

GOVERNMENT POLYTECHNIC, MADHUBANI

At – ARARIA SANGRAM, JHANJHARPUR (BIHAR)

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Press Release

Mental Health Awareness Seminar Held at Government Polytechnic, Madhubani

Madhubani, September 2, 2026: A **Mental Health Awareness Seminar** was organized at **Government Polytechnic, Madhubani**, on September 2, 2026, with the objective of creating awareness among students about the importance of mental well-being, emotional balance, stress management, and a healthy lifestyle.

The awareness programme was conducted with the active participation of **Brahma Kumaris**, including **State Coordinator BK Sanjay Ji, BK Sudhakar, BK Vinita, and BK Neelam**. The guests were warmly welcomed by **Principal Professor Parashuram Mishra, Nodal Officer Professor Kumari Shambhavi, and Professor Diksha Ritesh** by presenting them with plants as a symbol of respect, positivity, and environmental consciousness.

Addressing the students, **Principal Professor Parashuram Mishra** shared valuable thoughts on mental health and explained the importance of maintaining a positive and balanced mind, particularly for students who have recently joined the institution. He encouraged the newly admitted students to remain positive, manage academic and personal pressures effectively, communicate openly, and develop healthy habits for their overall growth.

The **Brahma Kumaris** team conducted several engaging and informative activities related to **mental health awareness**. The students were also shown an informative video on mental health and participated in a **meditation session**. Through these activities, students were encouraged to understand the importance of self-awareness, inner peace, concentration, positive thinking, and emotional stability in their academic as well as personal lives.

A number of faculty members remained present throughout the programme and motivated the students through their active participation. The faculty members included **Professor Ashish Kumar Jha (EC), Professor Prabhakar Kumar Jha (EE), Divya Shanu (CE), Suman Kumar (CE)**, and others.

The successful organization and smooth execution of the programme were also supported by **Lab Assistant Satish Kumar (CSE)** and **Lab Assistant Saurabh Kumar (Chemistry)**, whose important contribution helped in ensuring the effective conduct of the event. The **supporting staff and security guards** also played an important role in maintaining proper coordination and discipline during the programme.

At the conclusion of the seminar, **Nodal Officer, Yoga and Mental Health Awareness, Professor Kumari Shambhavi**, addressed the students and explained why **meditation is important in daily life**, particularly for improving concentration, reducing stress, maintaining emotional balance, and developing a calm and positive mind. She also extended a **vote of thanks** to the **Brahma Kumaris** team, the Principal, faculty members, staff, students, and everyone who contributed to making the programme successful.

The seminar concluded with a positive message that **mental health is an essential part of overall health and well-being**, and that students should give equal importance to their mental, emotional, and physical well-being while pursuing their education and building their future.



