

A brief report on the awareness cum seminar on “Mental health and well-being”

An awareness cum seminar on “Mental health and well-being” was organised by the Department of Psychology, M.B.B. College, Agartala, in collaboration with Modern Psychiatric Hospital, Narsingarh, on the 10th of October, 2023 to observe World Mental Health Day, 2023.

Dr. Sudeshna Chakrabarti, Assistant Professor and HoD of the Department of Psychology gave the welcome speech on behalf of all and briefly mentioned about this year's theme of World Mental Health Day, 2023 - i.e., “Mental Health is a universal human right”.

Dr. Udayan Majumder, Psychiatrist, Modern Psychiatric Hospital was the main speaker in this programme. Dr. Majumder discussed and explained in length about the different mental illnesses and also clearly illustrated the stigma associated with mental illness. Dr Majumder also there some light on the domain of drug dependence.

Dr. Nirmal Bhadra, Principal, M.B.B. College, Agartala also gave a very valuable speech emphasising the need of such programmes to help the students and the public in general to overcome mental illness and the stigma associated with it. The Principal also lauded the students of the department of psychology for their enthusiasm and hard work in making this programme a success. Dr. Bhadra outlined the initiatives of the Government to provide mental health care for the public in general throughout the state of Tripura.

Dr. Joysree Das, Clinical Psychologist of Modern Psychiatric Hospital, Narsingarh explained the need to reach out for professional help when needed and shared the helpline numbers of their hospital for those who are in need of help.

Smt. Nibedita Roy, a 4th semester student of the department offered the vote of thanks and thus ending the programme.

The programme started at around 1 pm and continued till 3 pm. Besides the experts from Modern Psychiatric Hospital, Narsingarh the faculty members of the Department of Psychology and around 97 students were present in the said awareness cum seminar on “Mental health and well-being”.





