - BIRBHUM
 School E-Mail ID - kurunnaharhs@gmail.com

Memo No. : Date: 03/06/26

To : The Head of the Department
 Department of Psychiatric Social Work
 Institute of Psychiatry - Centre of Excellence
 IPGME&R & SSKM Hospital
 Kolkata - 700025

This is to certify that a Two-Day Mental Health Awareness Programme was successfully conducted at Kurunnaahar High School, P.S-Labpur, Dist-Birbhum, on 24th and 25th June 2026 by the Department of Psychiatric Social Work, Institute of Psychiatry - Centre of Excellence, IPGME&R & SSKM Hospital, Kolkata.

The programme was facilitated by Mr. Soumya Saha and Ms. Writi Roy, M.Phil Trainees in Psychiatric Social Work. Various important issues concerning adolescent mental health, stress management, anger management, school bullying, responsible use of mobile phones and social media, suicide prevention, emotional well-being, and help-seeking behaviour were discussed through interactive and participatory sessions.

The programme was highly informative and beneficial for our students, teachers, and parents. The participants actively engaged in the discussions and activities, and the sessions significantly enhanced their awareness and understanding of mental health and psychosocial well-being.

We sincerely appreciate the efforts of the Department of Psychiatric Social Work for organizing such a meaningful and timely initiative. We believe that programmes of this nature play a vital role in promoting mental health awareness, reducing stigma, and fostering a supportive school environment.

We look forward to continued collaboration and more such awareness programmes in the future for the benefit of our school community.

Thanking you.

Yours faithfully,
 (PARTHA PRATIMA ROY)
 TEACHER-IN-CHARGE
 Kurunnaahar High School
 Kurunnaahar, Birbhum
 Teacher-in-Charge
 Kurunnaahar High School
 Kurunnaahar, Birbhum

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DEPARTMENT OF PSYCHIATRIC SOCIAL WORK (PSW)

Institute of Psychiatry - Centre of Excellence (Govt. of WB),

7, D. L. Khan Road, Kolkata - 700025

Contact: 8240209300 / psw.dept@iopkolkata.ac.in



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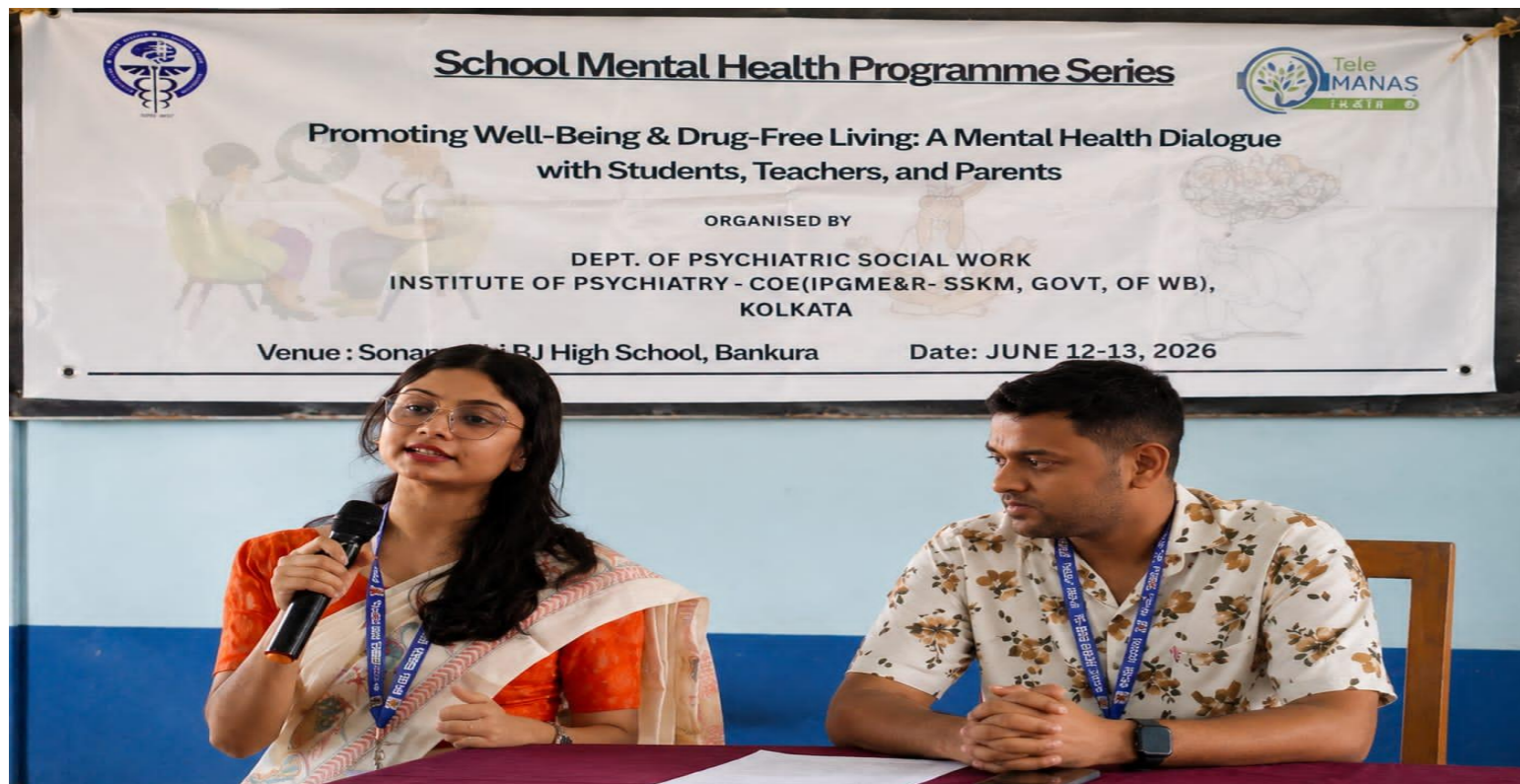
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Sonamukhi, West Bengal, India 🇮🇳

8c38+v6f, Sonamukhi, West Bengal 722207, India

Lat 23.304632° Long 87.415856°

Friday, 12/06/2026 10:30 AM GMT +05:30

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SCHOOL MENTAL HEALTH PROGRAM SERIES

NURTURING MINDS & EMPOWERING GIRLS: PROMOTING MENTAL HEALTH & WELL-BEING IN SCHOOL COMMUNITIES

Organised by
Department of Psychiatric Social Work
Institute of Psychiatry-CoE (IPGME&R-SSKM H, Govt. of WB) Kolkata

FULIA BALIKA VIDYALAYA, NADIA

JUNE 16TH-17TH, 2026

School Mental Health Programme Series

Promoting Well-Being & Drug-Free Living: A Mental Health Dialogue with Students, Teachers, and Parents

ORGANISED BY
DEPT. OF PSYCHIATRIC SOCIAL WORK
INSTITUTE OF PSYCHIATRY - COE(IPGME&R-SSKM, GOVT. OF WB), KOLKATA

Venue: Sonamukhi BJ High School, Bankura Date: JUNE 12-13, 2026

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ONE DAY DISTRICT LEVEL WORKSHOP

**Mental Health and Psychosocial Well-Being:
Strengthening Resilient and Supportive College Communities**

ORGANISED BY
Dept. of Psychiatric Social Work
Institute of Psychiatric - COE (IPGME&R-SSKMH, Govt of WB), Kolkata
&
IQAC & Department of Sociology, BZSMM, Bankura

Venue : Bankura Zilla Saradamani Mahila Mahavidyapith
(BZSMM), Bankura, West Bengal

Date : 9th June 2026
Time : 11:00 am onwards



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