

A Brief Note on

ONE DAY AWARENESS PROGRAMME ON MENTAL HEALTH OF STUDENTS

Date: 19-03-2021

Time 12: 00 p.m.

Objective: The primary objective of the programme was to help build self-confidence in the students and develop their mental health conditions.



Fig.1: Inauguration of the Programme by Dr. Jayanta Das, resource person

On 19th March 2021, IQAC, Dispur Law College organized “One Day Awareness Programme on Mental Health of Students”, with the aim to provide awareness among students on the importance of mental health as for the enhancement of the life of the students as well as for a stable society, the people must be healthy with mental health. The Programme was started with illumination of the lamp by the resource person Dr. Jayanta Das, a renowned Psychiatrist of Assam along with Dr. Gargi Dutta Paul, Dispur Law College and the faculty members of the Dispur Law College. The Programme was anchored by Shri Digbijoy Deka, General Secretary of the Students Union, Dispur Law College. The three year and five-year Law students of Dispur Law College, Faculty members and non-teaching members of Dispur Law College attended the Programme.



Fig.2: Dr. Jayanta Das addressing the students and Faculty members.

The welcome address was delivered by Dr. Gargi Dutta Paul, Principal, Dispur Law College by giving emphasis on the importance of the mental health of the students. Dr. Das has started the session by giving importance on mental health of every human being.



Fig.3: Lecture and presentation on mental health delivered by Dr. Das

He also mentioned about some mental diseases, its symptoms and remedies. He also explained on stress, anxiety, motivation, counselling. He also elaborated the adverse effect of technology and gave suggestion on the minimum uses of it.



Fig.4: Interactive Session

The interactive session of the programme was moderated by Shri Chiranjeeb Nath Bora, a student of three year LL.B. In this Session Dr. Das has tried to answer to all the queries put forward by the students of the Dispur Law College. The vote of thanks of the Programme was delivered by Dr. Mridula Dhekial Phukan, Assistant Professor of Law, Dispur Law College.

Authenticated by:

(Dr. Gargi Dutta Paul)
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