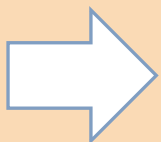




**AWARENESS
PROGRAMME ON
POST PANDEMIC STUDENT
MENTAL HEALTH**

DATE :- 22.08.2022



Surendranath Law College

24/2 Mahatma Gandhi Road

Kolkata-700 009

<https://snlawcollege.ac.in>





STUDENTS WELFARE COMMITTEE
SURENDRANATH LAW COLLEGE
KOLKATA

Organises

Awareness Programme on
POST PANDEMIC STUDENT MENTAL HEALTH



Speaker :

Ms. Sahely Gangopadhyay

Consultant Clinical Psychologist
AMRI Hospital (Dhakuria)

22.08.2022 | 10.00 A.M.
SEMINAR ROOM



The Covid Pandemic Confronted The International Community With The Most Serious Challenge Post World War II. With The Death Toll In Lakhs The Pandemic Not Only Exacerbated Economic Crises And Worldwide Lockdowns, The Ensuing Mental Health Crisis Is Something Which Went Largely Undocumented. To Cater To The Needs Of Mental Health Of Students To Help Mitigate Anxiety And Stress, Surendranath Law College Organized An Awareness Programme On Post Pandemic Student Mental Health On 22.08.2022 At The College Seminar Hall . Ms.Saheli Gangopadhyay Was The Chief Speaker Of The Awareness Programme. She Is A Consultant Clinical Psychologist At Amri Hospital Dhakuria . She Discussed About The Importance Of Mental Health. She Interacted With The Students And Advised Them How To Take Care Of Their Mental Health. She Also Highlighted About The Negative Impact Of Social Media On Student's Mental Health During Pandemic. She Advised The Student To Spend More Time With Family While Emphasizing On The Power Of Meditation. At The End Of The Programme She Did Face To Face Interaction With Students.

Mental Health Concerns And Treatments Usually Take A Backseat In Our Nation, But It Is The Need Of The Hour To Become Aware About The Mental Health Condition. The Lockdowns And The Associated Isolation During The Pandemic Has Fuelled Issues In Students Like Loneliness, Depression, Mental Distress, Anxiety Etc. The Students Were Given Practical Advice About Their Mental Health. They Understood When They Needed To Consult Psychologists, There Is No Stigma Attached With This Practice. Mental Health Is An Essential Pre-Requisite For Physical Well Being.



Kolkata, West Bengal, India

26, 9A, Mahatma Gandhi Rd, Baithakkhana, Kolkata, West Bengal 700009, India

Lat 22.570602°

Long 88.368308°

22/08/22 10:23 AM



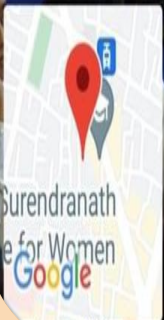
Kolkata, West Bengal, India

26, 9A, Mahatma Gandhi Rd, Baithakkhana, Kolkata, West Bengal 700009, India

Lat 22.570649°

Long 88.368284°

22/08/22 10:25 AM



Kolkata, West Bengal, India

26, 9A, Mahatma Gandhi Rd, Baithakkhana, Kolkata, West Bengal 700009, India

Lat 22.570604°

Long 88.368308°

22/08/22 10:23 AM



Kolkata, West Bengal, India

26, 9A, Mahatma Gandhi Rd, Baithakkhana, Kolkata, West Bengal 700009, India

Lat 22.570649°

Long 88.368284°

22/08/22 11:33 AM