



## **GARHBETA COLLEGE**

(Affiliated to Vidyasagar University)

Accredited by NAAC

Website : [www.garhbetacollege.ac.in](http://www.garhbetacollege.ac.in)

E-mail : [garhbetacollege48@gmail.com](mailto:garhbetacollege48@gmail.com)

Phone No. - (03227) 265143/267154

☆ At - GARHBETA ☆ P.O.: GARHBETA ☆ DIST.: PASCHIM MEDINIPUR ☆ STATE.; WEST BENGAL ☆ PIN- 721127

- *Name of the programme: **Reaching Out: Ensuring the Well-being of the Student Community - An Outreach Programme on Mental Health Awareness***
- *Organized by: **NSS Units & SAHELI, Women's Cell of Garhbeta College in collaboration with Garhbeta Umadevi Girls' High School***
- *Date: **10<sup>th</sup> January 2024***
- *Venue: **Garhbeta College***
- *Details of the Collaborating Agency: **Garhbeta Umadevi Girls' High School, Garhbeta High School Rd., Garhbeta, Paschim Medinipur, PIN-721127, Phone No.- 9434362874***
- *Total number of students participated: **93 students from Garhbeta College & 20 students from Garhbeta Umadevi Girls' High School***

‘Saheli’, the Women’s Cell and NSS Units of Garhbeta College have jointly organized a lecture on mental health on 10<sup>th</sup> January 2024 at the seminar hall. It was an outreach programme on mental health awareness and it was held at the college campus in collaboration with Garhbeta Umadevi Girls’ High School. The programme was inaugurated by Dr. Hariprasad Sarkar, Principal of the college. The lecture was delivered by renowned psychologist Mrs. Srabani Seal, a psychological counsellor at Sagar Dutta Medical College and Hospital and Narula Institute of Technology. Mrs. Seal has discussed various psychological aspects and crises after the COVID situation. She has shared her voluminous experiences regarding mental issues with the students to get rid of from the worst state of mind.

The seminar was attended by the students and teachers and supporting staff of the school and various disciplines of our college. Students have interacted with the speaker regarding their psychological concerns. Mrs. Seal has addressed the issues and suggested various remedies. The participation of the teaching staff of the school made this event a great success. Dr. Sushil Kumar Ghosh, IQAC Coordinator, Garhbeta College, Dr. Santimoy Patra, Teachers’ Representative of the Governing Body, Dr. Sajed Biswas, Secretary of the Teachers’ Council and other faculty members were present during the entire session. Prof. Mousumi Pal and Dr. Sampa Deb Chanda, joint convenors of ‘Saheli’, Dr. Rita Sil, Dr. Rajlaxmi Mukherjee, Dr. Swatilekha Maity, and other members of ‘Saheli’ actively organized the programme. The programme was hosted by Prof. Rabindranath Mudi, NSS PO of NSS Unit IV. A vote of thanks was given by Prof. Keshab



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Barman at the end of the programme. Overall, it was an interesting program; students and teachers have benefitted a lot from this session. 'Saheli' and NSS will try to organize such interactive seminars in future for the well-being of the students and society.





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## **LIST OF PARTICIPANTS:**

<b>FULL NAME OF THE PARTICIPANT/ PERFORMER/ AUDIENCE/ IN CAPITAL</b>	<b>DESIGNATION (STUDENT/TEACHER/ NON-TEACHING STAFF/ RESOURSE PERSON/ FROM LOCAL COMMUNITY)</b>	<b>ATTACHED WITH / INSTITUTION / AFFILIATION</b>	<b>ADDRESS</b>
ANUSKA SINGHA	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
DIYA KUNDU	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
SUITI BEJ	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
KOUSHIKEE DE	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
SAGNIKA CHAKRABORTY	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
DHRITIKA GOSWAMI	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
PAYEL KUNDU	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
ARPITA KANDAR	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
RHIDDHITA PAL	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
ASMITA MANDAL	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
SUCHARITA JANA	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
SITI DULEY	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
MONISHA JANA	STUDENT	GARHBETA	



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		UMADEVI GIRLS HIGH SCHOOL	
SOUMI RAY	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	MIRBAZAR, MEDINIPUR
ANANYA DAS	Assistant Teacher	GARHBETA UMADEVI GIRLS HIGH SCHOOL	MEDINIPUR
DEBIKA KARMAKAR	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GANGANI BADAM KOLONI
AYUSHMITA KUNDU	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
MONISHA RAJAK	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
PRERONA GHOSH	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
SIMA ACHARYA	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
SANIA DAS	STUDENT	GARHBETA UMADEVI GIRLS HIGH SCHOOL	GARHBETA
KOYEL MAITY	STUDENT	B.SC HONS GEO, GARHBETA COLLEGE	GANGANI, GARHBETA
MOUSUMI GHOSH	STUDENT	B.SC HONS GEO, GARHBETA COLLEGE	MOYRAKATA
MOUSUMI MANDAL	STUDENT	B.SC HONS GEO, GARHBETA COLLEGE	PATHRISOLE
RIKA NEOGI	STUDENT	B.SC HONS GEO, GARHBETA COLLEGE	PATHRISOLE
AKASH AWARWALA	STUDENT	BA GENARAL, GARHBETA COLLEGE	VILL+PO- AMLAGORA
AKASH JANA	STUDENT	BA GENARAL, GARHBETA COLLEGE	VILL- AGARKHANA
BIKASH MANNA	STUDENT	BA GENARAL,	VILL - SONAKARA



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GANESH JANA	STUDENT	BA GENARAL, GARHBETA COLLEGE	VILL- AGARKHANA
BIJAY MISTRI	STUDENT	BA GENARAL, GARHBETA COLLEGE	VILL- SAHEBDANGA
PAPU PRAMANIK	STUDENT	BA GENARAL, GARHBETA COLLEGE	VILL- LAKSHYATAPAL
RAJKUMAR RUIDAS	STUDENT	BA GENARAL, GARHBETA COLLEGE	VILL- BUGHSI
RAGHUNATH MONDAL	STUDENT	BA GENARAL NSS UNIT, , GARHBETA COLLEGE	VILL- LAPURIA, GARHBETA, 721127
KEYA GHOSH	STUDENT	GARHBETA COLLEGE	RAMCHANDRAPUR
SUDIPA KOLEY	STUDENT	GARHBETA COLLEGE	AGUIBONI
MANDIRA SHIKARI	STUDENT	GARHBETA COLLEGE	AGUIBONI
MADHUMITA BAJ	STUDENT	GARHBETA COLLEGE	AGUIBONI
TANIYA KHATUN	STUDENT	GARHBETA COLLEGE	DURGAR BANKATI
MATIKULLA MONDAL	STUDENT	GARHBETA COLLEGE	GARHBETA
RINA RANI MALLIK	TEACHER	GARHBETA COLLEGE	GARHBETA COLLEGE
CHAMPA NANDI	TEACHER	GARHBETA COLLEGE	GARHBETA
MOUPRIYA GHOSH	STUDENT	GARHBETA COLLEGE	KIABONI
SHYAM SUNDAR DEY	STUDENT	GARHBETA COLLEGE	FATEHSINGPUR
ABU WASIM KHAN	STUDENT	GARHBETA COLLEGE	FATEHSINGPUR
RAJU KHAN	STUDENT	GARHBETA COLLEGE	KHARKUSMA
PADMA PATRA	STUDENT	GARHBETA COLLEGE	BENACHAPRA
ARPITA DAS	STUDENT	GARHBETA COLLEGE	HATIMASAN



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SRABANI BHATTACHARYA	STUDENT	GARHBETA COLLEGE	KHUNBERIA
ARPITA PATRA	STUDENT	GARHBETA COLLEGE	KHUNBERIA
SAMAPTI PAL	STUDENT	GARHBETA COLLEGE	KHUNBERIA
TINA CHANDRA	STUDENT	GARHBETA COLLEGE	KHUNBERIA
MOHUA GHOSH	STUDENT	GARHBETA COLLEGE	SONABANDI
RIYA PASARI	STUDENT	GARHBETA COLLEGE	PANIKOTOR
MAHANTA CHOWDHURY	STUDENT	GARHBETA COLLEGE	GARHBETA
SOUMIK BERA	STUDENT	GARHBETA COLLEGE	PARKHANDA
KESARI NANDAN JOSHI	STUDENT	GARHBETA COLLEGE	GARHBETA
RABINDRA NATH MUDI	TEACHER	GARHBETA COLLEGE	GARHBETA
PRIYA PAL	STUDENT	GARHBETA COLLEGE	SIDADIHI
TINA MANNA	STUDENT	GARHBETA COLLEGE	CHAT BERIA
MALAY MAHATA	STUDENT	GARHBETA COLLEGE	RAMGARH
KOYEL MONDAL	STUDENT	GARHBETA COLLEGE	GOPALNAGAR
ANKITA NANDI	STUDENT	GARHBETA COLLEGE	PANIKOTOR
KOYEL KARAK	STUDENT	GARHBETA COLLEGE	GARHBETA
BARSHA DEY	STUDENT	GARHBETA COLLEGE	GARHBETA
PURNIMA ACHARYA	STUDENT	GARHBETA COLLEGE	GARHBETA
MITALI SAHA	STUDENT	GARHBETA COLLEGE	GARHBETA
SAMPA DERA	STUDENT	GARHBETA COLLEGE	SALDANGRA
SOMA BHATTACHARJEE	STUDENT	GARHBETA COLLEGE	KHUNBERIA
DOYEL MALLICK	STUDENT	GARHBETA COLLEGE	GARHBETA
INDU BANERJEE	STUDENT	GARHBETA	RAULIA



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		COLLEGE	
SOUMITA DEY	STUDENT	GARHBETA COLLEGE	JHARBONI
BRISTI GHARA	STUDENT	GARHBETA COLLEGE	METALA
SAMAPTI SANRTA	STUDENT	GARHBETA COLLEGE	AMLASULI
SABIA MALLICK	STUDENT	GARHBETA COLLEGE	LALITPUR
SUNDARI HEMRAM	STUDENT	GARHBETA COLLEGE	BAGPICCHLA
ARTI SAREN	STUDENT	GARHBETA COLLEGE	GUHAFALA
LAXMIMONI SAREN	STUDENT	GARHBETA COLLEGE	BASNONI
APARNA MANDI	STUDENT	GARHBETA COLLEGE	BALARAM PUR
SHIBANI SAREN	STUDENT	GARHBETA COLLEGE	KAWABAD
SOMA SAREN	STUDENT	GARHBETA COLLEGE	KAWABAD
DR. KANCHAN BAG	TEACHER	GARHBETA COLLEGE	GARHBETA
BRISTI DEY	STUDENT	GARHBETA COLLEGE	FATEHSINGPUR
SUPRIYA DAS	STUDENT	GARHBETA COLLEGE	PANIKOTOR
YUTHIKA KHATUN	STUDENT	GARHBETA COLLEGE	PANIKOTOR
AMAR MANDAL	STUDENT	GARHBETA COLLEGE	FULBERIA
SANKAR KARAK	STUDENT	GARHBETA COLLEGE	C. K. ROAD
JIT BANERJEE	STUDENT	GARHBETA COLLEGE	MADNAPUR
SANNASI SHEE	STUDENT	GARHBETA COLLEGE	RAGHUNATHPUR
SOHAM ROY	STUDENT	GARHBETA COLLEGE	GARHBETA
BISWAJIT BARDOLAI	STUDENT	GARHBETA COLLEGE	GARHBETA
ARNAB RAY	STUDENT	GARHBETA COLLEGE	GARHBETA
TRISHITA DATTA	STUDENT	GARHBETA COLLEGE	GARHBETA



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ESHA SINGH	STUDENT	GARHBETA COLLEGE	
MEGHA PARAMANIK	STUDENT	GARHBETA COLLEGE	BENACHAPRA
PRIYA PRAMANIK	STUDENT	GARHBETA COLLEGE	PANCHAROL
PAYEL SAMANTA	STUDENT	GARHBETA COLLEGE	BENACHAPRA
RUPSA MONDAL	STUDENT	GARHBETA COLLEGE	RANGTA COLONY
KOYEL KUNDU	STUDENT	GARHBETA COLLEGE	SANPUR
LAXMIPRIYA MONDAL	STUDENT	GARHBETA COLLEGE	BHATTAGRAM
BANDITA CHHATAT	STUDENT	GARHBETA COLLEGE	KUSHTORA
RIYA PANDIT	STUDENT	GARHBETA COLLEGE	DHADIKA
MONI SARKAR	STUDENT	GARHBETA COLLEGE	PACHADAHARA
ATITHI MONDAL	STUDENT	GARHBETA COLLEGE	UPAR JABA
RINKU NAYAK	STUDENT	GARHBETA COLLEGE	KHARIKASULI
PRATIMA MAJHI	STUDENT	GARHBETA COLLEGE	BOLBANDI
SONALI SAMANTA	STUDENT	GARHBETA COLLEGE	
RUPSA MAITY	STUDENT	GARHBETA COLLEGE	
BRISTI DOLUI	STUDENT	GARHBETA COLLEGE	
AMBIKA KARMAKAR	STUDENT	GARHBETA COLLEGE	
KOYEL JANA	STUDENT	GARHBETA COLLEGE	
ARPITA ADHYA	STUDENT	GARHBETA COLLEGE	
SUDESHNA GHOSH	STUDENT SANSKRIT	GARHBETA COLLEGE	
SOMA GHOSH	STUDENT (B.H)	GARHBETA COLLEGE	
BABITA GHOSH	STUDENT (B.H)	GARHBETA COLLEGE	
MOUMITA LAHA	STUDENT (B.H)	GARHBETA	



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SOMA KARMAKAR	STUDENT (B.H)	GARHBETA COLLEGE	
DR. HARIPRASAD SARKAR	PRINCIPAL	GARHBETA COLLEGE	GARHBETA COLLEGE
DR. SANTIMOY PATRA	ASSOCIATE PROFESSOR	GARHBETA COLLEGE	GARHBETA COLLEGE
DR. RITA SIL	ASSOCIATE PROFESSOR	GARHBETA COLLEGE	GARHBETA COLLEGE
RAJLAXMI MUKHERJEE	ASSISTANT PROFESSOR	GARHBETA COLLEGE	GARHBETA COLLEGE
SUSANTA KR MANDAL	ASSISTANT PROFESSOR	GARHBETA COLLEGE	GARHBETA
RIYAJUL DALAL	STUDENT	GARHBETA COLLEGE	GARHBETA
ARIFUL GAYEN	STUDENT	GARHBETA COLLEGE	GARHBETA