Monoshij, The Mental Health Platform Of Techno India Group, Hosts A Panel Discussion On Normalising Mental Health To Mark World Mental Health Day

Kolkata, 10ᵗʰ October, 2023: Techno India Group's mental health platform Monoshij hosted an engaging panel discussion on the crucial subject of **Normalising Mental Health** to commemorate **World Mental Health Day.**

This insightful discussion featured distinguished personalities from various fields, each contributing their expertise surrounding mental health. The esteemed panellists included, **Shri Debashis Sen, Chairman, NKDA & Managing Director of WBHIDCO, Dr Jai Ranjan Ram, Psychiatrist & Joint Director, Mental Health Foundation, Dr Kunal Sarkar, Senior Vice Chairman & Chief Cardiac Surgeon, Medica Superspecialty Hospital, Ms Alokananda Roy, Renowned Danseuse & Social Reformer and Prof Manoshi Roychowdhury, Co-Chairperson, Techno India Group.**

"We believe that it is essential to open up conversations around mental health and work collectively to break down the barriers that prevent individuals from seeking the support they need. This panel discussion is a significant step towards achieving that goal", said **Prof Manoshi Roychowdhury, Co-Chairperson of Techno India Group.**

This diverse panel of experts discussed how to lessen stigma and make mental health services more accessible as they dug into the crucial topic of Normalising Mental Health.

The event is slated to be a dynamic and informative session, offered attendees the opportunity to gain valuable insights and engage in discussions surrounding mental health. The ultimate aim was to foster an environment where individuals feel comfortable seeking help for their mental well-being.

The World Health Organisation (WHO) estimates that 1 in 8 people globally struggle with a mental health issue. Some of the most common illnesses among adolescents include behavioural problems, anxiety, and depression. Tragically, suicide is the fourth most common cause of death for those between the ages of 15 and 29. The theme of this year's World Mental Health Day, "Mental Health is a Universal Human Right," is particularly pertinent given the prevalent stigma surrounding mental health, which continues to be a significant obstacle to receiving treatment.

About Monoshij
Monoshij is a novel endeavor, the brainchild of Prof Manoshi Roy Chowdhury, Co-Chairperson, Techno India Group, which focuses on providing one to one intervention for mental health concerns as well as looks into the preventive aspect of it. It has supported schools, colleges, workplaces and elderlies through various preventive mental health programs along with one-to-one therapy or counselling sessions. The mental health team of Monoshij consists of psychiatrists, clinical psychologists, counsellors and special educators.

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