

# **Mental Well-being: A Key to happiness**

***Speaker:***

**Mrs. Anindita Mukherjee**  
*Psychologist and Counsellor*

***Convenor:***

**Dr. Anindita Mandal Majee**  
*Associate Professor*  
*Department of Physiology*

***Joint Convenor:***

**Prof. Jyoti Das**  
*Assistant Professor*  
*Department of Zoology*



**MARCH 28, 2022**  
**PSYCHOLOGICAL COUNSELLING CELL**  
**IN COLLABORATION WITH IQAC**  
**Raja Peary Mohan College**



# MENTAL WELL-BEING

- Key To Happiness



ORGANISED BY:

**PSYCHOLOGICAL COUNSELLING CELL, RPMC**

In Collaboration With ,

**IQAC ,RPMC**

**CHIEF PATRON**

**Dr. SUDIP KUMAR  
CHAKRABARTY**

(Principal,  
RPM COLLEGE)

**SPEAKER**

**Mrs. ANINDITA MUKHERJEE**

(Psychologist & Counsellor )

**ON  
29<sup>th</sup> MARCH 2022 ; ( TUE )**

**FROM  
2:30 pm onwards**

**VENUE :  
CENTENARY HALL**

**Dr. ANINDITA  
MANDAL MAJEE  
(CONVENOR)**

And

Prof. **JYOTI DAS  
(JOINT CONVENOR)**

(PSYCHOLOGICAL  
COUNSELLING CELL)

## **Report on the Seminar “Mental Well-being – A key to happiness.”**

### **No. of Participants in the Seminar –**

Teacher Participants – 39

Student Participants – 282

### **Details of the Seminar**

Venue – Centenary Hall

Time – 28.03.22

Duration – 2 Hours

### **ABOUT SEMINAR**

The aim of the seminar is to make understand the participants about mental health, the need for maintaining proper mental health of the individual, to understand wellbeing and to learn some strategies how to cope up with stress and maintain one’s mental state to gain happiness in life.

### **OBJECTIVES OF SEMINAR WERE**

- To understand the basics of mental health,
- To understand the different types of stress and stressors in day-to-day life.
- To learn some coping strategies and practices to help combat different mental issues.
- To generate awareness about mental illness among students and to help them become compassionate about fellow others.
- To understand the effective conditions of management of mental health problems.

### **DISCUSSION THEMES**

- Understanding the key indicator of stress in daily lives.
- An insight into the helps available for mental health problems.
- Introducing the students to the Psychological Counselling cell of our college,
- Learn certain practices of mental well-being.

### **Summary -**

The seminar was organised by the Psychological Counselling Cell on 28.3.2022 at 12:30 p.m. at Centenary Hall of Raja Peary Mohan College in collaboration with IQAC.

The IQAC coordinator, Dr. Sanjukta Bhattachajee inaugurated the seminar and highlighted the purpose of physical and mental health awareness.

The convenor, DR. Anindita Mandal (Majee) focused on the role of counselling as a step of mental health care. Joint Convenor, Prof. Jyoti Das gave an introduction to the Guest Psychologist, Mrs. Anindita Mukherjee and felicitated her through the IQAC coordinator.

Prof. Sandipan Sarkar, ex-convenor discussed about the difficulties he faced in conducting Individual Counselling during the Pandemic period.

Mrs. Anindita Mukherjee, the Guest Counsellor of the seminar discussed about the role of counselling with different examples and direct interaction with the students. The students participated freely and actively with the speaker and wanted to discuss their problems individually.

From the overall discussion in the seminar, the Psychological Counselling Cell along with the IQAC coordinator decided of taking consent from the Principal, Dr. Sudip Kumar Chakraborty and to organise Individual Counselling session per week for the students, teaching staffs and non-teaching staffs of the college. Counselling for the Teaching and non-Teaching staffs will be paid at Rs. 250/- per session and the counselling sessions will be free for the students.

The Counselling cell discussed to form a students' group who are interested in Individual counselling by taking names from the different departments buy the different members of this cell.

The counselling cell also deliberated on creating a google form for students to collect their demographic and mental state information to analyse and screen students in the risks and need of the student for counselling helping the cell to set the priorities for the students. The cell also decided on organising group counselling session after observing the problems of the students for a couple of Individual students to deliver mental aid to a large group of students at once.

### **Organising Committee**

1. Dr. Anindita Mandal Majee
2. Prof. Jyoti Das
3. Dr. Hrishita Gupta Bakshi

4. Dr.Sudhin Kumar Bera
5. Dr.Rajrupa Mitra
6. Prof. Sandipan Sarkar.
7. Dr. Swagata Pal
8. Prof. Animesh Das
9. Prof Amrita Sen
- 10.Prof. Anindita Banerjee
- 11.Prof. Smita Pal
- 12.IQAC Co-ordinator
- 13.Assistant IQAC Co-ordinator

## List of Participants in the Seminar:

28.3.22

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### Mental Well-being: Key to Happiness

#### List of attendees- Faculties

S.No.	Name	Department
1	Anindita Mandal (Majur)	
2	Jyoti Das	Zoology
3	Sudhir Kumar Bera	Commerce
4	Rajrupa Mitra 28.03.22	Economics
5	Maitree Bose 28.02.22	Zoology
6	Sandipa Sarkar, 28.03.22	History
7	Smrita Paul 28.03.22	Sanskrit
8	Animesh Das. 28.03.22	History
9	Anindita Banerjee 28.03.22	Physiology
10	Saumi Mukherjee 28.03.22	Philosophy
11	Chakita Mukhopadhyay 28.3.22	Philosophy
12	Aloke Bhunia 28.3.22	Philosophy
13	Suranta Chana 28.3.22	Philosophy
14	Hirita Gupta Bala 28.3.22	Bengali
15	Satadru Ghosh	Botany
16	Nandu Halder	Botany
17	Nilu Halder 28/3/22	Botany
18	সত্যদ্রু গুপ্ত	বটনি
19	Sudeshma Kellick.	History
20	Manalini Soreng	History
21	Niladri Bhattacharya	Political Science
22	Pranshu Mukherjee	Education
23	Adarsh Chatterjee 28/03/2022	Zoology
24	Mounita Mitra. 28/03/2022.	Economics
25	Pandana Mondal 28.03.2022	Economics

26. Saanjita Bhattacharya. Philosophy 28/3/22.



Date - 28.3.22

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Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
1	Swati Banerjee	Sanskrit(H)	6 <sup>th</sup>	B.A/19/0032	9831758636
2	Smriti Koley	sanskrit(H)	6 <sup>th</sup>	B.A/19/022	0748872195
3	priya pal	sanskrit(H)	6 <sup>th</sup>	B.A/19/0586	9332280828
4	Ranita sur	Sanskrit(H)	6 <sup>th</sup>	B.A/19/0058	8250050369
5	Sangita Patra	Sanskrit(H)	2 <sup>nd</sup>	B.A/21/0215	7044053580
6	Neha Das	sanskrit(H)	2 <sup>nd</sup>	B.A/21/0212	8589832027
7	Ankita Saha	B.Sc(Bio)Gen	2 <sup>nd</sup>	B.Sc(Bio)/21/005	9748092886
8	Debolina Paul	B.Sc(Bio)Gen	2 <sup>nd</sup>	B.Sc(Bio)/21/0071	6289814215
9	Barnali saha/Ry	B.Sc(Bio)Gen	2 <sup>nd</sup>	B.Sc(Bio)/21/114	9703106371
10	Ankita Saha	B.Sc(Bio)Gen	2 <sup>nd</sup>	B.Sc(Bio)/21/007	7044344391
11	Shruva Kapal	B.Sc(Bio)Gen	2 <sup>nd</sup>	B.Sc(Bio)/21/0076	7044368812
12	Apek Chakraborty	B.Sc(Bio)Gen	2 <sup>nd</sup>	B.Sc(Bio)/21/0029	9088285673
13	Simona Dhal	B.A(HistoryH)	2 <sup>nd</sup>	B.A/21/0294	9330453991
14	Nishasree Achikary	B.A(HistoryH)	2 <sup>nd</sup>	BA/21/0452	6290926884
15	Bultti Singh	BA(History)	2 <sup>nd</sup>	B.A/21/0591	6290756946
16	Priyanshi Roy Choudhury	BA(History)	2 <sup>nd</sup>	B.A/21/0770	9129602060
17	Anpita Dewali	B.A Sanskrit	6 <sup>th</sup>	B.A/19/0490	8582819045
18	Anpita khamara	B.A Sanskrit (H)	6 <sup>th</sup>	B.A/19/0219	7605840336
19	Aditi Delmath	BA Sanskrit (H)	6 <sup>th</sup>	B.A/19/0648	9051662118
20	Tousha Naskar	B.A Sanskrit	4 <sup>th</sup>	B.A/20/0359	7499815366
21	Kiranjom Banerjee	B.A SANHA(H)	4 <sup>th</sup>	B.A/20/0521	9239466929
22	Anuska Dutta	B.A BENGAL(H)	6 <sup>th</sup>	B.A/19/0184	8339814326
23	Sova Manda	B.A BENGAL	6 <sup>th</sup>	B.A/19/0974	7044856833
24	Subhas Sharma	BNGA	6 <sup>th</sup>	B.A/19/0953	6290117076

P.T.O



Date : 28.3.22

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List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
25.	Payel Dey	B.A. Honours	2	B.A/21/0274	7439475476
26.	Sayan Sengupta	B.Sc(Bio) Gen	2	B.Sc(bio)21/043	9330944344
27.	Abolona Mukherjee	B.Sc(Bio) Gen	2	B.Sc(Bio)21/0091	9330450844
28.	Isha Datta	B.A. Sanskrit	2	B.A/21/0131	7605859273
29.	Ayantra Pakimah	B.A.H Sanskrit	2	B.A/21/0181	8276049192
30.	Paiza Das	B.A.H Sanskrit	2	B.A/21/0197	7044871857
31.	Trisha Sinha	B.A.H Sanskrit	2	B.A/21/0134	7439752033
32.	Muskan Khatoon	B.A.H Sanskrit	2	B.A/21/0195	7980721035
33.	Soumyadip Das	B.Sc(Bio) Gen	4	B.Sc(Bio)20/0092	8972137737
34.	Sumedha Guha	B.A(G)	4	B.A/20/0848	6289572351
35.	Riya Das	B.A(G)	4	B.A/20/0536	7439406492
36.	Shubana Maity	B.A(G)	4	B.A/20/0574	6290779871
37.	Shruti Majumder	B.A(G)	4	B.A/20/0671	8335948877
38.	Neelipa Adhikari	B.A(G)	4	B.A/20/0552	7356909568
39.	Sonali Biswas	B.Sc ZOOA	2	B.Sc/21/0240	6289545175
40.	Anwesha Biswas	B.Sc ZOOA	2	B.Sc/21/0172	8100258711
41.	Srishti Ghosh	B.Sc ZOOA	2	B.Sc/21/0288	9143626401
42.	Aishiki Sarkar	B.Sc ZOOA	2	B.Sc/21/0207	7980341561
43.	Kasturi Sarkar	B.Sc ZOOA	2	B.Sc/21/0203	9432505640
44.	Suchetra Bakshi	B.Sc ZOOA	2	B.Sc/21/0033	6289864181
45.	Akash Dasgupta	B.A(H)	2	B.A/21/0450	8420584442
46.	Kuhel Sengupta	B.A(G)	4	B.A/20/0625	7439567255
47.	Monami Khelo	B.A(G)	4	B.A/20/0358	798084460
48.	Tania Barua	B.A(H)	4	B.A/20/0038	8482036008

P.T.O

Date : 28.3.22

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List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
49	Sirshak Chy.	History	2nd	B.A/21/0160	8697958596
50	Avishkek Dutta	History	2nd	B.A/21/0024	9883855489
51	Rupsa Ghosh	History	2nd	B.A/21/0027	6289570315
52	Sreha Majhi	Bio (Gen)	2nd	B.Sc/21/0105	9163337996
53	Ankita Patra	SANA(H)	2nd	B.A/21/0114	9051815317
54	Ankita Jana	SANA(H)	2nd	B.A/21/0113	8478896109
55	Priti Maity	Sanskrit(H)	2nd	B.A/21/0109	9163212351
56	Ayanika Datta	Sanskrit(H)	4th	B.A/20/0057	8159018616
57	Riya Ghara	Sanskrit(H)	4th	B.A/20/0255	8420558856
58	Ranika Kundu	Sanskrit(H)	4th	B.A/20/0409	9062718269
59	Aparna Dasgupta	Bengali(H)	2nd	B.A/21/0553	7439616542
60	Janisha Malakar	Bengali(H)	2nd	B.A/21/0861	8637634803
61	Moua Bairagi	Bengali(H)	2nd	B.A/21/0188	8250724520
62	Sangita Madhu	Bengali(H)	2nd	B.A/21/0190	9892536024
63	Rounak Dasgupta	B.Com(G)	2nd	B.Com/21/0169	8910083412
64	Sawan Das	B.Com(G)	2nd	B.Com/21/0118	9123002754
65	Nandini Shaw	B.A(Hons)	4th	B.A/20/0328	9748636382
66	Priya Bakshi	B.A(Hons)	4th	B.A/20/261	7890825983
67	Rama Roy	B.A(Hons)	4th	B.A/20/0163	6296810103
68	Rupsa Ghosh	B.Com(Hons)	2nd	B.Com/21/0086	8582878565
69	Deep Parmanik	B.Com(Gen)	2nd	B.Com/21/0100	6291954173
70	Sk Shujiddin Ali	B.Com(Gen)	2nd	B.Com/21/0291	6289469782
71	Rahul Biswas	B.Com(Gen)	2nd	B.Com/21/0062	9432651029 (G)
72	Rohit Paul	B.Com(Gen)	2nd	B.Com/21/0112	9123382075

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Date: 28.3.22

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List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
96	Bhaskar Pal.	B.Sc (Bio) Hons	6 <sup>th</sup>	B.Sc/19/0275	9330304632
97	ADIT K. PAUL	B.Sc (Bio) Hons	4 <sup>th</sup>	B.Sc/20/0173	9820653062
98	Aditya Pal.	B.Sc (Bio) Hons	6 <sup>th</sup>	B.Sc/19/0271	9748340812
99	Smriti Biswas	B.Sc (Bio) Hons	6 <sup>th</sup>	B.Sc/19/0135	6290674353
100	Sudipti Ghosh	B.Sc (Bio) Hons	4 <sup>th</sup>	B.Sc/20/0274	7003179360
101	Sukriti Das.	B.Sc (Bio) Hons	4 <sup>th</sup>	B.Sc/20/0233	9432092764
102	Rikta Malick	B.Sc (Bio) Hons	4 <sup>th</sup>	B.Sc/20/0167	6291653379
103	Rahul Bhadna	B.Sc (Bio) Hons	4 <sup>th</sup>	B.Sc/20/0252	9007565066
104	Jay Khan	B.Sc (Bio) A	4 <sup>th</sup>	B.Sc/20/63	6291127247
105	Tushar Patra	B.A (H) H	2 <sup>nd</sup>	B.A/21/0009	6297844100
106	Ananya Nayak	B.A (H)	2 <sup>nd</sup>	B.A/21/0002	8509253933
107	Pritynka Gogoi	B.A (H)	2 <sup>nd</sup>	B.A/21/0004	9359006950
108	Arun R. Mondal	B.N.G A	6 <sup>th</sup>	B.A/19/061	9903193232
109	Tanusree Das	B.A (G)	4 <sup>th</sup>	B.A/20/0009	9073570982
110	Prity Sikkari	B.A (G)	4 <sup>th</sup>	B.A/20/0259	9007748195
111	Susmita Khan	B.A (G)	2 <sup>nd</sup>	B.A/21/0800	9497300098
112	Rity Kukri.	B.A (G)	4 <sup>th</sup>	B.A/20/0647	9883441582
113	Prityka Manna	B.A (G)	4 <sup>th</sup>	B.A/20/0586	8584802581
114	Nivedita Mondal	B.A (G)	4 <sup>th</sup>	B.A/20/0488	8588888179
115	Raktan Nandi	B.Com (G)	1 <sup>st</sup>	B.A/2035	7278177022
116	P Abir Day	B.Com (G)	1 <sup>st</sup>	B.A/2048	7930670938
117	Pritykha Das	B.Com (G)	1 <sup>st</sup>	B.Com/21/0030	9291152757
118	Animesh. Soren	B.Sc (Bio) Hons	2 <sup>nd</sup>	B.Sc/21/0200	9123617961
119	Subhanwar Ghosh	B.Sc (Bio) Hons	2 <sup>nd</sup>	B.Sc/21/0200	8584917896

P.T.O

Date: 28.3.22

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List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
73	Ankita Singh	BA (General)	4th	B.A/20/5381	9874754544
74	Rakhi Sarda	B.A (General)	4th	B.A/20/0626	9163743309
75	Jisha Dey	B.A (General)	2nd	B.A/21/0714	8240730533
76	Riya Dey	B.A (General)	2nd	B.A/21/0420	8977536237
77	Moon Chatterjee	B.A (Gen)	2nd	B.A/21/0638	8100585682
78	Bratati Mukherjee	B.Com (Gen)	2nd	B.Com/21/0232	759694 3041
79	Kakali Mandal	BA (Hons)	6th	B.A/19/0706	7029997896
80	Pallabi Mandal	B.A (Hons)	4th	B.A/20/0031	8927743508
81	Subhachin Narayan	B.Sc (Hons)	2nd	B.Sc/21/0171	9932356783
82	Barnani Ghosh	B.Sc (Honors)	2nd	B.Sc/21/0277	9933605624
83	Amindita Gope	B.Sc (Honours)	2nd	B.Sc/21/0040	6291115165
84	Sukanya Banerjee	B.A (Gen)	6th	B.A/19/0578	9723707902
85	Barnha Mukherjee	B.Com (Hons)	6th	B.Com/19/0086	6290072191
86	Subhasi Das	B.Com (Hons)	6th	B.Com/19/0025	8479953546
87	Ria Patra	B.Com (Hons)	6th	B.Com/19/0015	6291621175
88	Jayanti Santra	B.Com (Gen)	6th	B.Com/19/0019	8584912109
89	Susmita Majhi	B.A (H)	2nd	B.A/21/0020	9082633883
90	Archita Majhi	B.A (Gen)	4th	B.A/20/0129	6289213743
91	Shikha Ghose	B.A (HONS)	4th	BA-20-0105	8421776561
92	Arpita Malik	BA (Hons)	4th	BA-20-0309	9163752564
93	Sreeja Guka Mallick	BA (HONS)	2nd	BA/21/0825	9903850118
94	Smitparna Ghoshal	BA (HONS)	2nd	BA/21/0283	9239344189
95	Jaya Sui	BA (HONS)	2nd	BA/21/0286	6291161201

Date : 28.3.22

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List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
120	1	Ripak Sarkar	IV	B	8382971293
121	2	Apekha Sadhukhan	Beng (H) IV	B.A/20/0161	9231521954
122	3	Piama Sen	Beng (H) IV	B.A/20/0298	9883384351
123	4	Minmoy Borkin	Bengali (H) IV	B.A/20/0093	988377854
124	5	Poulami Patra	Bengali (H) IV	BA/20/0383	7596878776
125	6	Abhijit Guha	BENGALI (H) IV	BA/20/0053	6290027617
126	7	Tushar Shaw	Bengali (H) IV	B.A/20/0987	6291742710
127	8	Hemanta Kumar Ghosh	B.A (H) Sanskrit IV	B.A/20/0573	7029472506
128	9	Pameli Pandit	B.A (H) Phil VI	BA/19/0067	9330935390
129	10	Rimta Khan	B.A (H) Phil VI	B.A/19/0489	7595813609
130	11	Sudipta Bhardai	B.A (H) BNGA IV	B.A/20/0143	801804312
131	12	Saraswati Adhikari	BNGA (H) IV	B.A/20/0018	9062641592
132	13	SK. Akbar Uddin	B.A (H) IV	B.A/20/0559	9123022136
133	14	Sudbhagya Borkin	B.A (G) IV	B.A/20/0088	7526027526
134	15	Pratima Ghosh	B.A (G) IV	B.A/20/0779	6289264643
135	16	Sanchita Patra	B.A (H) IV	B.A/20/0766	9051222065
136	17	Puja Som	" IV	B.A/20/0164	7439896656
137	18	Suastika Banerjee	" IV	BA/20/0064	6290939918
138	19	Mandira Ghosh	B.A (G) VI	B.A/19/0219	7044113056
139	20	Katha Mondal	B.A (H) VI	BA/19/0143	6290435345
140	21	Charitra Das	B.A (H) VI	BA/19/0069	7439895909
141	22	Arun Mondal	B.A (H) VI	BA/19/0677	7595033535
142	23	Tamika Bhattacharya	B.A (H) II	BA/21/0826	9903978704
143	24	Disha Dutta	B.A (H) II	B.A/21/0464	6289181221

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Date : 28.3.22

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List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
144	Kaboni choudhury	B.A. General	4th	B.A. 20.0774	9875355020
145	Subhra Mondal	B.A. General	4th	B.A/20/0707	7439554851
146	<del>Siddhanta Pal</del>	<del>B.A. Honours</del>	<del>2nd</del>	<del>B.A/21/0318</del>	<del>9875679208</del>
147	Mousumi Patra	B.A Honours	2nd	B.A/21/0842	8583878380
148	Sumona Pal	B.A Honours	2nd	B.A/21/0318	9875679208
149	Sumana Das	B.A. Honours	2nd	B.A/21/0058	7605875334
150	Poulami Ghosh	B.Com HONS	2nd	B.com/21/0070	9903153634
151	Mitali Mondal	B.A GEN -	2nd	B.A/21/0078	9123964104
152	Sima Bag	B.COM HONS	2nd	B.COM/21/0041	9339963957
153	Simran Khan	B.Com Hons.	2nd	B.com/21/0010	6583876300
154	Nayana Das	B.Com Hons	2nd	B.Com/21/0154	9433327721
155	Suparna Karandakar	B.Com(H)	2nd	B.Com/21/0025	9903890106
156	Tanuja Maiti	B.Com (H)	2nd	B.Com/21/0051	8100692103
157	Soma Ram	B.COM (H)	2nd	B.com/21/0182	9007426595
158	Ayantika Das	B.A. Hons.	2nd	B.A/21/0488	8240496309
159	Pallabi Koley	B.A Hons.	2nd	B.A/21/0268	6291468302
160	Animesh Naskar	B.A(H)	6th	B.A/19/0005	9007830770
161	Priyanka Dutta	B.A (H)	6th	B.A/19/0029	8240339357
162	Madhurita Ghosh	B.A (H)	6th	B.A/19/0714	9382081143
163	Trisha Ghosh	B.A (H)	2nd	B.A/21/0267	6290792905
164	Riya Ghali	B.A(H)	2nd	B.A/21/0011	7439602949
165	Siti Mondal	B.A (H)	6th	B.A/19/0135	8981416925
166	Rakhi Bag	B.A (H)	6th	B.A/19/0288	8420094328
167	Abhinadeep Roy chowdhury	B.A (H)	2nd	B.A/21/0418	8981433431

P.T.O

Date : 28.3.22

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## Mental Well-being: Key to Happiness

## List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
168	Rohel Rang	BA General	4th	B.A/20/0372	6291353306
169	Charan Ray	B.A General	4th	B.A/20/0910	6290989076
170	Ujjal Mondal	BA General	4th	BA/20/0098	6291958054
171.	Santib koyal	BA General	4th	BA/20/0640	6291163298
172.	Pramab Saha	BA General	4th	B.A/20/0590	7439663948
173	Raktim Chakrabati	B. Com (H)	6th	B. Com/19/0004	9330927035
174.	Rohit Bhaw	B. Com (H)	6th	B. Com/19/0033	7003819661
175.	Abhishek Ray	B.A (H)	4th	B.A/20/0082	6290950402
176.	Amil kr Prakash	B.A (H)	4th	BA/20/0633	7596974592
177.	Ankita Dey	B.A (H)	4th	B.A/20/0122	9903530281
178.	Sonija singha Ray	B.A (H)	4th	B.A/20/0208	6291854074
179.	Parvati Chakrabati	B.A (H)	4th	B.A/20/0026	8240605870
180.	Poulomi Mondal	B.A (H)	6th	B.A/19/0038	8777634860
181.	Aparita Sankar	B.A (H)	6th	B.A/19/0025	8670326108
182.	Jayita Mondal	B.A (H)	6th	B.A/19/0004	6289834393
183.	Sathi Patra	B.A (H)	4th	B.A/20/0032	9547505099
184.	Madhumita Dham	B.A (H)	4th	B.A/20/0540	8509899394
185.	Bansha Mukherji	B.A (H)	6th	B.A/19/0925	9051475779
186.	Selby Naman	B.A (Gen)	4th	B.A/20/0322	9874072389
187.	Abhishek Saha	B.A (Gen)	2nd	B.A/21/0925	907300905
188.	Trisachattarjee	B.A (H)	6th	B.A/19/0719	8777546635
189.	Bayanka Malakar	B.A (H)	6th	B.A/20/0686	8585810632
190	Ajiti Mondal	B.A (H)	6th	B.A/17/0167	9163037640
±					

P.T.O

Date : 28.3.22

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Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
191	Prigyantha Bhargava	B.A Hons	2nd sem	B.A/21/0687	
192	Tina Paul	B.A Hons	2nd sem	B.A/21/0425	
193	Laboni Santra	B.A Hons	2nd sem	B.A/21/0512	
194	Penki Das	B.A Hon	2nd sem	B.A/21/0413	
195	Ankana Patra	B.A Hons	2nd sem	B.A/21/0533	
196	Subhodip Bhattacharya	B.Com Hons	2nd sem	B.Com/21/0116	
197	BITA Das	B.Com Hons	2nd sem	B.Com/21/0129	
198	Akash Dhara	B.Com Hons	2nd sem	B.Com/21/0100	
199	Abijit Das	B.Com Hons	2nd sem	B.Com/21/0157	
200	Sannup Das	B.Com Hons	2nd sem	B.Com/21/0061	
201	Atanu Bhattacharya	B.A Gen	2nd sem	BA/21/0054	
202	Rima Nath	B.A Hons	2nd sem	B.A/21/0041	
203	Trisha Das	B.A Hons	2nd sem	B.A/21/0052	
204	Rupsa Ghosh	B.A Hons	2nd sem	B.A/21/0278	
205	Kamolika Ghosh	B.A Gen	4th sem	B.A/20/1028	
206	Prityamita Chatterjee	B.A Gen	4th sem	BA/20/0556	
207	Prityamita Chatterjee	B.A HONS	2nd sem	B.A/21/0176	
208	Rusmita Das	B.A Hons	2nd sem	B.A/21/0183	
209	Anasuya Das	B.A HONS	2nd sem	B.A/21/0012	
210	Arifit Ruidas	B.A HONS	6th sem	BA/19/1008	
211	Soubin Lakshmi	B.A HONS	4th sem	BA/19/1980	
212	Sangita Boddak	B.A HONS	6th sem	B.A/19/928	
213	Rinki Biswas	B.A HONS	6th sem	B.A/19/0114	
214	Fanul Bhattacharya	B.Sc HONS	2nd sem	B.Sc/21/0121	

P.T.O



Date : 28.3.22

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Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
215	Menasree Das	B.A	2nd	B.A/21/0112	8478036539
216	Danishi Dey	B.A(H)	6th	B.A/19/0163	8777789529
217	Koyal Mondal	B.A(H)	2nd	B.A/21/0040	6289671514
218	Olivera Chakrabarty	B.A(H)	2nd	B.A/21/0024	9051545240
219	Megha Panda	B.A(H)	2nd	B.A/21/0107	8585812892
220	Deba Shastri	B.A(H)	2nd	B.A/21/0013	9088991733
221	Kasturi Chakrabarty	B.A(H)	2nd	B.A/21/0303	9748070599
222	Ananya Das	B.A(H)	2nd	B.A/21/0112	9674226818
223	Rahul Mete	B.Com(H)	2nd	B.Com/21/0044	7439453271
224	Swarup Mantra	B.Com(H)	2nd	B.Com/21/0272	8902775961
225	Jayeta Nag	B.A (H)	6th	B.A/19/0508	9831579150
226	Sweeti Bose	B.A (H)	6th	B.A/19/6000	6289229421
227	Monalisa Paul	B.Com(H)	2nd	B.Com/21/0002	8481071447
228	Shiya Bhandari	B.Com (H)	2nd	B.Com/21/0020	9433050160
229	Anisha Pal	B.com(H)	2nd	B.Com/21/0008	9748993680
230	Debnath Ghosh	B.Sc(Bio)	4th	B.Sc(Bio)/20/0077	9433920218
231	Kumar Debnath	B.Com(H)	6th	B.Com/19/0082	8420165739
232	Ankita RajBhar	B.Sc(H) Maths	4th	B.Sc	
233	Sutapa Das	B.A(H)	4th	B.A/20/0073	9883622017
234	Sukniti Ghosh	B.A(H)	4th	B.A/20/0041	7439480316
235	Rohon Dey	B.com	2nd	B.com/21/0031	7990242314
236	Sayan Ghosh	B.COM	2nd	B.Com/21/0029	8583631118

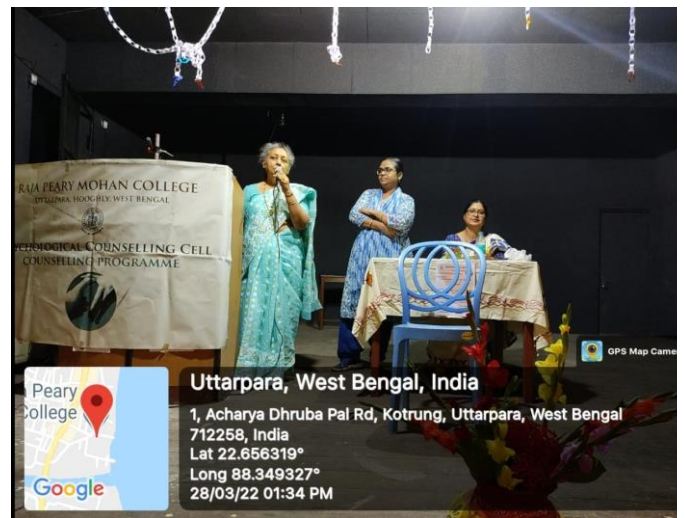
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## Glimpses of the Seminar:



*The convenor of the Psychological Counselling Cell, Dr. Anindita Mandal (Majee) delivering speech on the role of counselling as a step for mental help. Other Attraction: Dr. Hrishita Gupta Bakshi (Centre), MRs. Anindita Mukherjee (Right).*

*The IQAC Coordinator, Dr. Sanjukta Bhattacharjee felicitating the speaker, Mrs. Anindita Mukherjee*



*The audience strength*



*The Speaker, Mrs. Anindita Mukherjee delivering her speech.*