

Brochure of the Seminar



Tehatta Sadananda Mahavidyalaya

Tehatta, Purba Bardhaman

Email: tehatta.sadananda.mahavidyalaya@gmail.com

Website: www.collegetsm.net

Dear Sir / Ma'am,

Please join a Webinar organized by Tehatta Sadananda Mahavidyalaya in collaboration with IQAC of Tehatta Sadananda Mahavidyalaya

On

Mental Support of College Students in COVID – 19 Pandemic Crisis

Date : Saturday– 12 June 2021 Time: 03.00 PM to 05.00 PM

Webinar will be inaugurated by



Sri. Pranab Roy
Honourable President
Tehatta Sadananda Mahavidyalaya
And Eminent Social Worker

Welcome Speech by



Dr. Nilanjan De
Honourable Principal
Tehatta Sadananda Mahavidyalaya



COVID-19 Coronavirus

Organised by

Dr Pritam Das
Assistant Professor in Education,
IQAC Coordinator
Tehatta Sadananda Mahavidyalaya

SPEAKERS



Mr. Somnath Goswami
Lecturer, Vivekananda Mission Asram Training Centre
for the Teachers of the Visually Impaired,
Haldia, Purba Medinipur



Ms. Mounita Ganguly
Psychological Counsellor and Special Educator
PSY Hons, M.A, PGDG & PC, Diploma in performing Arts Therapy,
FCED, Perusing PG diploma in Rehab Psychology B.Ed
in special education Visually Impaired

- ◆ Please use headphones or speakers.
- ◆ Sit comfortably in a quiet room on a cushion or a chair.
- ◆ Microphone on mute for the duration.
- ◆ Q&A: raise hands, type a message in a chat box or email:
- ◆ Participants can be removed if there is no discipline.

Regards
Tehatta Sadananda Mahavidyalaya

Virtually Platform:

Registration Link : <https://forms.gle/58Xqmb6TnvzSwQWF8>

Joining Link : <https://meet.google.com/ttp-tgoz-znq>

No participation fee charged for this Webinar

For any query say hello to:

Dr. Pritam Das, M : 098320 14343



Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman

Mental Support of the College students in the Covid-19 pandemic crisis

Seminar Details	
Venue	Virtual Mode (Google Meet)
Date & Time	12.06.21 Saturday, Time: 3.00 p.m. to 5.00 p.m.
Convener's	Dr. Pritam Das, Assist. Prof. in Education & IQAC coordinator Tehatta Sadananda Mahavidyalaya.
Resource Person (Specify the theme of the lecture)	<ol style="list-style-type: none"> 1. Mr Somnath Goswami, Lecturer Vivekananda Mission Ashram Training Centre for the Teachers of the Visually Impaired, Haldia, Purba Bardhaman. 2. Mrs Moumita Ganguly, Psychological Counsellor and Special Educator, M.A. PGDG & PC from Vivekananda Mission Ashram Training Centre for the Teachers of the Visually Impaired, Haldia, Purba Bardhaman.
Aims and objective	<p>The Covid pandemic has resulted in increased stress, anxiety, and depression among many people including college students. For this purpose, the college organized a webinar on Google Meet plat from</p> <ol style="list-style-type: none"> 1. To Support the students mentally in covid-19 pandemic situation. 2. To Provide the basis for mental health education.
A brief Description of the Seminar	<p>Tehatta Sadananda Mahavidyalaya organized a webinar on “Mental Support of the College students in Covid-19 pandemic crisis” on 12.06.21 from 3:00 p.m. to 5:00 P.M. on Saturday. Dr. Nilanjan de inaugurated the session and shared his valuable thinking and words related to the pandemic situation. Our President Shri Pranab Ray joined us and greeted everyone for organizing this webinar. The programme was coordinated by Dr. Pritam Das, Asst. Prof. Dept. of Education and IQAC coordinator. Mr Somnath Goswami, Lecturer Vivekananda Mission Ashram Training Centre for the Teachers of the Visually Impaired,</p>

Haldia, Purba Bardhaman was invited as a resource person on that day. All the staff and students joined the programme.

. Honourable Speaker Somnath Goswami explained to the college students how to stay healthy and stress-free during the lockdown. He also told how common people including students were mentally disturbed during the period. He highlighted data and statistics about the deterioration of the education rate in the situation of COVID-19, due to which thousands of students and their families are worried about their education and future. He also said that one day the situation will be normal and we will live life as before. He gave a brief discussion on the COVID-19 pandemic history from ancient times and explained how our ancestors overcame this situation. He said, “Don’t lose hope’ You never know what tomorrow will bring for us”. The different ways of mental health were discussed and Students listened to his words with fascination. In this two-hour-long discussion, he presented the overall aspects of COVID-related issues and the question-answer session was very effective and all questions were answered by the speaker. The webinar was beneficial enough for the students to make them aware of mental health.

Outcomes

The students listened attentively to his speech got an idea about mental health and gained knowledge about what can be done to stay mentally healthy, stress-free and feet. Their skill was improved on how to protect society against the spread of the Covid-19 pandemic. They shared learning with their families and neighbours.

Google Meet Link: <https://meet.google.com/ttp-tgoz-zng>



Milajade
Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman

Certificate of the Seminar

Tehatta Sadananda Mahavidyalaya



Tehatta , Purba Bardhaman

Certificate of Participation

This is to certify that **Mr. Abu Toyab Sk** , Assistant Professor of Theatta Sadananda Mahavidyalaya has actively participated in webinar entitled "Mental Support of College Students in COVID-19 Pandemic Crisis", on 12.06.2021. Organized by IQAC, Tehatta Sadananda Mahavidyalaya, Tehatta, Purba Bardhaman, West Bengal, India.

President

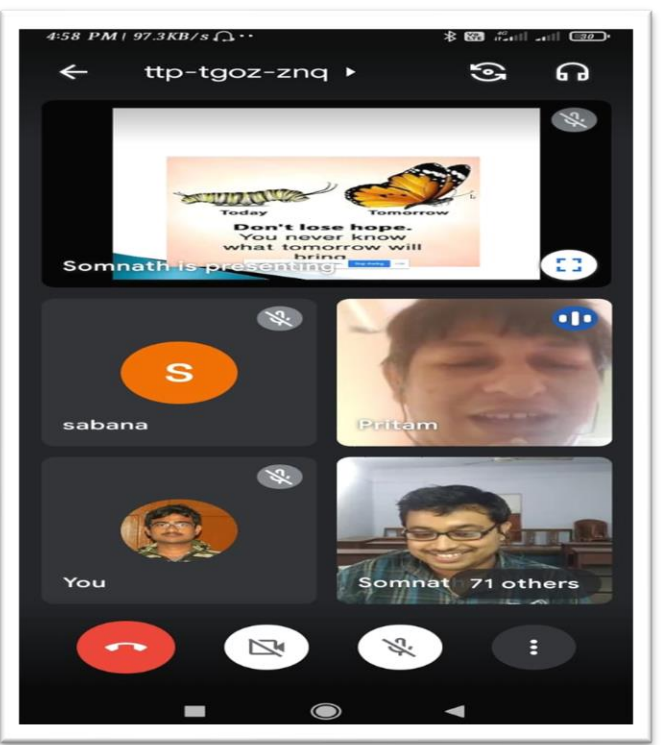
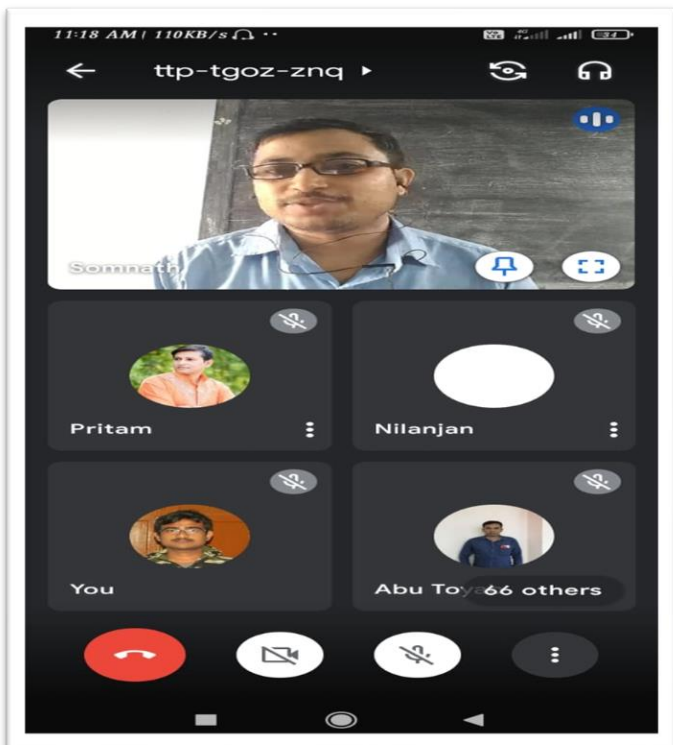
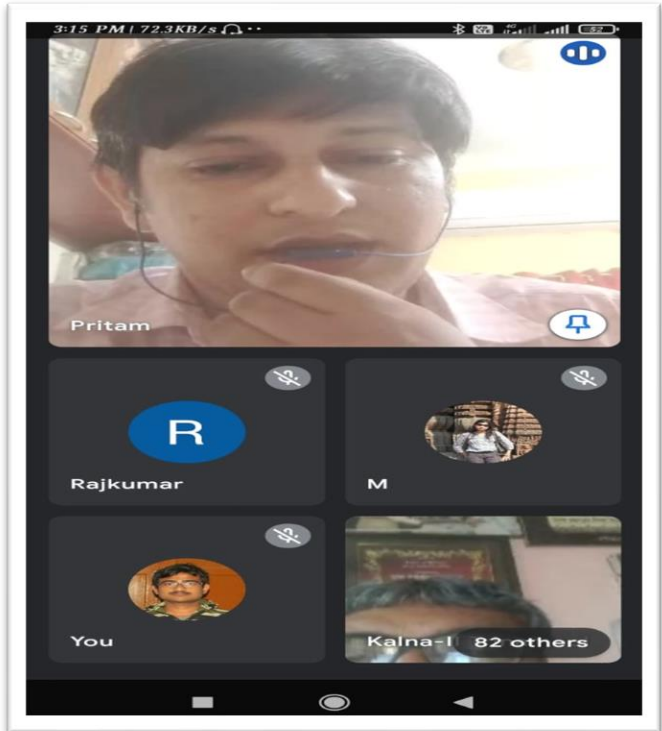
Principal

Co-ordinator, IQAC




Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman

Photographs of the Seminar

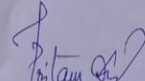


Attendants List

Tehatta Sadananda Mahavidyalaya
Seminar: - Mental Support of the College Students in Covid-19
Pandemic Crisis
Date: - 12.06.21

Sl. no	Name	Designation	Sem/Dept
1	Sourin Ghosh	Student	6 th Sem
2	Soumya Banerjee	Student	6 th Sem
3	Anas Siddique	Student	6 th Sem
4	Sumon Hazra	Student	6 th Sem
5	Amena Khatun	Student	6 th Sem
6	Barnali Patra	Student	2 nd Sem
7	Radharani Bag	Student	2 nd Sem
8	Rini Mukherjee	Student	2 nd Sem
9	Kamalesh Soren	Student	2 nd Sem
10	Dr. Pritam Das	Assist. Prof.	Education
11	Abu Toyab Sk	Assist. Prof	History
12	Sumit Kumar Nath	SACT	Philosophy
13	Ankita Das	Student	4 th Sem
14	Bithi Basu Mallick	Student	4 th Sem
15	Ananya Chakraborty	Student	2 nd Sem
16	Sudhansu Murmu	Student	2 nd Sem
17	Sudipta Sen	Student	2 nd Sem
18	Dipak Bagdi	Student	2 nd Sem
19	Dr. Ruchira Chanda	Asst. Prof.	Bengali
20	Aparna pal	Student	2 nd Sem
21	Ankita Banerjee	Student	4 th Sem
22	Koushik Ghosh	Student	4 th Sem
23	Sutapa Das	Student	4 th Sem
24	Riya Das	Student	6 th Sem
25	Papiya sultana	Student	2 nd Sem
26	Sabnoor khatun	Student	2 nd Sem
27	Aditi Ghosh	Student	2 nd Sem
28	Priya Pramanik	Student	2 nd Sem
29	Lipika Pal	Student	2 nd Sem
30	Puja Ghosh	Student	2 nd Sem
31	Jharna Mandi	Student	2 nd Sem

32	Suparna Das	Student	2 nd Sem
33	Amina khatun	Student	2 nd Sem
34	Kartick Malik	Student	2 nd Sem
35	Bithi Halder	Student	2 nd Sem
36	Shreyasi Mondal	Student	2 nd Sem
37	Nastia sultana shah	Student	2 nd Sem
38	Moumita Ghosh	Student	2 nd Sem
39	Kingshuk Halder	Student	4 th Sem
40	SUMAN HAZRA	Student	4 th Sem
41	Surya Adhikari	Student	4 th Sem
42	Anuradha Ghosh	Student	4 th Sem
43	Sabana Azim	Student	4 th Sem
44	Megha Mondal	Student	4 th Sem
45	Bhaswati Mondal	Student	4 th Sem
46	Nisha karmakar	Student	4 th Sem
47	Sangita Ghosh	Student	6 th Sem
48	Subhas Hembrom	Student	6 th Sem
49	Sanchita Maji	Sact	History
50	Manas Das	Student	4 th Sem
51	Nargish Khatun	Student	6 th Sem
52	Taufiqua Hasin	Student	2 nd Sem
53	Rimpa Dhara	Student	4 th Sem
54	Nasrin Khatun	Student	2 nd Sem
55	Suraj Sekh	Student	4 th Sem


 Convenor of the Seminar
 Tehatta Sadananda Mahavidyalaya


 Principal
 Tehatta Sadananda Mahavidyalaya
 Principal
 Tehatta Sadananda Mahavidyalaya
 Tehatta, Purba Bardhaman




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 Tehatta Sadananda Mahavidyalaya
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