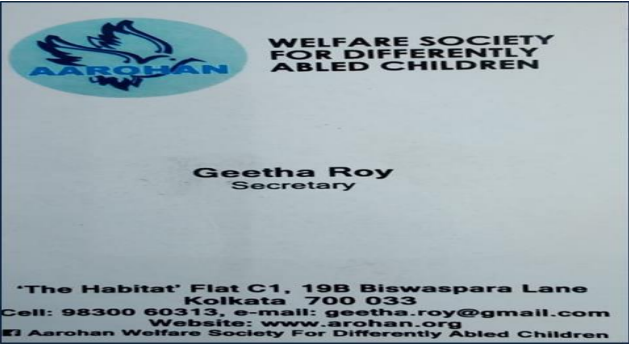
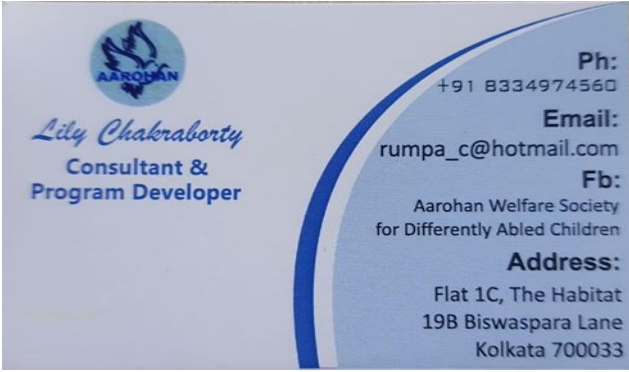


Heramba Chandra College

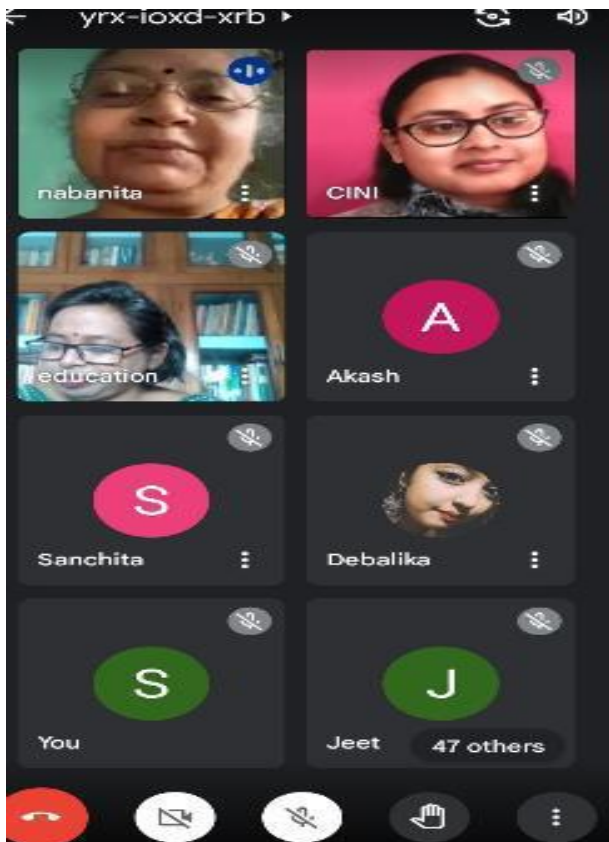
23/49 Gariahat Road, Kolkata-700029

Psychological counselling cell

Seminar/ Conference/ Workshop/any other activity details					
Sl. No.	Title of the Seminar/ Workshop/ Conference/ any other activity	Approximate No. of Participants	Organising Department/ Cell/ Committee	Date	Activity Reports
1	<p>Workshop on-“Special and Remedial Educational service for Differently Abled Children”</p>  <p>Geetha Roy Secretary</p> <p>“The Habitat” Flat C1, 19B Biswaspara Lane Kolkata 700 033 Cell: 98300 60313, e-mail: geetha.roy@gmail.com Website: www.aarohan.org Aarohan Welfare Society For Differently Abled Children</p> 	50	<p>Education department and Psychological counselling Cell</p>	04. 01.2018	<p>Convener-Chhaya Banerjee Secretary-Chinmayee nanda</p> <p>Education department and psychological counselling cell jointly organized a workshop on special and remedial educational services for differently abled. Special and remedial education means facilities and resources including support personnel and equipment necessary for developing and implementing a special education program. Differently abled children are different than other kids. Special education focuses on helping kids with disabilities learn. The services and supports for one student may be very different from those of another student. Participants of this workshop gathered experience about the differently abled</p>

					<p>children, their characteristics, special education and remedial service from the eminent speakers.</p> <p>Resource persons: Geetha Roy- Secretary of Aarohan Lily Chakrabarty-Consultant and program developer of Aarohan</p> <p>Aarohan welfare society for differently abled children.</p>
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2. Webinar on “Emotional Wellbeing and relaxation of students”



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Education
Department

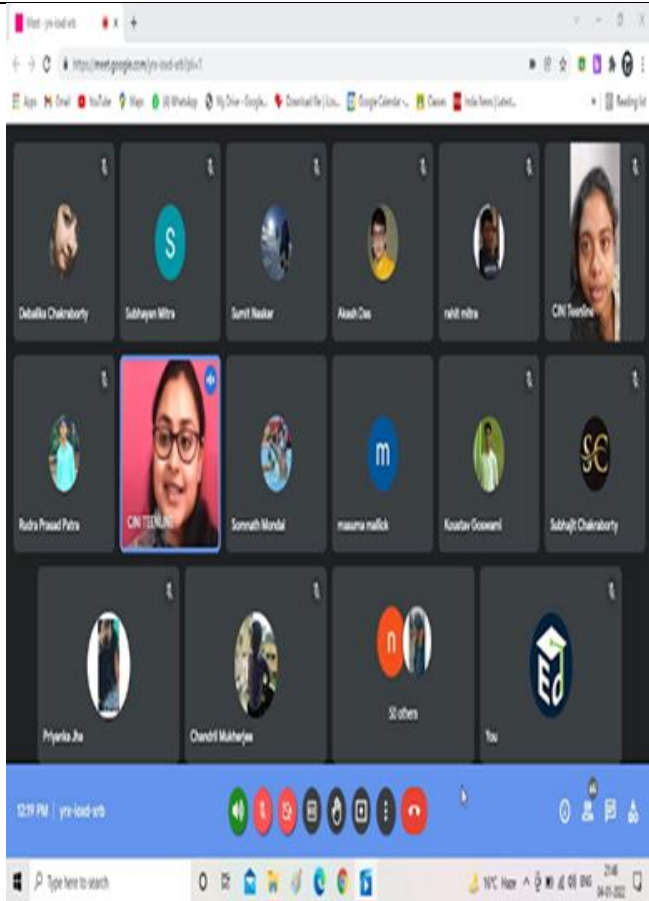
and

Psychological
Counselling
Cell

04.01.2022

Convener-Chhaya Banerjee
Secretary-Chinmayee Nanda
Treasurer-Chinmayee Nanda

In the beginning of the webinar Dr. Nabanita Chakraborty and Prof. Chinmayee Nanda of Education Department had given a brief a description of Child in Need Institute along with TEENLINE. Information about the services of Teen line was also provided to the students. The program started with introducing the topic and showing some slides were there for visual understanding that included the definition of emotional wellbeing and what is mental health. Few activities were conducted following the same. When starting the activities an Initial Relaxation had provided to them. There were some activity conducted in the



session like Gratitude Journal, Most common daily emotions, mindfulness activity, Self-Relaxation etc. These activities helped to identify their inner most feelings. After completion of all these activities relaxation training was done with them.

Resource person

Miss. Deyashini Paul and

Mrs. Tutul Roy

Counsellor

CINI-TEENLINE

3. Workshop on Mental Health Awareness.

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Education
Department

and

Psychological
Counselling
Cell

06.05.2022



Convener-Chhaya Banerjee
Secretary-Chinmayee Nanda
Treasurer-Chinmayee Nanda

In the beginning of the Workshop Principal Dr. Nabanita Chakraborty had given a brief idea about the importance of mental health awareness in post Covid situation. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. Various topics like mental health and some mental

					<p>health issues, how to identify the negative coping behaviors that can be seen in adolescents and young people of their age and, probable disorders that could occur in this age. .some activities like dance movement activity, Gratitude journal and some relaxation exercises were conducted with the participants.</p> <p style="text-align: center;">Resource person Miss. Deyashini Paul and Mrs. Tutul Roy Counsellor CINI-TEENLINE</p>
4.	Workshop on International Survivors of Suicide Loss Day	77	Psychological counselling cell and Education Department in association with Child in Need Institute	19.11.2022	<p>Convener- Chhaya Banerjee Secretary- Chinmayee Nanda Treasurer- Chinmayee Nanda</p> <p>International Survivors of suicide Loss day is an annual observance that is dedicated to supporting the loved ones of individuals who died by suicide. This year International Survivors of suicide</p>



Loss Day is 19th November, 2022. For the observance of this day an event was organized by Child in Need Institute in collaboration with Heramba Chandra College. The interactive awareness program was conducted by CINI (Child in Need Institute). The discussions were held on certain topics such as various myths and facts related to suicide, how suicidal behavior occurs and why it varies and how to recognize someone who might be having suicidal ideations using mindfulness etc.

The awareness program also saw a student of the college take the center stage and proudly share her story of survival and recovery.

The awareness program culminated with many questions and doubts that were raised by the participants.

Resource person

Akankhya Bhattacharya

					<p style="text-align: center;">Tutul Roy Counsellor- CINI-TEENLINE</p>
5.	Workshop on World Mental Health Day.	60	<p style="text-align: center;">Education Department, Psychological Counselling Cell and IQAC in association with CINI</p>	10.10.2023	<p style="text-align: center;">Convener- Chhaya Banerjee Secretary-Chinmayee Nanda</p> <p>IQAC Coordinator- Dr.Ranjan Kumar Auddy</p> <p>World Mental Health Day holds immense importance within the theme of this event, as it serves as a poignant</p>

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reminder of the pressing need to prioritize mental well-being in our lives. In a world where the pressures of competition and success often overshadow the value of kindness, empathy and gratitude, this day offers a timely opportunity to recalibrate our perspectives. It calls for destigmatization of mental health, encouraging open conversations about the significance of mental wellbeing. The workshop aimed to address the importance of mental health and the need to foster a culture of kindness and support among students. The workshop served as a vital platform for discussing the importance of observing World Mental Health Day. It emphasized the pressing need to address the state of mental health among students. The event helped students recognize that success and personal growth can be



achieved without harming others. It urged them to understand the importance of being kind and supportive.

Resource person

Tutul Roy

Counsellor- CINI-TEENLINE