



Prasanta Chandra Mahalanobis Mahavidyalaya

(Accredited by NAAC)

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Mental Health Awareness and Self Management Skills:

Internal Quality Assurance Cell of Prasanta Chandra Mahalanobis Mahavidyalaya in collaboration with **UMEED** for the session 2022-2023 has organised a Awareness Programme cum Survey on 27.5.2023 to assess the mental well-being of the students. Dept. of Human Development and Psychological Counselling Cell were the organisers of the programme. The programme was mainly organised to help the students understand self-management skills and the survey was done with the help of a questionnaire to collect the data related to mental health awareness. 72 students participated in the programme. A short presentation was given by UMEED on the different aspects of mental health followed by an interactive session with the students to make them aware of the key and global issues centering on mental health. Student participation in the survey was noteworthy. According to the situational assessment it was observed that majority of the students lack self-confidence or self-esteem and further assistance is required with respect to Psychological Counselling for their holistic development. It is really a meaningful association in working on promoting mental health for the society.



Students interacting with the staff of UMEED



Organisers of the Session



Participation of teachers and students in the session

Agarwal
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108





Prasanta Chandra Mahalanobis Mahavidyalaya

Psychological Counselling Cell & IQAC

In collaboration with

UMMEED(Counselling and Consulting services)

Organizes a one day Session on

MENTAL HEALTH AWARENESS AND SELF MANAGEMENT SKILLS

Venue - Room no. 15

Date-27.5.2023(Saturday)

Time- 1-2.30p.m.