



# NATIONAL WEBINAR



## -:Mental Wellbeing in the Context of COVID: Challenges & Possibilities:-

JOINTLY ORGANIZED  
BY



Dept. of Education & IQAC  
Sadhan Chaandra Mahavidyalaya  
South 24 Parganas  
Affiliated to University of Calcutta



Dept. of Education & IQAC  
Govt. General Degree College,  
Narayangarh  
Paschim Medinipur  
Affiliated to Vidyasagar University

### PATRONS



**Dr. S.F. Haque**  
Principal,  
Sadhan Chandra Mahavidyalaya Govt.



**Dr. Badal Kr. Jana**  
Officer-in-Charge,  
Govt. Gen. Degree College, Narayangarh

### -: OUREMINENT SPEAKERS:-



**Dr. Sonali Chakroborty,**  
Associate Prof. Dept. of Education,  
University of Calcutta.



**Dr. Subhrangsu Aditya, M.B.B.S**  
Trained Counsellor, Associated  
with CCSSS & HEPSN Cell,  
Jadavpur University

### About the Webinar

During this present lockdown situation because of the pandemic, all of us are trying hard to cope up with some new social norms affecting our everyday lifestyle. Besides hitting hard at the bottom of our socio-economic condition, these unprecedented days have told upon our mental health too. Through our webinar, we shall attempt at addressing different issue of mental wellbeing in an earnest effort to find out a possible way out from this challenging situation.

### Programme Details

**Date:- 10th July, 2020,**  
**Time:- 2PM**

Webinar will be broadcasted via Google Meet .Webinar link will be shared via Telegram group.

Register through the link..

<https://forms.gle/XqpoQ2XMtcuFSDNz6>

<https://tinyurl.com/yc825jwz>

**E-certificate** will be provided to all the participants (After 7 days).

**Restricted to Limited Participants**

**Last Date of Registration:**  
**9th July, Upto 12 noon**

**[ No Registration fees ]**

Contact: 08013-983-984

Email:

[84singhguddu@gmail.com](mailto:84singhguddu@gmail.com)

[sahanowas2013@gmail.com](mailto:sahanowas2013@gmail.com)



*Sahana Nag, Trained Counsellor,  
Associated with CCSSS & HEPSN  
Cell, Jadavpur University.*



*Dr.Smita H. Gadvi, Asstt. Prof, dept. of  
Education, R.H Patel English Medium B.Ed  
College, Gandhinagar, Gujarat.*



*Prof.DeblinaDey, Associate Prof of  
sociology, Jindal Global Law School,  
O.P Jindal Global University, Delhi NCR*

**Joint  
Convener**

*Mis.Shabana Yasmin, Asstt. Prof,  
Dept. of Education,  
Sadhan Chandra Mahavidyalaya.*

*Mr. Sahanowas Sk, W.B.E.S.,Asstt. Prof,  
Dept. of Education,  
Govt. General Degree College, Narayangarh.*

**Organizing  
Committee**

1. Dr.Guddu Singh, Asstt. Prof.& H.O.D., Dept. of Education, Sadhan Chandra Mahavidyalaya
- 2.Mrs. Soma Pal ,SACT faculty, Dept. of Education, Sadhan Chandra Mahavidyalaya
- 3.Mr. Pronay Sen, W.B.E.S., Asstt. Prof, Dept. of Education, Govt. General Degree College, Narayangarh
- 4.Dr.AishickDasgupta,W. B. E. S, Convener, Seminar and publication sub-committee, Govt. General Degree College, Narayangarh
- 5.Mr. SujayKathal , SACT faculty, Dept. of Education, Sadhan Chandra Mahavidyalaya
- 6.Mr. Janak Mondal , SACT faculty, Dept. of Education, Sadhan Chandra Mahavidyalaya
- 7.Mr. AmitSasmal ,SACT faculty, Dept. of Education, Sadhan Chandra Mahavidyalaya

**Technical Support**

1. Mr. Kaushik Bose, W.B.E.S., Asstt. Prof, Dept. of Computer Science, Govt. General Degree College, Narayangarh.
2. Dr.Guddu SinghAsstt.Prof.& H.O.D, Dept. of Education, Sadhan Chandra Mahavidyalaya Contact.