

Report on the seminar on mental health awareness and the inauguration ceremony of the mental health club

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

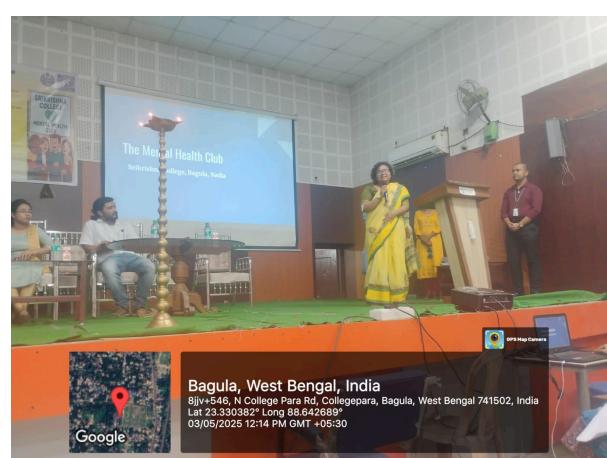
Date and Time: 03/05/25 11 am to 2 p.m.

Venue : College Auditorium

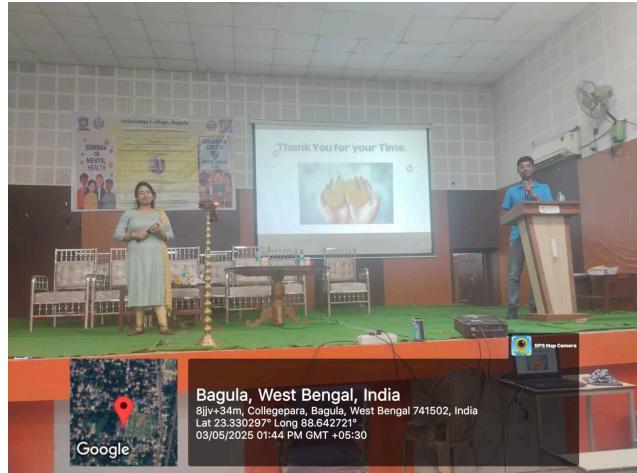
Joint Conveners : Dr. Nabadyuti Barman & Dr. Tushar Kanti Bose

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) .:

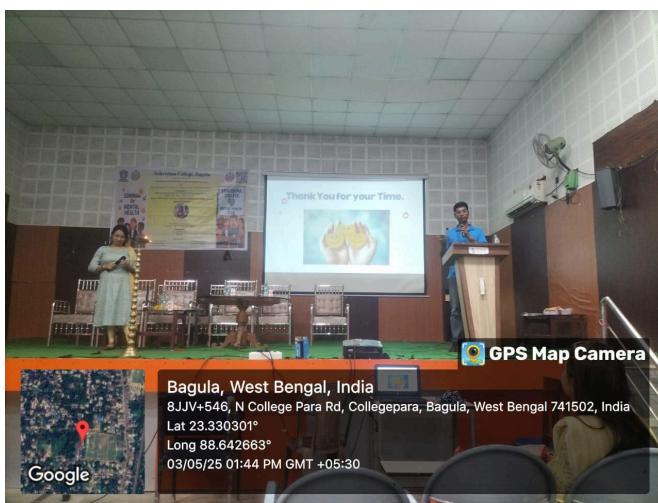
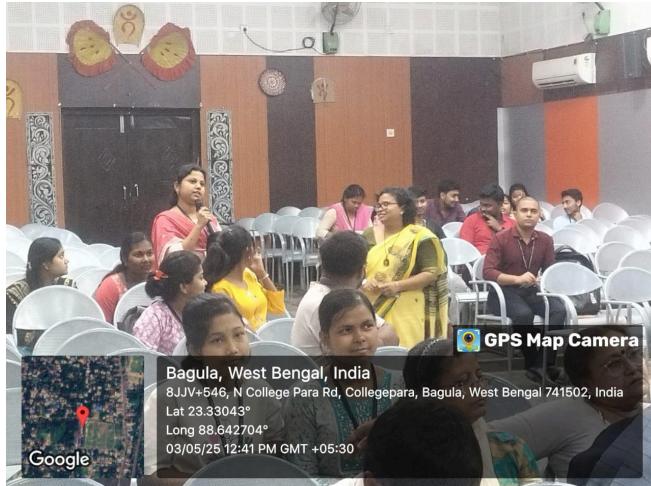
Some glimpses of the event



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

Int. Convenors

Dr. Tushar Kanti Bose
Assistant Professor
Department of Physics

Dr. Nabadyuti Barman
Assistant Professor
Department of Chemistry

SRIKRISHNA COLLEGE

MENTAL HEALTH CLUB

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 কম্পিউটিশন 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 :
৪ কাউন্সেলরের সঙ্গে সাক্ষাৎ, সৃজনশীল কর্মশালায় অংশগ্রহণ, স্ট্রেস কমানোর কৌশল শেখা সুযোগ পাবে।

৫ কুইজ কম্পিউটিশনে আকর্ষণীয় পুরষ্কার 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)	Anup Kumar Bhadra (President)
Welcome Address (11.10a.m -11.20 a.m)	Dr. Sukdeb Ghosh (Principal)
Small note by IQAC coordinator (11.20a.m - 11.30 a.m)	Dr. Anamika Chakraborty
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	— Agira
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	Hossain 03/05/25
8.	Mitali Haldar	Commerce	Mitali 3/5/25
9.	Tushar Kanti Biswas	Mathematics	TK Biswas
10.	Goutam Barua	History	G Barua
11.	Tonyanta Das	Education	TD 03/05/25
12.	Pritima Subba	ENGLISH	P Subba 03/05/25
13.	ASONE BANERJEE	Phy. edn.	AB 03/05/25
14.	Aniket Mitra	History	AM 3/5/25
15.	Malanya Chesi	Bengali	MC 3/5/25
16.	Arnab Chakraborty	English	AC 3.05. 25
17.	Binoy Biswas	Political Science	BB 03.05.25.
18.	Oindrila Roy	Library	OR 03/05/25
19.	HATI Haimanti Pal	Library	H. Pal 3/5/25
20.	Sarbani Maity	Sociology	S. Maity 03.05.25
21.	Ranu das Biswas	Library	R. Biswas 3.5.25.

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Sl. No.	Name (CAPITAL LETTERS)	Department	Signature
1	DIPANWITA BISWAS	Geography	Dipanwita Biswas
2	SWAGATA BISWAS	Geography	Swagata Biswas
3	Saumyajit Sarkar	Geography	Saumyajit Sarkar
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	Akash 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	BIPLOB SADHUKHAN	Geography	Biplab Sadhukhan
21	Amit Rajbanshi	Geography	Amit Rajbanshi

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