



Phone : 2555-4562
MAHARAJA MANINDRA CHANDRA COLLEGE
20, RAMKANTO BOSE STREET, KOLKATA - 700 003
(NAAC Accredited)

Ref. No.....

Date.....



Phone : (033) 2555-4562
Maharaja Manindra Chandra College
20, RAMKANTA BOSE STREET, KOLKATA-700 003
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Ref. No.....

Date.....

19.11.2024

NOTICE

A one day workshop on **MENTAL HEALTH AND STRESS MANAGEMENT** will be organised by the Department of Philosophy, Students' Counselling Sub Committee and IQAC in collaboration with the **Centre for Counselling Services and Studies in Self Development, Jadavpur University** on 28/11/24 at 11:30 a.m. in room number 8.

This workshop is meant to promote mental well-being, reduce stress and to learn effective coping strategies from eminent experts in this field.

All students and faculty members are requested to attend this extremely useful workshop.

Please register by the following Registration Link.

We look forward to your participation.

Registration link:

<https://docs.google.com/forms/d/1eqdHuywqpkM-H2ZVhXUrcC0ZSsLxMDLIDogjRJo75I/edit>



Teacher-in-Charge
M.M.C. College
Kolkata – 3



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One Day Workshop on Mental Health & Stress Management

A workshop on Mental Health & Stress Management was conducted by the Department Of Philosophy, Students' Counselling Sub-Committee, & IQAC of Maharaja Manindra Chandra College in collaboration with the Centre for Counselling Service and Studies in Seif Development (CCSSS) of Jadavpur University on 28.11.2024 from 11.30am-5.30pm. Dr. Samar Kumar Mondal, Professor of Philosophy & Coordinator of the centre, JU, Mr. Sukanta Mitra, Psychological Counsellor of CCSSS, JU & their team were the main attraction of this programme. Both students and teachers greatly benefited from it and enriched their understanding in mental aspects. They have requested to organize similar workshops in the future. Overall, the event was a resounding success.

Amazundar
06.12.24
Teacher-in-charge
M. M. C. College, Kolkata-3

Partha Datta
6/12/24
Coordinator
I.O.A.C.
M.M.C. College
Kolkata-3

Sukanta Ghara :
convenor : 6.12.24.
Students' Counselling Sub-
committee
Shreya Ray
HOB
06-12-24
Department of Philosophy



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Flyer

Maharaja Manindra Chandra College
One Day Workshop on
MENTAL HEALTH & STRESS MANAGEMENT

Organized by Department of
Philosophy, Student Counselling
Sub-Committee & IQAC in
Collaboration with the Centre for
Counselling Services and Studies in
Self Development (CCSSS) Jadavpur
University

28.11.2024 (Thursday)
Time: 11.30a.m-4.00p.m
Mob No: 8900337742
8017120047
Venue: Room-8

Prof. Samar Kumar Mondal
Professor of Philosophy &
Coordinator of the
Centre, JU

Mr. Sukanta Mitra
Psychological
Counsellor
CCSSS, JU



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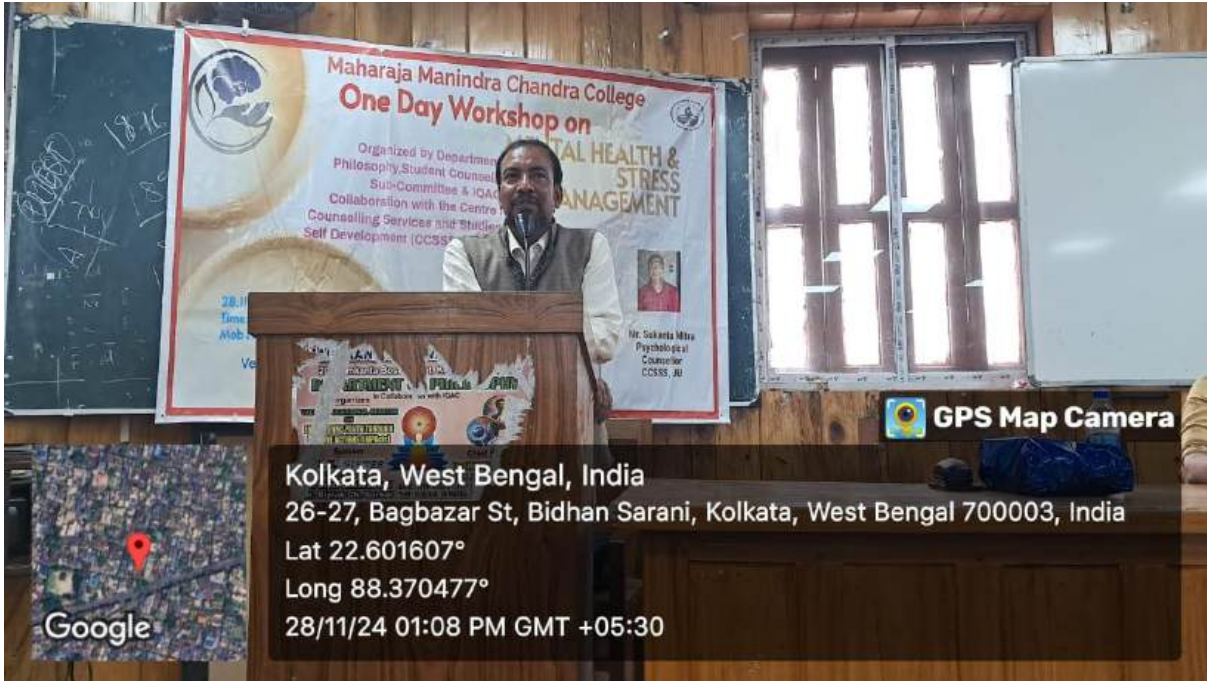
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
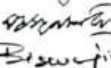
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ONE DAY WORKSHOP ON
MENTAL HEALTH & STRESS MANAGEMENT
MAHARAJA MANINDRA CHANDRA COLLEGE

Venue Room NO-8Time: 11.30

TEACHERS WHO PARTICIPATED

1. Anaxumdar. 28.11.24.
2. Rupia Bal 28.11.2024
3. SK. SahaJahan 28.11.24.
4. Panku Datta 28/11/24
5. Sujita Mandal. 28/11/24.
6. Anirjit Ghosh 28/11/24
7. Bhaswati Pal. 28/11/24
8. Md. Mojid Shaikh 28/11/24
9. Swarnabha Bala 28.11.24
10. Anaya Banerjee 28/11
11. Sumita Chattaraj 28/11/24
12.  28.11.24
13. Saptapa S. 28/11/24.
14. Dipna Majumdar 28/11/2024
15.  28.11.2024
16. Biswajit Das 28/11/24
17. 
18. Biswajit Prasad 28/11/24
19. Kaishra Biswas 28/11/24
20. Somita Ganguli 28/11
21. Shreyas Datta 28/11/24



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No.

Marks obtained

Maharaja Manindra Chandra College

Mid term/Test Examination 20 Name.....

Class.....Sec.....Roll No.....Subject.....Paper/Gr.....

Write from here

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