

Report of

Challenges to Mental Well-being in Recent Times: An Interactive Awareness Programme (State level)

Organized by Seminar Sub-committee & IDP Cell, **Bejoy Narayan Mahavidyalaya**, Itachuna, Hooghly; & **Students Health Home**, North Hooghly Regional Centre.

Date: 06.02.2026; Venue: Diamond Jubilee Hall.

Speaker - Smt. Madhumita Ghosh (Psychologist)

The poster features a central blue oval with white text. To the right is a circular logo for Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly, established in 1950. The background has abstract human figures in purple, blue, and green.

Challenges to Mental Well-being in Recent Times: An Interactive Awareness Programme.

Speaker: Smt. Madhumita Ghosh, Psychologist

Date: 06.02.2026 Time: 12 O'clock

Venue: Diamond Jubilee Hall.

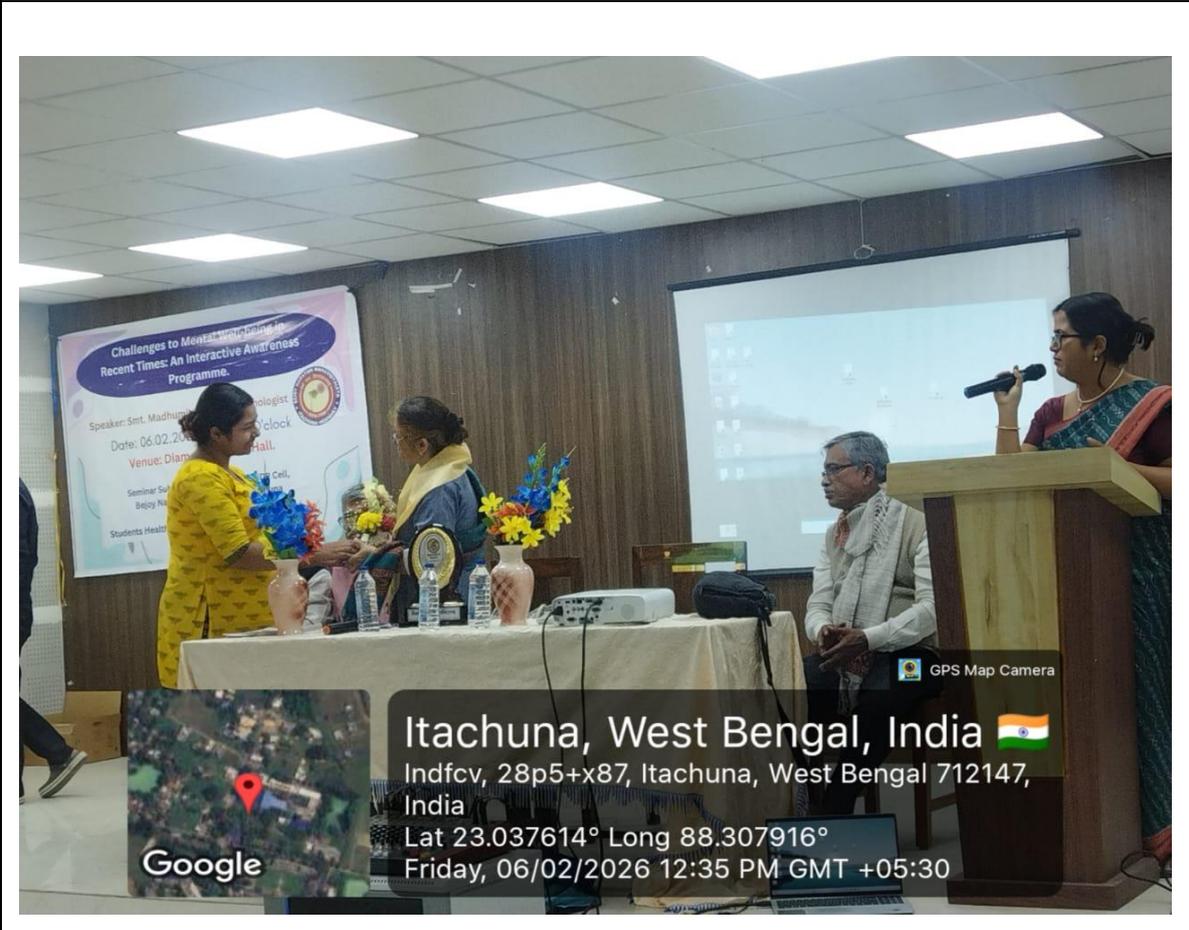
Organized by :-
Seminar Sub-committee along with IDP Cell,
Bejoy Narayan Mahavidyalaya, Itachuna
&
Students Health Home, North Hooghly Regional Centre.

Summary of event –

An Interactive Awareness Programme on “Challenges to Mental Well-being in Recent Times: An Interactive Awareness Programme” was organized by the Seminar Sub-committee and IDP Cell, Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly, in collaboration with Students Health Home, North Hooghly Regional Centre, on 06 February 2026 at the Diamond Jubilee Hall. The speaker, Smt. Madhumita Ghosh, Psychologist explained how pressures from academics, social life, family expectations, social media, and global events have increased stress, anxiety, and other mental health concerns. They emphasized that experiencing emotional struggles does *not* mean weakness, it’s a common human response that can be managed with the right support. The programme used interactive activities through Q & A sessions. Overall, the programme successfully raised awareness, reduced stigma around mental health issues, and encouraged a more supportive environment where people feel comfortable discussing their emotional well-being and accessing resources when needed.



Speaker Madhumita Ghosh delivering her lecture





‘Students Health Home, North Hooghly Regional Centre’ informed that they would provide all medical facilities at very low cost if students and staffs have health card of their organization. The main objective of their service is –

- (i) To render medical aid to the students
- (ii) To impart to the student’s modern knowledge about the preventive & social aspects of medicine
- (iii) To establish Clinics or Hospital or both rendering medical aid to the students.

Attendance sheet -

Challenges to Mental Well-being in Recent Times : An
Interactive Awareness Programme.
Date: 06.02.2026 Venue: Diamond Jubilee Hall.

SL NO.	NAME	DESIGNATION	SIGNATURE
	Sudip Nandy	Student	Sudip Nandy
1	ANANYA PANDIT	Student	Ananya Pandit
2	Ashut Chanda	Student	Ashut Chanda
3	MARZIYA KHATUN	Student	Marziya Khatoon
4	Roshna Khatun	Student	Roshna Khatun
5	Poulami Karmakar	Student	Poulami Karmakar
6	Jayana Khatun	Student	Jayana Khatun
7	ANISA RAHAMAN	Student	Anisa Rahman
8	NABANITA PURKAIT	Student	Nabanita Purkait
9	RUMPA DEBNATH	Student	Rumpa Debnath
10	SHIPRA MUKHERJEE	Student	Shipra Mukherjee
11	Koyena Saha	Student	Koyena Saha
12	BANISHA KHATUN	STUDENT	Banisha Khatun.
13	SOUMIT DAS	STUDENT	Soumit Das
14.	Anfara Bhattacharjee	STUDENT	Anfara Bhattacharjee
15.	Piya Hansda	Student	Piya Hansda
16.	KIRAN HALDER	Student	Kiran Halder
17.	ARPIITA MONDAL	Student	Arpita Mondal
18.	RUPSA PAL	Student	Rupsa Pal
19.	Anamita Chakrabarty	student	Anamita Chakrabarty
20.	Anik Mukherjee	Student	Anik Mukherjee
21.	Ankur Singha Roy	Student	Ankur Singha Roy
22.	SATYAKI SARKAR	Student	Satyaki Sarkar
23.	GASTIKA HALDER	Student	Gastika Halder
24.	SHEERA NANDI	Student	Sheera Nandi
25.	ADITI BISWAS	Student	Aditi
26.	MANISHA BAG	Student	Manisha Bag
27.	SRI MATI MURMU	Student	Srimati murmu
28.	SANDHITA ROYMAHASHAY	Student	Sandhita Roymahashay
29.	SUSMITA SINGH	Student	Susmita Singh
30.	MAMANI MANDI	Student	Mamani Mandi
31.	JAYANTI TUDU	Student	Jayanti Tudu
32.	RITA MANDI	STUDENT	Riza Mandi

33.	PRIYA DHALI	student	Bija Dhali
34.	BAISHAKHI MANDI	Student	Baishakhi Mandi
35.	BAISHAKHI BAUDAS	Student	Baishakhi Baudas
36.	ANINDITA SARKAR	Student	Anindita Sarkar
37.	SAYANTIKA MALICK	Student	Soyantika Malick
38.	PARAMA BAGI	Student	Parama Bagi
39.	RIYA ROY	Student	Riya Roy
40.	PALLABI GHOSH	Student	Pallabi Ghosh
41.	RIYA BAIDYA	Student	Riya Baidya
42.	AHONA DAS	Student	Ahona Das
43.	SUPRITI HEMBRAM	Student	Supruti Hembram
44.	RIYA DEY	Student	Riya Dey
45.	Anima KISKU	Student	Anima Kisku
46.	SHYAMALI LOHAR	Student	Shyamali Lohar
47.	Nasmin Khatun	"	Nasmin Khatun
48.	Mukta Debnat	"	Mukta Debnat
49.	Nowrin Khatun	"	Nowrin Khatun
50.	Sayani Dey	student	Sayani Dey
51.	Anirjit Ghosh	student	Anirjit Ghosh
52.	Rajib Kisku	student	Rajib Kisku
53.	BASU HEMBRAM	Student	Basu Hembram
54.	DEBNATH GHOSH	Student	Debnath Ghosh
55.	Debkalpa Ghosh	Student	Debkalpa Ghosh
56.	Ramita Karmakar	student	Ramita Karmakar
57.	Kaushik Sarkar	Assistant Professor	K
58.	Prasan Haeder	Assistant Professor	Ch
59.	Upendra N. Chatterjee	Visiting Faculty	Chatterjee
60.	S. Chakrabarty	Associate Professor	Chakrabarty
61.	A. Bandyopadhyay	Assistant Prof.	A.B.
62.	S. Dasgupta	Associate Prof	S.D.
64.	Palas Roy	Associate Professor	Roy
65.	JAYITA BANDYOPADHYAY	SACT	Jayita Bandyopadhyay
66.	Brotali Chakrabarty	Asst. Prof	B. Chakrabarty
67.	Jayita Nayker	Librarian	Jayita Nayker

68.	Tanusree Bhadra	Librarian	Bhadra
69.	Ruma Dutta	SACT, Nutrition Dept.	R.D.L.
70.	Kankona Nandi	SACT, Philosophy Dept.	K.Nandi
71.	Shilika Sharma	SACT, Sanskrit Dept.	Sharma
72.	Lily Bhattacharya	SACT, Botany Dept.	L.Bhattacharya
73.	Dr. Somdatta Hal.	SACT, Sanskrit	Hal.
74.	Semanti Basu	Assistant Prof. Chemistry	Basu
75.	Sorathi Misra	Librarian	Misra
76.	Sima Prang	Asst. Professor	Prang
77.	Shampa Choudhary	Office staff	Choudhary
78.	Akash Haldar	NCC Student	Haldar
79.	DIPAK LOHAR	NCC Student	Lohar
80.	Tindra Nath Das	Assistant Professor Dept. Sanskrit	T.N. Das
81.	Rabatak Sen Gupta	Assistant Professor	R.S. Gupta
82.	Sulabha Sarkar	Assistant Professor	S.S. Sarkar
83.	Annam Malakar	Student	Annam Malakar
84.	Trisha Ghosh	Student	Trisha Ghosh
85.	Sadia Sultana	Student	Sadia Sultana
86.	Nagisa Khatun	Student	Khatun
87.	AYESA KHATUN	Student	Ayesa Khatun
88.	Manjima Biswas	Student	Biswas
89.	Rimpa Kshetrapal	Student	Rimpa Kshetrapal
90.	Saptemi Santra	Student	Saptemi Santra
91.	Sampati Debnath	Student	Sampati Debnath
92.	Sanchari Mukherjee	Student	Sanchari Mukherjee
93.	Maryum Firoz	Student	Maryum Firoz
94.	Trisha Mondal	Student	Trisha Mondal
95.	Susmita Tikadar	Student	Susmita Tikadar
96.	Amrita Sengupta	Student	Amrita Sengupta
97.	Subhajit Santara	Student	Subhajit Santara
98.	Soubendra Santara	Student	Soubendra Santara

Principal
Bejoy Narayan Mahavidyalaya
Itachuna, Hooghly-712 147 6.2.26