

# Detailed Report of the Seminar

## SL. No-13: One-day Seminar on “Mental Health: Problems and Solutions

### Name of the Activity:

A. One-day Seminar on “Mental Health: Problems & Solutions”

B. Type of the Activity: Seminar

C. Organizing Department: Seminar Sub-Committee, Chakdaha College

D. Date and time of the Activity: 10.12.2019 from 13.30 pm – 15.30 pm

E. Number of participants: 99 eweewsdsss

F. Speakers: **Dr. Amit Chakraborty**, Eminent Psychologist

G. Outcome:

A seminar on "Mental Health:problem and solutions" was organized on 10-12-2019 on inviting Dr Amit Chakraborty,a Kolkata-based reputed psychologist cum author as the Resource person. He talked to both students and staff at length about various mental disorders, especially those,induced by problem-ridden, modern-day life-style,break-neck competition,nuclear family-structure, identity-crisis or drug-addiction among the youth.The target audience,i.e.the students were glued to his simple yet fascinating delivery as it was replete with everyday experiences with which they could easily identify themselves.Dr Chakraborty also emphasized the awareness of mental health- problems, their early diagnosis by expert psychologists/psychiatrists and medication,if/where necessary.Sustenance of mental health is as important as that of mental health. The seminar was a grand success.

H. Objective:

By means of this seminar it was aimed to decrease the stigma attached to mental illness, increase understanding of the mental health continuum, encourage help-seeking behaviours, and prevent suicide. prevention and treatment of mental and neurological diseases, as well as the disabilities they induce. One of the main goals of this seminar was to employ mental health technologies to improve general health care. utilizing ideas from mental health to improve living conditions across the country.It sought to offer everyone affordable and easily accessible mental health services. Prevention, promotion, and treatment of mental health illnesses were the program's main goals.

I. Photograph of the Programme



**Dr. Amit Chakraborty delivered his lecture**

# Attendance

## CHAKDAHA COLLEGE

Seminar: Mental Health

Date: 10/12/19

Sl. No.	Name of the participant(s) / Full Signature	Department/Designation
1	Dr. Uttam Kumar Aham	Geography
2	Amitesh Choudhury	English
3	Dr. Ananya Roy Choudhury	Botany
4	Suparna Dasgupta	Sanskrit
5	Sarjit Kumar Bishar	Political Science
6	Dr. Shikari Roy Mandal	Bengali
7	Mounita Roy	Philosophy
8	Dr. Sabina Dasgupta	Philosophy
9	Niravesh Mondal	Commerce
10	Nityagopal Biswas	Mathematics
11	Sujit K. Ray	Commerce
12	Gusuddin Sheikh	Political Science
13	Sarbajit Paul	Commerce
14	Amrita Banerjee	History
15	Sourav Dutta Mukherjee	Commerce
16	Manish Banerjee	Zoology
17	Monisankar Mondal	ENVS
18	Ahmad Hossain Maitra	TECHN-I
19	Krishnakali Basak	Bengali
20	Madhushree S.M. 10/12/19	English
21	Himabanti	Physics
22	Sanjib K. Mann. 10/12/19	Physics
23	Saharow Mallik	Mathematics
24	Biswajit Roy	Physics
25	Mithun Sen 10.12.19	Philosophy
26	Malika Banik. 10/12/19	Sanskrit
27	Sarbani Ghosh 10.12.19	Philosophy
28	Soma Banerjee 10.12.19	Sanskrit
29	Dr. Nikhil K. Mandal 10.12.19	Economics
30	Dr. Anurupa Saha	Bengali
31	Dr. Kamalakar	Physics
32	Supriya Bhattacharya	EDUCATION

- 32. Aditi Sharma. 10.12.19 Geography.
- 33. Rakhi Guha 10.12.19 Geography
- 34. Bisha Roy 10.12.19 Education.
- 35. Sanjita Pramanik 10.12.19 Mathematics
- 36. Madhita Paul 10.12.19 Mathematics
- 37. Suman 10/12/19

## CHAKDAHA COLLEGE

Seminar: Mental Health

Date: 10/12/19

Sl. No.	Name of the participant(s) / Full Signature	Department/Designation
1	Shuvodip Biswas	B.Com (Hons) (1st Sem)
2	Abhik Ghosh	B.Com (H) (1st Sem)
3	Apkita Dasgupta	B.COM (H) (1st SEM)
4	Sneha Das	B.COM (H) (1st SEM)
5	Satadeep Bhattacharya	B.COM (H) (1st SEM)
6	Amit Kumar Nath	B.COM (H) (1st SEM)
7	Jaya Boro Sengupta	B.COM (D) (1st SEM)
8	Koushik Mishra	B.Sc (H) (2nd year)
9	Anshu Biswas	B.Sc (Math) (2nd year)
10	Shubhansu Dutta	B.A General (1st year - 1st sem)
11	Sulagna Sen	B.A General (1st year - 1st sem)
12	Jayalrika Das	B.A General (1st sem)
13	Koushik Mondal	B.A Gen with Geo (1st sem)
14	Shreyoshi Bhattacharjee	B.A. Gen (1st sem)
15	Mitali Majumder	B.A Gen with Geo (1st sem)
16	Kotha Das	B.A Gen with Geo (1st sem)
17	Bhiti Mondal	B.A Gen with Geo (1st sem)
18	Saiva Roy	B.A Gen with Geo (1st sem)
19	Sayan Barai	B.COM (H) (1st Sem)
20	Neha Pal	B.COM (H) 1st Sem
21	Sushmita Kar	B.COM (H) 1st Semester
22	Prati Shikari	B.COM (H) 1st Sem
23	Deepshikha Dasgupta	B.Sc (H) 3rd year
24	Priyanka Mondal	B.Sc (H) 3rd year
25	Ati	B.A (Phil-H) 2nd year
26	Ashak Mondal	B.A (Phil-H) 2nd year
27	Aparna Sen	B.A (Phil-H) 3rd year
28	Rumi Sharma	B.A (Phil-H) 3rd year
29	Rashmita Kundu	B.A (Phil-H) 3rd year
30	Shobha Paul	B.A (Phil-H) 3rd year

## CHAKDAHA COLLEGE

Seminar: Mental Health

Date: 10/12/19

Sl. No.	Name of the participant(s) / Full Signature	Department/Designation
1	Rishav Sinha	Commerce
2	Jatin Singh Roy	Commerce
3	Amitabh Choudhury	Commerce
4	Subhasis Das	Commerce
5	Alindra Bhawal	Commerce
6	Soukat Das	Commerce
7	Nayan Das	Commerce
8	Pankot Paul	Commerce
9	Subhasis Das	Commerce
10	Nikhil Ghosh	Commerce
11	Rahul Kundu	Commerce
12	Jyoti Ghosh	Commerce
13	Ashik Biswas	Commerce
14	Bodhisatwa Roy	Commerce
15	Kaustubh Sarkar	Commerce
16	Sujeet Mondal	Commerce
17	Ashish Das	Commerce
18	Animesh Paul	Commerce
19	Jon Bhowm	Science
20	Utkal Majumdar	Commerce
21	Sunay Prasad	Commerce
22	Aravind Bhowm	Commerce
23	Anjan Kumar	Math. Hon.
24	Somanta Maik	Math. Hon.
25	Deep Majumder	History Hon.
26	Debasmita Kar	History Hon.
27	Saba Paul	History Hon.
28	Sumit Chakraborty	History Hon.
29	Dr. Nibedita Mandal	Geography & Econ.
30	Ujjal Barua	History Hon.
31	Kunal Sen Dalal	History Hon.
32	Bishal Ghosh	History Hon.

Total = 99 participants

23.  
24.  
25.