

Report on

World Mental Health Day 2025

Date: 5th June 2025

Venue: Auditorium, HCDG College

The World Mental Health Day was organized by Department of Education, HCDG College, Nitaipukhuri on 10th October 2025 in the presence of teachers and students of Education department of HCDG College. The theme of the day was 'Access to services- mental health in catastrophes and emergencies'. The theme highlighted on urgent need of prioritize mental health support during natural disasters, conflicts and pandemics. Dr. Rashmi Rekha Duwarah, Assistant Professor, Department of Education, HCDG College delivered the special talk on strengthen and build mental health of people during crisis period. She specially focused on role of positive psychology for mental well-being. In the programme, HoD Mrs. Manashi Gogoi also delivered a talk on mental health emergencies like emotional distress and immediate mental health needs as well as long-term recovery from the problems faced in life. Dr. Leena Dutta and Ms. Gaurisikha Gogoi, Assistant Professor also attended the meeting.

Photo of the programme:


