

Name of the Initiative: Webinar on Mental Health of Students and Parents, Specially for Girls Students and Mothers During the Pandemic Situation organized by IQAC, Raniganj Girls' College

Category of Capacity Building Programme: Life Skills (Health)

Date of Organization: 04.09.2020

Venue: Virtual Platform

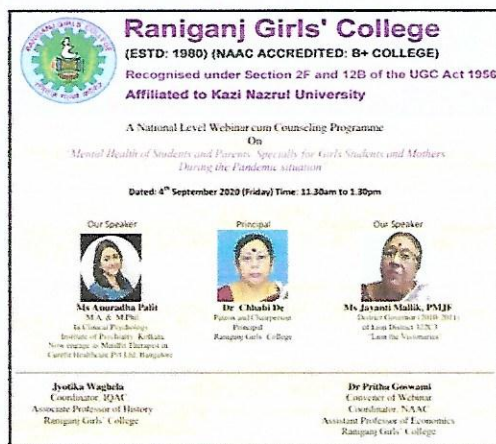
Resource Persons: Ms Anuradha Palit, MA & M Phil in Clinical Psychology, Curefit Healthcare Pvt. Ltd. Banagalore and Jayanti Mallik, Associate Editor of the Lion Magazine of MD322 and the District Coordinator of Global Leadership Training for the year 2020-2021

Focus: The World Health Organization states 'Fear, worry, and stress are normal responses to perceived or real threats, and particularly when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic.

Total number of participants = 25

Students = 16


Others = 9





Raniganj Girls' College
(ESTD: 1980) (NAAC ACCREDITED: B+ COLLEGE)
Recognised under Section 2F and 12B of the UGC Act 1956
Affiliated to Kazi Nazrul University

A National Level Webinar cum Counseling Programme
On
*Mental Health of Students and Parents, Specially for Girls Students and Mothers
During the Pandemic situation*

Dated: 4th September 2020 (Friday) Time: 11.30am to 1.30pm

Our Speaker

Ms Anuradha Palit
MA & M.Phil.
M.A. in Clinical Psychology
Institute of Psychiatry, Kolkata,
New member in Mental Strategy at
Curefit Healthcare Pvt Ltd, Bangalore

Principal

Dr Chhabi De
Patna and Supervisor
Principal
Raniganj Girls' College

Our Speaker

Ms Jayanti Mallik, PMJF
District Coordinator (2018-2021)
of Lion District (LDC)
Lion the Victorious

Jyotika Waghela
Coordinator IQAC
Associate Professor of History
Raniganj Girls' College

Dr Priitha Goswami
Coordinator of Webinar
Coordinator, N.A.M.C
Assistant Professor of Economics
Raniganj Girls' College



Outcome at the end of the programme: The students benefited from the webinar when the mental agony, the issues and uncertainties that the girls of this college, and their families facing due to the COVID 19 pandemic were addressed in the webinar

Chhabi De
Principal 10/11/22
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