



# KANCHRAPARA COLLEGE

24PGS(N), WEST BENGAL

One Day State Level Webinar Titled,  
*"Importance of Mental Wellness During Pandemic"*

Organized by  
National Service Scheme (NSS), Kanchrapara College

Date: 19<sup>th</sup> October, 2020

Time: 3.00 pm Onwards

## OUR SPEAKERS

**Dr. Ayanangshu Nayak**  
MBBS, MRCPsych, CCT (UK)  
Adult & Liaison Psychiatry

Topic: *Mental Health First Aid And Beyond for The Lay People*



**Smt. Priyanka Bhaduri**

She is currently working as a Guest Faculty in 2 years PG Diploma in Psychological Counselling & Stress Management organised by Centre for Counselling Services and Studies in Self Development (CCSSS), Darshan Bhaban, Jadavpur University, Kolkata. She has a Master's Degree (MA) in Psychology and is trained in Counselling & Stress Management, Play Therapy and Narrative Ideas.



**Smt. Srabani seal**

She is now working as a psychological counsellor at Vidyasagar University, Midnapore and College of Medicine. She has received an advanced diploma on counselling and stress management from Jadavpur university and Training on Youth development program from NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES (NIMHANS). She is also trained in play therapy and narrative therapy.



Joint Topic: *Navigating towards Growth: A Journey of Endurance and Resilience in the Time of Pandemic.*

## PRESIDENT, GOVERNING BODY

**Sri. Sudama Roy**  
President, Governing Body  
Kanchrapara College  
&  
Chairman, Kanchrapara  
Municipality



## PRINCIPAL

**Dr. Pranab Kumar Bera**  
Principal  
Kanchrapara College



## ORGANIZING SECRETARY

**Mrs. Debjani Roychoudhuri**  
Assistant Professor  
Head, Department of English  
&  
NSS Program Officer



## TECHNICAL SUPPORTS

**Mr. Pinaki Das**  
SACT & Head  
Department of Computer  
Science  
Kanchrapara College

**Mr. Pritam Ghosh**  
Ex- Student  
Dept. of Computer  
Science  
Kanchrapara College

Registration Link: <https://forms.gle/dssYtmjzPfXhgRpGA>

PLATFORM



## **INSTRUCTION TO THE PARTICIPANTS**

- ✓ For registration the participants must fill up the registration form within 19<sup>th</sup> October, 2020, 12 noon.
- ✓ All participants will join in YouTube Live. A registered participant will get the YouTube link by e-mail.
- ✓ E-certificates will be provided after submission of the feedback form. Feedback link will be provided at the end of the session.
- ✓ To interact the participants must use the chat box.