

On 6th January, Friday, 2023, 12 noon

# DR. NEELANJANA PAUL

## Resource Person

### Mental well-being in a Stressful World

Counselling Cell of Kalingar Mahavidyalaya along with National Service Scheme (NSS) & Internal Quality Assurance Cell (IQAC) Organise An Awareness Programme On



Teacher-in-charge  
Kalinagar Mahavidyalaya  
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# KALINAGAR MAHAVIDYALAYA

Government Aided College Affiliated to the West Bengal State University  
P.O. : Kalinagarhat, Dist : North 24 Parganas, Pin : 743442, Phone : 9091899593

## Awareness Programme On Mental Well-being in a Stressful World

**Organizers:** Counseling Cell, IQAC, NSS Unit, Kalinagar Mahavidyalaya

**Date:** January 6, 2023

**Time:** 12:00 Noon to 2:00 PM

**Venue:** BEUP Building

**Resource Person:** Dr. Neelanjana Paul

**Introduction:** The Counseling Cell, in collaboration with the Internal Quality Assurance Cell (IQAC) and the National Service Scheme (NSS) Unit of Kalinagar Mahavidyalaya, organized an awareness programme on "Mental Well-being in a Stressful World." The event aimed to address the growing concern of mental health in the context of the challenges and stressors faced by individuals in contemporary society.

**Speaker's Session:** Dr. Neelanjana Paul, a renowned mental health professional, served as the resource person for the programme. Her expertise provided valuable insights into understanding and coping with stress, anxiety, and maintaining mental well-being. Dr. Paul covered topics such as stress management techniques, the importance of seeking help, and fostering a supportive environment for mental health.

**Activities and Interaction:** The programme included interactive sessions, activities, and open discussions to engage participants actively. Attendees had the opportunity to share their experiences and concerns related to mental health in a safe and supportive space.

### Key Takeaways:

- Understanding the signs of stress and anxiety.
- Practical strategies for managing stress in daily life.
- The significance of seeking professional help when needed.
- Promoting a stigma-free environment for mental health discussions.

**Audience Participation:** The event saw active participation from students, faculty, and staff members. The open forum allowed for a candid exchange of thoughts, concerns, and coping mechanisms related to mental health.

**Conclusion:** The awareness programme on mental well-being served as an important initiative in fostering a culture of mental health awareness and support within the academic community. The collaboration between the Counseling Cell, IQAC, and NSS Unit reflects the holistic approach taken by Kalinagar Mahavidyalaya to address the mental health needs of its community members.

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P.O.: KALINAGARHAT. NORTH 24 PARGANAS. PIN: 743442. PHONE- 8328719680



*In*  
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