

Workshop on 'Mental Health Issues' (May 17, 2018):

Gandhi Smarak Sangrahalaya, Barrackpore organized a day-long Workshop on May 17, 2018 on 'Mental Health Issues' for the School Students at its premises. The students from class VII - XII of *Nawabganj Girls' High School*, *Barrackpore Wesley Hindustani High School*, *Katadanga North Janata Arya Vidyalaya* and *Titagarh Anglo Vernacular High School* were participated in this Workshop along with their Teachers. Dr. Amlan Guhathakurata, Psycho Councillor (Non-Clinical) and Head, Department of Political Science, Nahata J.N.M. Smriti Mahavidyalaya, Smt. Bhaswati Mukherjee, Psychological Councillor and Dr. Soumitra Basu, renowned Psychiatrist were present as Experts. Dr. Guhathakurata delivered his interactive presentation on Mental Depression and explained a vast knowledge about Good Touch & Bad Touch. Smt. Bhaswati Mukherjee explained about the Sexual harassment in adolescent period. Dr. Soumitra Basu delivered some interesting ideas on personality development so that students can be able to learn about various mental health related problems in their future. The Sangrahalaya arranged some practical oriented activities regarding the theme for the students and showed a short animated video clipping for explaining that how the students can avoid all the problems which are responsible for different mental health issues. At the end of the Workshop the students and teachers of each participated school shared their experiences which they had learnt through today's workshop.







