



# 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	Approx. No. of Participants	Organising Department/ Cell/ Committee	Date	Activity Reports
1.	<b>Workshop on World Mental Health Day.</b> 	60	Education Department, Psychological Counselling Cell and IQAC in association with CINI CINI-TEENLINE	10.10.2023	<b>Convener- Chhaya Banerjee</b> <b>Secretary-Chinmayee Nanda</b>  <b>IQAC Coordinator- Dr.Ranjan Kumar Auddy</b>  World Mental Health Day holds immense importance within the theme of this event, as it serves as a poignant reminder of the passing 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

				<p>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.</p> <p style="text-align: right;"><b>Resource person</b> <b>Tutul Roy</b> <b>Counsellor- CINI-TEENLINE</b></p>
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