



BEJOY NARAYAN MAHAVIDYALAYA

(GOVT. SPONSORED)

NAAC ACCREDITED (3rd CYCLE)

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Ref. No.

Date, 22.09.2025

Seen
22/09/25
Principal
Bejoy Narayan Mahavidyalaya
P.O. - Itachuna, Dt. Hooghly

Notice

Career Counselling Sub-Committee

A workshop on **Stress Management** in our daily life organised by Career Counselling sub-committee in association with the team of **Crisis Intervention**, Kolkata will be going to held on 24th ^{September} ~~August~~, 2025 (Wednesday) at 11 a.m. for teaching and non-teaching staffs of the College.

Willing staffs are requested to attend the workshop and make it a success.

Venue: Smart class Room (Ground floor Darwin Bhawan)

Time: 11.00 a.m. to 12.30 p. m. (Morning Section)

1p.m. to 2.30 p.m. (Day Section)

Sanchali Banerjee

Convener
Career Counselling Sub-Committee
B. N. Mahavidyalaya
Itachuna, Hooghly.



Crisis Intervention

OUR AREA OF ACTIVITIES

- ✓ **STRESS MANAGEMENT IN OUR DAILY LIFE**
- ✓ **ORGANISED BY CAREER COUNSELLING SUB-COMMITTEE IN ASSOCIATION WITH THE TEAM**
- ✓ **CRISIS INTERVENTION KOLKATA WILL BE GOING TO BE HELD ON 24TH AUGUST, 2025**



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