

RABINDRA MAHAVIDYALAYA

Affiliated to the University of Burdwan

Champadanga, Hooghly, West Bengal, Pin.- 712401

Estd. - 1971



NAAC (Cycle-2) Accredited B⁺⁺ Institution

Ref. No.....

Date.....

NOTICE

Mental Health-Social Awareness Building Programme for Students

This is to inform all the students of Rabindra Mahavidyalaya, Champadanga, Hooghly that a programme titled "*Developing Mental Health and Social Awareness for Current Generations*" is likely to be organised under the aegis of the Internal Quality Assurance Cell (IQAC) and Women's Cell of Rabindra Mahavidyalaya with a series of counselling sessions to be conducted by WHY (Wellbeing and Happiness for You), an independent and non-profit making Organization, accredited by The National Council of Education, Bengal (NCEB) addressing the backdrop of mental health and social awareness challenges posed by the Covid-19 pandemic.

Keeping our students' present mental health condition in mind, this outreach activity aims to educate our students on the essentials of mental wellbeing and social awareness in facing stressful situations in the pandemic era and beyond.

The counselling program is going to be commenced on and from 08.4.2022 (Friday) at college campus. Each session will be conducted via online mode between 11.00. a.m. to 4.30 p.m. (45 minutes to 1 hour per student). The participants will be benefited by ten free counselling sessions. Interested students are requested to submit their names, contact numbers and email-id to the concerned Head of the Departments by tomorrow evening (6.00. p.m.).

It is pertinent to mention that all the conversation between the student-participant and the counsellor will be treated as 'highly confidential'.

For further enquiry, kindly feel free to contact Prof. Dr. Sumanti Gupta, Department of Botany and Prof. Susmita Sengupta, Department of Geography.

Bandyopadhyay
Convener 6/4/2022

Women's Cell

RB
6/4/2022
Co-ordinator

Internal Quality Assurance Cell
Coordinator
IQAC

Rabindra Mahavidyalaya
Champadanga, Hooghly.
712401- West Bengal

Panwar Bandyopadhyay
06/4/22
for Principal

Rabindra Mahavidyalaya
Principal
Rabindra Mahavidyalaya
Champadanga, Hooghly(W.B)