



GOVERNMENT OF WEST BENGAL
WEST BENGAL COMMISSION FOR PROTECTION OF CHILD RIGHTS

ICMARD Building, (9th Floor), Block-14/2, C.I.T. Scheme- VIII (M), Ultadanga, Kolkata - 700 067
Telefax : 033 2356 0385 Phone : 033 2356 0381
e-mail : wbcpcr@gmail.com website : www.wbcpcr.org

Memo No.- 2006/WBCPCR/IM-4/2015

Date 13/8/2019

RECOMMENDATIONS

Subject: Inclusion of physical and mental health concern in School Diary

In recent days the West Bengal Commission for Protection of Child Rights Commission has observed some instances where children have developed suicidal tendencies due to stress, depression and anxiety and they show such manifestations in school. Even the Commission has intervened in an incident where a child committed suicide in school.

Unfortunately, in both the cases, the information of their mental health concern was reportedly not shared with the school authorities. Parents often go into denial mode when it comes to their children's mental health.

If the school authorities could come to know about this issue well in advance from parents and family members, they could be referred to a mental healthcare professional for timely intervention. They could also be given extra counselling in school.

The solution lies with students, teachers and parents who have to play an active part in ensuring mental well-being. But unfortunately, many educational institutions and teachers are not yet fully equipped to understand the mental health issues of students. The teachers should be trained in identifying symptoms and patterns of mental health related issues so that the children may be referred to the psychologists /psychiatrists as required. Prior to that, the teachers should have the mechanism of keeping record of such information. This information would strictly be confidential in nature.



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So, keeping in mind the best interests of the children, following are the recommendations of WBCPCR:

The School Diary should contain the following information on physical and mental health like other information e.g height, weight, blood group, parental information.

- A. Please indicate if there is any physical health concern: Yes-
No
If yes, please specify the kind of concern:
- B. Whether any medical intervention has been done: Yes-
No-
- C. Please indicate if there is any mental health concern: Yes-
No-
If yes, please specify the kind of concern:
- D. Whether any medical intervention has been done: Yes-
No-


Ananya Chakraborti
Chairperson