



**IQAC, B N College, Dhubri
Organises**

Talk cum Interaction Programme

on

Mental Health

-----SPEAKER-----

Mr. Jehirul Islam

Psychiatric Social Worker

District Mental Health Programme

Civil Hospital, Dhubri, Assam

Date: 13/03/2020

Time: 1.30 pm

Venue: Auditorium

Programme Objective

To impart the knowledge related to mental health, its importance, mental illness—its symptoms and counselling

Programme Coordinator

Dr. Samuel Sheikh

Assistant Coordinator, IQAC

B N College, Dhubri, Assam

Contact: 9954159136

Talk cum Interaction Programme on Mental Health

A talk cum interaction programme on Mental Health was organised by IQAC on 13/03/2020. Mr. Jehirul Islam, Psychiatric Social Worker, District Mental Health Programme, Civil Hospital, Dhubri acted as the resource person. About 40 teachers and about 250 students attended the programme. The programme was inaugurated by Dr. Dhruba Chakraborty, Principal of the college. He mentioned that the Mental health refers to our cognitive, behavioral and emotional wellbeing – it is all about how we think, feel, and behave and a sound mental health is of utmost important for a human being. Mr Islam discussed the topic in a very lucid and articulate way to the audience. He mentioned the various types of mental illness, symptoms and need of proper counselling of the same. The programme ended with a very lively discussion followed by vote of thanks offered by Dr. Samuel Sheikh, Assistant coordinator, IQAC.



Inaugural talk by Dr. Dhruba Chakraborty, Principal, B N College



Mr. Jehirul Islam, Psychiatric Social Worker, Civil Hospital, Dhubri presented his speech on mental health