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THE TIMES OF INDIA

Jadavpur University plans centre to promote mental health

TNN | Mar 19, 2023, 05.44 AM IST



KOLKATA: Jadavpur University has decided to set up a Centre for Mindfulness Meditation to promote mental health and well-being. The university already has a counselling cell for students but the new centre will help the teachers, staffers as well as students to cope with stress in their daily lives.

Muktipada Sinha, director of the centre, said: "Mindfulness is a meditation technique, which is scientific and based on a secular approach. At JU, we have introduced this new approach to promote mental health." Registrar Snehamanju Basu said: "People are suffering from loneliness and hesitate to share problems. The space for interactions has probably shrunk." feels Basu. Presidency

also has counselling programmes. Arun Maiti, dean of students at PU, said that the university organises awareness campaigns and has provisions for counselling sessions for students.