

Report on One-Day Awareness Program on TELEMANAS

Venue : G8 seminar hall HCC

Date :11/03/2025

The Mental Well-being Club, Department of Psychology, Holy Cross College, in collaboration with the National Mental Health Mission, Tripura, organized a one-day awareness program on TELEMANAS on March 11, 2025. The event took place in Seminar Hall G8, Holy Cross College, Agartala, and was graced by the presence of esteemed resource person, Dr. Udayan Majumder State Program Officer, National Mental Health Program (NMHP), Tripura, and Ms. Barshali Majumder, Counselor, Tele MANAS, Objective of the Program

The awareness program aimed to introduce students, faculty members, and mental health professionals to TELEMANAS, a government initiative providing tele-mental health services across India. The session focused on raising awareness about mental health support systems, enhancing accessibility to mental health care, and reducing stigma associated with seeking psychological help.

Key Highlights

- Inauguration: The event commenced with a welcome address by Mrs. Debanjana Mukherjee head department of Psychology and convenor Mental wellbeing club HCC who emphasized the importance of tele-mental health services in bridging the gap between individuals in distress and professional support.
- Session by Dr. Udayan Majumder: He provided an overview of TELEMANAS, explaining its objectives, functionality, and the importance of tele-psychiatry in modern mental health care.
- Session by Barshali Majumder: She highlighted the practical aspects of TELEMANAS, including how individuals can access services, the role of trained professionals in handling cases, and the impact of remote counseling.
- Interactive Discussion: The session was followed by an engaging Q&A session, where participants sought clarifications on service accessibility, ethical considerations, and confidentiality in tele-mental health counseling.

Conclusion

The program successfully sensitized participants about TELEMANAS and its significance in addressing mental health concerns, particularly in regions with limited mental health infrastructure. The collaborative efforts of the Mental Well-being Club ,Department of Psychology HCC and the National Mental Health Mission, Tripura, ensured that students and professionals gained valuable insights into the evolving landscape of mental health services.

The event concluded with a vote of thanks, acknowledging the resource persons for their invaluable contributions and the organizing committee for their efforts in making the program a success.

