

Programme Outcome

DEPARTMENT OF ECONOMICS

Session: July,2024– June,2025

Title of the Programme : **Workshop on Stress Management & Mental Well-being**

Date of Programme : **25th November,2024**

Introduction : The target of the programme was to promote mental peace and well-being among the students. The students are often under severe stress because of the hectic University curriculum, pressure to get a decent job, meet societal expectations. Their interaction with an experienced mental health activist will help them cope up with mental health issues.

Brief report on the programme (Different achievements and benefits of the programme)

For the first time the department has taken such an initiative to organise a Workshop on mental health issues. The Resource Person, Dr. Paramita Bhattacharyya, a mental health activist and also a faculty of Dept. of Bengali, BGC, discussed about different signs of mental problem, mechanism to cope up with the problem and take clinical intervention when necessary. She has explained through audio-visual aid, the importance of mental peace for a better life. The students have interacted well and shared some of their thoughts on this matter. Students have learnt the symptoms of stress, nature of stress and relaxation technique.

Total No. of Participant: 13





DEPARTMENT OF ECONOMICS

BARASAT GOVERNMENT COLLEGE

ORGANIZES

Workshop on Stress Management & Mental Well-being

Date: 25th Nov, 2024
Time: 12:30 PM

RESOURCE PERSON

Dr. PARAMITA BHATTACHARYA
Faculty, Dept. of Bengali, BGC

CHIEF PATRON

Dr. Samar Chattopadhyay
Principal, BGC



DEPARTMENT OF ECONOMICS
BARASAT GOVERNMENT COLLEGE

Attendance Sheet

Title of the Workshop: Stress Management and Mental Well being

Resource Person: Mr. Paramita Bhattacharya, Faculty, Dept. of Bengali, Barasat Govt. College

Date: 25/11/2024

Time: 12:30 pm onward

| Sl No. | Name | Roll No. | Semester | Signature |
|--------|-----------------------|----------|----------|-----------------------|
| 1. | Mohana Chakraborty | 2244029 | V | Mohana Chakraborty |
| 2. | Ananya Ghosh | 2244031 | II | Ananya Ghosh |
| 3. | Parash Datta | 2244020 | V | Parash Datta |
| 4. | ABM Jahidul Islam | 2344008 | III | ABM Jahidul Islam |
| 5. | Sk. Anwarul Hossain | 2444005 | I | Sk. Anwarul Hossain |
| 6. | Deepshree Paul | | I | Deepshree Paul |
| 7. | Angamita Bhattacharya | 2344010 | III | Angamita Bhattacharya |
| 8. | Kayena Biswas | 2244016 | II | Kayena Biswas |
| 9. | Madhurnima Kundu | 2244015 | II | Madhurnima Kundu |
| 10. | Gourik Kaur Sen | 2244023 | V | Gourik Kaur Sen |
| 11. | Ritam Chakraborty | 2244005 | II | Ritam Chakraborty |
| 12. | Sonia Sultana | 2244030 | II | Sonia Sultana |


Signature
Resource Person


Jt. Organizers
Dept. of Economics, BGC
25/11/2024