

A Day Long Seminar on The Importance of Mental Health in Building a Crime-Free Society

A day-long seminar on the importance of mental health in building a crime-free society was organised on 28-11-2025 in the seminar hall of Bhawanipur Anchalik College (BA College), which is a part of the **Pohumara Mahotsav**, in collaboration with the Internal Quality Assurance Cell (IQAC), Bhawanipur Anchalik College, and Assam Police, Bajali District. **Pohumara Mahotsav** is a week-long festival celebrated at the bank of the Pohumara River, which is a lifeline of the agrarian society at Bhawanipur. The seminar was chaired by **Dr Banasmita Sarma**, BA College, and officially inaugurated by the principal i/c of the college, **Manas Kumar Chakrabarty**. He thanked the organisers for coming up with an idea which is often ignored by most of us due to various social and emotional taboos. A technical session in the seminar was delivered by **Gopesh Chandra Das**, a renowned academician and journalist of Bajali District. He described how poor mental health becomes a hindrance for the development of a person as well as the society. Further, different examples based on his experiences were elaborated by him. Another session in this regard was chaired by **Dr Nabin Kumar Pokhrel**, IQAC Coordinator, BA College. Dr Pokhrel continued the findings elaborated by Mr Das in his talk and further explained the various factors, like parenting, bullying, work pressure,

relationship issues, loneliness, etc., that directly affect the mental health of a person or student. The role of a counsellor in this regard was briefly discussed. Out of several other technical sessions, one was chaired by Mr Trinayan Bhuyan (APS), Additional Superintendent of Police, Bajali District. He presented different cases based on his experience as police personnel. He described how poor mental health is adversely affecting the development of our society and surging the crime rates. Further, he dwelled on the findings of different agencies in this regard and urged the urgency of immediate introspection by all sections of the society. He finally suggested a few changes in our daily lives that may play a major role in shaping good mental health. **Mr Dhrubajyoti Deka**, President, **Pohumara Mahotsav**, discussed the importance of the awareness programmes on mental health in schools and colleges, in particular, the need of it in Bhawanipur. The seminar was attended by the faculty members, representatives from the Pohumara Mahotsav, and officials from Assam Police. In the interaction session, students tried to clear their confusions regarding the mental health of a person and tried to relate their problems with the findings of the seminar. **Mr Khirod Kalita**, BA College, finally delivered the vote of thanks and officially concluded the seminar.

