



# RAJA PEARY MOHAN COLLEGE

1, Acharya Dhruba Pal Road,  
Uttarpara, Hooghly, West Bengal, Pin- 712 258.  
Tel No.: (033)2663-0191, Mob: 7074292263

Website: <https://www.website.rpmcollege.edu.in/>, e-mail: [rajapearymohancollege@gmail.com](mailto:rajapearymohancollege@gmail.com)

ISO Certified

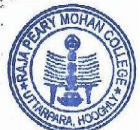
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## A BRIEF REPORT FACULTY DEVELOPMENT PROGRAMME TITLE- UNDERSTANDING MENTAL HEALTH

**ORGANIZER-** Psychological Counselling Cell, Raja Peary Mohan College  
**COLLABORATOR-** Mon Foundation, Kolkata and IQAC, Raja Peary Mohan College  
**DATE-** 13<sup>th</sup> June – 20<sup>th</sup> June, 2022 (7 days Programme)  
**VENUE-** Centenary Auditorium, Raja Peary Mohan College  
**DURATION-** 11am to 4pm (35 hours)  
**NO. OF FACULTIES PARTICIPATED-** 59  
**PRESIDENT-** Principal, Dr. Sudip Kumar Chakraborty  
**CONVENORS-** Dr. Anindita Mandal (Majee) and Prof. Jyoti Das  
**IQAC COORDINATOR-** Dr. Sanjukta Bhattacharyya  
**MON FOUNDATION-** Mr. Mohit Ranadip, Secretary, Mon Foundation

  
PRINCIPAL  
RAJA PEARY MOHAN COLLEGE  
UTTARPARA, HOOGHLY





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**RAJA PEARY MOHAN COLLEGE**  
Uttarpara, Hooghly

Psychological Counselling Cell and IQAC, RPMC in collaboration with Mon Foundation, Kolkata  
*Organises*

**FDP programme on UNDERSTANDING MENTAL HEALTH**  
June 13 - June 20, 2022  
11:00am - 4:00pm

**VENUE: CENTENARY HALL, RPMC**

- 7 Day Faculty Development Programme,
- Counselling Skills,
- Role of Visual Arts, Music and Mindfulness Meditation in Mental health Well-being.

Regn. Fees: Ra. 1000/-  
For online Registration, please use:  
BANDHAN BANK  
A/C NO.: 50170017394174  
IFSC: BDBL0001031  
Last Date of Registration: 10<sup>th</sup> June, 2022  
Registration Link:  
[https://docs.google.com/forms/d/19adh\\_6f8G65NQi06LXRYXTc34ZpRg1DpeVaDOIhYm/edit?usp=forms\\_home&ths=true](https://docs.google.com/forms/d/19adh_6f8G65NQi06LXRYXTc34ZpRg1DpeVaDOIhYm/edit?usp=forms_home&ths=true)

Contact: Dr. Anindita Mandal (Majee) 6290992109 | Prof. Jyoti Das 8961292856

*Faculties of all colleges across the State are invited to join.*

**One Week Faculty Development Programme**  
**On**  
**UNDERSTANDING MENTAL HEALTH**  
**Organised by**  
**Psychological Counselling Cell & IQAC,**  
**Raja Peary Mohan College, Uttarpara, Hooghly**  
**in collaboration**  
**with**  
**Mon Foundation, Kolkata**  
**Date: 13<sup>th</sup> - 20<sup>th</sup> June, 2022**

  
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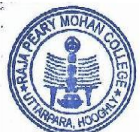
## PROGRAMME AT A GLANCE

**PROGRAMME SCHEDULE FOR FDP on "UNDERSTANDING MENTAL HEALTH"  
ON 13<sup>TH</sup> JUNE 2022 TO 20<sup>TH</sup> JUNE 2022**

**ORGANISED BY - PSYCOLOGICAL COUNSELLING CELL, RPM COLLEGE IN  
COLLABORATION WITH "MON FOUNDATION"**

| Date                  | Time                        | Name of the Resource persons                               | Topic  | Session                     |
|-----------------------|-----------------------------|--|--|-----------------------------|
| 13.06.22<br>Monday    | 11am                        | Inauguration by Principal<br>& Secretary Mon<br>Foundation |  | 11-11:30am                  |
|                       | 11:30-12:30pm               | Anindita Mukherjee   | Basic components of<br>Psychology<br>Mental health | I                           |
|                       | 1-4pm                       | Mohit Ranadip  | Problem of college<br>student -our role            | 2                           |
| 14-06-22<br>Tuesday   | 11am -4pm<br>(1-1:30 break) | Mr.Mohit Ranadip<br>Swati Mitra                            | Counselling Skills<br>Life Skills & Well being     | Workshop mode               |
| 15-06-22<br>Wednesday | 11am-12:30pm                | Dr Anupam Das  | History of<br>Psychotherapy                        | Session-I                   |
|                       | 1:00-3:00Pm                 | Doyal Ghosh  | Different types of<br>Psychotherapy                | Session-II                  |
| 16-06-22<br>Thursday  | 11am-4pm                    | Mr. Mohit Ranadip  | Stress Management                                  | Activity Based              |
| 17-06-22<br>Friday    | 11am-4pm<br>(1-1:30 break)  | Dr Ranjita Biswas<br>Koyel Ghosh<br>Shreosi Ray            | Understanding Gender<br>and<br>Sexuality           | With Sappho for<br>equality |

  
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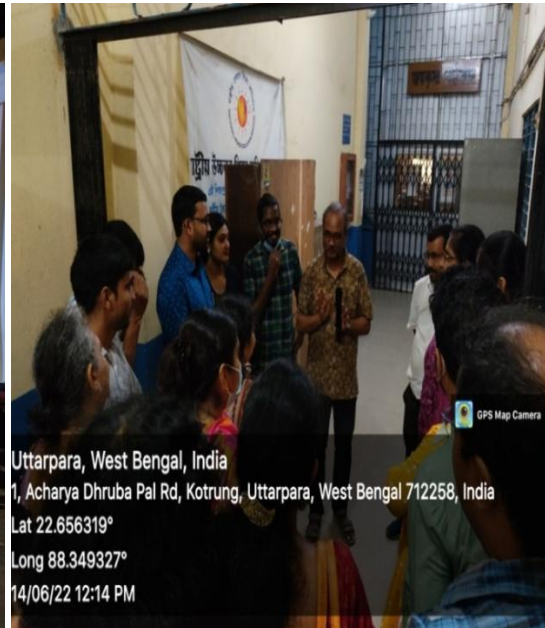
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|                      |              |                                    |  |                   |
|----------------------|--------------|------------------------------------|--|-------------------|
| 18-06-22<br>Saturday | 11am -12noon | Prof Jyoti Das                     | Mental illness, family,<br>Neighbourhood | Session-I         |
|                      | 12-1pm       | Dr Amitabha Sengupta               |  | Session-II        |
|                      | 1:30-3:30pm  | Sayanti Ghosh                      | Institution, Society                     | Session-III       |
| 20-06-22<br>Monday   | 11am-12 noon | Mr. Goutam Chaudhuri               | Visual Art Music                         | Session-I         |
|                      | 12-1:30pm    | Mr. Nilangshuk Dutta               | Therapy                                  | Session-II        |
|                      | 2-3pm        | Dr Anupam Das                      | Mindfulness                              | Session-III       |
|                      | 3pm-4pm      | Principal<br>&<br>IQAC Coordinator | Valedictory Session                      | VOTE OF<br>THANKS |



*Rajendra Kumar*  
PRINCIPAL  
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Uttarpara, West Bengal, India  
1, Acharya Dhruba Pal Rd, Kotrung, Uttarpara, West Bengal 712258, India  
Lat 22.656319°  
Long 88.349327°  
15/06/22 11:17 AM



Uttarpara, West Bengal, India  
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Lat 22.656319°  
Long 88.349327°  
16/06/22 11:33 AM



Uttarpara, West Bengal, India  
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Long 88.349327°  
17/06/22 03:05 PM



Uttarpara, West Bengal, India  
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Long 88.349151°  
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Uttarpara, West Bengal, India  
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Lat 22.656319°  
Long 88.349151°  
20/06/22 12:00 PM

  
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