



CHHATNA CHANDIDAS MAHAVIDYALAYA

(Affiliated to Bankura University)

P.O.- Chhatna ❖ Dist.- Bankura ❖ West Bengal ❖ Pin- 722 132

www.ccmv.in, e-mail : ccmvoffice@gmail.com, Mob : 9434521209 / 9475585518

Office : 03242-201125, 7001138398, 9007933805

Ref. No. :

Date.....

2022-23

Programme on Mental Health

Date 27/5/23 & 28/05/23

Participants Day. 1. 50

Day. 2. 31

Total (81)

P. Kundhakar

IQAC Co-ordinator
Chhatna Chandidas Mahavidyalaya



m. Sinha

Dr. Malavika Sinha
Principal
Chhatna Chandidas Mahavidyalaya
Chhatna, Bankura



CHHATNA CHANDIDAS MAHAVIDYALAYA.

ESTD- 2007

(AFFILIATED TO BANKURA UNIVERSITY)

P.O.-CHHATNA • DIST.-BANKURA • W.B. • PIN- 722 132

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Office : 03242-201125; 9475585518; 7001138398; 9614380901; 9933611788

No :

Date

NOTICE

All the students of Chhatna Chandidas Mahavidyalaya are hereby asked to attend the two days Mental Health programme . The programme is going to be organized on 27/5/2023 to 28/5/2023 by Dr. Sujay sain, department of Sociology.

All the students are cordially invited to attend this programme.



Dr. Malavika Sinha
Principal

Chhatna Chandidas Mahavidyalaya
Chhatna, Bankura



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No :

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REPORT ON

**Programme on Mental Health
2022-23**

Organized by: **DEPARTMENT OF SOCIOLOGY**

Dr. Sujay Sain, Assistant Professor, Department of Sociology

Venue: CHHATNA CHANDIDAS MAHAVIDYALAYA, CHHATNA,
BANKURA

Room No. 103

Date: 27/05/23 and 28/05/2023

Programme outline:

- Mental health issues often first appear between the ages of 18 and 24, so colleges are uniquely situated to help these young people. Students from rural back ground and first generation learner sometimes hide these problems.
- Students' mental health can affect their academic performance and social interaction.
- Suicidal thoughts and behaviors can impact the entire campus community.



P. Kumbhakar
21.05.23

**IQAC Co-ordinator
Chhatna Chandidas Mahavidyalaya**

21/5/23
SUJAY SAIN
Teacher-in-Charge
Chhatna Chandidas Mahavidyalaya
Bankura, W.B.

Therefore Sociology department of our college, first time has arranged the programme related to mental health. The programme is mainly based on lecture mode and discussion based.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Aims:

Discuss the Can your mental health change over time?

How common are mental illnesses?



Programme duration: 12 hours

Programme Outline:

DATE	CONTENTs	DURATION
27/05/2023	Inaugural programme	8:00A.M TO 9:00 A:M
	Lucid Presentation About Mental Health	9:00 A.M TO 10: 00 A.M
	Mental Health and Society	10.45 AM TO 11.45AM
	Mental Health and College Life (Education)	1.15 PM 2.15PM
	Mental Health and Media	2.30 PM TO 3.30PM
	Mental Health and Hyper reality	3.45 TO 4.45PM
28/05/2023	Social and Cultural Activities and Mental Health	9.30- 11.30
	Mental Health and Communication	12.00-1.30 PM
	Mental Health and Meditation	2.00 -3.30PM
		VALIDICTORY 3.30-4.30 PM



P. Kumbhakar
21.05.23

IQAC Co-ordinator
Chhatna Chandidas Mahavidyalaya

21/5/23

SUJAY SAIN
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Bankura, W.B.

Outcome:

Having feelings of loneliness or isolation and the way to overcome the loneliness. Feeling lonely in college is a common experience for many students, especially during times of transition or when you're away from your usual support network. Here are some strategies that may help you cope with loneliness in college:

1. **Get Involved:**
2. **Attend Social Events:**
3. **Utilize Campus Resources:**
4. **Practice Self-Care:**
5. **Join NSS.**

Students were attentive throughout the whole session. None came forward with their problem but they realised the first time mental health is equally important as physical health.

P. Kundhakar
21.05.23



IQAC Co-ordinator
Chhatna Chandidas Mahavidyalaya

21/5/23

SUJAY SAIN
Teacher-in-Charge
Chhatna Chandidas Mahavidyalaya
Bankura, W.B.

21/5/23

PARTICIPANTS LIST; FOR DAY 1:27/05/2023

1	19071103004	ANUSHUA MONDAL	6297792610	Anushua Mondal
2	19071103017	PRIYA ATTA	8101796956	PRIYA ATTA
3	19071104001	ANKITA CHAKRABORTY	9679215244	Ankita Chakraborty
4	19071111025	PIYA BANERJEE	9434653846	Piya Banerjee
5	19071101015	RIMPA MUDI	6294660047	Rimpa Mudi
6	19071111019	MOUSUMI RAKSHIT	8101057243	Mousumi Rakshit
7	19071101016	RINKU KUNDU	8372853829	Rinku Kundu
8	19071104014	MALA ATHA	7047504724	Mala Atha
9	19071111005	APARNA GORAI	8101530019	Aparna Gorai
10	19071111020	MUKUL DAS	7363806936	Mukul Das
11	19071103003	ANKITA MUKHERJEE	9153948397	Ankita Mukherjee
12	19071111002	AMITA MURMU	9635724694	Amita Murmu
13	19071111027	RAJASHRI NAIR	7908389694	Rajashri Nair
14	19071101012	PUSPITA BANERJEE	8158827012	Puspita Banerjee
15	19071104013	JHUMA PARAMANIK	7797587420	Jhuma Paramanik
16	19071111018	MOU DAS	6296697846	Mou Das
17	19071111031	RIYA MAJI	7031708288	Riya Maji
18	19071101009	PRIYA BAURI	6294871642	Priya Bauri
19	19071111004	ANNESWA PATSA	9002365956	Anneswa Patsa
20	19071111029	RIU KUMBHAKAR	7063657073	Riu Kumbhakar
21	19071111041	TINA TANTUBAY	9474728789	Tina Tantubay
22	19071103016	PRIYA ACHARJEE	7872583699	PRIYA ACHARJEE
23	19071111038	SUKLA CHAND	9647972765	Sukla Chand
24	19071104002	ARCHANA MAHATO	7585962829	Archana Mahato
25	19071104006	BARNALI MANDAL	9732722469	Barnali Mandal
26	19071104023	PUJA GOSWAMI	7430838868	Puja Goswami
27	19071111003	ANKITA DEY	8145717145	Ankita Dey
28	19071103031	SULAGNA GOSWAMI	6297253700	Sulagna Goswami
29	19071111022	NISHA DUTTA	9563618914	Nisha Dutta
30	19071103019	RAINA BHUI	9434349054	Raina Bhui
31	19071104029	SATHI SHIT	8372907443	Sathi Shit
32	19071103025	SHRABONI NANDI	6296846906	Shraboni Nandi
33	19071104007	BINAPANI KUNDU	8918988735	Binapani Kundu
34	19071104035	SUKHALATA MURMU	9827578881	Sukhalata Murmu
35	19071104037	SUSMITA MAHANTA	7679723004	Susmita Mahanta
36	19071111016	MAMPI MONDAL	9641201891	Mampi Mondal
37	19071111012	ITU DHAK	7029430537	ITU DHAK
38	19071111030	RIYA CHOWDHURY	9679134929	Riya Chowdhury
39	19071101020	SHRABANI PAL	8670935599	Shrabani Pal
40	19071111021	NANDITA DASGUPTA	9593821412	Nandita Dasgupta
41	19071111023	PAYEL MONDAL	9932547175	Payel Mondal
42				



43	19071103011	KABITA CHATTERJEE	8436768658	Kabita Chatterjee
44	19071101010	PUJA DEY	8617064662	Puja Dey
45	19071101007	PAMPA DEY	8001821096	Pampa Dey
46	19071104032	SOMA KAR	7029298764	Soma Kar
47	19071111008	DEEP MONDAL	8158078191	Deep Mondal
48	19071103021	RIMPA BANERJEE	9635825795	Rimpa Banerjee
49	19071104031	SHRABANI KARMAKAR	9002276840	Shrabani Karmaakar
50	19071111033	SHILPA DEY	8170084349	Shilpa Dey

Btal (50) day (1) 27/5/23

P. Kumbhar
27.05.23

IQAC Co-ordinator
Chhatra Chandidas Mahavidyalaya

27/5/23
SUJAY SAIN
Teacher-in-Charge
Chhatra Chandidas Mahavidyalaya
Bankura, W.B.



PARTICIPANTS LIST; FOR DAY 2: 28/05/2023

	UID	NAME	
1	18071204001	SHAMPA KUNDU	Shampa Kundu
2	18071204002	RIMPA PAL	Rimpa Pal
3	18071204003	PRATIMA DAS	Pratima Das
4	18071204004	SARASWATI BAURI	Karaswati Bauri
5	18071204005	SOMA BAURI	Soma Bauri
6	18071204006	NILIMA PARAMANIK	Nilima Paramanik
7	18071204007	PUJA BAURI	Puja Bauri
8	18071204008	SONALI ROY	Sonali Roy
9	18071204009	PRAMILA TUDU	Pramila Tudu
10	18071204010	ARCHANA MURMU	Archana Murmu
11	18071204011	SANAKA HEMBRAM	Sanaka Hembram
12	18071204012	NIYATI MANDI	Niyati Mandi
13	18071204013	SATYABATI MANDI	Satyabati Mandi
14	18071204014	PRASANTA BAURI	Prasanta Bauri
15	18071204015	MANGI TUDU	MANGI TUDU
16	18071204016	SURANJANA KISKU	Suranjana Kisku
		ASHIM KUMAR	Ashim Kumar
17	18071204017	HANSDA	Hansda
		KOLESON MURMU	Koleson Murmu
18	18071204018	KOLESON MURMU	Koleson Murmu
19	18071208001	BHARATI ROY	Bharati Roy
		PARTHA MANDAL	Partha Mandal
20	18071208002	PARTHA MANDAL	Partha Mandal
		RAMESH SINGHABABU	Ramesh Singhababu
21	18071208003	RAMESH SINGHABABU	Ramesh Singhababu
		SOURAV GHOSH	Sourav Ghosh
22	18071209001	SOURAV GHOSH	Sourav Ghosh
		RIJU DEY	Riju Dey
23	18071209002	RIJU DEY	Riju Dey
		SUMAN GHOSH	Suman Ghosh
24	18071209003	SUMAN GHOSH	Suman Ghosh
		RAKESH GHOSH	Rakesh Ghosh
25	18071209004	RAKESH GHOSH	Rakesh Ghosh
		SANGITA BARAI	Sangita Barai
26	18071211001	SANGITA BARAI	Sangita Barai
		SANOJ MANDAL	Sanjoy Mandal
27	18071211002	SANOJ MANDAL	Sanjoy Mandal
		SUDIPTA MONDAL	Sudipta Mondal
28	18071211003	SUDIPTA MONDAL	Sudipta Mondal
		MANSARAM MAL	Mansaram Mal
29	18071211004	MANSARAM MAL	Mansaram Mal
		SANJOY MAL	Sanjoy Mal
30	18071211005	SANJOY MAL	Sanjoy Mal
		DILIP MAL	Dilip Mal
31	18071211006	DILIP MAL	Dilip Mal

907/1 (31)
P. Kundhakar
28.05.23

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