

A Mental Health Awareness Program was organized on **20.05.2026** by **Dr. Naghma Zamir**, Clinical Psychologist, Sadar Hospital Motihari, in coordination with the University Counselling Cell led by **Dr. Shashi Prabha**, Mahatma Gandhi Central University (MGCU), Motihari.

The program aimed to educate students about the importance of emotional well-being and to encourage open discussions regarding mental health challenges. During the session, it was emphasized that mental illnesses are medical conditions and should be treated with care, support, and professional guidance, just like physical illnesses.

Dr. Zamir also highlighted the importance of the online portal [Tele-MANAS](#) and informed students about the 24×7 toll-free mental health helpline number 14416, available for assistance and emergency support.

