

## **Report on the Mental Health Awareness Program for students and staffs**

### **(Awareness Program – Need for mental health literacy)**

**Programme Name:**       *“Thoughts that gain when the Pandemic reign”*

#### **Objective:**

A person when feels some physical disorder they always visit the health professional to be physically fit. Unfortunately, they never thought about their mental health problem. Many survey reports show that mental health includes our emotional, psychological, and social well-being and it affects how we think, feel, and act as we cope with life. It also plays a definite role how we handle stress, relate to others, and make choices. During pandemic regimes all of us are in mental shock and mostly the students of different ages. People who have mental health symptoms don't actually realize that their struggles are a result of untreated disorders. Therefore, mental health awareness is helpful in getting us to understand our symptoms. To give mental health care its rightful place Women Development Cell, Basirhat College had organized this awareness program to increase the mental health literacy rate among the students and teaching staff.

**Date & Time:**               *18<sup>th</sup> June, 2021 from 4.30 P.M. to 6.00 P.M*

#### **Google meet recording Link:**

<https://drive.google.com/file/d/1vptlQG3XrGA7BKYBeT1RvcalhLm0Uu6v/view?usp=sharing>

**Speakers:**   Mr. Sukanta Kr. Mitra, Psychological Counsellor,

Dr. Suchismita Sinha, Psychologist

Ms. Mala Saha, Psychological Counsellor

#### **Summary of Report:**

This summary captures an awareness program conducted at google meet platform for students and teaching faculty. Peer counselors from a NGO, Search Within, were invited to be part of this program. The awareness program began with the Presidential address by Dr. Ashoke Kumar Mondal, Principal, Basirhat College. He explained in short what is Mental Health and why this kind of awareness is necessary. Principal spoke about the importance of the Counselling Session and

acknowledged the need for it. He also encouraged the committee members to form a system to reach students in need. Then, it was handed to the speaker, Mrs. Mala Saha – student counsellor who addressed on Mental Health need among students and teachers. Followed by which counsellor Dr. Suchismita Sinha and Mr. Sukanta Kr, Mitra explained the synopsis of the psychological concerns of students, the reason for the distress among the students. They pointed out the gap, that is existing between the onset of the distress and the helping seeking behavior of the students and suggested that the gap can be shortened if teachers are equipped for early identification and referral. Emphasis on how teachers can bridge the gap and facilitate earliest mental health services was given.

They had interacted directly with the students, Students confessed that their level of distress had significantly associated with the number of days they were unable to meet their college physically and study commitments. Despite to be focused on education, students became addicted to social media, phone calls and others. Counselors pointed out that these problems aroused because of lack of knowledge about the importance of mental health and the stigma to seek help from the counseling services that is provided in the college. Their suggestion to committee members was that, if the underlying cause remains unresolved, it may continue to impact students overall functioning and also affect their ability to meet the educational goals. Hence exclusive counseling programs like equipping the faculty and peer counselors on the warning signs of distress, early identification and prevention of psychological distress, creating awareness about the importance of mental health among students and building peer counseling system will bridge the gap between the onset of distress and the helping seeking behavior of students. There by awareness about mental health need was created among the students and faculty members who attended the program.

### **Outcome:**

Total of 145 students and faculty members attended the program. All of the students participated spontaneously in this program. They were highly satisfied with this program. They had asked to continue this program in coming academic sessions also. Teachers have also understood that psychological distress among students can be one of the reasons for the student's behavior and not always disrespect or arrogance.

### **Follow Up:**

From this awareness program we, the members of Women Development Cell, Basirhat College have understood that this kind of mental awareness program is really needed for the students during their college life period. We will try to continue this program and arrange a counseling session for the students who need this.

## **“Thoughts that gain when the Pandemic reign”**



***MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH***

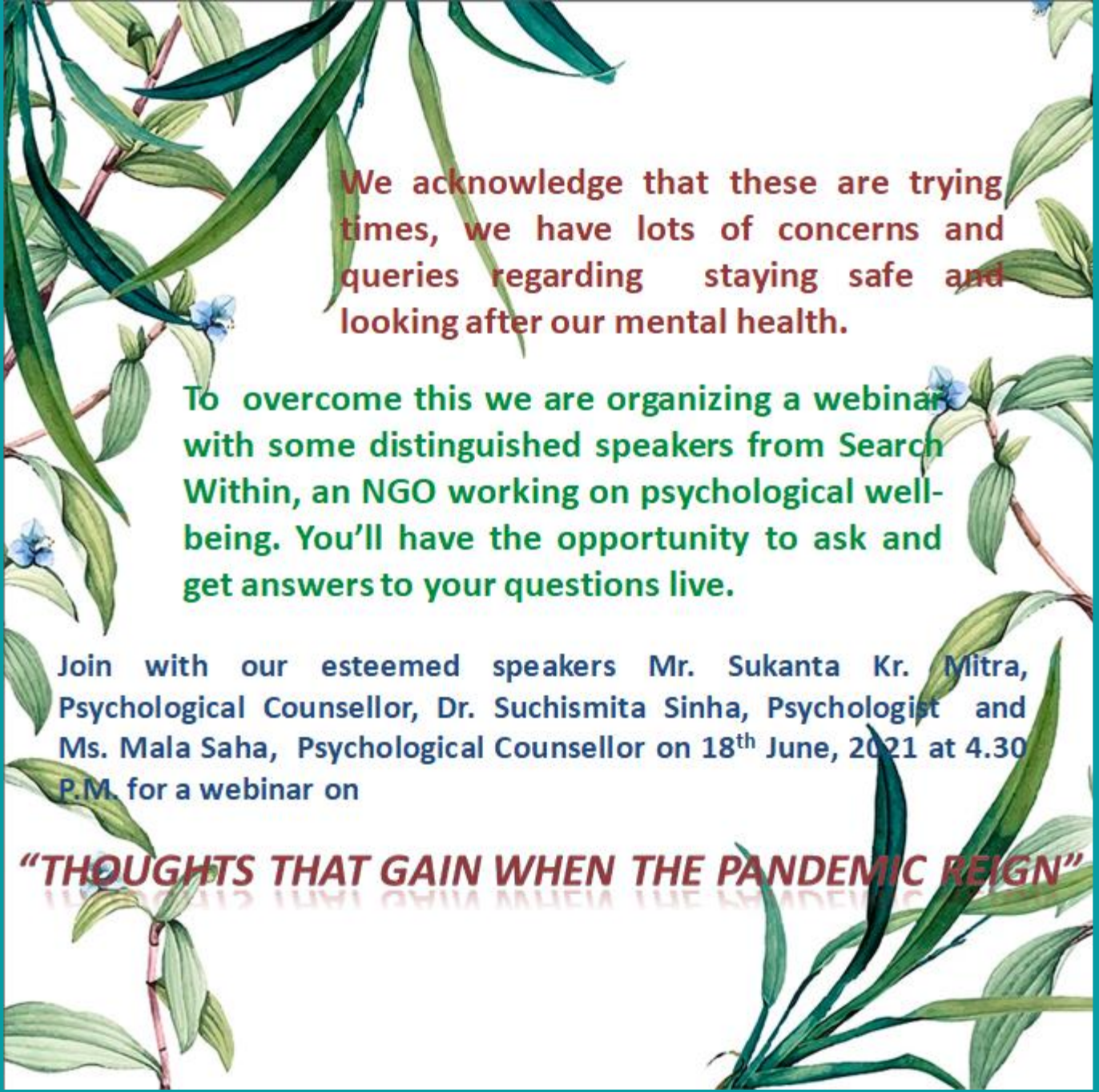
**Women Development Cell in collaboration with IQAC, Basirhat College**

**Date: 18<sup>th</sup> June, Time: 4.30 P.M. to 6.00 P.M.**

**Meet link: <https://meet.google.com/ffi-aqqa-mps>**







We acknowledge that these are trying times, we have lots of concerns and queries regarding staying safe and looking after our mental health.

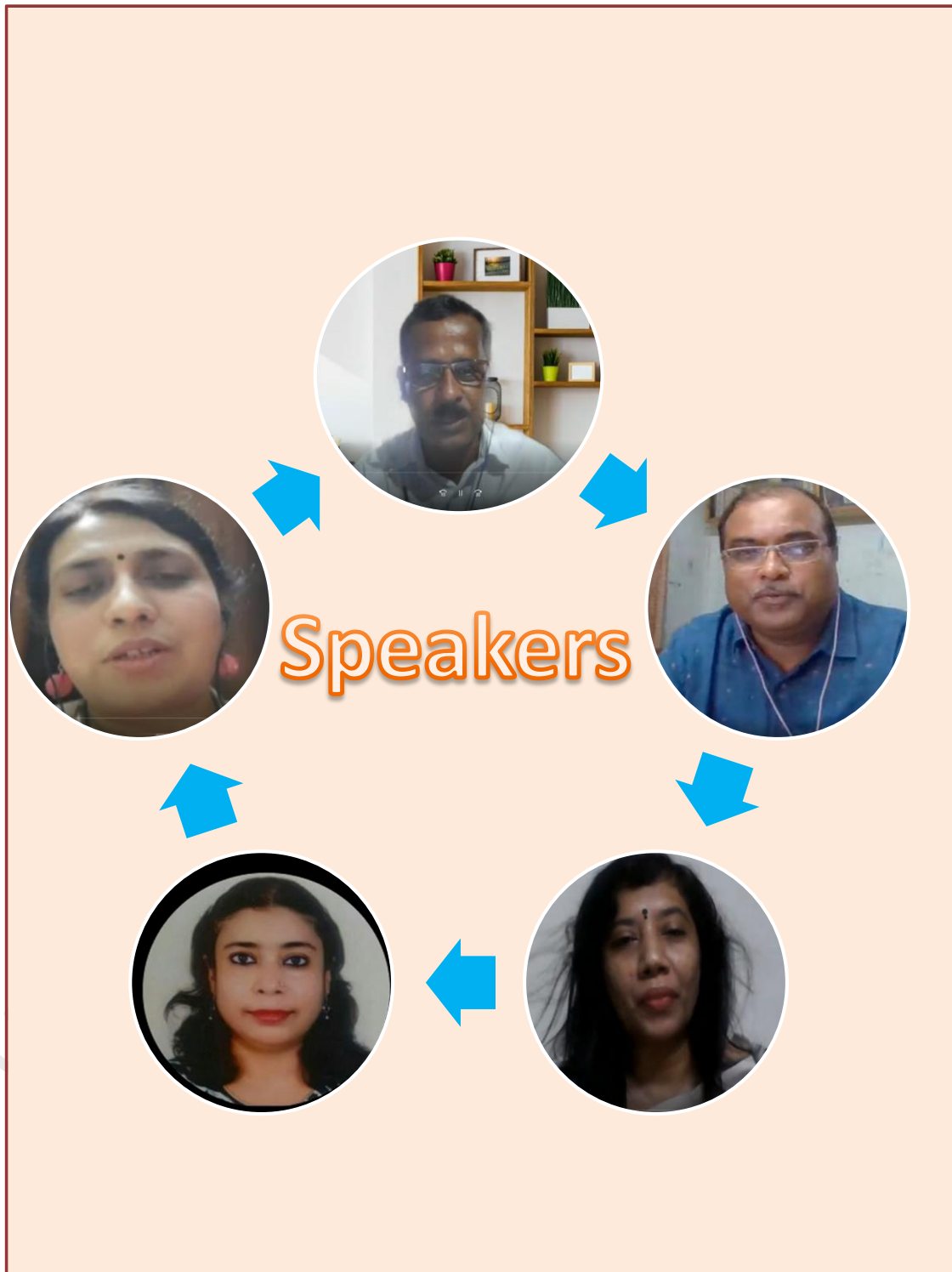
To overcome this we are organizing a webinar with some distinguished speakers from Search Within, an NGO working on psychological well-being. You'll have the opportunity to ask and get answers to your questions live.

Join with our esteemed speakers Mr. Sukanta Kr. Mitra, Psychological Counsellor, Dr. Suchismita Sinha, Psychologist and Ms. Mala Saha, Psychological Counsellor on 18<sup>th</sup> June, 2021 at 4.30 P.M. for a webinar on

***"THOUGHTS THAT GAIN WHEN THE PANDEMIC REIGN"***

### Details of the Program:

Number of candidates present: 145



## Comments of the students:

onek kichu shikhechi onek kichu overcome korechi amar number ta 7063728547 waap number eta... if you don't mind tumi amar sathe contact korte paro help korbo nishchoi tomake.... infact taki hospital a amr ekta bondhu o counselling korato ami onek experience o tomar sathe share korte pari r ami jar kache counselling kori sekhaner kichu experience tomar sathe share korte pari

02:23:47.092,02:23:50.092

Resma Parvin: Thank you sir and mam

02:23:53.274,02:23:56.274

Alinur Molla: Sir mam পারলে এই মিটিংটা প্রতি মাসে বা সপ্তাহে নেন তাহলে আমাদের মনের কষ্টটা অনেকটা হালকা হয়

02:24:01.546,02:24:04.546

Sunita Das: Didi amar number mam er kache acche

02:24:10.240,02:24:13.240

Women Development Cell, Basirhat College: sayeda di

02:24:34.138,02:24:37.138

Alamgir Biswas: Thank you Sir and Ma'am and also all of you

02:24:35.825,02:24:38.825

Dipika Mistry: Thank you sir and ma'am

02:24:40.237,02:24:43.237

Rupali khatun: Thank you sir and ma'am

02:24:52.902,02:24:55.902

Dr. Suchismita Sinha: THANKS TO YOU ALL

02:24:53.492,02:24:56.492

Ayshika Dalal: Thank you so much sir & mam

02:24:54.284,02:24:57.284

Aruneema Bardhan: Mon vore gelo

02:24:57.223,02:25:00.223

Nilanjan Das: Thank you sir and mam

**Attendance for: WDC program on Mental Health**

|                       | Date:        |         | Time:"16:24" | "Meet ID:" "ffi-aqqa-mps" |             |               |          |
|-----------------------|--------------|---------|--------------|---------------------------|-------------|---------------|----------|
| Names                 | "2021-06-18" | "Email" | "Comments"   | "Arrival time"            | "Last Seen" | "# of Checks" | "Joined" |
| Riya Aich             | "âœ™"        | ""      | ""           | "16:30"                   | "19:04"     | "154"         | "2"      |
| Tathir Banu           | "âœ™"        | ""      | ""           | "16:34"                   | "18:23"     | "110"         | "1"      |
| Harisadhan Bar        | "âœ™"        | ""      | ""           | "16:31"                   | "18:27"     | "117"         | "1"      |
| Dinabandhu Barat      | "âœ™"        | ""      | ""           | "16:28"                   | "17:30"     | "63"          | "2"      |
| Aruneema Bardhan      | "âœ™"        | ""      | ""           | "16:29"                   | "19:04"     | "156"         | "1"      |
| Ria Barua             | "âœ™"        | ""      | ""           | "17:15"                   | "17:26"     | "12"          | "1"      |
| Jayeeta Basu          | "âœ™"        | ""      | ""           | "16:37"                   | "17:02"     | "26"          | "1"      |
| Bibek Bawlia          | "âœ™"        | ""      | ""           | "16:40"                   | "16:43"     | "5"           | "2"      |
| Sayed Begum           | "âœ™"        | ""      | ""           | "16:24"                   | "19:05"     | "162"         | "1"      |
| Dhriti Bhattacharyya  | "âœ™"        | ""      | ""           | "16:35"                   | "18:12"     | "98"          | "1"      |
| Alamgir Biswas        | "âœ™"        | ""      | ""           | "16:27"                   | "19:04"     | "160"         | "4"      |
| Mouli Biswas          | "âœ™"        | ""      | ""           | "16:27"                   | "19:03"     | "158"         | "2"      |
| Piya Biswas           | "âœ™"        | ""      | ""           | "16:36"                   | "19:03"     | "132"         | "5"      |
| Piyali Biswas         | "âœ™"        | ""      | ""           | "16:36"                   | "17:45"     | "70"          | "2"      |
| Pritilata Biswas      | "âœ™"        | ""      | ""           | "16:31"                   | "16:54"     | "24"          | "1"      |
| Sonali Biswas         | "âœ™"        | ""      | ""           | "16:35"                   | "18:17"     | "103"         | "2"      |
| Swarmita Biswas       | "âœ™"        | ""      | ""           | "16:34"                   | "16:45"     | "12"          | "1"      |
| Soma Pal Chaki        | "âœ™"        | ""      | ""           | "16:30"                   | "17:11"     | "42"          | "1"      |
| Amitabha Chakrabarti  | "âœ™"        | ""      | ""           | "16:37"                   | "18:16"     | "100"         | "1"      |
| Ayana Chakraborty     | "âœ™"        | ""      | ""           | "16:24"                   | "19:14"     | "171"         | "1"      |
| Moutisha Chakraborty  | "âœ™"        | ""      | ""           | "16:30"                   | "17:54"     | "85"          | "1"      |
| Rupa Chatterjee       | "âœ™"        | ""      | ""           | "16:27"                   | "17:54"     | "88"          | "2"      |
| Ivy Choudhury         | "âœ™"        | ""      | ""           | "16:31"                   | "19:02"     | "152"         | "1"      |
| Shakuntala Chowhan    | "âœ™"        | ""      | ""           | "17:46"                   | "19:04"     | "79"          | "1"      |
| Basirhat Collegeadmin | "âœ™"        | ""      | ""           | "16:29"                   | "16:53"     | "25"          | "1"      |
| Ayshika Dalal         | "âœ™"        | ""      | ""           | "16:26"                   | "19:04"     | "159"         | "3"      |
| Anupam Das            | "âœ™"        | ""      | ""           | "16:29"                   | "18:15"     | "108"         | "2"      |
| Bubai Das             | "âœ™"        | ""      | ""           | "17:46"                   | "19:04"     | "79"          | "1"      |
| Depayan Das           | "âœ™"        | ""      | ""           | "16:35"                   | "18:39"     | "125"         | "1"      |
| Nayan Das             | "âœ™"        | ""      | ""           | "17:21"                   | "17:32"     | "12"          | "1"      |
| Nilanjan Das          | "âœ™"        | ""      | ""           | "16:28"                   | "19:03"     | "156"         | "1"      |
| Priyanshu Das         | "âœ™"        | ""      | ""           | "16:28"                   | "19:03"     | "156"         | "1"      |
| Sunita Das            | "âœ™"        | ""      | ""           | "16:31"                   | "19:04"     | "154"         | "1"      |
| Subrata De            | "âœ™"        | ""      | ""           | "17:53"                   | "19:03"     | "71"          | "1"      |
| Suparna De            | "âœ™"        | ""      | ""           | "16:24"                   | "18:59"     | "156"         | "1"      |
| Diya Debnath          | "âœ™"        | ""      | ""           | "16:35"                   | "18:25"     | "111"         | "1"      |
| Reetuparna Debnath    | "âœ™"        | ""      | ""           | "16:35"                   | "18:56"     | "142"         | "1"      |

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| Ankita Dewan       | " âœ™" | "" | "" | "16:43" | "17:55" | "59"  | "2"  |
| Moushrita Dey      | " âœ™" | "" | "" | "16:31" | "18:09" | "100" | "2"  |
| Puja Dey           | " âœ™" | "" | "" | "17:17" | "17:48" | "22"  | "2"  |
| Moumita Dutta      | " âœ™" | "" | "" | "16:29" | "18:07" | "100" | "2"  |
| Papiya Dutta       | " âœ™" | "" | "" | "16:31" | "19:04" | "154" | "2"  |
| Saroj Dutta        | " âœ™" | "" | "" | "16:47" | "17:53" | "36"  | "3"  |
| Trisha Gaine       | " âœ™" | "" | "" | "16:28" | "19:04" | "160" | "5"  |
| Abu Rahan Gazi     | " âœ™" | "" | "" | "16:30" | "17:14" | "45"  | "1"  |
| Akram Gazi         | " âœ™" | "" | "" | "16:33" | "19:03" | "151" | "1"  |
| Maruf Billa Gazi   | " âœ™" | "" | "" | "16:31" | "16:37" | "6"   | "2"  |
| Rajaul Gazi        | " âœ™" | "" | "" | "16:31" | "18:26" | "116" | "1"  |
| Sayed Ahamed Gazi  | " âœ™" | "" | "" | "17:04" | "17:28" | "25"  | "1"  |
| Chinmoy Ghosh      | " âœ™" | "" | "" | "16:28" | "17:05" | "35"  | "3"  |
| Ishita Ghosh       | " âœ™" | "" | "" | "17:00" | "19:04" | "126" | "2"  |
| Manashi Ghosh      | " âœ™" | "" | "" | "16:31" | "18:36" | "126" | "1"  |
| Priyanka Ghosh     | " âœ™" | "" | "" | "16:43" | "17:09" | "27"  | "1"  |
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| Shrestha Ghosh     | " âœ™" | "" | "" | "16:29" | "18:19" | "107" | "3"  |
| Srabani Ghosh      | " âœ™" | "" | "" | "16:29" | "16:35" | "7"   | "1"  |
| Swagata Hazra      | " âœ™" | "" | "" | "16:30" | "17:13" | "51"  | "11" |
| Md Najmul Islam    | " âœ™" | "" | "" | "16:47" | "19:00" | "126" | "2"  |
| Asit Joddar        | " âœ™" | "" | "" | "16:33" | "17:03" | "32"  | "3"  |
| Shrestha Kar       | " âœ™" | "" | "" | "16:33" | "19:04" | "152" | "1"  |
| Sohana Karim       | " âœ™" | "" | "" | "17:16" | "17:34" | "19"  | "1"  |
| Lal Khan           | " âœ™" | "" | "" | "16:41" | "18:09" | "88"  | "2"  |
| Afroja Khatun      | " âœ™" | "" | "" | "16:32" | "19:04" | "155" | "6"  |
| Julekha Khatun     | " âœ™" | "" | "" | "16:29" | "17:55" | "98"  | "12" |
| Kakali Khatun      | " âœ™" | "" | "" | "16:35" | "18:26" | "111" | "2"  |
| Rupali Khatun      | " âœ™" | "" | "" | "16:30" | "19:03" | "154" | "1"  |
| Sonali Khatun      | " âœ™" | "" | "" | "16:31" | "19:04" | "141" | "2"  |
| Taslima Khatun     | " âœ™" | "" | "" | "16:24" | "17:47" | "84"  | "1"  |
| Sukanya Majumdar   | " âœ™" | "" | "" | "17:44" | "19:03" | "12"  | "2"  |
| Ipsita Majumder    | " âœ™" | "" | "" | "16:24" | "19:03" | "160" | "1"  |
| Soumili Mallick    | " âœ™" | "" | "" | "16:28" | "18:12" | "105" | "1"  |
| Debarghya Mandal   | " âœ™" | "" | "" | "16:38" | "19:00" | "144" | "2"  |
| Dr. Suman Mandal   | " âœ™" | "" | "" | "16:34" | "17:48" | "76"  | "3"  |
| Saikat Mandal      | " âœ™" | "" | "" | "16:36" | "17:05" | "30"  | "1"  |
| Aditi Matilal      | " âœ™" | "" | "" | "16:30" | "19:04" | "156" | "5"  |
| Dipika Mistry      | " âœ™" | "" | "" | "16:25" | "19:04" | "158" | "5"  |
| Sukanta Mitra      | " âœ™" | "" | "" | "16:24" | "19:03" | "160" | "1"  |
| Alinur Molla       | " âœ™" | "" | "" | "16:32" | "19:04" | "153" | "2"  |
| Rumana Islam Molla | " âœ™" | "" | "" | "16:36" | "18:48" | "123" | "7"  |
| Akash Mondal       | " âœ™" | "" | "" | "16:30" | "19:03" | "144" | "4"  |



|                            |        |    |    |         |         |       |      |
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| Ashima Mondal              | " âœ'" | "" | "" | "16:34" | "17:40" | "68"  | "2"  |
| Ashoke Kumar Mondal        | " âœ'" | "" | "" | "17:07" | "18:11" | "65"  | "1"  |
| Jayeeta Mondal             | " âœ'" | "" | "" | "16:34" | "16:58" | "24"  | "2"  |
| Kutub Mondal               | " âœ'" | "" | "" | "16:26" | "19:04" | "159" | "1"  |
| Mou Mondal                 | " âœ'" | "" | "" | "17:27" | "17:34" | "7"   | "2"  |
| Mousumi Mondal             | " âœ'" | "" | "" | "16:33" | "18:15" | "103" | "1"  |
| Sahin Mondal               | " âœ'" | "" | "" | "16:58" | "18:03" | "64"  | "2"  |
| Shima Mondal               | " âœ'" | "" | "" | "17:41" | "17:55" | "15"  | "2"  |
| Srija Mondal               | " âœ'" | "" | "" | "16:27" | "18:57" | "152" | "3"  |
| Subhadweep Mondal          | " âœ'" | "" | "" | "16:34" | "16:39" | "6"   | "1"  |
| Sudip Mondal               | " âœ'" | "" | "" | "16:28" | "18:07" | "95"  | "2"  |
| Surojit Mondal             | " âœ'" | "" | "" | "16:33" | "17:14" | "11"  | "2"  |
| Tamal Mondal               | " âœ'" | "" | "" | "16:32" | "19:07" | "133" | "2"  |
| Abhijat Prokash Mookherjee | " âœ'" | "" | "" | "16:30" | "17:14" | "45"  | "1"  |
| Aniket Mukherjee           | " âœ'" | "" | "" | "16:27" | "16:35" | "11"  | "3"  |
| Aishwarya Nath             | " âœ'" | "" | "" | "16:28" | "18:34" | "127" | "1"  |
| Dipayan Nath               | " âœ'" | "" | "" | "16:28" | "19:03" | "156" | "1"  |
| Madhuchhanda Nath          | " âœ'" | "" | "" | "16:30" | "19:04" | "155" | "1"  |
| Riya Nath                  | " âœ'" | "" | "" | "17:11" | "19:04" | "114" | "4"  |
| Pankaj Nayak               | " âœ'" | "" | "" | "16:36" | "18:38" | "123" | "1"  |
| Rohimon Nessa              | " âœ'" | "" | "" | "16:31" | "17:10" | "40"  | "1"  |
| 3 Others                   | " âœ'" | "" | "" | "16:25" | "19:04" | "160" | "1"  |
| Srijit Pakira              | " âœ'" | "" | "" | "16:30" | "19:04" | "155" | "1"  |
| Mithu Pal                  | " âœ'" | "" | "" | "16:38" | "18:26" | "109" | "1"  |
| Sahana Parveen             | " âœ'" | "" | "" | "17:10" | "19:02" | "98"  | "7"  |
| Farhan Parvez              | " âœ'" | "" | "" | "18:09" | "19:03" | "55"  | "2"  |
| Asha Parvin                | " âœ'" | "" | "" | "16:44" | "17:08" | "26"  | "2"  |
| Ayrin Parvin               | " âœ'" | "" | "" | "16:25" | "18:06" | "94"  | "17" |
| Barsha Parvin              | " âœ'" | "" | "" | "16:32" | "16:40" | "9"   | "1"  |
| Resma Parvin               | " âœ'" | "" | "" | "16:48" | "19:04" | "138" | "2"  |
| Suraiya Parvin             | " âœ'" | "" | "" | "16:24" | "18:38" | "134" | "6"  |
| Taniya Parvin              | " âœ'" | "" | "" | "16:32" | "18:33" | "122" | "1"  |
| Zulekha Parvin             | " âœ'" | "" | "" | "17:51" | "19:03" | "73"  | "1"  |
| Sebak Patra                | " âœ'" | "" | "" | "16:29" | "19:04" | "156" | "1"  |
| Mou Pia                    | " âœ'" | "" | "" | "16:29" | "16:46" | "23"  | "5"  |
| Partha Pratim Pramanik     | " âœ'" | "" | "" | "17:16" | "18:00" | "45"  | "4"  |
| Rajesh Pramanik            | " âœ'" | "" | "" | "16:30" | "16:35" | "6"   | "1"  |
| Samina Ragad               | " âœ'" | "" | "" | "16:32" | "18:30" | "119" | "1"  |
| Sk Rehan                   | " âœ'" | "" | "" | "17:51" | "18:31" | "41"  | "1"  |
| Shuvomoy Roy               | " âœ'" | "" | "" | "16:31" | "17:43" | "72"  | "2"  |

|  |        |    |    |         |         |       |     |
|--|--------|----|----|---------|---------|-------|-----|
| Sutapa Roy                                     | " âœ™" | "" | "" | "16:38" | "17:34" | "57"  | "1" |
| Tisha Roy                                      | " âœ™" | "" | "" | "16:34" | "18:12" | "100" | "2" |
| Sohana Sabnam                                  | " âœ™" | "" | "" | "16:29" | "18:25" | "117" | "1" |
| Aditi Saha                                     | " âœ™" | "" | "" | "17:35" | "17:46" | "12"  | "1" |
| Mala Saha                                      | " âœ™" | "" | "" | "16:24" | "19:04" | "161" | "1" |
| Niladri Saha                                   | " âœ™" | "" | "" | "16:30" | "18:00" | "91"  | "1" |
| Sweety Sana                                    | " âœ™" | "" | "" | "16:25" | "18:24" | "110" | "2" |
| Sudip Sanpui                                   | " âœ™" | "" | "" | "16:31" | "16:42" | "12"  | "1" |
| Tapa Sanyamat                                  | " âœ™" | "" | "" | "16:28" | "18:20" | "113" | "1" |
| Saswata Sardar                                 | " âœ™" | "" | "" | "16:41" | "19:03" | "143" | "1" |
| Akashleena Sarkar                              | " âœ™" | "" | "" | "16:31" | "19:02" | "150" | "2" |
| Madhusudan Sarkar                              | " âœ™" | "" | "" | "17:35" | "17:36" | "2"   | "1" |
| Pronab Sarkar                                  | " âœ™" | "" | "" | "16:32" | "18:45" | "134" | "1" |
| Riya Sarkar                                    | " âœ™" | "" | "" | "16:33" | "17:17" | "46"  | "3" |
| Its Science                                    | " âœ™" | "" | "" | "17:13" | "17:17" | "5"   | "2" |
| Tulika Sengupta                                | " âœ™" | "" | "" | "17:30" | "18:51" | "62"  | "4" |
| Jyotirmoy Sikdar                               | " âœ™" | "" | "" | "17:19" | "18:28" | "70"  | "1" |
| Dr. Suchismita Sinha                           | " âœ™" | "" | "" | "16:55" | "19:04" | "130" | "1" |
| Sarmin Sultana                                 | " âœ™" | "" | "" | "16:29" | "19:04" | "156" | "1" |
| Tanmoy   | " âœ™" | "" | "" | "17:46" | "17:47" | "2"   | "1" |
| Jeba Tasnim                                    | " âœ™" | "" | "" | "16:27" | "18:08" | "103" | "2" |
| Women<br>Development Cell,<br>Basirhat College | " âœ™" | "" | "" | "16:26" | "19:14" | "169" | "1" |
| Sabnur Yasmin                                  | " âœ™" | "" | "" | "18:05" | "19:04" | "61"  | "2" |
| Sabnur Yeasmin                                 | " âœ™" | "" | "" | "16:30" | "18:17" | "39"  | "4" |

**REPORT**  
**ON**  
**Stress Management Program**  
**(Techniques, Awareness, Strategies and Activities)**

**Programme Name:** *“PARADIGM SHIFT IN THE PRESENT EDUCATION SYSTEM:  
THE STRESS AND IT’S SUBSEQUENT MANAGEMENT”*

Stress is a common phenomenon of modern life. Origin of stress can be traced in the dilemma and conflict in our regular life emerging from high aspirations, targets, rat race etc. It may also result from indecisiveness or failure to adjust with the changing perspectives of life. Stress affects all human beings irrespective of age, gender or socio-economic and cultural environment, and the stress level varies. Different intrapsychic and cognitive factors control the stress level of a people. People sensitive to stress face more health-related problems. Again, in interpersonal area they experience more difficulties. It is impossible to remove stress totally from ones’ personal life. But it’s level can be minimized, that will help to lead a prosperous, comfortable and stress-free social life. To control the stress level and to minimize the level, everybody should be aware of the strategies how to overcome stress from their daily life.

**Objective of the event:**

College students face stress owing to multiple factors and has been an area of concern for a long time since in this age students barely complete their adolescence and enter in their youth. Educational goals, financial stress, expectations from parents, relationship issues within friend circle often disturb the young minds. They go through different mental and emotional crisis situation and suffer within themselves. Most times they could not share their problems with their parents or teachers and suffer both mentally and physically.

Crisis in the life of college students has been aggravated with the onset of pandemic situation which has directly and directly affected their life and health standards. A paradigm shift has occurred in the academic sector with the initiation of online educational system. Access to internet and mobile facilities emerged as a huge challenge in the pandemic phase to most students of the marginal areas of Basirhat sub-division, Hingalgunj, Hasnabad etc. Keeping this perspective in mind the Women Development Cell of Basirhat college has organized a webinar for the benefit of the students.

**Date & Time:**

23<sup>rd</sup> July, 2021 4.30 P.M. to 6.00 P.M

**Google meet recording Link:**

<https://drive.google.com/file/d/19HxxjJXvBsoFZxuMKh9cuqr78qwnZZ1-/view?usp=sharing>

**Speakers:**

Dr. Suchismita Sinha, Psychologist

Dr. Sukanta Kr. Mitra, Psychological Counsellor

Ms. Mala Saha, Psychological counsellor.

**Description of the event:**

‘Paradigm shift in the present education system: the stress and it’s subsequent management’.

The programme was attended by students actively. It turned out to be a great success since our eminent speakers could reach the heart of our young students through their excellent communication skill and capacity to read the minds of the students. The program began with the Presidential address by Dr. Ashoke Kumar Mondal, Principal, Basirhat College. In his brief speech Dr. Mondal explained briefly the concept and significance of mental health and well-being. He acknowledged whole-heartedly that students are experiencing severe stress with the onset of online educational system. On one hand they had to adjust to this new situation and resolve their academic doubts and queries through online platform, on the other hand financial stress and concern for physical well-being during covid situation have aggravated their situation.

The three speakers of the programme explained the meaning of stress. When people experience uncontrolled situations, events or any other changes in their daily routine life, they react mentally and physically to those changes in a way called stress. College students have various perceptible causes of stress in their life. They are:

- Pressure in academic demands from self, family
- In a new environment, social life
- Financial responsibilities

- Unhealthy Competitions
- Exposure to new temptations, people, and ideas.
- Home Sickness
- Time Management
- Future Stress or Planning of life after graduation.

Subsequent to this the students develop different distress symptoms like

- ✓ headaches
- ✓ fatigue
- ✓ gastrointestinal problems
- ✓ hypertension (high blood pressure)
- ✓ Lack of concentration,
- ✓ Sleeping disorder

The speakers unequivocally admitted that covid-19 and shift to online education system have created mounting pressure in the lives of the young students. Financial crisis has affected majority households and students are compelled to leave education and enter in job. For girl students the challenge is different. They are being forced by the family to get married. In this context the speakers highlighted the problems faced the students quite well and suggested different measures to train the minds of the young people.

### **SWOC Analysis of the event:**

**Strength:** Total of 281 students and faculty members attended the program. All of the students participated actively and spontaneously in this program. They were highly satisfied with this program. They had asked to continue this program in coming academic sessions also. Teachers have also understood that psychological, financial, social stress among the students can be one of the reasons for the student's behaviour and we need to coordinate and communicate with the students adequately to understand their mental and emotional space.

**Opportunities:** From this program we, the members of Women Development Cell, Basirhat College have understood that this kind of stress management program is really needed for the students during their college life period. We have decided to pursue such programmes on a regular basis and assist the students in their hours of need.

**Weakness:** Owing to network issue a huge section of our student could not attend the programme. To meet this problem the committee has decided to organize the event in offline



mode very soon. Moreover, in limited time, we could not listen to the issues and challenges of many of our students. Henceforth the committee has decided to provide a helpline number to the students where they can share their problems.

**Challenges:** Organizing such an online programme in a marginal area is always a challenge. It is extremely difficult to identify the emotional crisis of the students pertaining to socially and economically marginalized groups from their perspective. However, our eminent speakers built the bridge quite successfully and the consequently the students poured out their hearts. Still a huge section has remained untouched by our initiatives whom we hope to bring under the umbrella very soon.

**Comments:**

02:03:11.537,02:03:14.537

Debaghya Mandal: □□□□ □□□□ □□ □ □ □□ □□□□ □□ □□□□ □□□□ □□□  
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02:10:45.378,02:10:48.378

Shrestha Kar: Sunita, you have a beautiful voice.

02:18:29.966,02:18:32.966

Shrestha Kar: Sunita sathe ki konobhabe communicate kora jabe?

02:18:42.142,02:18:45.142

Shrestha Kar: Number ba kichu.

02:19:18.178,02:19:21.178

Aruneema Bardhan: Shrestha sunita r phone no.amader whatsapp grp ei achhe

02:20:02.238,02:20:05.238

Shrestha Kar: Sorry Mam, Ami hoyeto neyi oi whatsapp group a.

02:20:11.032,02:20:14.032

Sarmin Sultana: Shreshta can I communicate with u??

02:22:58.544,02:23:01.544

Srijit Pakira: Sunita Das tumi amar theke boro ki choto janina amio taki te thaki ami onekdin ocd er modhhe diye jachhi ami onek kichu shikhechi onek kichu overcome korechi amar number ta 7063728547 waap number eta... if you don't mind tumi amar sathe contact korte paro help korbo nishchoi tomake.... infact taki hospital a amr ekta bondhu o counselling korato ami onek experience o tomar sathe share korte pari r ami jar kache counselling kori sekhaner kichu experience tomar sathe share korte pari

02:23:47.092,02:23:50.092

Resma Parvin: Thank you sir and mam

02:23:53.274,02:23:56.274

02:24:54.284,02:24:57.284  
Arunema Bardhan: Mon vore gelo

02:25:11.498,02:25:14.498  
 Nilanjan Das: Khub bhalo laglo mam and sir

02:26:11.739,02:26:14.739  
Resma Parvin: Amra onek help pea6i thank you so much sir and mam

02:26:14.721,02:26:17.721  
Dipika Mistry: □□ □□□□ □□ □□□□□□□□ □□□□ □□□□□ □□□□ □□□□ □□□□□□□□  
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| Date: "2021-07-23" |              | "Time:" "16:22" |           | "Meet ID:" "tha-ttqe-iet" |             |
|--------------------|--------------|-----------------|-----------|---------------------------|-------------|
| Names              | "2021-07-23" | "Email"         | Comments" | "Arrival time"            | "Last Seen" |
| #Ãƒdris_Ã li       | " âœ'"       | ""              | ""        | "16:48"                   | "16:55"     |
| Piya Adhikary      | " âœ'"       | ""              | ""        | "16:51"                   | "19:38"     |
| Afipha             | " âœ'"       | ""              | ""        | "16:31"                   | "18:53"     |
| Gazi Ezaz Ahammed  | " âœ'"       | ""              | ""        | "17:09"                   | "17:30"     |
| Ruhi Ahmed         | " âœ'"       | ""              | ""        | "16:30"                   | "19:38"     |
| Rakibul Ali        | " âœ'"       | ""              | ""        | "17:09"                   | "18:13"     |
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| Debjyoti Kundu        | " âœ'" | "" | "" | "16:42" | "19:25" |
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| Banani Mallick        | " âœ'" | "" | "" | "16:48" | "16:51" |
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| Khitishchandra Mondal | " âœ'" | "" | "" | "17:21" | "17:46" |



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| Mou Mondal                 | " âœ'" | "" | "" | "16:48" | "18:01" |
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| Payel Mondal               | " âœ'" | "" | "" | "16:41" | "17:30" |
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| Rahim Mondal               | " âœ'" | "" | "" | "17:38" | "17:43" |
| Rakesh Mondal              | " âœ'" | "" | "" | "16:32" | "19:38" |
| Rakhi Mondal               | " âœ'" | "" | "" | "17:09" | "17:11" |
| Ramesh Mondal              | " âœ'" | "" | "" | "16:54" | "19:26" |
| Ranit Mondal               | " âœ'" | "" | "" | "16:43" | "16:47" |
| Rimpa Mondal               | " âœ'" | "" | "" | "16:44" | "18:50" |
| Ritesh Mondal              | " âœ'" | "" | "" | "17:09" | "17:55" |
| Ritika Mondal              | " âœ'" | "" | "" | "16:36" | "17:57" |
| Sagar Mondal               | " âœ'" | "" | "" | "17:16" | "17:29" |
| Somraj Mondal              | " âœ'" | "" | "" | "17:05" | "18:11" |
| Srija Mondal               | " âœ'" | "" | "" | "16:30" | "17:15" |
| Subhodip Mondal            | " âœ'" | "" | "" | "17:09" | "17:12" |
| Sudip Mondal               | " âœ'" | "" | "" | "16:55" | "17:40" |
| Sudipto Mondal             | " âœ'" | "" | "" | "16:34" | "17:18" |
| Suparna Mondal             | " âœ'" | "" | "" | "16:34" | "18:23" |
| Kakoli Mondol              | " âœ'" | "" | "" | "17:53" | "18:22" |
| Abhijat Prokash Mookherjee | " âœ'" | "" | "" | "16:30" | "16:34" |
| Rahul Mukherjee            | " âœ'" | "" | "" | "17:09" | "18:18" |
| Snehasish Mukherjee        | " âœ'" | "" | "" | "16:37" | "16:42" |
| Motiur Rahaman Munshi      | " âœ'" | "" | "" | "17:55" | "18:09" |
| Ahana Nagchowdhury         | " âœ'" | "" | "" | "16:42" | "17:55" |
| Rubinur Nahar              | " âœ'" | "" | "" | "17:09" | "18:41" |
| Satyabrata Nanda           | " âœ'" | "" | "" | "16:48" | "18:33" |
| Ruksana Nasrin             | " âœ'" | "" | "" | "17:24" | "18:06" |
| Tithi Nasrin               | " âœ'" | "" | "" | "17:04" | "18:42" |
| Ankita Nath                | " âœ'" | "" | "" | "16:32" | "17:00" |
| Dipayan Nath               | " âœ'" | "" | "" | "16:32" | "19:38" |
| Madhuchhanda Nath          | " âœ'" | "" | "" | "16:34" | "19:00" |
| Moumita Nath               | " âœ'" | "" | "" | "17:09" | "19:17" |
| Riya Nath                  | " âœ'" | "" | "" | "16:30" | "18:30" |
| Shreela Nath               | " âœ'" | "" | "" | "17:01" | "18:47" |
| Pankaj Nayak               | " âœ'" | "" | "" | "18:29" | "18:29" |
| Pankaj Nayak               | " âœ'" | "" | "" | "16:27" | "17:20" |
| Mithu Pal                  | " âœ'" | "" | "" | "17:09" | "17:29" |
| Priya Pal                  | " âœ'" | "" | "" | "17:09" | "19:38" |
| Sonia Pal                  | " âœ'" | "" | "" | "16:39" | "16:41" |
| Sahana Parveen             | " âœ'" | "" | "" | "16:36" | "17:24" |
| Ayrin Parvin               | " âœ'" | "" | "" | "16:30" | "19:05" |

|                     |        |    |    |         |         |
|---------------------|--------|----|----|---------|---------|
| Jesmine Parvin      | " âœ'" | "" | "" | "16:49" | "19:19" |
| Juliya Parvin       | " âœ'" | "" | "" | "16:32" | "17:44" |
| Resma Parvin        | " âœ'" | "" | "" | "16:27" | "19:38" |
| Ruvina Parvin       | " âœ'" | "" | "" | "16:30" | "17:34" |
| Sabana Parvin       | " âœ'" | "" | "" | "17:09" | "18:28" |
| Sarmin Parvin       | " âœ'" | "" | "" | "16:50" | "17:34" |
| Suhana Parvin       | " âœ'" | "" | "" | "16:34" | "16:35" |
| Sumaiya Parvin      | " âœ'" | "" | "" | "18:30" | "18:38" |
| Suraiya Parvin      | " âœ'" | "" | "" | "16:31" | "17:34" |
| Suraiya Parvin      | " âœ'" | "" | "" | "16:28" | "16:31" |
| Tiasha Parvin       | " âœ'" | "" | "" | "18:07" | "18:11" |
| Zulekha Parvin      | " âœ'" | "" | "" | "16:29" | "19:38" |
| Piyanka Patra       | " âœ'" | "" | "" | "17:09" | "18:52" |
| Kinkar Paul         | " âœ'" | "" | "" | "16:37" | "18:17" |
| Sangita Paul        | " âœ'" | "" | "" | "17:09" | "18:29" |
| Suma Paul           | " âœ'" | "" | "" | "16:31" | "17:12" |
| Sunanda Paul        | " âœ'" | "" | "" | "17:20" | "19:18" |
| Trisha Paul         | " âœ'" | "" | "" | "16:52" | "18:32" |
| Rajesh Pramanik     | " âœ'" | "" | "" | "16:30" | "16:31" |
| A R                 | " âœ'" | "" | "" | "17:37" | "17:44" |
| Anichur Rahaman     | " âœ'" | "" | "" | "18:01" | "18:41" |
| Samanur Rahaman     | " âœ'" | "" | "" | "16:53" | "17:10" |
| Pradipta Prakas Ray | " âœ'" | "" | "" | "16:56" | "17:33" |
| Riyanka Ray         | " âœ'" | "" | "" | "16:28" | "17:15" |
| Bilash Roy          | " âœ'" | "" | "" | "17:09" | "19:38" |
| Dibya Roy           | " âœ'" | "" | "" | "17:09" | "17:51" |
| Joykrishna Roy      | " âœ'" | "" | "" | "16:34" | "19:38" |
| Shuvomoy Roy        | " âœ'" | "" | "" | "17:44" | "18:02" |
| Tisha Roy           | " âœ'" | "" | "" | "17:09" | "19:38" |
| Jolly Saha          | " âœ'" | "" | "" | "16:31" | "16:31" |
| Mala Saha           | " âœ'" | "" | "" | "16:26" | "19:38" |
| Niladri Saha        | " âœ'" | "" | "" | "17:10" | "17:35" |
| Paromita Saha       | " âœ'" | "" | "" | "17:09" | "17:18" |
| Pretha Samadder     | " âœ'" | "" | "" | "17:09" | "17:54" |
| Avijit Sana         | " âœ'" | "" | "" | "17:17" | "18:07" |
| Disha Sanpui        | " âœ'" | "" | "" | "16:40" | "19:28" |
| Raja Santra         | " âœ'" | "" | "" | "16:31" | "16:31" |
| Al Masud Sardar     | " âœ'" | "" | "" | "16:35" | "16:40" |
| Aparna Sardar       | " âœ'" | "" | "" | "16:40" | "18:53" |
| Argha Sardar        | " âœ'" | "" | "" | "17:43" | "17:43" |
| Md Inzamal Sardar   | " âœ'" | "" | "" | "17:16" | "17:19" |
| Momota Sardar       | " âœ'" | "" | "" | "17:01" | "17:05" |
| Nur Insan Sardar    | " âœ'" | "" | "" | "16:31" | "18:22" |
| Pinky Sardar        | " âœ'" | "" | "" | "17:46" | "18:07" |
| Prosanta Sardar     | " âœ'" | "" | "" | "18:27" | "18:33" |
| Prosenjit Sardar    | " âœ'" | "" | "" | "17:09" | "18:22" |

|   |        |    |    |         |         |
|---|--------|----|----|---------|---------|
| Saswata Sardar                              | " âœ'" | "" | "" | "16:40" | "19:38" |
| Sudipta Sardar                              | " âœ'" | "" | "" | "16:39" | "16:39" |
| Sunita Sardar                               | " âœ'" | "" | "" | "17:09" | "18:33" |
| Tuhinjyoti Sardar                           | " âœ'" | "" | "" | "16:40" | "16:40" |
| Aloke Sarkar                                | " âœ'" | "" | "" | "16:49" | "16:50" |
| Avishek Sarkar                              | " âœ'" | "" | "" | "17:12" | "17:34" |
| Biswajit Sarkar                             | " âœ'" | "" | "" | "16:30" | "16:31" |
| Dipa Sarkar                                 | " âœ'" | "" | "" | "16:31" | "18:15" |
| Pronab Sarkar                               | " âœ'" | "" | "" | "17:09" | "19:38" |
| Ritu Sarkar                                 | " âœ'" | "" | "" | "17:14" | "17:20" |
| Subir Sarkar                                | " âœ'" | "" | "" | "17:09" | "18:47" |
| Zeba Sarmin                                 | " âœ'" | "" | "" | "17:09" | "17:17" |
| Its Science                                 | " âœ'" | "" | "" | "17:21" | "18:39" |
| Priya Sen                                   | " âœ'" | "" | "" | "17:03" | "18:35" |
| Tulika Sengupta                             | " âœ'" | "" | "" | "16:35" | "18:40" |
| Sathi Shankhari                             | " âœ'" | "" | "" | "16:32" | "17:30" |
| Soumi Shaw                                  | " âœ'" | "" | "" | "16:43" | "17:16" |
| Tanvir Shihab                               | " âœ'" | "" | "" | "16:30" | "19:10" |
| Dr. Suchismita Sinha                        | " âœ'" | "" | "" | "16:27" | "19:38" |
| Farha Sirin                                 | " âœ'" | "" | "" | "16:31" | "19:38" |
| Nahid Sultana                               | " âœ'" | "" | "" | "17:14" | "18:44" |
| Tayeba Sultana                              | " âœ'" | "" | "" | "17:36" | "17:37" |
| Kuntal Sumar                                | " âœ'" | "" | "" | "17:42" | "17:53" |
| Rifah Tamanna                               | " âœ'" | "" | "" | "16:33" | "17:27" |
| Tanmoy                                      | " âœ'" | "" | "" | "17:01" | "18:06" |
| Suny Uddin.                                 | " âœ'" | "" | "" | "17:18" | "17:20" |
| Women Development<br>Cell, Basirhat College | " âœ'" | "" | "" | "17:09" | "19:47" |
| Mohsina Yasmin                              | " âœ'" | "" | "" | "16:32" | "19:04" |
| Sabina Yasmin                               | " âœ'" | "" | "" | "17:09" | "17:38" |
| Sabnur Yasmin                               | " âœ'" | "" | "" | "17:10" | "17:35" |
| Tajruba Yasmin                              | " âœ'" | "" | "" | "17:09" | "18:39" |