



PURBASTHALI COLLEGE

(Affiliated to University of Burdwan, West Bengal, India)

Jointly organized by
Department of Education & Internal Quality Assurance Cell
International Webinar

on

Mental Health and Wellbeing of Students

Date: September 28, 2020

IST: 04.15 to 6.45 p.m.

Registration
Free

Free E-
Certificate

Link: <https://forms.gle/HkD3V2HnExeSMRuS6>
Last Date of Registration: September 28, 2020

****Filling up feedback form during the webinar in YouTube is must to get free E-certificate****



Professor. K. Pushpanadham
Maharaja Sayajirao University of
Baroda. Gujarat, India.
<http://www.pushpanadham.wixsite.com/karanam>



Dr. Md Mahbubur Rahaman
Associate Professor
IER, Dhaka University, Bangladesh
Chairman of the Department of
Special Education (DU)



Revered Swami Mangalanathananda
Monk of the Ramakrishna Order
Ramakrishna Math
Bangalore, India

Dr. Bibhas Chandra Saha
Chairperson
Principal

Sohel Rana Sarkar
Convener
Assistant Professor & Head
Department of Education(DOE)

Coordinators-
Srikanta Hazra, Faculty, DOE
Parimal Mandal, Faculty, DOE
Debasish Chakraborty, Faculty, DOE

Webinar Link- <https://www.youtube.com/watch?v=8WXz0w3a-Sc>

IQAC coordinator
Dr. Lipika Ghosal
HOD, Dpt of Bengali

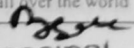
	PROGRAM SCHEDULE	Indian Standard Time
1.	Welcome address by Convener	4:15-4:20PM
2.	Inaugural Speech by Honorable Principal	4:20-4:25 P.M
3.1	Introducing Resource Person by Convener	4:25-4:30 P.M
3.2	Speech by Swami Mangalanathananda	4:30-5:00 PM
3.3	Q & A Session	5:00-5:10 PM
4.1	Introducing Resource Person by Convener	5:10-5:15 PM
4.2	Speech by Professor. K. Pushpanadham	5:15-5:45 PM
4.3	Q & A Session	5:45-5:55 PM
5.1	Introducing Resource Person by Convener	5:55-6:00 PM
5.2	Speech by Dr. Md Mahbubur Rahaman	6:00-6:30 PM
5.3	Q & A Session	6:30-6:40 PM
6.	Vote of thanks by convener	6:40-6:45 PM

Technical Coordinators-
Dr. Soumya M. Ghosh
Mr. Ashes Datta
Dr. Suchandra Neogi
Mr. Anupam Das

For any query Contact with us
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www.purbasthalicollege.com

Heartiest welcome to All the Students, Research scholars, faculty members & Teachers from all over the world


Principal
Purbasthali College
Parulia, Burdwan

PURBASTHALI COLLEGE

DEPARTMENT OF EDUCATION

Parulia, Purba Bardhaman-713513 (Affiliated to University of Burdwan)

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WEBINAR REPORT

Shorts Summary of the Webinar:

- ❖ **Name of the College:** Purbasthali College
- ❖ **Department:** Education
- ❖ **Theme of Webinar:** Mental Health and Wellbeing of Students
- ❖ **Date of Webinar:** 28 September, 2020.
- ❖ **Duration of Webinar:** 04.15 to 6.45 p.m.
- ❖ **Departmental Meeting for Webinar:** Selection of theme, sub-themes of the webinar, 25 August, 2020.
- ❖ **Departmental Meeting for Webinar:** Selection of organizing committee on 28 August, 2020.
- ❖ **IQAC Meeting for Webinar Proposal:** Proposal accepted on 30 August, 2020.
- ❖ **IQAC Meeting:** To arrange the webinar on 1 September, 2020.
- ❖ **Departmental Meeting:** To arrange the webinar on 2 September, 2020.
- ❖ **Period of Registration:** 2nd September, 2020 to 28th September, 2020 at midnight
- ❖ **Webinar Platform:** You Tube Live Stream. link; [Mental Health and Wellbeing of Students \(youtube.com\)](#)

- ❖ **Number of Participants:** 41
- ❖ **Number of Appreciation Certificate of Speakers:** 3
- ❖ **Number of Feedback:** 41
- ❖ **Number of Certificate Distributed:** 41

Eminent Speakers:

Technical Session-I	Technical Session-II	Technical Session-III
Professor. K. Pushpanadham Maharaja Sayajirao University of Baroda. Gujarat, India. http://www.pushpanadham.wixsite.com/karanam	Dr. Md Mahbubur Rahaman Associate Professor IER, Dhaka University, Bangladesh Chairman of the Department of Special Education (DU)	Revered Swami Mangalanathananda, Monk of the Ramakrishna Order Ramakrishna Math Bangalore, India.

B. S. S.
Principal
Purbasthali College
Parulia, Burdwan

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4.1 Introducing Resource Person by Convener	5:10-5:15 PM
4.2 Speech by Professor. K. Pushpanadham	5:15-5:45 PM
4.3 Q & A Session	5:45-5:55 PM
5.1 Introducing Resource Person by Convener	5:55-6:00 PM
5.2 Speech by Dr. Md Mahburur Rahaman	6:00-6:30 PM
5.3 Q & A Session	6:30-6:40 PM
6. Vote of thanks by convener	6:40-6:45 PM

Summary of the Speech:

The mental health and well-being of students are crucial aspects that impact their academic performance and overall quality of life. It's important for educational institutions to prioritize providing support services, promoting a positive learning environment, and fostering open discussions about mental health. Students should be encouraged to seek help when needed, and schools can offer resources such as counseling services, workshops, and stress management programs. Regular check-ins and awareness campaigns can contribute to creating a campus culture that values mental health.

Over the past few months, the normal life cycle of people around the world has changed dramatically. This sudden change has affected people's mental health. Various mental difficulties such as mental exhaustion, anxiety, worry have engulfed the human mind. The current new generation is no exception. There are various reasons for the deterioration of human mental health

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in extreme cases and we think it is necessary to discuss the issue. That is why we have decided to hold this kind of seminar on the importance of mental health of the new generation. The speakers presented their valuable speech about "Mental Health and Wellbeing of Students". In this webinar, was discussed some sub-theme like, Mental health and wellbeing of students, Stress management of adolescence period, Professional stress management, Family value and mental stress etc. We have enriched ourselves a lot from this discussion. This discussion will show our new generation the right path to survive. This programme has been successful with the cooperation of faculty members, speakers, participants. Hopefully we can organize of this kind of programme in future.

Details Organizing Committee:

<p>Dr. Bibhas Chandra Saha Chairperson Principal, Purbasthali College Parulia, Purba Bardhaman-713513</p>	<p>Mr. Sohel Rana Sarkar Convener Assistant Professor & HOD Department of Education Purbasthali College, Parulia, Purba Bardhaman-713513.</p>	<p>Mr. Srikanta Hazra Co-ordinator Faculty, Department of Education, Purbasthali College, Parulia, Purba Bardhaman-713513.</p>
<p>Mr. Debasish Chakraborty Co-ordinator Faculty, Department of Education Purbasthali College Parulia, Purba Bardhaman-713513.</p>	<p>Mr. Parimal Mandal Co-ordinator Faculty, Department of Education Purbasthali College Parulia, Purba Bardhaman-713513.</p>	<p>Mr. Ashes Datta Organizer (Technical & host) Librarian, Purbasthali College Parulia, Purba Bardhaman-713513.</p>
<p>Dr. Soumya Mohan Ghosh Organizer (Technical) Assistant Professor, Department of English, Purbasthali College, Parulia, Purba Bardhaman-713513.</p>	<p>Dr. Lipika Ghoshal Co-ordinator (IQAC) Special Assistance Assistant Professor, Department of Bengali, Purbasthali College Parulia, Purba Bardhaman-713513.</p>	<p>Mr. Anupam Das Organizer (Technical) Assistant Professor, Department of History, Purbasthali College, Parulia, Purba Bardhaman-713513.</p>
<p>Dr. Suchandra Neogi Organizer (Technical) Assistant Professor, Department of Philosophy Purbasthali College, Parulia, Purba Bardhaman-713513.</p>		

B. Saha
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Photo Gallery:




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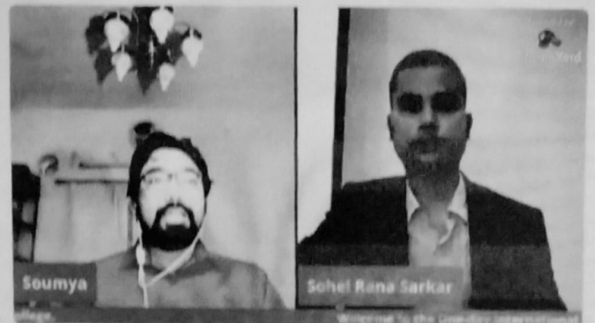
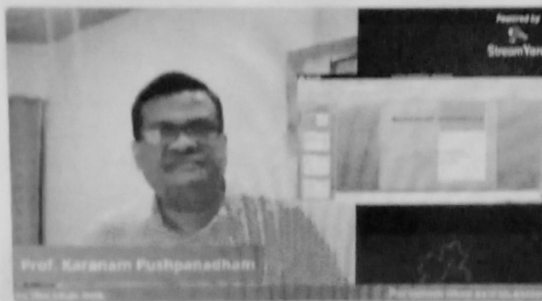
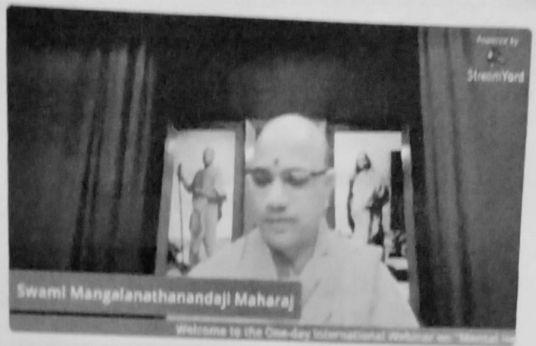
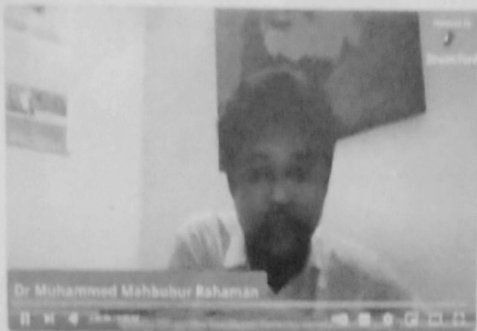
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 Professor, R. Pushpanadham Maharaja Sayajirao University of Baroda, Gujarat, India http://www.pushpanadham.wixsite.com/pushpanadham	 Dr. Md. Mahbubur Rahman Associate Professor IER, Dhaka University, Bangladesh Chairman of the Department of Special Education (DU)	 Revered Swami Mangalanathananda Monk of the Ramakrishna Order Ramakrishna Math Bangalore, India
Dr. Bibhas Chandra Saha Chairperson Principal	Sohel Rana Sarkar Convener Assistant Professor & Head Department of Education (DOE)	Coordinators: Srikanta Hazra, Faculty, DOE Parimal Mandal, Faculty, DOE Debasish Chakraborty, Faculty, DOE



Date:

B. Saha
Principal
Purbasthali College
Parulia, Burdwan

By,

Sohel Rana Sarkar
H.O.D
Department of Education
Purbasthali College
Purbasthali, Burdwan



Purbasthali College

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DEPARTMENT OF EDUCATION

Certificate of participation

This is to certify that Mr./ Ms. Moumita Ghosh of Purbasthali College has successfully Participated in one day International level webinar live streamed on 28th September, 2020 themed on "**Mental Health and Wellbeing of Students**" organized by the Department of Education, Purbasthali College, Parulia, Purba Bardhaman, West Bengal

Sohel Rana Sarkar

Mr. Sohel Rana Sarkar
Convener

B. Saha

Dr. Bibhas Chandra Saha
Principal