

**A State Level Webinar on
'De-stress in Distress'**

Organized by

IQAC

Acharya Sukumar Sen Mahavidyalaya

In Collaboration with

IQAC, Birpara College

Date

26 July, 2020 at 3-00 p.m (IST)

Co-coordinator: Dr. Pritesh Chakraborty

Name of the Resource Person

Dr. Suddhendu Chkraborty

Mrs. Totini Dutta

YouTube Link

https://youtu.be/tPCKK_Zm9uk

Reporting of the Webinar

The IQAC of Acharya Sukumar Sen Mahavidyalaya organized a state Level webinar on 'De-stress in Distress' on 26 July 2020 at 3 pm (IST) in collaboration with IQAC, Birpara College. The Resource Persons in the seminar were Dr. Suddhendu Chkraborty, Mrs. Tatini Dutta. As the whole programme was given in the YouTube, the viewers are increasing day by day.



The Internal Quality Assurance Cells of
Acharya Sukumar Sen Mahavidyalaya
and **Birpara College** present



De-stress in Distress

Tackling Mental Health Issues during a Pandemic

An Interactive Session

with



Dr. Suddhendu Chakraborty

Psychiatrist



Smt. Tatini Datta

Clinical Psychologist

Dr. Jayanta Kumar Mukherjee, Principal, Acharya Sukumar Sen Mahavidyalaya,
and Dr. Dil Kumar Pradhan, Teacher-in-Charge, Birpara College,

join the organisers to urge staff and students to participate in the session

on

Sunday, 26 July, 2020; 3 p.m. (IST) onwards

Registration is free

Register at <https://forms.gle/7nvogCqDA1VRqHks8>

Last date for registration: 24 July 2020

The webinar will be streamed on YouTube Live from 3 p.m. on 26 July 2020.

Click on <https://m.youtube.com/c/educationalandculturalstation>

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