MENTAL HEALTH AWARENESS PROGRAMME

Organized by

NSS Unit, University B.T. & Evening College, Cooch Behar

In collaboration with

Office of the CMOH, Cooch Behar

Date: 13th October, 2026

A Mental Health Awareness Programme was jointly organized today by the NSS Unit of University B.T. & Evening College, Cooch Behar in collaboration with the Office of the Chief Medical Officer of Health (CMOH), Cooch Behar.



The programme was held on the occasion of World Mental Health Day. The objective of the programme was to create awareness about mental health, remove social stigma, and promote the importance of mental well-being among students and the community.

Distinguished Clinical Psychologists and counselors from the CMOH office were present as resource persons. The discussion today began with a speech by the Principal of the college on the positive impact of mental health.



Psychologists and counselors discussed common mental health issues like stress, anxiety, depression, and exam pressure among students. They emphasized that mental health is as important as physical health and that seeking help is not a weakness.



NSS volunteers actively participated in the session and performed a short interactive discussion.





NSS volunteers actively interacted on stress management, positive thinking, and healthy lifestyle habits. An interactive question-answer session was also held.





The programme ended with a vote of thanks by the NSS Programme Officer.

"Happiness depends upon ourselves."

(Aristotle)