
	GOVERNMENT OF PUDUCHERRY NATIONAL MENTAL HEALTH PROGRAMME PUDUCHERRY-605009. PH: 0413-2275704 Mail: nmhppdy@gmail.com	
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Ref: NMHP/IGMC& RI /PDY/2024-25/

DATE: 26.06.2024

To

The Mission Director,
Puducherry State Health Mission,
Puducherry-01

We here by submitting the Annual reports 2024-25 Activities conducted by the Puducherry Mental Health Programme, Govt Of Puducherry for your kind perusal.

Rally in observance of the International Day Against Drug Abuse and Illicit Trafficking 2024

On June 26, 2024, the NMHP –Department of Psychiatry, Govt of Puducherry organized a significant rally in observance of the International Day against Drug Abuse and Illicit Trafficking. The event commenced with a flag-off ceremony led by Shri. A. Kulothungan, I.A.S., District Collector - cum - District Magistrate, Puducherry and Dr.G.Sriramulu, Director, DH&FWS, Govt of Puducherry and Dr.Balan Ponmani Stephean ,HOD ,Department of Psychiatry ,IGGGH&PGI at collectorate complex . From there, approximately 400 Nursing students from the Govt and Private Nursing institutions and NSS (National Service Scheme) and Antidrug club actively participated in the rally.

The participants marched through the streets, carrying banners and placards to raise awareness about the dangers of drug abuse and illicit trafficking. The rally concluded at IGMC&RI Kathirkamam , where participants gathered to reinforce their commitment to combating these societal issues. Following that the Orientation programme conducted for Nursing Students at Auditorium, IGMC &RI, Kathirkamam. The Programme was organized by the Mental Health Professionals and Psychologist Mr.Raja, NMHP. It was broadcasted on Local channel /TV news and featured in prominent newspapers such as Dinamalar and ThinaThanthi.



International day against Drug Abuse and illicit trafficking prevention Day / Month – 26th July 2024 awareness rally at Thirukameshwarar temple to Kathurba college of womens ,villianur , Target participants – Arts college students , NGO activists , opinion leaders , health workers , General Public and Faculties of the various Institutions (200 Members), Villianur



NMHP Activities for Mental Health Training programme on Essentials of Psychiatry on Community setting for Anganwadi workers conducted on 06.08.2024. Batches containing of 75 numbers in a batch.



NMHP Activities for Mental Health Training programme on Essentials of Psychiatry on Health setting for higher institution teachers / Lectures, the programme conducted on 23.08.2024.



NMHP for awareness programme at School / colleges Activities of NMHP for the Month of September 2024.



Department of Master of Social work, Pondicherry University, conducted suicide awareness programme –on 05.09.2024



Tagore arts college conducted awareness cycle rally conducted at pundy marina on the occasion of world suicide prevention month /Awareness programme –on 08.09.2024



International suicide prevention Day / Month - 10 September - 2024 awareness rally
10.09.2024



International suicide prevention Day / Month - 10 September -2024 – Orientation/ awareness creation programme – at PSHM conference hall, the participants from College students from Thavalakuppam , Puducherry.



International suicide prevention Day / Month - 10 September -2024 – Orientation/ awareness creation programme – at IGGGH&PGI conference hall, the participants from College students from Kathirkamam , Puducherry..



world alzimers day celebration at IGGGH&PGI conference hall



Inter government school Quiz competition /contest for students- creation of mental health awareness among College / students . On 01st October at PSHM conference hall.



Inter government college elocution contest for students - creation of mental health awareness among college students/ adolescents conducted on 01st October at PSHM conference hall .



Awareness programme at Jeevanandam Hr secondary school at Karamanikuppam , Puducherry . -on 21.11.2024.



The NMHP conducted school awareness Programme on "Mental Health Awareness" on 21st November 2024, at Jeevanandam Hr secondary school at Karamanikuppam ,Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. Aravindan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja, Psychologist, NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Higher secondary school, Korkadu on 09.01.2025



Conduction of School awareness creation programme- Korkadu Higher secondary school at Korkadu.

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 09th January, at Hr secondary school at Korkadu.. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. Aravindan, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Bharathy Higher secondary school at Bhagore –on 11.01.2025.

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 11.01.2025, at Bharathy Higher secondary school at Bhagore. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 230. participants attended the programme , the programme with the duration of 03 hours



. The resource person Dr. M.Gajalakshmi, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at sekizhar Higher secondary school, Kathirkamam on 04.02.2025.



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Conduction of School awareness creation programme- sekizhar Higher secondary school, Kathirkamam

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 04th February, sekizhar Hr secondary school at kathirkamam. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. Aravindan, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Ms .B.Ponni Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Govt. Hr.Sec. School Ariyur on 06.02.2025

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 06.02.2025, at Awareness programme at Govt. Hr.Sec. School Ariyur . The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 230. Participants attended the programme , the programme with the duration of 03 hours

The resource person Dr. M.Gajalakshmi, Consultant Psychiatrist, NTMHP IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Ms.B.Ponni , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Subramanya baharathyar Hr secondary school on 12.11.2024



Title: Awareness Program on Mental Health and Substance Abuse

Date: 12.11.2024

Location: Govt School, Subramanya Bharathyar Girls Higher secondary school

Objective: To educate higher secondary school students on mental health and substance abuse issues.

Sessions:

1. Drug Abuse and Illicit Trafficking (Resource Person: 1.Dr. Aravindan)
2. Suicide Prevention and Depression (Resource Person:2. Mr.Raja.

Awareness programme at Pavendar Barathydasan Hr secondary school at PS Palayam -on 13.11.2024



Conduction of School awareness creation programme- Pavendar Barathydasan Hr secondary school at PS Palayam

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 13rd November 2024, at Pavendar Barathydasan Hr secondary school at PS Palayam. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. Aravindan, Psychiatrist, IGGGH&PGI , highlighted the Drug

abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Vallalar Hr secondary school Lawspet –on 15.11.2024

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 15 November 2024, at Vallalar Hr secondary school Lawspet__. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. M.Gajalakshmi, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.



Awareness programme at VOC Hr secondary school, - on 12.02.2025



Title: Awareness Program on Mental Health and Substance Abuse

Date: 12.02.2025

Location: Govt School, VOC Higher secondary school

Objective: To educate higher secondary school students on mental health and substance abuse issues.

Sessions:

1. Drug Abuse and Illicit Trafficking (Resource Person: 1.Dr. Aravindan)
2. Suicide Prevention and Depression (Resource Person:2. Mr.Raja.

Awareness programme at Theerar sathyamoorthy Hr secondary school at Murungapakkam -on 12.02.2025



Awareness programme at Theerar sathyamoorthy Hr secondary school at Murungapakkam –on 12.02.2025

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 12.02.2025, at Theerar sathyamoorthy Hr secondary school at Murungapakkam The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. Aravindan, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Thirubuvanai Hr secondary school –on 13.02.2025



The NMHP conducted school awareness Programme on "Mental Health Awareness" on 13.02.2025, at Thirubuvanai Govt Hr secondary school L . The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The resource person Dr. M.Gajalakshmi, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs,

symptoms, and management of mental health and encouraged students participation in promoting mental health.

Awareness programme at Pondicherry Community college –on 14.02.2025

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பாண்டிச்சேரி பல்கலைக்கழக சமுதாயக் கல்வியியல் போதைப்பொருள் ஆபத்து, மனநலம் மேம்பாடு பற்றிய விழிப்பு

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The NMHP conducted school awareness Programme on "Mental Health Awareness" on 14.02.2025, at Pondicherry Community College ,Lawspet. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community of school students around 250 participants attended the programme , the programme with the duration of 03 hours . The Principal welcomed the gathering and introduced the resource persons. The resource person Dr.Aravindan, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness and Mr .Raja , Psychologist ,NMHP Programme, Highlighted the importance of Suicide prevention and Depression among school students . It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Outcome of the programme is to increased awareness about mental health among participants and improved knowledge on signs, symptoms, and management of mental health and encouraged students participation in promoting mental health.

Orientation Training Programme for Paramedical Health workers/ Social workers at PSHM, Conference Hall 05.12.24.

The Training programme was inaugurated by Dr. Ragunath , IEC , Deputy Director, Puducherry. After the introductory session for the participants Dr.Balan Ponmani Stephen Nodal officer, NMHP, HOD, Department of Psychiatry, IGGGH&PGI, Puducherry welcomes the gathering and gave the introductory speech. The topic of introduction to Mind and basic concept of psychiatry illness was discussed. A detailed interactive training session was carried out. The topic of Psychiatric Illness in Substance abuse & De- addiction was discussed by by - Dr.Gajalakshmi , Psychiatrist & Programme Officer, NMHP ,Puducherry. A detailed stage play was conducted and a detailed interactive training session was carried out.The NMHP. Eminent resource persons Dr.K.Mathan .MD. Associate Professor, Department of psychiatry, IGMC&RI, Puducherry, Dr.Balan Ponmani Stephen, Specialist, Department of Psychiatry,IGGH&PGI, Puducherry and. Dr.Gajalakshmi (Psychiatrist) and Dr.Frederick Eugene. Senior Resident, Department of psychiatry, IGMC&RI, Puducherry from the field of psychiatry gave training regarding the various aspects of mental health in community. The participants who were 75 numbers from various PHC form Puducherry areas. The chief guests Dr. Ragunath, Deputy Director ,IEC IGGGH&PGI, and the resource persons were facilitated and honoured as per the norms. refreshments and Lunch were provided and the response was good.



Orientation Training Programme for Paramedical Health workers/ Social workers at PSHM, Conference Hall 05.12.24.



Mental Health Training programme on Essentials of Psychiatry on Health setting for Medical officers, the programme conducted on 19.02.2025.



NMHP Activities for Mental Health Training programme on Essentials of Psychiatry on Health setting for Nursing officers, the programme conducted on 20.02.2025.



NMHP and Puducherry Empowerment for Women Jointly conducted a awareness programme for Rajiew gandhi Arts and science college Thavalakuppam .



Awareness programme at Vallalar School Lawspet



Physical Achievements 2024-2025

FMR Code	FMR Activity	Approved Amount	Expenditure Amount
2.3.2.3	DMHP: Targeted interventions at community level Activities & interventions targeted at schools, colleges, workplaces, out of school adolescents, urban slums and suicide prevention.	500,000	0
3.2.5.3	District counseling centre (DCC) and crisis helpline outsourced to psychology department/ NGO per year	150,000	0
11.19.1	Translation of IEC material and distribution	500,000	454657
11.19.2	Awareness generation activities in the community, schools, workplaces with community involvement	500,000	231818
16.1.3.3.13	Miscellaneous/ Travel	350,000	17199

16.1.4.2.6	Operational expenses of the district centre : rent, telephone expenses, website etc.	250,000	8768
6.2.16.1	Drugs and supplies for NMHP	12,00,000	658515
9.5.16.1	Training of PHC Medical Officers, Nurses, Paramedical Workers & Other Health Staff working under NMHP	500,000	125740

NMHP Programme Activities conducted at puducherry region from April 2024 to - March 2025		
Sl no	Date	Prrogramme Details
1	26.06.2024	International day against Drug Abuse and illicit trafficking prevention Day / Month – 26th June 2023 awareness rally at District Collectorate office complex to IGMC&RI Kathirkamam covering main streets of Puducherry
2	26.07.2024	International day against Drug Abuse and illicit trafficking prevention Day / Month – 26th July 2024awareness rally at Thirukameshwarar temple to Kathurba college of womens ,villianur
3	06.08.2024	Training programme on Essentials of Psychiatry on Community setting for Anganwadi workers conducted
4	23.08.2024	Essentials of Psychiatry on Health setting for higher institution teachers / Lectures
5	28.08.2024	awareness programme at Annai Sivagami Hr secondary school Mudhaliayer pet
6	05.09.2024	awareness programme at Department of Master of Social work , Pondicherry university , conducted suicide awareness programme
7	08.09.2024	Suicide awareness Cycle Rally at Marina Beach Tagore arts college
8	10.09.2024	Suicide awareness Rally and orientation programme at DH&FWS puducherery
9	21.09.2024	world alzimers day celebration at IGGGH&PGI conference hall
10	28.09.2024	Awareness programme at Manakula vinayagar Engineering college , Madhagadipet
11	01.10.2024	Inter government school Quiz competition /contest for students-creation of mental health awareness among College / students . On 01 st October at PSHM conference hall.
12	01.10.2024	Inter government college elocution contest for students - creation of mental health awareness among college students/ adolescents conducted on 01 st October at PSHM conference hall .
13	08.10.2024	Kasthurba college Gallery walk gallery opening at Kasthurba college villianur
14	10.10.2024	World mental health day rally / orientation IGGGH&PGI
15	18.10.2024	World Mental Health Day -Month 10 October -2024- Orientation/ awareness creation programme- PHC Lawspet
16	23.10.2024	Awareness programme at Navalur Hr secondary school Lawspet

17	24.10.2024	World Mental Health Day –Month 10 October -2024– Orientation/ awareness creation programme, Tagore arts College, Lawspet , Puducherry
18	26.10.2024	World Mental Health Day –Month 10 October -2024 Orientation /awareness programme at IGM&RI auditorium
19	12.11.2024	Subramanya Bharathiyar Girls Higher secondary school
20	13.11.2024	pavender Bharathidasan Higher secondary school PS Palayam
21	15.11.2024	Vallalar Girls Higher secondary School Lawspet
22	21.11.2024	Jeevanandam Higher secondary school Nellithoppu
23	05.12.2024	Health Workers Counsellors Training Programme
24	03.01.2025	JNV school Awareness programme kalapet
25	09.01.2025	Korkadu govt Higher secondary school korkardu
26	10.01.2025	PHC Villianur
27	11.01.2025	Govt Bharathy Govt School Bhagore
28	24.01.2025	CHC Mannadipet
29	04.02.2025	sekizhar Higher secondary school, Kathirkamam
30	06.02.2025	Govt. Hr.Sec. School Ariyur
31	12.02.2025	VOC Higher Sec School
32	12.02.2025	Sathiyamoorthy Higher sec School Murungapakkam
33	13.02.2025	Thirubuvanai Higher sec school
34	14.02.2025	Pondicherry Community College ,Lawspet
35	19.02.2025	Medical officer Trainning programme
36	20.02.2025	Nursing officer Trainning programme
37	22.02.2025	Manakula vinayagar Engineering College

Thanking You

Yours Faithfully

The Nodal officer
NMHP
Govt of Puducherry