



Phone : (033) 2555-4562

# Maharaja Manindra Chandra College

20, RAMKANTA BOSE STREET, KOLKATA-700 003

( NAAC Accredited)

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 exports 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-H2ZVhXUccc0ZSsLxMDLIDogjRJo75I/edit>

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

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