

## **Report on the seminar on mental health awareness and the inauguration of mental health club**

**Event : Seminar on mental health awareness and the inauguration ceremony of the mental health club**

**Date and Time: 03/05/25 11 am to 2 p.m.**

**Venue : College Auditorium**

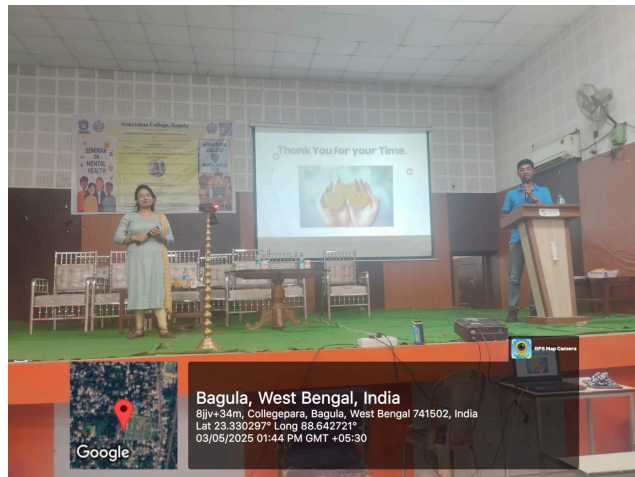
**Joint Conveners : Dr. Nabadyuti Barman & Dr. Tushar Kanti Bose**

The Grievance Redressal and Anti-Sexual Harassment Cell and the IQAC of Srikrishna College, Bagula have organized a seminar on mental health awareness and the inauguration ceremony of the mental health club on 03/05/2025 for all the students and teachers of our college. It was inaugurated by Mrs. Mahuya Basu (Ghose) and Dr. Debatra Kumar Dey. The seminar was organized with the objective of improving mental wellbeing among the students and teachers of the college. Around a total of 61 participants from different departments participated in the event. Ms. Ankita Paul ( Counselling Psychologist ) trained the participants in various techniques of mental wellbeing in different situations. The session was quite interactive as many students interacted with the speaker during the session. Dr. Nabadyuti Barman presented the idea and future timeline of action of the Mental Health Club. The logo of the mental health club was revealed by the members of the club. At the end, a quiz contest was conducted for all the participants based on the learnings from the speech given by Ms. Ankita Paul. Most of the participants participated in the quiz. A prize was given to Krishnarghya Sarkar (student of 4th Semester, Dept. of Computer Science) .:

### **Some glimpses of the event**



## *Some glimpses of the event*







*Some glimpses of the event*




## Brochure of the event



### Srikrishna College, Bagula





Invites You All to Attend  
A Seminar on the **Importance of Mental Health Awareness**  
and  
The Inauguration Ceremony of **Mental Health Club for the students**  
Organised by  
The Grievance Redressal and Anti Sexual Harassment Cell and  
IQAC, Srikrishna College, Bagula  
Date : **03/05/2025**, Venue : **College Auditorium**, Time : **11 am**  
Invited Speaker



Ms. Ankita Paul  
Counselling Psychologist &  
Counsellor – JRS Public School, Palpara

**Chairperson**  
Dr. Sukdeb Ghosh  
Principal

**Jnt. Convenors**  
Dr. Tushar Kanti Bose  
Assistant Professor  
Department of Physics  
Dr. Nabadyuti Barman  
Assistant Professor  
Department of Chemistry



সুস্থ ও সুন্দর শিক্ষা জীবনের প্রারম্ভিক পদক্ষেপ : শ্রীকৃষ্ণ কলেজ, বগুলার “Mental Health Club” উদ্বোধনী অনুষ্ঠানে যোগ দাও।  
চল একসঙ্গে মানসিক স্বাস্থ্য নিয়ে ভুল ধারণা দূর করি, হাসি ভাগ করে নিই এবং একটি শক্তিশালী সহায়ক পরিবেশ গড়ে তুলি!

২. আকর্ষণীয় কার্যক্রম, অনুপ্রেরণামূলক সেমিনার, কুইজ কম্পিটিশন তোমাদের জন্য অপেক্ষা করছে।

তোমাদের মানসিক স্বাস্থ্যের যত্ন নেয়ার ব্যাপারে সচেতনতা গড়ে তোলার জন্যে এটি grievance redressal and anti-sexual harassment cell এর ক্ষুদ্র প্রয়াস।

প্রধান আকর্ষণ :

✿ কাউন্সেলরের সঙ্গে সাক্ষাৎ, সৃজনশীল কর্মশালায় অংশগ্রহণ, স্ট্রেস কমানোর কৌশল শেখা সুযোগ পাবে।

✿ কুইজ কম্পিটিশনে আকর্ষণীয় পুরস্কার জেতার সুযোগ থাকবে

মানসিক সুস্থতাকে অগ্রাধিকার দিন – কারণ সুস্থ মন গড়ে তোলে উজ্জ্বল ভবিষ্যৎ।





## **Schedule**

One-day Seminar on the “Importance of Mental Health Awareness”

&

The Inauguration Ceremony of “Mental Health Club” for the students

*Organised by*

The Grievance Redressal and Anti Sexual Harassment Cell and

IQAC, Srikrishna College, Bagula

Date and time : 03.05.25 11.00 a.m- 1.30 p.m

Inauguration speech (11.00a.m - 11.10a.m)	<b>Anup Kumar Bhadra (President)</b>
Welcome Address ( 11.10a.m -11.20 a.m)	<b>Dr. Sukdeb Ghosh (Principal)</b>
Small note by IQAC coordinator ( 11.20a.m - 11.30 a.m)	<b>Dr. Anamika Chakraborty</b>
Address by Grievance cell co-ordinators (11.30a.m -11.35 a.m.)	Dr. Nabadyuti Barman / Dr. Tushar Kanti Bose
Inauguration of the logo of Mental health Club (11.35a.m - 11.40 a.m.)	Digitally
Tea break (11.40a.m - 11.50 a.m)	
Speech by Chief guest (11.50 a.m- 12.40 p.m)	Ms. Ankita Pal
Question answer session (12.40 a.m - 12.50 p.m)	
Quiz for audience ( 12.50 p.m - 1.15p.m)	
Vote of thanks (1.15 p.m - 1.30 p.m)	Member of grievance cell

Attendance Register  
Seminar on Mental Health & Inauguration Ceremony of Mental Health Club  
Grievance Redressal & Anti-Sexual Harassment Cell, Srikrishna College, Bagula, W.B.-741502  
Date : 03/05/2025

Sl. No.	Name (CAPITAL LETTERS)	Department	Signature
1.	DR. TUSHAR KANTI BOSE	PHYSICS	JK Bose
2.			
3.	PARAMITA HASRA	CHEMISTRY	- Agis
4.	Dr. Ananya Paul	Commerce	As 03/05/25
5.	SUPRATICK ADHIKARY	PHYSICS	S. Adhikary, 03.05.25.
6.	Dr. Sujay Pal	physics	SP 03/05/25
7.	JAHANGIR HOSSAIN	ECONOMICS	JHossain 03/05/25
8.	Mitali Halder	Commerce	Mitali 3/5/25
9.	Tushar Kanti Bhowmik	Mathematics	TK Bhowmik
10.	Goutam Das	History	Goutam
11.	Jayanta Das	Education	Jayanta 03/05/25
12.	PRITIKA SUBBA	ENGLISH	Pratika 03/05/25
13.	ASOME BANERJEE	Phy. edu.	As 03/05/25
14.	Aniket mitra	History	Aniket 3/5/25
15.	Madhura Ghose	Bengali	Madhura 3/5/25
16.	Arnab Chakraborty	English	Arnab 3.05.25
17.	Biny Biswas	Political Science	Biny 03.05.25.
18.	Oindrila Roy	Library	Oindrila Roy 03/05/25
19.	HAT Haimanti Pal	Library	Haimanti Pal 3/5/25
20.	Sarbani Maity	sociology	Smaity 03.05.25
21.	Rakhi Das Biswas	library	Rakhi 3.5.25.



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Sl. No.	Name (CAPITAL LETTERS)	Department	Signature
1.	RAJASREE BISWAS	English	Rajasree Biswas
2.	SIMRAN MONDAL	English	Simran Mondal
3.	<del>SOUVAK CHAKRABORTY</del>	Chemistry	<del>Souvak Chakraborty</del>
4.	MUKTI ROY	Computer Science	Mukti Roy
5.	PURNIMA PAUL	Bengali	Purnima Paul
6.	RAKHI HALDER	Bengali	Rakhi Halder
7.	SUMANA PAUL	Bengali	Sumana Paul
8.	Pratiksha Biswas	Bengali	Pratiksha Biswas
9.	SULAGNA SIKDER	Bengali	Sulagna Sikder
10.	MINAKSHI PAUL	Bengali	Minakshi Paul
11.	Tinkhat Biswas	Computer Science	Tinkhat Biswas
12.	Shayon Das	Computer science	Shayon Das
13.	Mridul Karmakar	Mathematics	Mridul Karmakar
14.	Krishnaranya Sarkar	Computer Science	Krishnaranya Sarkar
15.	Sudip Das	Computer Science	Sudip Das
16.	Samrat Sarkar	English	Samrat Sarkar
17.	Shreya Pramanik	Chemistry	Shreya Pramanik



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Grievance Redressal & Anti-Sexual Harassment Cell, Srikrishna College, Bagula, W.B.-741502  
Date : 03/05/2025

Sl. No.	Name (CAPITAL LETTERS)	Department	Signature
1	DIPANWITA BISWAS	Geography	Dipankrita Biswas
2	SWAGATA BISWAS	Geography	Swagata Biswas
3	Soumyajit Sankar.	Geography	Soumyajit Sankar.
4	DISHA ROY	Geography	Disha Roy
5	DHRITI GHOSH.	Geography	Dhruti Ghosh.
6	Sayan Biswas	Geography	Sayan Biswas
7	Maupriya Biswas.	Geography	Maupriya Biswas.
8	Rajeswari Saha	Geography	Rajeswari Saha
9	KINKAR SARKAR	Geography	Kinkar Sarkar
10	SHRABANTI GHOSH	Geography	Shrabanti Ghosh
11	SAYANI MISTRY	Geography	Sayani Mistry.
12	Amrita Kundu	Geography	Amrita Kundu
13	ARPITA SAHA	Geography	Arpita Saha
14	SUMAN PAL	Geography	Suman Pal.
15	AKASH BISWAS	Geography	Aakash Biswas
16	SNEHA DAS	Geography	Sneha Das
17	SUSHMITA BISWAS	Geography	Sushmita Biswas.
18	SAKSHI BISWAS	Geography	Sakshi Biswas
19	SAYANDIP MANDAL	Geography	Sayandip Mandal
20	BIPLAB SADHUKHAN	Geography	Biplab sadhukhan
21	Amit Rajbanshi	Geography	Amit Rajbanshi



## Attendance Register

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Seminar on Mental Health & Inauguration Ceremony of Mental Health Club  
St. Xavier's College, Bagula, W.

Seminar on Mental Health & Inauguration Ceremony of Mental Health Cell  
Grievance Redressal & Anti-Sexual Harassment Cell, Srikrishna College, Bagula, W.B.-741502

**Date : 03/05/2025**

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