



HAZI A.K.KHAN COLLEGE

ESTD : 2008

P.O + P.S.- Hariharpara . Dist.-Murshidabad Pin-742166

Website: www.haziakkhancollege.ac.in E-mail Id : haziakkhancollege@yahoo.com

E-mail Id: haziakkhancollege@gmail.com

Mob:

Brief Report of 'Mental Health Awareness Camp'

Organised by IQAC, Hazi A. K. Khan College

in association with CMOH Office, Berhampore, Murshidabad

Date: 27.05.2023

Time: 01:30 pm

Venue: Rezaul Karim Kaksha (Seminar Hall), Hazi A. K. Khan College

Objectives: Major objectives of the camp are-

- To raise awareness about mental health issues and reduce stigma.
- To train students to tackle stress.
- To suggest remedial measures to cope with mental illness.

Total Participants: 73

Resource Person: Dr. Debashis Saha, Programme Officer, District Mental Health Programme (DMHP)

Report: A 'Mental Health Awareness Camp' was organised by IQAC, Hazi A. K. Khan College in collaboration with Office of the Block Medical Officer, Hariharpara, Murshidabad, on 27th May, 2023. Dr. Debashis Saha, Programme Officer, District Mental Health Programme (DMHP) was invited as resource person. There were several other delegates present on that event.

Inaugural speech was delivered by Dr. Goutam Kumar Ghosh, Principal, Hazi A.K. Khan College. He highlighted several issues regarding mental illness among students. Then, Dr. Saha enriched the audience with his speech. He deciphered that mental health refers to a person's emotional, psychological, and social well-being. It affects how individuals think, feel, and behave, as well as how they handle stress, relate to others, and make choices. Mental health is essential for overall health and quality of life, impacting every aspect of daily functioning, including work, relationships, and physical health. It's essential to prioritize mental health and well-being, both individually and within communities. Open dialogue, education, and support can help reduce stigma, increase awareness, and improve access to mental health resources and services. Seeking help from mental health professionals and support networks is a sign of strength and resilience, and it's crucial for everyone to prioritize their mental health just as they would their physical health.

The Mental Health Awareness Camp was a resounding success, achieving its objectives of raising awareness, reducing stigma, and providing support to participants. By fostering open dialogue and providing valuable resources, the camp contributed to the promotion of mental well-being within the community. Moving forward,



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it is essential to build upon this momentum and continue advocating for mental health awareness and support.

After the completion of the programme, IQAC coordinator, Dr. K. Munki extended gratitude to all for support and cooperation.

Outcomes:

- Increased Awareness: Participants gained a better understanding of mental health issues and the importance of seeking help when needed.
- Open discussions and personal testimonies helped to reduce stigma surrounding mental illness, encouraging individuals to speak openly about their experiences.
- The camp fostered a sense of community support, with participants connecting with each other and accessing local resources for ongoing support.
- Attendees learned practical strategies for managing stress and improving their mental well-being.

Photographs





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GPS Map Camera



Hariharpara, West Bengal, India
2CV8+MFV, Haji AK Khan College Rd, Hariharpara, West Bengal 742166, India
Lat 24.043922°
Long 88.415838°
27/05/23 01:49 PM GMT +05:30

Hazi A. K. Khan College



Hariharpara, Murshidabad

Mental Health Awareness Camp

Organized by

IQAC,

Hazi A. K. Khan College

**In collaboration with CMOH
Office**

Berhampore, Murshidabad

Date: 27.05.2023

Time: 01:30 p.m.

Venue: Rezaul Karim Kaksha
(Seminar Hall)

HONOURABLE SPEAKER

Dr. Debashis Saha

Programme Officer

**District Mental Health Programme
(DMHP)**

Berhampore, Murshidabad

PATRON

Dr. Goutam Kumar Ghosh

Principal

Hazi A. K. Khan College

IQAC COORDINATOR

Dr. Krishnendu Muni

Hazi A. K. Khan College

About the College:

Hazi A K Khan College is the lone representative institution of Higher Education at Hariharpara Block. The Block was endowed with a considerable number of Primary, Secondary and Higher Secondary Institutions. But no institution was there to cater further education for the young aspirant stakeholders; predominantly the girls. The idea was initially conceived by honourable Hazi Abdul Kader Khan who donated land to set up a college. Afterwards, some local robust persons took timely initiatives in framing required Society Registration and completed other formalities with the Government. The long-cherished dream came true in 2008, when Hazi A. K. Khan College started its journey at Hariharpara High School getting affiliation from University of Kalyani with Honours and General Courses in some traditional disciplines in Arts. Very soon the institution was shifted to the present location. At present twelve academic departments in Arts are there, out of which seven have Honours Courses.

About the Awareness Camp:

A mental health awareness camp is an event or program aimed at educating individuals about mental health issues, reducing stigma surrounding mental illness, and promoting mental well-being. mental health awareness camps play a crucial role in raising awareness, promoting understanding, and fostering positive attitudes towards mental health, ultimately contributing to better mental health outcomes for individuals and communities.



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Hazi A. K. Khan College

Programme..... Mental Health Awareness Camp.....
Speaker: ... Dr. Debbarhi Saha, Programme Officer, DMHP.....
Organised by ... IAA in association with SMCH, Berhampur, Murshidabad.....
Date: 27.05.2023 Time: 1:30 pm, Venue: Rezaul Karim Koushik, Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
1	Sputam Kumar Choh	Principal	H.A.K.K.C.		
2	Md. Selim Hogue	SACT	H.A.K.K.C.		
3	Asmin Saikh	SACT	HAKK		Asmin Saikh 27.05.23
4	Md Nababjani	SACT-II	HAKK		Md Nababjani 27/5/23
5	Chandramani Pal.	Assistant Professor	H.A.K.K.C.		
6	KRISHNENDU MONSI	Asst. Prof.	HAKK		
7	Amrit Jha	S.A.C.T. II	Hazi A.K.Khan College		Amrit Jha 27.05.2023
8	Mussum Dutta	Assistant Professor	Hazi A.K.Khan College		
9	Md Rezaul Karim Khan	SACT-II	HAKK		Md Rezaul Karim Khan 27.05.23
10	Amra Kany Saha	Asst Prof	HAKK		



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A One Day State Level Seminar on Mental Health Awareness Camp
Speaker: Dr. Debabis Saha, Programme Officer, D.M.H.P.
Organised by IQAC in association with CHAT, Hazi A. K. Khan College
Date: 27-05-2023 Time: 1:30pm, Venue: Residential Kamin Kancha, Hazi A. K. Khan College
REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
1	Babita Halder	Student	Hazi A.K. Khan College	058469	Babita Halder
2	MUNIA KHATUN	"	"	45673	MUNIA KHATUN
3	SABNAM MUSTARI	"	"	052382	SABNAM MUSTARI
4	Saleha Khatun Ansari	"	"	45681	Saleha Khatun Ansari
5	Salma gahan Khatun	"	"	45682	Salma gahan Khatun
6	KHADIGA KHATUN	"	"	058975	KHADIGA KHATUN
7	Puram Biswas	"	"	052376	Puram Biswas.
8	Hasim Ali	"	"	052351	Hasim Ali
9	Tahina Khatun	Student	HAKE	052342	Tahina Khatun
10	Najma Banu	Student	HAKE	058340	Najma Banu



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A One Day State Level Seminar on Mental Health Awareness Camp
Speaker: Dr. S. Saha
Organised by ITAE in association with CMAA, Hazi A. K. Khan College
Date: 27-05-2023, Time:, Venue: Prasanna Kanikamsha, Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
11	priti khatri	Student	HAKK	045676	priti khatri
12	Dipika Halder.	Student	H.A.K.K.C	045658	Dipika Halder.
13	Trina Khan	Student	Hazi A.K.Khan	045652	Trina Khan
14	Saheli Sultana	Student	HAKK	052389	Saheli Sultana
15	Finoj Biswas	Student	H.A.K.K.C	055693	Finoj Biswas
16	Rishi SK	Student	Hazi A.K.Khan College	052330	R.SK
17	Sabab Ashik	Student	HAKK	052346	Sabab Ashik
18	Yousuf SK	Student	..	056657	Yousuf SK
19	HJJD Khatri	Student	HAKK	056658	HJJD Khatri
20	Arjun Biswas	Student	HAKK	056660	Arjun Biswas



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One Day State Level Seminar on Mental Health Awareness Camp
Hazi A. K. Khan College
Speaker: Dr. D. Saha
Organised by TDAC in association with CMAT, Hazi A. K. Khan College
Date: 27-05-23 Time:, Venue:, Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
21	Arbina Khatoon	Student	H.A.K.K.C	45661	Arbina Khatoon
22	Samid Alam	Student	HAKK C	058406	Samid Alam
23	Selim mandal	"	"	058407	Selim mandal
24	Sirin Suhana	Student	HAKK C	052388	Sirin Sultana
25	Nasim Sakarimam	Student	H.A.K.K.C	052345	Nasim Sakarimam
26	Sohana Farvin	Student	HAKK C	052419	Sohana Farvin
27	Dowar Hossain	Student	HAKK C	052343	Dowar Hossain
28	Asma Khatoon	"	H.A.K.K.C	045662	Asma Khatoon
29	Asia Khatoon	student	HAKK C	058469	Asia Khatoon
30	Asit Mandal	Student	H.A.K.K.C	4523692	Asit Mandal



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A One Day State Level Seminar on Mental Health Awareness Camp
Speaker: Dr. A. Saha

Organised by ZAK in association with SMK, Hazi A. K. Khan College

Date: 27-05-23 Time:, Venue:, Hazi A. K. Khan College

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
31	Ashia Khatun	Student	HAKK	058410	Ashia Khatun
32	SK Ismail	Student	H.A.K.K.C	052349	SK Ismail
33	Anisha Sultana	Student	H.A.K.K.C	058464	Anisha Sultana
34	Baby Najmin	"	"	45663	Baby Najmi
35	Ayesha Khatun	student	H.A.K.C	052353	Ayesha Khatun
36	Nisam Ali SK	"	"	052364	Nisam Ali SK
37	Farjit mia	"	"	058424	Farjit mia
38	Romana Sultana	"	"	052370	Romana Sultana
39	Banarali Mondal	Student	H.A.K.K.C	45664	Banarali Mondal
40	Alifa Khatun	Student	HAKK	045659	Alifa Khatun



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A One Day State Level Seminar on Mental Health Awareness Camp
Speaker: Dr. A. Saha
Organised by TDAC in association with CMOT, Hazi A. K. Khan College
Date: 29-05-23, Time:, Venue:, Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
41	Soham Mondal	Student	H.A.K.K.C	058430	Soham Mondal
42	Puja Ghosh	Student	H.A.K.K.C	058486	Puja Ghosh
43	Mistu Ghosh	"	"	052372	Mistu Ghosh
44	Muslima Khatun	"	"	058480	Muslima Khatun
45	MAFUSA Khatun	"	"	45668	MAFUSA Khatun
46	Asma Khatun	"	"	052352	Asma Khatun
47	Manufa Ansary	"	"	405669	Manufa Ansary
48	Savita Khatun	Student	H.A.K.K.C	058492	
49	SADPIMA Khatun	"	"	052382	SADPIMA Khatun
50	Normi Das	"	"	45675	Normi Das



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Mob:

A One Day State Level Seminar on **Mental Health Advancements Camp**
Speaker: *Dr. S. Saha*
Organised by *IQAC in association with CMAA*, Hazi A. K. Khan College
Date: *22-11-23*, Time: *.....*, Venue: *.....* Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
51	Savarn Mondal	student	H.A.K.K.C	058433	Savarn Mondal
52	Rafia Asmin	Student	H.A.K.K.C	58416	Rafia Asmin
53	Mitali Khatri	student	H.A.K.K.C	45671	Mitali Khatri
54	Murvia Khatri	Student	H.A.K.K.C	45673	Murvia Khatri
55	MD Nice Islam	student	H.A.K.K.C	052383	MD Nice Islam
56	Sanjina Khatri	"	"	45681	Sanjina Khatri
57	Mahafa Anshary	"	H.A.K.K.C	45669	Mahafa Anshary
58	Muskan Parvin	"	H.A.K.C	052356	Muskan Parvin
59	Mamotaj Khatri	"	H.A.K.C	058413	Mamotaj Khatri
60	Yusuf Ali	Student	H.A.K.C	058409	Yusuf Ali



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Memo No:

Date: 22/05/2023


From: Principal

Notice

This is to notify to all the students and staff of this college that a 'Mental Health Awareness Camp' is going to be organised by IQAC, Hazi A. K. Khan College, in collaboration with CMOH Office, Berhampore, Murshidabad on 27.05.2023 at 01:30 pm in Rezaul Karim Kaksha (Seminar Hall). Dr. Debashis Saha, Programme Officer, District Mental Health Programme (DMHP) will grace the programme as resource person.

All are requested to attend the programme positively.




Dr. Goutam Kumar Ghosh

Principal

Hazi A. K. Khan College
Hariharpara, Murshidabad

Principal
Hazi A. K. Khan College
Hariharpara, Murshidabad

Prepared by Jamila Khatun