

One-day Webinar on "Impact of Covid-19 on our Psychological Wellbeing and Possible way forward" organized by the IQAC, BNMV

Total participants = 128

Speaker: Smt. Sahana Nag,

Psychological Counsellor, Centre for Counselling Services and Studies in Self-development (CCSSS), Jadavpur University, Kolkata-700 032

Dr. Subhrangsu Aditya,

Psychological Counsellor, Centre for Counselling Services and Studies in Self-development (CCSSS), Jadavpur University, Kolkata-700 032

Date: 09.07.2020

Youtube Link: <https://www.youtube.com/watch?v=lqP8G4SCTkM&t=89s>

Smt. Nag and Dr. Aditya, noted personalities in the world of psychological health and counselling, discussed the various ways the Covid pandemic has been damaging the psyche of individuals, especially in students and youths. They explained the possible remedies of this situation so that one can keep one's spirits high and maintain a positive outlook. They also assured that they would be available for consultation as required. The participants, attending the webinar through Google Meet and Youtube live, asked various questions in the final session and the speakers answered to all of them, making the webinar an interactive and fruitful venture.

ONE DAY WEBINAR ON

"Impact of COVID-19 on Our Psychological Wellbeing and Possible Way Forward"

COVID-19 কে সঙ্গে নিয়ে আমরা কীভাবে ভালো থাকব?

July 09, 2020 (Thursday) | 3-5 PM IST
Platform: Google Meet

Resource Persons

NO REGISTRATION FEE



Smt. Sahana Nag
Psychological Counsellor,
Centre for Counselling Services
and Studies in Self-development,
Jadavpur University



Dr. Subhrangsu Aditya
Psychological Counsellor,
Centre for Counselling Services
and Studies in Self-development,
Jadavpur University

All are welcome to register through the following Google Form link on or before **July 05, 2020; 8 PM**

Registration Link:
<https://forms.gle/K4rcP6NGYHoW1MeUA>

Registration restricted to 250 participants only on first-come-first-serve basis.

Google Meet link will be sent to the registered E-mail address of the participants.

E-certificate will be issued to Participants.

For any query please mail us:
bnmviqac@gmail.com



Organized by: Internal Quality Assurance Cell (IQAC)
Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly-712 147
West Bengal, INDIA

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<https://www.bnmv.ac.in>



BEJOY NARAYAN MAHAVIDYALAYA

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NAAC Accredited (2nd Cycle)

Itachuna, Hooghly-712 147, West Bengal, India

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CERTIFICATE OF HONOUR

This is to certify that **Smt. Sahana Nag**, Psychological Counsellor, Centre for Counselling Services and Studies in Self-development (CCSSS), Jadavpur University, Kolkata-700 032 delivered an invited talk in One Day Webinar on **"Impact of COVID-19 on Our Psychological Wellbeing and Possible Way Forward"** organized by IQAC, Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly-712 147, West Bengal on July 09, 2020.

Dr. Pinak Dutta
Coordinator, IQAC

Dr. Goutam Bit
Principal



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CERTIFICATE OF HONOUR

This is to certify that **Dr. Subhrangsu Aditya**, Psychological Counsellor, Centre for Counselling Services and Studies in Self-development (CCSSS), Jadavpur University, Kolkata-700 032 delivered an invited talk in One Day Webinar on **"Impact of COVID-19 on Our Psychological Wellbeing and Possible Way Forward"** organized by IQAC, Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly-712 147, West Bengal on July 09, 2020.

Dr. Pinak Dutta
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