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Sir ,

We here by submitting the Annual reports 2025-26 Activities conducted by the Puducherry Mental Health Programme, Govt Of Puducherry for your kind perusal.

**National Mental Health Programme Annual Activities report from April 2025**  
**NMHP conducted awareness Programme on "Mental Health Awareness" on**  
**03.05.2025, at PHC Mettupalayam , Puducherry**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 03.06.2025, at PHC Mettupalayam, Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community around 220 participants attended the programme , the programme with the duration of 02.30 hours . The Dr. Tamizharasi PHC Medical officer Welcome the gathering. The resource person Dr.Gajalaksmi, senior consultant/Psychiatrist, NTMHP IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the public & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Medical officer and PHC in charge delivered the vote of thanks. 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.



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 20.05.2025, at PHC- Thavalakuppam , Puducherry**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 20.05.2025, at PHC- Thavalakuppam, Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 225 participants attended the programme. The Health inspector Mr .Krishna kumar welcome the gathering. Dr . Asma. Medical officer welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Aravindan , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the staffs Dr. selvanayagai ,Dr.Shagul Hameed , Sidha Dr. Shylaja , Staff Nurse . Ms . Pouvunambal , and ANM Ms Kalavathy Manjula and ASHA workers and PHC staffs attended the Programme . Mr Illanchezhiyan delivered the vote of thanks for the gathering .



தவளக்குப்பம் அரசு ஆரம்ப கல்விநிலையம்

## தற்கொலை தடுப்பு விழிப்பு

புதுச்சேரி, மே 20-  
தேசிய மனநலம் திட்டத்தின்  
அடர்வாக தற்கொலை மற்றும்  
மோசத தடுப்பு விழிப்புணர்வு  
நிகழ்ச்சி தவளக்குப்பம் அரசு  
கல்விநிலையம் நிகழ்ந்தது.  
கல்விநிலையம் ஆய்வாளர்  
கிருஷ்ணகுமார் கட்டுத்துறை  
மையினர். தவளக்குப்பம்

ராஜா ஆலியோ  
விருத்தினர் கல்விநிலைய  
கொண்டு போன  
தற்கொலை தடுப்பு  
விழிப்புணர்வு நிகழ்ச்சியில்  
நிஷா சிவியல்  
செல்வராஜா, பங்கு  
ஈடுபட்டு சிறந்த மருத்து  
மையினர். கல்விநிலைய  
பாண்டியமணி பங்கு

**NMHP conducted awareness Programme on "Mental Health Awareness" on 21.05.2025, at PHC Muthiyalpet , Puducherry**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 21.05.2025, at PHC Muthiyalpet, Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community around 250 participants attended the programme , the programme with the duration of 03 hours . The Counsellor Ms. Poochenamme Welcome the gathering. The resource person Dr.Aravindan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the public & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Medical officer and PHC in charge delivered the vote of thanks. 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.



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 27.05.2025, at PHC- Gorimedu , Puducherry**



The NMHP conducted community awareness Programme on "Mental Health Awareness" on 27.05.2025, at PHC- Gorimedu, Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme , The Medical officer welcome the gathering. The programme with the duration of 02 hours. The resource person Dr.Gajalaksmi , Senior consultant/Psychiatrist, NTMHP IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the NMHP/ Gorimedu PHC staffs . The Health inspector & Ms Staff Nurse Delivered vote of Thanks the gathering.

**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 28.05.2025, at PHC- Reddiarpalaym , Puducherry**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 28.05.2025, at PHC- Reddiarpalaym , Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme , The Health inspector Mr .Vetrivel Counsellor welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Aravindan , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC staffs attended the Programme . Staff Nurse delivered the vote of thanks for the gathering.



**NMHP conducted awareness Programme on "Mental Health Awareness" on 06.06.2025, at PHC Dubrayapet , Puducherry**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 06.06.2025, at PHC Dubrayapet , Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community around 200 participants attended the programme , the programme with the duration of 03 hours . The Staff Nurse Ms Sasi Welcome the gathering. The resource person Dr.Aravindan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the public & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Medical officer and PHC in charge delivered the vote of thanks. 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.



**NMHP for Mental Health Training programme from 24.06.2025 for police personal Stress management in working place puducherry region**

The NMHP conducted training programme for police personnel on 24.06.2025 at 01<sup>st</sup> floor , Auditorium, IGMC&RI ,. The programme was inaugurated by Superintendent of police , Dr. Baskaran and in the presence of IGMC, Director, Dr.Udhayakumar and the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was planned to identify and to reduce stress and anxiety among the police personnel. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . The sessions like Overview of Mental Health & Mental Health Problems- Dr .M.Gajalakshmi, Senior Consultant, NTMHP, Puducherry.

Dr.K.Mathan, MD, HOD. Department of Psychiatry, IGMC&RI , Kathirkamam, Puducherry conducted session on Depression and Suicidal Behaviours. Substance Related Disorders by Dr.Aravindan, Department of Psychiatry, IGGGH&PGI, Puducherry. Dr.Joseph Alexis, MD. DNB .Emergency Physician, JIPMER, Puducherry carried out a session on Emergency medicine (Handling Causality). Dr.Fedric Eugene. Senior Consultant, Department of Psychiatry, IGMC&RI , Kathirkamam, Puducherry conducted session on Suicide & Relates issues. Legal and Juvenile Delinquency by Dr.Avin, MD, Assistant Professor, IGMC&RI, Kathirkamam, Puducherry. Mindfulness and Relaxation Techniques (YOGA)Dr.Ramprasanth , MBBS , Dip in Yoga Medical officer PHC Ariyur , (Yoga instructor ). The police personnel around 350 participants attended the training programme. The programme was very effective among police personnel and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP .



புதுச்சேரி அரசு மனநலத்துறை மற்றும் தேசிய மனநல திட்டத்தின் சார்பு அரசு மருத்துவக் கல்லூரியில் போலீசாருக்கான மனநிலை பயிற்சி வகுப்பு

புதுச்சேரி, ஜூன் 25- புதுச்சேரி அரசுமனநலத்துறை மற்றும் தேசிய மனநல திட்டம் சார்பில், போலீசாருக்கான மனநல பயிற்சி சிறப்பு முகாம் நடந்தது. கதிர்காமம், இந்திராகாந்தி அரசு மருத்துவக் கல்லூரியில் மருத்துவ மனையின் மனநலப்பிரிவு டாக்டர் பாலன், மனநலத்துறை தலைவர் மதன் மற்றும் மருத்துவக் கல்லூரி இயக்குநர் உதயசங்கர் ஆகியோர் முன்னிலை வகித்தனர். முகாமில், வாறு கண் பது'என்ற பயிற்சி அவர் போலீஸ் பள்ளி என் தன், இன் கஜ், சப் ரமேஷ் ஆ



புதுச்சேரி மாவட்ட செய்திகள் உங்கள்  
வே2நியூஸில். டவுன்லோட்



## புதுச்சேரியில் காவலர்களுக்கான மனநல பயிற்சி

புதுச்சேரி அரசு மனநலத்துறை மற்றும்  
தேசிய மனநல திட்டத்தின் சார்பாக  
காவலர்களுக்கான மனநல பயிற்சி நே  
கதிர்காமம் இந்திரா காந்தி மருத்துவ  
கல்லூரியில் நடைபெற்றது. பயிற்சி  
வகுப்பினை அரசு பொது மருத்துவம  
மனநலப்பிரிவு டாக்டர் பாலன் பொன்  
கதிர்காமம் மனநலத்துறை துறை தலை

**International Day against Drug Abuse and Illicit Trafficking , Video making competition and rally and orientation program for, Conducted on 26.06.2025, at IGMC&RI, Kathirkamam, Puducherry**

**1. Rally Expenses – 26.06.2024**

The National Mental Health Programme and department of Psychiatry conducted a rally with the theme of International Day against Drug Abuse and Illicit Trafficking on 26.06.2025. The rally flagged off by The Deputy collector Mr. Vinayan, The Directorate of Health and Family Welfare Director Dr. Ravichandran , The Mission Director , PSHM Dr. Govindaraju , the Director IGMC&RI , Dr. Udhayashankar , has flagged off the rally and the Department of Psychiatry HODs Dr. Balan ,IGGGH&PGI & Dr.Mathan , IGMC&RI , the Senior consultant & Psychiatrist Dr. Gajalakshmi and Dr. Aravindhan , Psychiatrist, IGGGH&PGI has participated the programme. The rally programme started from the collectorate office and finished in IGMC&RI complex. The participants holed the drug abuse signboard and issued pamphlets to the public. The students participated from Government and private Nursing colleges around 450 students. The refreshments were given to the students and staffs.

## தேசிய மனநல திட்டம், மனநலத்துறை சர்வதேச போதை ஒழிப்பு, தடுப்பு தினம் உ



புதுச்சேரி, ஜூன்.27- புதுச்சேரி தேசிய மனநல திட்டம் மற்றும் மனநலத்துறை சார்பாக ஜூன் 26 சர்வதேச போதை ஒழிப்பு மற்றும் தடுப்பு தினம் அனுசரிக்கப்பட்டது.

இதனை மாவட்ட ஆட்சியர் வினையராஜ் தலைமையில் நலவழித்துறை இயக்குனர் ரவிச்சந்திரன், தேசிய சுகாதாரத்துறை இயக்குனர் கோவிந்தராஜ், இந்திரா காந்தி மருத்துவக்கல்லூரி இயக்குனர் உதயசங்கர், மனநலத்துறை தலைவர்கள் பாலன், மதன் மற்றும் மனநல வல்லுனர்கள் கஜலட்சுமி, அரவிந்தன் ஆகியோர் உறுதிமொழியை மாணவர்களுடன் ஏற்றுக் கொண்டனர்.

மேலும் மாவட்ட ஆட்சியரகத்தின் வாயில் முன்பு தொடங்கிய மாணவர்களின் பேரணியை கொடியசைத்து தொடங்கி வைத்தனர். இந்த பேரணியானது மாவட்ட ஆட்சியர் அலுவலகத்தில் தொடங்கி, இந்திரா காந்தி மருத்துவக்கல்லூரி வரை நடைபெற்றது.

இதில் போதை ஒழிப்பு முழுக்கங்களுடன், கையில் பதாகைகள் ஏந்தி மாணவர்கள் சென்றனர். இந்த

போட்டியில் இருந்த கல்லூரியில் இருந்தும் குறும்படத்தில் இருந்து செய்யப்பட்ட 5 குறும்பட பரிசளிக்கப்பட்டது.

முதல் பரிசு ரூபாய் 10,000 முதல் பரிசு இந்திரா காந்தி கல்லூரி மாணவருக்கு, இரண்டாம் பரிசு பிம்ஸ் ரூ.7,500ம், மூன்றாம் பரிசு செவிலியர் மதன் போதை வழங்கப்பட்டது. ஆறு தலா ரூ.1,250 மதர் தெர. கல்லூரி, வெங்கடேஸ்வர கல்லூரிக்கும் வழங்கப்பட்டது.

இதனைத் தொடர் தடுப்பு விழிப்புணர் நடைபெற்றது. இந்நிகழ்ச்சி மருத்துவர் மதன் போதை பாதிக்கப்பட்டவர்களை கண்டறிவது மற்றும் அறிகுறிகளை பற்றி எடுத்தாக்கர். அரவிந்த பழக்கத்தினால் பாதிக்க எவ்வாறு சிகிச்சை அளவளவுப்பில் மாணவர்களுடன்

## **2. Orientation Programme – Expenses**

In continuation of drug abuse day awareness rally, the National mental health programme conducted an orientation programme at IGMC&RI, Auditorium, the programme is felicitated by the chief guest Director Dr.Udhayashankar , IGMC&RI , Kathirkamam, and Dr. Balan ,Nodal officer , IGGGH&PGI and Dr.K.Mathan, IGMC&RI, the chief guest handed over the prizes to the winners in short video making competition . The special speech delivered by Dr.Mathan “How to identify Drug abuser among the society ” and Dr. Aravindan speech delivered speech on Drug abuse & Treatment availability in health setting. The students from several colleges participated and got prizes. Around 450 students participated and got benefited from the programme .



### **3. Video making Competition -Bill**

26th June being International day against Drug abuse and illicit trafficking. As part of this day with intent to create awareness among youth and general Public, the National Mental health programme, Govt of Puducherry is conducted a Short Film Competition and received short film from all College in UT of Puducherry. Among the film 05 film were shortlisted and they prizes were declared as follows

<b>Sl</b>	<b>Name Institution</b>	<b>Details</b>	<b>Prize amount</b>
1	IGMC&RI	1 <sup>st</sup> Prize	10000
2	PIMS	2 <sup>nd</sup> Prize	7500
3	Vivekananda Nursing college	3 <sup>rd</sup> Prize	5000
4	Venkateshwara Medical college & Mother Theresa Nursing College	Consolation prize for Two institutions	1250 x 2= 2500
		Total	<b>25000/-</b>



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 17.07.2025, at PHC Mudhaliyarpet & Jeevanandham Govt Hr sec School, Puducherry**



The NMHP conducted community awareness Programme on "Mental Health Awareness" on 17.07.2025 PHC Mudhaliyarpet & Jeevanandham Govt Hr sec School The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 500 School students & School teachers attended the programme , The School principal Mr. Kesavan welcome the gathering. 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, NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the NMHP/ Mudhaliyarpet PHC staffs . The Health inspector & Ms Staff Nurse participated the programme . Ms . Radhika , counselor , PHC Mudhaliyarpet Delivered vote of Thanks the gathering.

**The NMHP conducted training programme on Mental Health Training programme for Education Dept, Teachers, Puducherry working puducherry region.**

The NMHP conducted training programme on Mental Health Training programme for Education Dept, Teachers, Puducherry working puducherry region.

on 05.08.2025 at 01<sup>st</sup> floor , Auditorium, IGMC&RI ,. The programme was inaugurated by Director, Dr.Udhayakumar and the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was planned to identify and to reduce stress and anxiety among the Education Dept , Teachers. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . The sessions like Overview of Mental Health & Mental Health Problems-Dr .M.Gajalakshmi, Senior Consultant, NTMHP, Puducherry.

Introduction to Specific learning Disability & Attention Deficit Hyperactivity Disorder by Dr. Balan Ponmani Stephen, HOD, Dept of Psychiatry. IGGGH&PGI, Puducherry . Dr.K.Mathan, MD, HOD. Department of Psychiatry, IGMC&RI , Kathirkamam, Puducherry conducted session on Depression and Suicidal Behaviours. The Substance Related Disorders by Dr.Aravindan, Department of Psychiatry, IGGGH&PGI, Puducherry. The Stress management techniques by Dr. E.Vidhya, MD. Psychiatric Medical officer, NMHP. Dr.Fedric Eugene. Senior Consultant, Department of Psychiatry, IGMC&RI , Kathirkamam, Puducherry conducted session on Suicide & Relates issues. Legal and Juvenile Delinquency by Dr.Avin, MD, Assistant Professor, IGMC&RI, Kathirkamam, Puducherry. Mindfulness and Relaxation Techniques (YOGA)Dr.Ramprasanth , MBBS , Dip in Yoga Medical officer PHC Ariyur , (Yoga instructor ). The police personnel around 350 participants attended the training programme. The programme was very effective among police personnel and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP .



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 07.08.2025, at PHC Ariyur Hr sec School, Puducherry**



The NMHP conducted community awareness Programme on "Mental Health Awareness" on 07.08.2025 PHC Ariyur Hr sec School The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 School students & School teachers attended the programme , The School principal welcome the gathering. 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 Dr.Vidhya, Psychiatric Medical officer ,NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the NMHP/ Ariyur PHC staffs . The Health inspector & Ms Staff Nurse participated the programme . Mr.Vetrivel , counselor , PHC Ariyur, Delivered vote of Thanks the gathering.



**NMHP conducted PHC awareness Programme on "Mental Health Awareness"**  
**on 03.09.2025, at PHC Sivaranthagam Hr sec School, Puducherry**



The NMHP conducted community awareness Programme on "Mental Health Awareness" on 03.09.2025 PHC Sivaranthagam Hr sec School. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 School students & School teachers attended the programme , The School principal welcome the gathering. 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 Dr.Vidhya, Psychiatric Medical officer ,NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the NMHP/ Sivaranthagam PHC staffs . The Health inspector & Ms Staff Nurse participated the programme . Mr.Vetrivel , counselor , PHC Sivaranthagam , Delivered vote of Thanks the gathering.

**NMHP for International suicide prevention Day / Month - 10 September-2025**

**1. Rally – 26.06.2024**



The National Mental Health Programme and department of Psychiatry conducted a rally with the theme of World Suicide prevention Day on 10.09.2025. The rally flagged off by The collector Kulathungan, The Directorate of Health and Family Welfare Director Dr. Sevel, The Mission Director , PSHM Dr. Govindaraju , the Director IGMC&RI , Dr. Udhayashankar , has flagged off the rally and the Department of Psychiatry HODs Dr. Balan ,IGGGH&PGI & Dr.Mathan , IGMC&RI , Psychiatrist Dr. Aravindhan and Dr.Vidhya ,Psychiatrist, IGGGH&PGI has participated the programme. The rally programme started from the collectorate office and finished in IGMC&RI complex. The participants holed the drug abuse signboard and issued pamphlets to the public. The students participated from Government and private Nursing colleges around 450 students. The refreshments were given to the students and staffs.

## **2. Orientation Programme – Expenses**

In continuation of Suicide prevention day /Month awareness rally, the National mental health programme conducted an orientation programme at IGMC&RI, Auditorium, the programme is felicitated by the chief guest Director Dr.Udhayashankar , IGMC&RI , Kathirkamam, and Dr. Balan ,Nodal officer , IGGGH&PGI and Dr.K.Mathan, IGMC&RI, The special speech delivered by Dr.Mathan “How to identify Drug abuser among the society ” and Dr. Aravindan speech delivered speech on Drug abuse & Treatment availability in health setting. The students from several colleges participated and got prizes. Around 450 students participated and got benefited from the programme .



### **3. Poster making Competition –Bill**

The Suicide prevention awareness programme Poster making competition programme Conducted on 12 September. As part of this day with intent to create awareness among youth and general Public, the National Mental health programme, Govt of Puducherry is conducted a Poster making Competition and received posters from all College in UT of Puducherry. Among the film 03 Posters were shortlisted and they prizes were declared as follows.

Sl no	Name of the students	Institutions	Prize Details	Amount
01	Roopitha	Raak Nursing College	1 st Prize	3000/-
02	V.Stephen	Sri Manakula vinayagar Nursing college	II nd Prize	2000/-
03	Youvarekha	Vivekananda Nursing college	III rd Prize	1000/-



#### **4. Reels making Competition -Bill**

The Suicide prevention awareness programme Reels making Competition programme Conducted on 12 September. As part of this day with intent to create awareness among youth and general Public, the National Mental health programme, Govt of Puducherry is conducted a Reels making Competition and received posters from all College in UT of Puducherry. Among the film 03 Posters were shortlisted and they prizes were declared as follows.

Sl no	Name of the students	Institutions	Prize Details	Amount
01	Madhavan	IGMC&RI Kathirkamam	I st Prize	3000/-
02	S.Nandhini	Kanjima Munivar Post Graduate Institute ,Lawspet	II nd Prize	2000/-
03	Madhan	Vivekanandha Nursing College	III rd Prize	1000/-



**5. International suicide prevention Day / Month - 10 September -2025 - walkathon awareness creation programme 21.09.2025** – walkathon awareness creation participants like public / school / colleges /NGO/ PHC / Institutions (Nursing, Arts college).

National mental health programme govt of puducherry conducted walkathon at Gandhi statue to Dublex statue and returned to Gandhi statue on 21.09.2025 at 7.30 am. The walkathon flagged off by the Nodal officer NMHP, and Dr.Mathan, HOD, Department of Psychiatry, IGMC&RI and in the presence of Psychiatrist Dr. Aravindhan and Dr.Vidhaya. The Participants received T shirt and Cap and certificate. The gathering combined of College students, Non government organisation members (NGO), mental health professionals from various institutes. The around 500 numbers of participants gathered and volunteers distributed the Pamphlets for public.



realme 11x 5G  
21 September 2025 at 8:35 am

## 6. Department of Social work, Pondicherry University.26.09.2025

The NMHP conducted Suicide Prevention awareness on 21.09.2025, at Pondicherry University, Kalapet. The HOD, Department of Social work, Dr.Sanakara narayanan welcomed the gathering and introduced the resource persons. The resource person are Dr.Balan ,Nodal officer ,NMHP highlighted the Highlighted the importance of Suicide prevention and Depression among school students and Dr.Aravindan, Psychiatrist, IGGGH&PGI , highlighted the Drug abuse on signs and symptoms of mental illness . Dr.Shahin sulthana, delivered the vote of thanks, it was Interactive Sessions and NMHP volunteers and field work 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. The main Objective is to create awareness about Suicide prevention mental health, stress management, suicide prevention among the students around 250 participants attended the programme, the programme with the duration of 03 hours.



**World Mental Health Day –Month 10 October -2025 Conducted by the National mental health programme .**

**1. Elocution Competition –Bill 09.102.2025.**



The **Mental Health Day –Month 10 October** awareness programme Elocution Competition programme Conducted on 09<sup>th</sup> October. As part of this day with intent to create awareness among youth and general Public, the National Mental health programme, Govt of Puducherry is conducted a Elocution Competition and received Participants from all College in UT of Puducherry. Among the film 06 Participants were shortlisted and they prizes were declared as follows.

Sl no	Name of the students	Institutions	Prize Details	Amount
01	S.Davidraj	East Cost Institute of Nursing	1 st Prize	2000/-
02	S.Arthi Abinaya	Indirani College of Nursing	II nd Prize	1500/-
03	Badma priya .A	Vinayaga mission College of Nursing	III rd Prize	1000/-
04	Harini.I	A.G.Padmavadhi College of Nursing	consolation prize	500/-
05	Steffi.R	MTPG&HIS	consolation prize	500/-
06	S.Sahana	Vinayaga mission College of Nursing	consolation prize	500/-

## **1. Rally Expenses – 26.06.2024**



The National Mental Health Programme and department of Psychiatry conducted a rally with the theme of World Mental Health Day on 10.10.2025. The rally flagged off by The Senior Superintendent Mr.Kalaivanan, and the Director IGMC&RI , Dr. Udhayashankar , has flagged off the rally and the Department of Psychiatry HODs Dr. Balan ,IGGGH&PGI & Dr.Mathan , IGMC&RI , Psychiatrist Dr. Aravindhnan and Dr.Vidhya ,Psychiatrist, IGGGH&PGI has participated the programme. The rally programme started from the PHC Mettupalayyam and finished in IGMC&RI complex. The participants holed the drug abuse signboard and issued pamphlets to the public. The students participated from Government and private Nursing colleges around 450 students. The refreshments were given to the students and staffs.

## **2. Orientation Programme – Expenses**



In continuation of world Mental health day /Month awareness rally, the National mental health programme conducted an orientation programme at IGMC&RI, Auditorium the programme is felicitated by the chief guest Superintendent of Police, Mr. Ragunayagam and The Director Dr. Udhayashankar, IGMC&RI, Kathirkamam, and Dr. Balan, Nodal officer, IGGGH&PGI and Dr. K. Mathan, IGMC&RI, The special speech delivered by Dr. Mathan "How to identify Drug abuser among the society" and Dr. Aravindan speech delivered speech on Drug abuse & Treatment availability in health setting. The students from several colleges participated and got prizes. Around 450 students participated and got benefited from the programme.

## 1. Quiz Competition -29.10.2025.

The **Mental Health Day -Month 10 October** awareness programme Quiz Competition programme Conducted on 29<sup>th</sup> October in Psychiatry annexure hall , IGMC&RI, Kathirkamam . As part of this day with intent to create awareness among youth and general Public, the National Mental health programme, Govt of Puducherry is conducted a Quiz Competition and received Participants from all Medical Colleges in Puducherry. Among the 06 colleges Participants were shortlisted and they prizes were declared as follows.



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 16.10.2025, at PHC- Lawspet Idhaya college ,Karuvadikiuppam ,**

**Puducherry**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 29.10.2025, at PHC- PHC- Lawspet Idhaya college ,Karuvadikiuppam . The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme , The Counsellor welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Balan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Dr.Gajalakshmi, Senior Consultant, NTMHP, Programme, Highlighted the importance of Suicide prevention and Depression among Public. 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC staffs attended the Programme. Staff Nurse delivered the vote of thanks for the gathering.



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 29.10.2025, at PHC- Sedharapet , Puducherry**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 29.10.2025, at PHC- Sedharapet, Sardhar Vallabhai Patel Govt Higher Secondary school , Sedarapet , Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme , The Mr PHC Medical officer, welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Aravindan , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, NMHP ,Programme, Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC staffs attended the Programme . Staff Nurse delivered the vote of thanks for the gathering.



**NMHP conducted awareness Programme on "Mental Health Awareness" on 06.11.2025, at PHC Koodapakkam , Puducherry**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 06.11.2025, at Annamalai reddyar higher secondary school along with PHC Koodapakkam, Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the Students, around 200 School students attended the programme , the programme with the duration of 03 hours . The Vice Principal, N.Bakkaiyalakshmi , Welcome the gathering. The resource person Dr.Aravindan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the Teachers & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Medical officer Dr. Tamil selvan, PHC in charge delivered the vote of thanks. 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.



**NMHP conducted the awareness programme at PHC Awareness – Kurumbapet (U) , and Arut Chelvi Ayee Ammal,GGMS programme –on 19.11.2025.**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 19.11.2025, at PHC Awareness – Kurumbapet (U) , and Arut Chelvi Ayee Ammal,GGMS . The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme, The Physical education Director, Mr.Balakrishnan welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Aravindan, Psychiatrist, IGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, , Highlighted the importance of Suicide prevention and Depression among Public. 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC Kurumbapet staffs attended the Programme. Staff Nurse delivered the vote of thanks for the gathering.



**NMHP conducted the awareness programme at PHC –Madagadipet (R) and Kalaingar Karunanithi Govt.Hr.Sec.School Awareness programme –on 20.11.2025.**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 20.11.2025, at PHC –Madagadipet (R) and Kalaingar Karunanithi Govt.Hr.Sec.School Awareness programme, Madagadipet, Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme , The Principal Ms. Malathi , welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Aravindan , Psychiatrist, IGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness

and Mr.Raja, , Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC staffs attended the Programme . The PHC Counsellor ,Mr. Vetrivel delivered the vote of thanks for the gathering.



செய்திக் கு: 4428 34795

RNI No. PONBIL/2021/82208

**THILLAI MAIL**

**தீவ்வை வையல்**

தீவ்வை வையல் நாள்தீவ்வை  
4 பக்கம் கு.500 வராக

மலர் : 5 தீவ்வை : 160  
VOLUME: 5 ISSUE: 160

புதுச்சேரி (22-11-2025) சனிக்குழுவை  
FUDUCHERRY(22-11-2025) SATURDAY



புதுவையில் புது வற்ற தீவ்வை  
**கெளதம் ஜீவ்வை**  
தீவ்வை வையல்  
916 HALLMARK SHOWROOM  
புதுச்சேரி, தீவ்வை வையல்  
தீவ்வை வையல்

## கலதீர்த்தாள்குப்பம் அரசு மேல்நிலைப் பள்ளியில் தற்கொலை தடுப்பு விழிப்புணர்வு நிகழ்ச்சி



சமூகப் பணியாளர் ராஜா தற்கொலை தடுப்பு குறித்து சிறப்புரையாற்றினார். திருபுவனை அரசு ஆரம்பக் காதார நிலைய வளரிளம் பருவ ஆலோசகர் வெற்றிவேல் குழந்தைகள் மற்றும் வளரிளம் பருவத்தினருக்கான பாதுகாப்பு, கூட்டு நடவடிக்கைகள் மற்றும் சமூக அங்கத்தினர்களால் ஏற்படக்கூடிய கொடுமைகளிலிருந்து மீட்பது குறித்து சிறப்புரையாற்றினார்.

திருபுவனை, நவ.22-மதகடிப்பட்டு அடுத்த கலதீர்த்தாள்குப்பம் கலைஞர் கருணாநிதி அரசு மேல்நிலைப் பள்ளியில் புதுச்சேரி நலவழித்துறை தேசிய மனநல திட்டத்தின் சார்பில் போதை ஒழிப்பு, மன அழுத்தம் மற்றும் தற்கொலை தடுப்பு விழிப்புணர்வு நிகழ்ச்சி நடந்தது. நிகழ்ச்சிக்கு பள்ளி துணை முதல்வர் மாலதி தலைமை தாங்கினார். தலைமை ஆசிரியை அறிவுழகி முன்னிலை வகித்தார். பொறுப்பாசிரியர் துழிச்செல்வி வரவேற்றார். மனநலத்தின் முக்கியத்துவம், மன அழுத்தம் மற்றும் போதைப் பொருட்கள் தடுப்பு குறித்து மனநல மருத்துவர் அரசிந்தன் பேசினார். மனநல

மற்றும் சமூக அங்கத்தினர்களால் ஏற்படக்கூடிய கொடுமைகளிலிருந்து மீட்பது குறித்து சிறப்புரையாற்றினார். தேசிய காசநோய் மற்றும் புகையிலை ஒழிப்புத் திட்டம் செய்தி, கல்வி, தகவல் தொடர்பு அதிகாரி மணிமாறன் போதை பொருள் மற்றும் காச நோயால் ஏற்படக்கூடிய பாதிப்புகள் மற்றும் அதில் இருந்து பாதுகாத்துக் கொள்வது குறித்து, உரையாற்றினார். முடிவில் உடற்கல்வி விரிவுரையாளர் அமல்ராஜ் ஜார்ஜ் சேவியர் நன்றி கூறினார்.

### **NMHP conducted the awareness programme at PHC Kosapalayam Awareness programme at St Patric Higher secondary school ,Puducherry. 21.11.2025**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 21.11.2025, at St higher secondary school along with PHC Kosapalayam Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the Students, around 350 School students attended the programme , the programme with the duration of 03 hours . The Vice Principal, , Welcome the gathering. The resource person Dr.Aravindan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the Teachers & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Phical

education teacher delivered the vote of thanks. 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.



**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 26.11.2025, at PHC- Koonichempet .**

The NMHP conducted community awareness Programme on "Mental Health Awareness" on 26.11.2025, at PHC- Koonichempet Aringar Anna Govt Hr secondary school , Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 215 participants attended the programme , The Counsellor Mr .Tamizhamudhan Welcome the gathering. Dr . Arun Prasath. Medical officer and School Principal Ms. Mohanambal , introduced the Resource persons and welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Kisanth, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among participants. 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 public participation in promoting mental health. The programme arranged by the staffs Mr .Vijayakumar,Ms.Vasanthi, (Tamil), Ms. Padmavathy (Biology) ,PHC Staffs Counsellor Tamil amudhan, ANM Ms Anjanavalli and ASHA worker Ms.Punitha and PHC staffs attended the Programme . School Incharge Mr.Vijayakumar delivered the vote of thanks for the gathering .



**NMHP conducted awareness Programme on "Mental Health Awareness" on 28.11.2025, at PHC- Kurumampet ,Govt Hr secondary school Thilaspeth , Puducherry.**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 28.11.2025, at PHC Kurumampet , Govt Hr secondary school Thilaspeth , Puducherry The main Objective is to create awareness about mental health, stress management, suicide prevention among the community around 200 participants attended the programme , the programme with the duration of 03 hours . The Counsellor Ms. Parthiban, Welcome the gathering. The resource person Dr.Gajalakshmi , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the public & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Medical officer and PHC in charge delivered the vote of thanks. 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.



**NMHP for Mental Health Training programme from 03.12.2025 /04.12.2025/06.12.2025 for Health workers (Pharmacist ,Lab technician , Counsellors ) Mental Health Promotion In The Community - Self-Care For Health Workers working puducherry region.**



The NMHP conducted training programme for Health workers (Pharmacist, Lab technician, Counsellors) from 03.12.2025 /04.12.2025/06.12.2025 at 01<sup>st</sup> floor , Auditorium, PSHM Conference Hall. The programme was inaugurated by the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was Mental Health Training & Mental Health Promotion in the Community - Self-Care for Health Workers (Pharmacist, Lab technician, Counsellors), Puducherry. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . HOD, Department of Psychiatry, GH, Puducherry.

Dr. Balan Ponmani Stephen led topics such as Overview of Mental Health & Mental Health Problems. During this session, Dr. Balan talked on the significance of the mind-body connection, which is the strong, unbreakable bond between your mental (thoughts, emotions) and physical (body, health) states.





A Session on depression and other affective disorders was led by Dr. M. Gajalakshmi, Senior Consultant at NTMHP, Puducherry. Depression and other affective (mood) disorders are mental health diseases that influence day-to-day functioning and cause significant mood fluctuations, loss of interest, and persistent unhappiness, similar to bipolar disorder. Brain chemistry, genetics, and life events are the causes. There are effective therapies, such as medication and therapy, which emphasize early diagnosis and management for better results.

Dr. UmaMaheswari, Psychiatrist, IGGGH&PGI, Department of Psychiatry, IGGGH&PGI, Puducherry. conducted session on Major mental health disorders.

Dr.K.Mathan, MD, HOD. Department of Psychiatry, Kathirkamam, Pududcherry conducted session on Substance Abuse Related Disorders. Dr. Fedric Eugene. Senior Consultant, Department of Psychiatry, Kathirkamam, Pududcherry conducted session on Suicide & Relates issues. The Children and Adolescents – Emotional and Behaviour Problems Legal and Juvenile Delinquency by Dr.Avin, MD, Assistant Professor, Pududcherry. The Health workers (Pharmacist, Lab technician, Counselors) around 150 participants attended the training programme. The programme was very effective among Health workers (Pharmacist, Lab technician, Counsellors) and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP.



**NMHP conducted awareness Programme on "Mental Health Awareness" on 11.12.2025, at PHC- Thiruvandar koil ,Govt Hr secondary school , Puducherry.**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 11.12.2025, at PHC- Thiruvandar koil ,Govt Hr secondary school , Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community around 250 participants attended the programme , the programme with the duration of 03 hours . The Counsellor Ms. Vetrivel, Welcome the gathering. The resource person Dr.Gajalakshmi , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Dr.Mathan ,MD , HOD ,Psychiatrist, IGMC&RI ,Highlighted the importance of Suicide prevention and Depression among the public & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Medical officer and PHC in charge delivered the vote of thanks. 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.



**NMHP for Mental Health Training programme on 19.12.2025 for Health Ambassadors Mental Health Training programme, Education Dept , Puducherry working puducherry region.**

The NMHP conducted training programme on Mental Health Training programme for Higher Technical Education, Health Ambassadors , Puducherry working puducherry region on 19.12.2025 at 01<sup>st</sup> floor , Auditorium, IGMC&RI . The programme was inaugurated by Director, Dr.Udhayakumar and the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was planned to identify Common mental health disorders among Students and to reduce stress and anxiety among the Health Ambassadors, working in Higher Technical Education Dept.





The programme welcome speech and introduction to NMHP & Over view of Mind & body Mental health by Dr.Balan . The sessions like Common Mental Health Problems- Dr .M.Gajalakshmi, Senior Consultant, NTMHP, Puducherry.

Introduction to Specific learning Disability & Attention Deficit Hyperactivity Disorder by Dr. Balan Ponmani Stephen, HOD, Dept of Psychiatry, IGGGH&PGI, Puducherry. Dr.K.Mathan, MD, HOD. Department of Psychiatry, IGMC&RI, Kathirkamam, Pududcherry conducted session on Severe Mental Health Problems and Suicidal Behaviours. The Substance Related Disorders by Dr.Aravindan, Department of Psychiatry, IGGGH&PGI, Puducherry. The Health Ambassadors around 100 participants attended the training programme. The programme was very effective among Health Ambassadors and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP .

### **Ashas Training Programme 23.02.2026 to 25.02.2026 (03) Batches**

The NMHP conducted training programme for Health workers (Ashas ) from Training Programme 23.02.2026 to 25.02.2026 (03) Batches at 01<sup>st</sup> floor , Auditorium, IGMC&RI Conference Hall. Kathirkamam ,Puducherry .The Training programme was inaugurated by the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was Mental Health Training & Mental Health Promotion in the Community - Self-Care for Health Workers Ashas , Puducherry. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . HOD, Department of Psychiatry, GH, Puducherry.

Dr. Balan Ponmani Stephen led topics such as Overview of Mental Health & Mental Health Problems. During this session, Dr. Balan talked on the significance of the mind-body connection, which is the strong, unbreakable bond between your mental (thoughts, emotions) and physical (body, health) states.

A Session on depression and other affective disorders was led by Dr. M. Gajalakshmi, Senior Consultant at NTMHP, Puducherry. Depression and other affective (mood) disorders are mental health diseases that influence day-to-day functioning and cause significant mood fluctuations, loss of interest, and persistent unhappiness, similar to bipolar disorder. Brain chemistry, genetics, and life events are the causes. There are effective therapies, such as medication and therapy, which emphasize early diagnosis and management for better results.

Dr.K.Mathan, MD, HOD. Department of Psychiatry, Kathirkamam, Pududcherry conducted session on Substance Abuse Related Disorders. Dr. Fedric Eugene. Senior Consultant, Department of Psychiatry, Kathirkamam, Pududcherry conducted session on Suicide & Relates issues. The Children and Adolescents – Emotional and Behaviour Problems Legal and Juvenile Delinquency by Dr.Avin, MD, Assistant Professor, Pududcherry. The Health workers (Asahas ) participants attended the training programme. The programme was very effective among Health workers and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP.



**Anganwadi Women & child welfare Department Training Programme  
23.02.2026 to 25.02.2026 (03) Batches**

The NMHP conducted training programme for Anganwadi Women & child welfare Department Training Programme from Training Programme 23.02.2026 to 25.02.2026 (03) Batches at 01<sup>st</sup> floor ,IGMC&RI Conference Hall. Kathirkamam ,Puducherry .The Training programme was inaugurated by the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was Mental Health Training & Mental Health Promotion in the Community - Self-Care for Anganwadi workers, Puducherry. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . HOD, Department of Psychiatry, GH, Puducherry. Dr. Balan Ponmani Stephen led topics such as Overview of Mental Health & Mental Health Problems. During this session, Dr. Balan talked on the significance of the mind-body connection, which is the strong, unbreakable bond between your mental (thoughts, emotions) and physical (body, health) states.

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**Training Programme for Medical officers at PSHM, Conference Hall 17.02.2026.**

Dr.Balan Ponmani Stephen, the 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.Avin. Assistant Professor, 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 50 numbers from various PHC form Puducherry areas. As per the norms. Refreshments and Lunch were provided and the response was good.



**Training Programme for Nursing officers at PSHM, Conference Hall 18.02.2026.**

The NMHP conducted training programme on Mental Health Training programme for Nursing officers, Puducherry working puducherry region on PSHM, Conference Hall 18.02.2026. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . The sessions like Assessment and Management of Mental Health Problems In General Practice: An Overview by Dr.BalanPonmani Stephen, Nodal officer & HOD, Department of Psychiatry, IGGGH&PGI, Puducherry. The Depression and Other Affective Disorders & Anxiety Spectrum by Dr. M.Gajalakshmi , Senior consultant , NTMHP , IGGGH&PGI, Puducherry . The Substance Related Disorders by Dr.Aravindan, Department of Psychiatry, IGGGH&PGI, Puducherry. Dr.K.Mathan, MD, HOD. Department of Psychiatry, IGMC&RI , Kathirkamam, Pududcherry conducted session on Psychiatric Problems In Elderly. programme was very effective among Nursing officers and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP .



**Training Programme for Nursing officers at ANM, Conference Hall 19.02.2026.**

The NMHP conducted training programme on Mental Health Training programme for Nursing officers, Puducherry working puducherry region on PSHM, Conference Hall 18.02.2026. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . The sessions like Assessment and Management of Mental Health Problems In General Practice: An Overview by Dr.BalanPonmani Stephen, Nodal officer & HOD, Department of Psychiatry, IGGGH&PGI, Puducherry. The Depression and Other Affective Disorders & Anxiety Spectrum by Dr. M.Gajalakshmi , Senior consultant , NTMHP , IGGGH&PGI, Puducherry . The Substance Related Disorders by Dr.Aravindan, Department of Psychiatry, IGGGH&PGI, Puducherry. Dr.K.Mathan, MD, HOD. Department of Psychiatry, IGMC&RI , Kathirkamam, Pududcherry conducted session on Psychiatric Problems In Elderly. programme was very effective among Nursing officers and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP .



### **Ashas Training Programme 23.02.2026 to 25.02.2026 (03) Batches**

The NMHP conducted training programme for Health workers (Ashas ) from Training Programme 23.02.2026 to 25.02.2026 (03) Batches at 01st floor , Auditorium, IGMC&RI Conference Hall. Kathirkamam ,Puducherry .The Training programme was inaugurated by the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was Mental Health Training & Mental Health Promotion in the Community - Self-Care for Health Workers Ashas , Puducherry. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . HOD, Department of Psychiatry, GH, Puducherry.

Dr. Balan Ponmani Stephen led topics such as Overview of Mental Health & Mental Health Problems. During this session, Dr. Balan talked on the significance of the mind-body connection, which is the strong, unbreakable bond between your mental (thoughts, emotions) and physical (body, health) states.

A Session on depression and other affective disorders was led by Dr. M. Gajalakshmi, Senior Consultant at NTMHP, Puducherry. Depression and other affective (mood) disorders are mental health diseases that influence day-to-day functioning and cause significant mood fluctuations, loss of interest, and persistent unhappiness, similar to bipolar disorder. Brain chemistry, genetics, and life events are the causes. There are effective therapies, such as medication and therapy, which emphasize early diagnosis and management for better results.

Dr.K.Mathan, MD, HOD. Department of Psychiatry, Kathirkamam, Pududcherry conducted session on Substance Abuse Related Disorders. Dr. Fedric Eugene.

Senior Consultant, Department of Psychiatry, Kathirkamam, Puducherry conducted session on Suicide & Related issues. The Children and Adolescents – Emotional and Behaviour Problems Legal and Juvenile Delinquency by Dr.Avin, MD, Assistant Professor, Puducherry. The Health workers (Asahas ) participants attended the training programme. The programme was very effective among Health workers and the vote of thanks was delivered by Mr. Raja, Psychologist, NMHP.



**Anganwadi Women & child welfare Department Training Programme**  
**23.02.2026 to 25.02.2026 (03) Batches**

The NMHP conducted training programme for Anganwadi Women & child welfare Department Training Programme from Training Programme 23.02.2026 to 25.02.2026 (03) Batches at 01st floor ,IGMC&RI Conference Hall. Kathirkamam ,Puducherry .The Training programme was inaugurated by the Nodal officer, Dr Balan ponmani Stephen. The main objective of the programme was Mental Health Training & Mental Health Promotion in the Community - Self-Care for Anganwadi workers, Puducherry. The programme welcome speech and introduction to NMHP & Mental health by Dr.Balan . HOD, Department of Psychiatry, GH, Puducherry.

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**NMHP conducted the awareness programme at PHC Awareness – Sorapet , (Kothapurinatham), programme –on 05.03.26.**

The NMHP conducted community awareness Programme on "Mental Health Awareness PHC Awareness – Sorapet, (Kothapurinatham), programme –on 05.03.26. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme, The Physical education Director, welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Balan , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and M.Gajalakshmi ,Psychiatrist, NTMHP, Highlighted the importance of Suicide prevention and Depression among Public. 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC Kurumbapet staffs attended the Programme. Staff Nurse delivered the vote of thanks for the gathering.



**NMHP conducted the awareness programme at PHC -Nettapakkam Awareness programme –on 07.03.2026.**

The NMHP conducted community awareness Programme on "Mental Health Awareness programme at PHC --Nettapakkam Awareness programme –on 07.03.2026. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 participants attended the programme , The Medical officer, welcome the gathering. The programme with the duration of 02 hours. The resource person Dr. Aravindan , Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr.Raja, , Highlighted the importance of Suicide prevention and Depression among Public . 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 public participation in promoting mental health. The programme arranged by the Counsellor & staffs ASHA workers and PHC staffs attended the Programme. The PHC Nursing officer delivered the vote of thanks for the gathering.



**NMHP conducted the awareness programme at Thengaithittu, Perunthalaivar Kamaraj Centenary Educational Complex Awareness programme on 07.03.2026**



The NMHP conducted school awareness Programme on "Mental Health Awareness" on 07.03.2026, at Perunthalaivar Kamaraj Centenary Educational Complex along with Nasha Mukta Bharath abiyam , Govt of Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the Students, around 100 College NCC students attended the programme , the programme with the duration of 03 hours . The NCC coordinator , Assistant Professor , Dr.Sthishkumar , Welcome the gathering. The resource person Dr.Aravindan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Mr. Raja, NMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the Teachers & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Assistant Professor ,delivered the vote of thanks. 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.

**NMHP conducted the awareness programme at J J Nagar Moolakulam (Christ College ) Awareness programme at –on 09.03.2026.**

The NMHP conducted school awareness Programme on "Mental Health Awareness" on 09.03.2026, at Christ College , Moolakulam, along with PHC Sub centre, JJ Nagar Puducherry. The main Objective is to create awareness about mental health, stress management, suicide prevention among the Students, around 250 School students attended the programme , the programme with the duration of 03 hours . The Head of the Department Dr Bhavani, Welcome the gathering. The resource person Dr.Balan, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Dr.M.Gajalakshmi, NTMHP, Programme, Highlighted the importance of Suicide prevention and Depression among the Teaching professionals & students. It was Interactive Sessions and NMHP volunteers and team members Distribution of IEC Materials. The Nepoli , Assistant Professor , delivered the vote of thanks. 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.

**CHRIST**  
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INSTITUTION'S INNOVATION COUNCIL  
(Ministry of HRD Initiative)

Department of management studies organize:  
seminar on

**Women's Health, Hygiene and Mental Well-being**

**INTERNATIONAL WOMEN'S DAY**

9<sup>th</sup> March 2026

**EVENTS**  
Fireless cooking  
Mehendi  
&  
Cultural activities

**Dr.M.Gajalakshmi**  
Senior Consultant  
Psychiatrist. IGGGH&PGI  
PUDUCHERRY

**NMHP conducted PHC awareness Programme on "Mental Health Awareness" on 21.03.2026, at PHC Maducarai NCC, Students Puducherry**



The NMHP conducted community awareness Programme on "Mental Health Awareness" on 21.03.2026 PHC Maducarai. The main Objective is to create awareness about mental health, stress management, suicide prevention among the community, around 200 Public, NCC students & Health workers attended the programme , The Nursing officer welcome the gathering. The programme with the duration of 02 hours. The resource person Dr.Balan, Nodal officer, Psychiatrist, IGGGH&PGI, highlighted the Drug abuse on signs and symptoms of mental illness and Dr.Aravindan Psychiatrist, IGGGH&PGI,, Highlighted the importance of Suicide prevention and Depression among Students and Public . 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 public participation in promoting mental health. The programme arranged by the NMHP/ Maducarai PHC staffs. The Health inspector & Ms Staff Nurse participated the programme . Health worker, PHC Maducarai, Delivered vote of Thanks the gathering.

Thanking You

Yours Faithfully

The Nodal officer  
NMHP  
Govt of Puducherry