



**Government General Degree College, Tehatta
Tehatta, Nadia- 741160**

Notice

No. 391

Date: 10.01.2026

All students of the college are hereby informed that an **Awareness Programme on Mental Health and Suicide Prevention** will be organized at the college on **16 January 2026** in collaboration with the Students Health Home, Krishnanagar Regional Center. The programme will be held at the College Lecture Hall and will commence from **12:00 Noon** onwards.

The programme aims to sensitize students about mental health issues, stress management, and suicide prevention. In addition, **individual consultation sessions** with a trained psychological professional will be arranged in the latter half of the day, exclusively for students who feel the need for personal psychological support.

Students are encouraged to participate actively in the awareness programme, and those who require individual consultation are advised to avail themselves of the facility without hesitation. All consultations will be conducted with strict confidentiality, and no personal records shall be maintained by the college.

The cooperation and active participation of all students are earnestly solicited to make the programme a success.

Students who wish to avail themselves of the individual consultation facility are requested to contact Dr. Sumit Kumar Das (Contact no.-8584011109) on or before 15 January 2026.

Sumit Kumar Das

Convenor
Students Health Home Subcommittee
Govt. General Degree College, Tehatta

(Dr. Sibsankar Pal)
Officer-In-Charge
Govt. General Degree College, Tehatta



Officer-in-charge
Govt. Gen. Degree College, Tehatta
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