


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.	Workshop on World Mental Health Day. 	60	Education Department, Psychological Counselling Cell and IQAC in association with CINI CINI-TEENLINE	10.10.2023	Convener- Chhaya Banerjee Secretary-Chinmayee Nanda IQAC Coordinator- Dr.Ranjan Kumar Auddy World Mental Health Day holds immense importance within the theme of this event, as it serves as a poignant 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

2, Workshop on Emotional Wellbeing of Youth



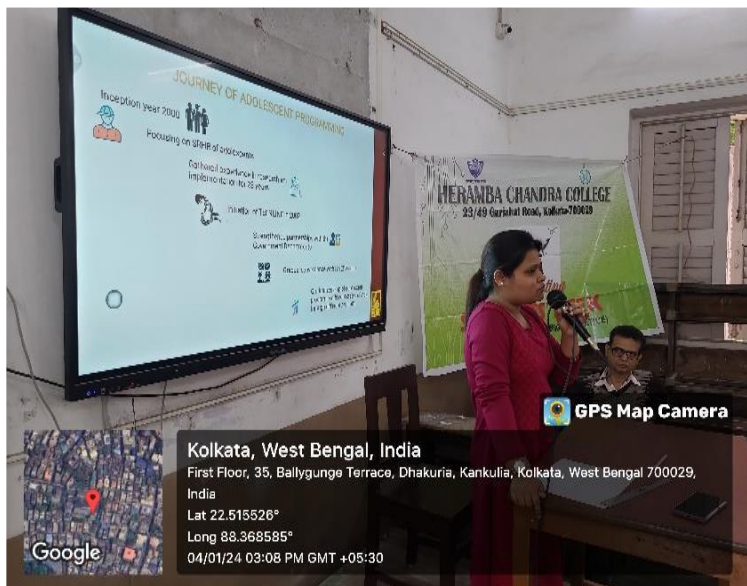
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Psychological
Counselling
Cell and
IQAC in
association
with CINI
CINI-
TEENLINE

04/01/2024

Convener- Chhaya Banerjee
Secretary-Chinmayee Nanda
IQAC Coordinator- Dr.Ranjan
Kumar Auddy

Objective of the workshop – Mental Health Awareness of Adolescent Students Session Detail - At the very beginning of the workshop principal ma'am had given a small speech on current mental health concerns among all. She also shared about Teenline agenda and services. The main program was started with a brief introduction of CINI and Teenline by the Resource Person Jililk Dutta. An icebreaking exercise was done to make them attentive for the session. Few slides were presented to explain the common mental health issues, addiction, and emotional wellbeing. Later on, the workshop was continued by another Resource Person Ankita Adhikary. A brief orientation was given on bio psychosocial model anxiety and stress



of adolescents. How to manage their own anxiety and stress was also shared. A short video was played to make them understand the importance of discussion on mental health issues. The seminar was ended by Vote of Thanks given by Smt. Chinmayee Nanda. A feedback form was also circulated to them after completion of the seminar.

Resource person

Jililk Dutta

And

Ankita Adhikary

Counsellor- CINI-TEENLINE