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SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

www.sjmahavidyalaya.in | Email: sjmahavidyalaya@gmail.com

Report of Webinar on "Mental Health Awareness"

Introduction:

Swarnamoyee Jogendranath Mahavidyalaya, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a one-day special lecture programme on "Mental Health Awareness" on 7th January 2023. The event aimed to shed light on the importance of mental health and to provide insights into maintaining mental well-being.

Detailed Proceedings:

Introduction and Welcome Address

The programme commenced with a welcome address by Dr. Ratan Kumar Samanta, Principal of Swarnamoyee Jogendranath Mahavidyalaya. Dr. Samanta emphasized the significance of mental health awareness, particularly in the context of the increasing stress and anxiety levels among individuals due to various socio-economic factors.

Chief Guest and Patron Address

Dr. Anindya Kishor Bhowmik, the President of Swarnamoyee Jogendranath Mahavidyalaya, addressed the audience as the chief guest and patron of the event. He spoke about the role of educational institutions in promoting mental health awareness and the importance of such initiatives in fostering a supportive and understanding community.

Keynote Lecture by Mr. Dipanjan Bagchi

Mr. Dipanjan Bagchi, the resource person for the event, delivered an insightful and comprehensive lecture on mental health awareness. His key points included:

- **Understanding Mental Health:**
 - Definition and components of mental health.
 - The difference between mental health and mental illness.
- **Common Mental Health Issues:**
 - Anxiety disorders, depression, and stress-related disorders.



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- The impact of the COVID-19 pandemic on mental health.
- **Identifying Symptoms:**
 - Early signs of mental health issues.
 - The importance of recognizing symptoms for timely intervention.
- **Coping Mechanisms:**
 - Strategies for managing stress and anxiety.
 - The role of mindfulness, meditation, and physical activity in maintaining mental well-being.
- **Seeking Help:**
 - The importance of seeking professional help.
 - Breaking the stigma associated with mental health issues.

Interactive Session:

Following the lecture, an interactive session was held where participants could ask questions and share their experiences. Mr. Bagchi addressed various queries related to mental health issues and provided practical advice on coping strategies and seeking help.

Vote of Thanks:

A member of the organizing committee concluded the event with a vote of thanks, expressing gratitude to the resource person, the chief guest, the organizing team, and the participants for their active involvement and contribution to the success of the programme.

Date: 10/01/2023



Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-721650



One Day Special Lecture Programme on **Mental Health Awareness**



Organized by

Swarnamoyee Jogendranath Mahavidyalaya

(in collaboration with IQAC)

A Govt. Aided General Degree College

(Affiliated to Vidyasagar University)

Amdabad, Purba Medinipur, West Bengal, India

Programme Schedule

DATE: 7TH JANUARY, 2023

TIME- 07:00 P.M. ONWARDS

Resource Person



MR. DIPANJAN BAGCHI

Assistant Professor

Amity University

Clinical Psychologist

Rehabilitation Council of India (RCI) Registered

Chief Guest and Patron



Dr. Anindya Kishor Bhowmik
President

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad, Nandigram, Purba Medinipur, WB.



Dr. Ratan Kumar Samanta
Principal

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad, Nandigram, Purba Medinipur, WB.

Please click on the following link to join the programme-

Meeting Link: <https://meet.google.com/bxs-ajnx-mho>

Guidelines

- ❖ Participants are requested to join the programme 10 minutes prior (6:50 P.M.) to the schedule time.
- ❖ The webinar will be broadcasted on online platforms Google Meet. The participants on Google Meet are requested to keep their video and audio off during the session.