



श्रद्धायान् लभते ज्ञानम्

## SIVANATH SASTRI COLLEGE

(Formerly City College Com. Dept. South Kolkata (Morning)  
[City College South Kolkata Women's Branch]  
[Accredited by NAAC ]

23/49, Gariahat Road, Kolkata-700029  
Email : sivanathsastricollege@yahoo.in  
website : sivanathsastricollege.org  
Mobile : 6289449983

### Report of Mental Health Awareness Programme



A Mental Health Awareness Programme was organised by Sivanath Sastri College during the Students Week celebration (2.01.2024) in the college premise. The speaker was Anindita Mukherjee, Psychologist and an Executive member of Association of Rehabilitation Psychologists and Professionals India. Her focus was on promoting awareness on Mental Health along with Mental Health issues related to students lives along with sensitising them to seek help if needed.

In the programme 50 students participated and it was successful. Many students asked questions related to the problems they face and showed interest in seeking help from the college counsellor.



Principal  
(DR. RUNA BISWAS)  
Sivanath Sastri College

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