

NATIONAL INSTITUTE OF TECHNOLOGY CALICUT

STUDENTS GUIDANCE CELL

World Mental Health Day Program on October 10th 2017

The Student Guidance Cell (SGC) has organized the World Mental Health day program in view of concerns related to student's mental health. The Program was held on 10th of October 2017 at MED Seminar Hall.



The program was inaugurated by the Dean Students Welfare Dr. G. Unnikrishnan. He has inaugurated the event by presenting a video on mental health awareness. He has given the presidential address to the audience about the mental health issues and steps to be taken to tackle it. He has encouraged the students to take part in SGC activities.

Dr. Harikrishna, SGC faculty coordinator from the Civil Engineering Department has shared a few experiences in relation to mental health issues of students. Dr. Sunitha the faculty- in- charge of SGC has explained about the schedule of the programmes extended over the forthcoming two weeks on mental health to the audience.

The programs include department level address to all the students by the Institute counselors Mr. Bijo Sunny and Ms. Uma Krishnan from 11 to 26th of October. This is to ensure the rapport building by the Counsellors with the students to ensure the smooth delivery of counselling services. The SGC will be conducting an invited expert lecture on mental health issues for 2nd, 3rd and 4th year students on 17th of October. The faculty members of the institute as well as the students would be addressed by an expert psychologist on 19th, 20th, 21st and 27th of this month.

The program was concluded with a message by the Dean Academics Dr. Sathidevi. She has encouraged for the plans related to mental health issues and go further with the programs on mentorship for the students at the department level with the consent of HODs of all the departments.

