



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:

Programme: A Drama on Mental Health organized by the NSS Unit

Date: 20th November, 2018

Venue: Hazi A. K. Khan College

No of Participants: 09

Objective:

The drama on mental health organized by the National Service Scheme (NSS) Unit of Hazi A. K. Khan College was aimed at raising awareness about mental health issues, reducing stigma, and encouraging a dialogue on the importance of mental well-being. The objective was to educate students on recognizing mental health problems and promoting empathy and support for affected individuals.

Brief Description:

The students staged a poignant play, which brought to the forefront the often-ignored issue of mental health. The drama depicted various scenarios involving mental health challenges, portraying the struggles of individuals dealing with conditions such as depression, anxiety, and societal pressure.

Through powerful storytelling and character representation, the students were able to convey the complexity of mental health issues. The play also touched on the themes of social stigma, the impact of neglecting mental health, and the importance of seeking help. The performance was followed by an interactive session led by Dr. Sumanta Kumar Saha, a professional psychiatrist who discussed the play's themes and addressed questions from the audience.

Outcome:

- Enhanced understanding among the student body about mental health issues and their impact on individual lives.

- Reduced the stigma associated with discussing mental health, encouraging a supportive environment for students to share their experiences.

- Facilitated access to mental health resources and professional guidance, emphasizing the importance of seeking help.

- Encouraged empathetic engagement among peers, fostering a campus culture that prioritizes mental well-being.


Principal
Hazi A.K Khan College
Hariharpara, Murshidabad



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The drama was a significant step towards normalizing conversations around mental health at Hazi A. K. Khan College. It succeeded in its goal of educating students and promoting a more informed and supportive community. The event was widely appreciated for its sensitive portrayal of mental health issues and its role in catalyzing positive change in campus attitudes.

SOME GLIMPSES




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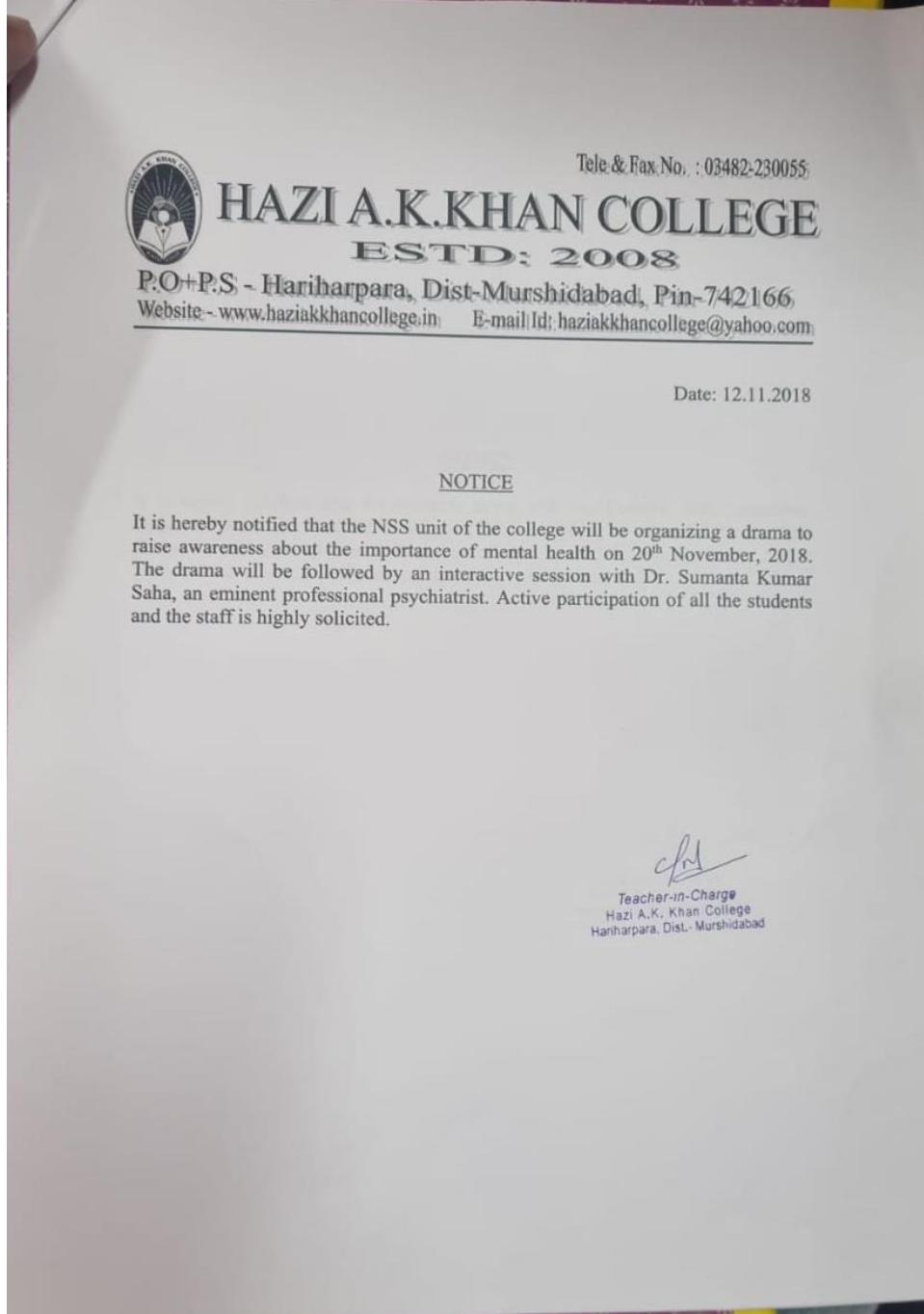
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