



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

Department of Chemistry

Report on An initiative program on mental health and self-building





Overview of the program

Name of the Seminar/conference/workshop: An initiative program on mental health and self-building

Venue: Department of Chemistry, Gargaon College

Date: 10.01.2022

Organized by: Department of Chemistry, Gargaon College

Nature of Activity: Career Counselling/ Interaction

Name of Resource Person: Mr. Rituraj Tahu, Assistant Professor, Department of Chemistry, Gargaon College

Number of Participants:

Brief report of the program

One of the most important areas every department should cover is the mental health and self building of students. Students often get stressed and depressed which directly reflects in the self building capacity of the students. By keeping that in mind every year a programme is conducted within the department by the faculty members to motivate students. In this year Mr. Rituraj Tahu delivered the lecture on 10th January, 2022. He spoke about the motivational landscape in student life and addresses the basic problem of students related to their career such as putting more concentration on social media often get tensed by thinking about the future, not having proper knowledge of what they are choosing etc. From this, many of the students seem to share their basic problem and the department takes an initiative to rectify it. A glimpse of his lecture is shown below.

Rationality of the program

Mental health promotion attempts to encourage and increase protective factors and healthy behaviors that can help prevent the onset of a diagnosable mental disorder and reduce risk factors that can lead to the development of a mental disorder.



Photograph of the program

