

Ref. No: CUJ/NSS/MHSM/2026/01

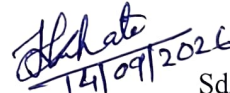
Date: - 14.09.2026

NOTICE

This is to inform that the National Service Scheme, Central University of Jharkhand, in collaboration with Tele-MANAS Services, Central Institute of Psychiatry, Ranchi, Jharkhand, is going to organise a workshop on “**Mental Health Awareness Program and Stress Management**”. The programme aims to create awareness about mental health and stress management.

All faculty members, non-teaching employees, Ph.D. scholars, and students of the University are requested to attend the programme and be present at the Academic Building-IV Auditorium, Central University of Jharkhand, by 11:00 A.M. on 16 September 2026 (Wednesday).

This is issued with the approval of the Hon'ble Vice Chancellor.


14/09/2026
Sd/-
NSS COORDINATOR

Copy for information and necessary action to:

1. All Deans of Schools
2. The Controller of Examination / The Librarian
3. Director-IQAC / Dean-Academic Affairs / Dean, R&D Cell
4. All Heads/Coordinators of Departments
5. CVO/DSW/Chairman, Proctorial Board/ Chairman, Admission Cell
6. All DRs / PRO / Ars / Hindi Officer
7. PIC- Transport / PIC- Estate/ PIC- Purchase / EE / Security Officer
8. All Sections / Cells of the University
9. All Teaching, Non- Teaching employees, Scholars, Students (Refer to Website / Notice Board)
10. Technical Cell I/c / System Analyst- for uploading on University Website
11. Rajbhasha Cell- for Hindi Version
12. PS to Vice Chancellor, PS to Registrar/ PS to Finance Officer
13. Notice Board, Concerned File & Guard File


14/09/2026
NSS COORDINATOR



CENTRAL UNIVERSITY OF JHARKHAND

Knowledge to Wisdom



Workshop on

“Mental Health Awareness Program and Stress Management with Tele-MANAS Services, Jharkhand”

“A peaceful mind
leads to a healthier,
happier you.”



Patron
Prof. Sarang Medhekar
Vice-Chancellor
Central University of Jharkhand



Dr. Hrishikesh Mahato
NSS Coordinator
Central University of Jharkhand

*A Healthier Mind
A Brighter Tomorrow*



Mental Health Matters

Listen • Support • Care • Empower



Rohini Nirja Tirkey
MSW
Tele-MANAS, Jharkhand



Jhimli Chatterjee
Diploma in Psychiatric Nursing
Tele-MANAS, Jharkhand



Date
16th September, 2026
(Wednesday)



Time
11:00 AM
onwards



Venue
**Academic Building - IV
Auditorium**

Organised by

NATIONAL SERVICE SCHEME

— in collaboration with —

Tele-MANAS

(Tele Mental Health Assistance and Networking Across States)
Central Institute of Psychiatry (CIP), Kanke, Ranchi, Jharkhand



Be Aware
Be Kind



Break the
Stigma



Together
for Better
Mental Health

*Stronger
Minds
Brighter
Futures*