



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.



Phone: 7908040652/7501133806

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

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

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Brochure of Webinar on "Mental Health Awareness"

Date: January 7, 2023

Time: 7:00 PM onwards

Platform: Google Meet

Organized by: Swarnamoyee Jogendranath Mahavidyalaya, in collaboration with IQAC

Chief Guest and Patron: Dr. Anindya Kishor Bhowmik and Dr. Ratan Kumar Samanta

Resource Person:

Mr. Dipanjan Bagchi, Assistant Professor at Amity University and Clinical Psychologist, RCI
Registered

Objective of the Webinar:

The webinar aims to foster a deeper understanding of mental health, its importance, and the common challenges associated with it. By raising awareness, the event seeks to destigmatize mental health issues and equip participants with knowledge and strategies to promote mental well-being in themselves and their communities.

Webinar Outcomes:

Participants will:

- ❖ Gain a comprehensive understanding of what constitutes mental health and common mental health disorders.
- ❖ Learn about the signs and symptoms of various mental health conditions.
- ❖ Acquire practical strategies for managing stress, anxiety, and other mental health challenges.
- ❖ Understand the importance of creating a supportive environment for those experiencing mental health issues.



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- ❖ Be encouraged to seek professional help and utilize available resources for mental wellness.

Detailed Syllabus:

Opening Remarks

➤ 7:00 PM - 7:10 PM

- Introduction by Dr. Anindya Kishor Bhowmik and Dr. Ratan Kumar Samanta.
- Overview of the webinar's objectives and importance.

Session 1: Foundations of Mental Health

• 7:10 PM - 7:40 PM

- Speaker: Mr. Dipanjan Bagchi
- Topics Covered:
 - Definition and significance of mental health.
 - Differentiating between mental health and mental illness.
 - Overview of common mental health disorders such as depression, anxiety, and bipolar disorder.

Session 2: Managing Mental Health

• 7:40 PM - 8:10 PM

- Speaker: Mr. Dipanjan Bagchi
- Topics Covered:
 - Recognizing early signs and symptoms of mental health issues.
 - Coping mechanisms and self-care practices.
 - Importance of lifestyle choices: diet, exercise, sleep, and social connections.



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- The role of therapy and medication in managing mental health conditions.

Session 3: Building a Supportive Community

- **8:10 PM - 8:30 PM**

- Speaker: Mr. Dipanjan Bagchi
- Topics Covered:
 - Reducing stigma around mental health.
 - How to support friends and family members with mental health challenges.
 - Resources and support systems available for mental health care.

Q&A Session

- **8:30 PM - 8:50 PM**

- Interactive session with the speaker to address questions and discuss personal experiences.

Closing Remarks

- **8:50 PM - 9:00 PM**

- Summary of key points discussed.
- Acknowledgements and thanks from the organizing committee.
- Information on further resources and upcoming events.

Guidelines for Participants:

- Please join the webinar 10 minutes before the scheduled start (6:50 PM) to ensure a timely start.
- Participants on Google Meet are requested to keep their video and audio off during the session to avoid disruptions.



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- Feel free to use the chat feature to submit questions during the Q&A session.

For any queries, please contact the organizing committee at 9126283398.

Join us for this important discussion on mental health awareness and take a step towards a healthier mind and community!





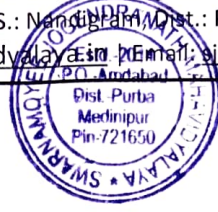
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Notice No-143/22

Date-24/12/2022

Notice

This is to notify that Swarnamoyee Jogendranath Mahavidyalaya is going to organize a Webinar on Mental Health Awareness on 7th January 2023 at 7 pm through Google Meet. All students, faculty members and staff are requested to attend this programme positively. Meeting link will be shared later.

Banda
24.12.2022

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



One Day Special Lecture Programme
on
Mental Health Awareness

07 January, 2023

Organized by

IQAC, Swarnamoyee Jogendranath Mahavidyalaya
Amdabad, Nandigram Block II, Purba Medinipur, 721650, West Bengal

Certificate of Participation

This is to certify that Sri/Smt./Ms. **Durga Rani Acharya** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day Special Lecture Programme on “**Mental Health Awareness**” organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 07th January, 2023 on Google Meet platform.

Prasad Ranjan Chakrabarti
IQAC Coordinator
S. J. Mahavidyalaya

Dr. Ratan Kumar Samanta
Principal
S. J. Mahavidyalaya



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Certificate of Participation

This is to certify that Sri/Smt./Ms. **Supriya Pradhan** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day Special Lecture Programme on "**Mental Health Awareness**" organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 07th January, 2023 on Google Meet platform.

Prasad Ranjan Chakrabarti
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Certificate of Participation

This is to certify that Sri/Smt./Ms. **Souman Acharya** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day Special Lecture Programme on “**Mental Health Awareness**” organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 07th January, 2023 on Google Meet platform.

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Certificate of Participation

This is to certify that Sri/Smt./Ms. **Sangita Khatua** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day Special Lecture Programme on "**Mental Health Awareness**" organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 07th January, 2023 on Google Meet platform.

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Certificate of Participation

This is to certify that Sri/Smt./Ms. **Moumita Mondal** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day Special Lecture Programme on “**Mental Health Awareness**” organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 07th January, 2023 on Google Meet platform.

Prasad Ranjan Chakrabarti
IQAC Coordinator
S. J. Mahavidyalaya

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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
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