

Report on “Seminar on Mental Health”, organized by ‘Saheli’ on 7th January, 2023

‘Saheli’, the Women’s Cell, Garhbeta College has organized a lecture on mental health on 7th January, 2023 at the Seminar hall. The program was inaugurated by Dr. Hariprasad Sarkar, Principal of the college. The lecture was delivered by renowned psychologist Mrs. Srabani Seal, psychological counsellor at Sagar Dutta Medical College and Hospital and Narula Institute of Technology. Mrs. Seal has discussed various psychological aspects and crisis in current situation. She has shared her voluminous experiences regarding mental issues with the students to motivate them. Following the century old tradition, Garhbeta College organizes various motivational talks to encourage the comprehensive development of the students and society. This session will be helpful for the attendees, especially the students to overcome the psychological barriers during this post COVID era.

The seminar was attended by more than hundred students of various disciplines and college staff. Students have interacted with the speaker regarding their psychological concerns; Mrs. Seal has addressed the issues and suggested various remedies. Dr. Sushil Kumar Ghosh, IQAC Coordinator, Garhbeta College, Dr. Sajed Biswas, Secretary of Teachers’ Council, Dr. Shantimoy Patra, Teachers’ representative of Governing Body, and other faculty members were present during the entire session. Prof. Mousumi Pal, joint convenor of ‘Saheli’, Dr. Rita Sil, Dr. Rajlaxmi Mukherjee, Dr. Swatilekha Maity, and other members of ‘Saheli’ actively organized the program. The program was hosted by Dr. Shampa Deb Chanda, joint convenor of ‘Saheli’. Vote of thanks was given by Dr. Shantimoy Patra at the end of the program. Overall, it was an interesting program; students and teachers all will be benefitted through this session. ‘Saheli’ will try to organize such interactive seminars in future for well being of the students and society.

Picture Gallery

