

Agenda

Mental Health Workshop

Venue – BNR Chanakya | Date – 11 October 2025 | Time – 12:30 PM – 04:30 PM

Time	Session	Activities/Details
12:30 – 1:30 PM	Lunch	
1:30 – 1:40 PM	Welcome Address	By Ms Astha Alang- Communication, Advocacy & Partnership Specialist, UNICEF Jharkhand
1.40 – 1.50 PM	Presentation	Dr. Vanesh Mathur, Health Officer, UNICEF Jharkhand
1:50 – 2:15 PM	Setting the Tone – Girl Voices: Lived Experiences	Four girl speakers share stories: 1. Facing the pressure of early marriage, its impact on mental health, and how she fought back to stop it 2. Dropping out of school and its repercussions on mental health 3. Living with mental illness and overcoming stigma 4. A boy speaking on mental health and discrimination 5. Suvarna Pal, Discrimination and impact on mental health
2:15 – 2:30 PM	Tea Break	
2:30 – 3:15 PM	Address: “Bridging Systems”	- Shri Shashi Prakash Jha, IAS, Mission Director, NHM, Govt. of Jharkhand - Smt Kiran Kumari Pasi, IAS, Director, Women, Child Development and Social Security - Official from Education Department - Dr. Kaninika Mitra, Chief, UNICEF Jharkhand
3:30 – 4.30 PM	Interactive Panel Discussion & Commitments	Panel discussion on collective recommendations, and actions with a focus on systemic gaps, integration, policy, and community engagement: Presentation by UNICEF followed by discussion with CIP, CSO, a teacher: - Dr. Nishant Goyal, Associate Professor of Psychiatry, In-charge Centre for Child and Adolescent Psychiatry, CIP - Overall status of mental health of children and adolescents in Jharkhand - Teacher – Issues they see in children in the schools and their perspective - Counsellor – Issues that children and adolescents come with and support needed - Ms. Gopika Anand, Director, Deepshikha – Mental health issues from the perspective of disability - Shantana, State Consultant – Mental Health Cell, NHM, Govt of Jharkhand - Moderated by Parul Sharma, Education Specialist, UNICEF Jharkhand
4.30 PM – 4.45 PM	Open discussion moderated by Parul Sharma, Education Specialist, UNICEF Jharkhand	

4:30 – 4:40 PM	Vote of Thanks - By Dr Kaninika Mitra - Chief of Field Office, UNICEF Jharkhand
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