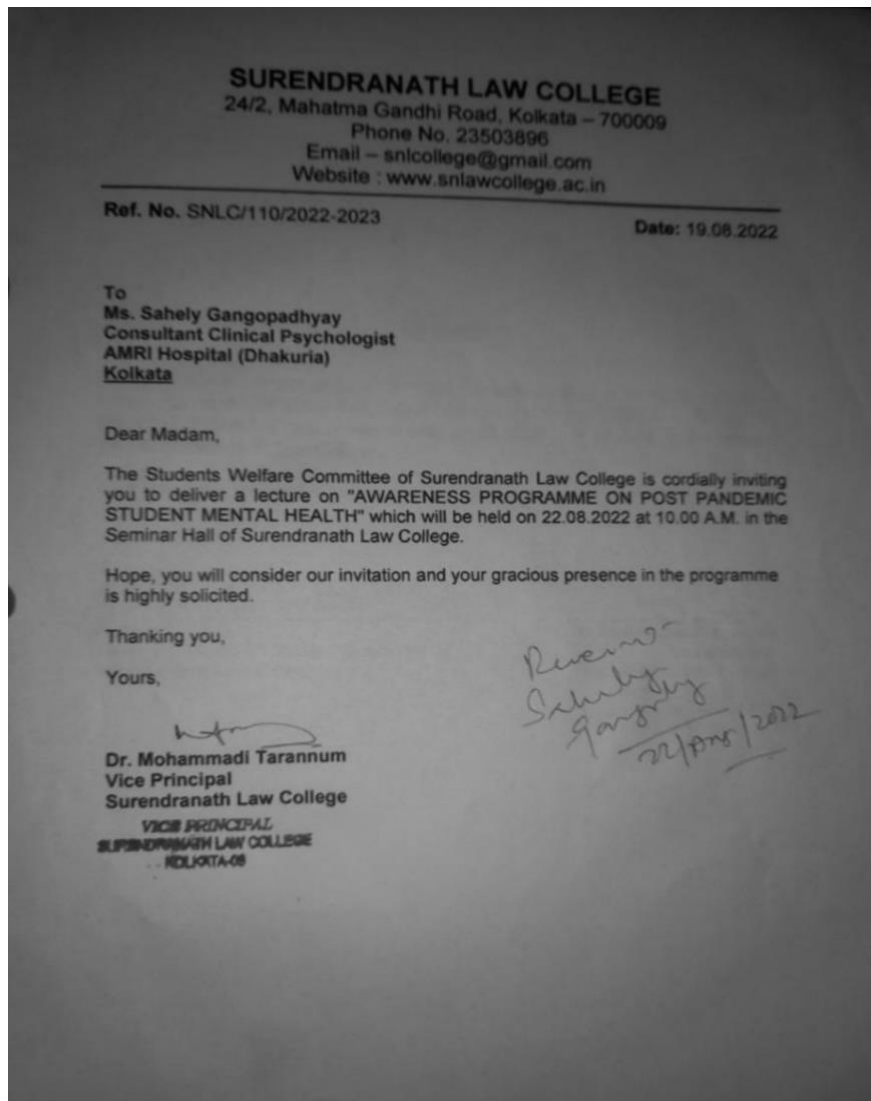


REPORT
AWARENESS PROGRAMME
ON
POST PANDEMIC STUDENT MENTAL
HEALTH





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



SURENDRANATH LAW COLLEGE

24/2, Mahatma Gandhi Road, Kolkata – 700009

Phone No. 23503896

Email – snlcollege@gmail.com

Website : www.snlawcollege.ac.in

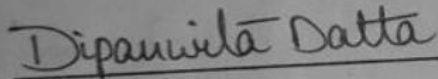
Ref. No. SNLC/111/2022-2023


Date: 19.08.2022

NOTICE

Students' Welfare Committee of Surendranath Law College is going to organize a lecture on "AWARENESS PROGRAMME ON POST-PANDEMIC – STUDENT MENTAL HEALTH" which will be held on 22.08.2022 at 10 A.M. in the Seminar Hall of Surendranath Law College.

All the students are hereby directed to attend the programme.


Dipanwita Datta
Convenor, Students' Welfare Committee
Surendranath Law College


Dr. Mohammadi Tarannum
Vice Principal
Surendranath Law College
VICE PRINCIPAL
SURENDRANATH LAW COLLEGE
KOLKATA-09

ABOUT THE COLLEGE:-

Surendranath Law College, a Calcutta University Affiliated College, was established in the year 1885, by Nationalist, Educationalist, Leader and Scholar Surendranath Banerjee, with the view to facilitate an infrastructure essential for the study of law. This esteemed Law College is now regarded as one of the oldest law colleges of the country. The students of the College include Dr. Rajendra Prasad, the first president of India, Harendra Kumar Mukherjee, the first Governor of West Bengal, Justice Bijan Kumar Mukherjee, the first Chief Justice of the Supreme Court of India and many other luminaries and eminent personalities. The establishment of Surendranath Law College was a pivotal move, for Indian Legal Education system as it is one of the oldest Law College in British India, and it has exemplified professional competence, social importance and academic excellence. Surendranath Law College carries the legacy of nurturing Leadership, Ascendancy and Superintendence in the heart of the future renowned revolutionist. Dr. Rajendra Prasad, Indian independence activist, lawyer, scholar and subsequently, the first President of India was the alumni of Surendranath Law College.

In Surendranath Law College 5 year LL.B. Course was introduced since 1987 with renewed vigour and infrastructural change. Presently there are 1000 students in 5 yr. LL.B. Course. The rate of success in the university examination has been always above 92% since its inception. The college is committed towards the overall development of the students and encourage them to regularly take part in extra-curricular activities. Students take keen interest in games and sports, in both the state and national level. They also take part in all India Moot Court competitions held in different parts of the country. Students and

teachers, jointly organize awareness generating camps in various parts of the country to help people to fight social maladies and evils.

ABOUT THE PROGRAMME:-

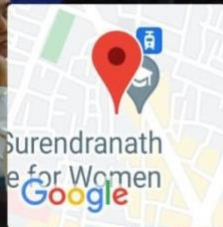
Surendranath Law college organized an Awareness Programme on Post Pandemic Student Mental Health on 22.08.2022. Ms.Saheli Gangopadhyay was the chief speaker of the awareness programme. She is a consultant Clinical Psychologist at AMRI Hospital Dhakuria and she is also pursuing her PhD in Clinical psychology from Amity University , Noida. 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 discussed about the negative impact of social media on student's mental health during pandemic. She advised the student to spend more time with family. She emphasized on the power of meditation. At the end of the programme she did face to face interaction with students.

OUTCOME OF THE EVENT :-

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 fueled issues in students like loneliness, depression, mental distress, anxiety etc. The students were given practical advice about their mental health. They understood when they need to go to a psychologist and one more thing they realized that going to a psychologist there is no shame rather it is about taking steps for self improvement. Mental health is equal important as physical health. We all should remember that.

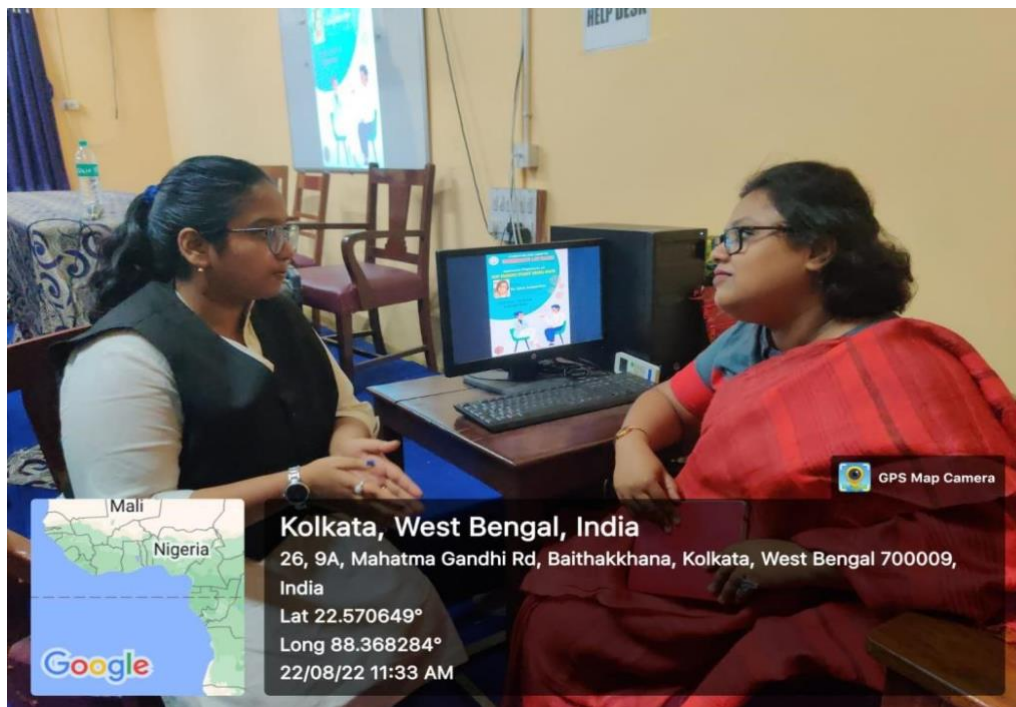
GLIMPSES OF THE PROGRAMME :-





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



DATE - 22.08.2022

Awareness Programme on
Post Pandemic Saha Student
Mental Health

1. Shreyasi Kundu (9th sem)
2. Aparupa Chakraborty (9th sem)
3. Stampoorna Saha (9th sem)
4. Mayukh Banerjee (9th sem)
5. Dwiklav De (9th sem)
6. Anisha Chakraborty (7th sem) (160)
7. Smriti Saha (7th sem)
8. Latika Maity (7th sem)
9. Ashik Paria (7th sem)
- 10) Anchal Kumari Shaw (7th sem)
- 11) Sumit K. Mandal (7th Sem)
- 12) Sima Roy (7th Sem)
- 13) Anrita Sankar (7th Sem)
- 14) Divisha Das (7th sem)
- 15) Quaira Perwin (3rd Sem)
- 16) Soniya Nilay (3rd Sem)
- 17) Shubhendu Ghosh (3rd Sem)
- 18) Simran Banerjee (3rd sem)
- 19) Aditiya Dey (3rd sem)
- 20) Shuvangi Chatterjee (3rd sem)
- 21) Neha Chelshi (3rd sem)
- 22) Quainat Ferdosh (3rd Sem)
- 23) Zoya Nawaz (3rd Sem)
- 24) Priyashi (3rd Sem)
- 25) Zoya Zeeshan (3rd Sem)
- 26) Afshana Parveen (3rd Sem)
- 27) Shally Das (3rd sem)
- 28) Priti Kumari (3rd sem)
- 29) Shrabani Das (3rd sem)
- 30) Ananya Bainagi (3rd Sem)
- 31) Simleha Adhikari (3rd)
- 32) Murshida Chowdhury (3rd)
- 33) Sweet Hazari (3rd)
- 34) Sai Kat Das (3rd)
- 35) Soumya Saha (3rd)
- 36) Supnakash Haldou (3rd)
- 37) Trisha Fadlikou (3rd)
- 38) Riya Kumari (3rd)
- 39) Aditi Gupta (3rd)
- 40) Surashis Mukhopadhyay (3rd sem)
- 41) Sumoni Bhattacharyya (3rd Sem)
- 42) Sujay Biswal (3rd Sem)
- 43) Subrajit Saha (3rd Sem)
- 44) Debasmita Mondal (7th Sem)
- 45) Adrija Bose (9th Sem)

3rd Sem

Suhana Alam (133)
SK Guffana Baksh (197)
Diya Kayal (144)
Koheli Tudu (121)
Samuel Subhajit Hazra (04)
Anamitra Barik (74)
Abir Chakrabarti (166)
Pawloni Chakrabarty (185)
Thisha Jha (173)
Bijoy Kumar Sarkar (103)
Anchana Naha (76)
Ajanti Saha (100)
Debalina Gayen (57)
Niharika Kumari (35)
Somyajit Hazra (114)
Mehuli Bhowmik (26)
Mrinal Mandal (33)
Anukanya Dolui (79)
Madhuswana Pramanik (78)
Mahjabeen Parveen (90)
Neha Haider (187)
Archana Singh (59)
Saika Naz (41)
Rounaque Zia (27)
Samapta Baidya (29)
Nabanita Das (75)
Sumanu Mistri (14)
Abhilasha Sarkar (42)
Shwisha Halder (145)

Sreemoyee Adhya (149)
Kalyan Biswas (104)
Ritorja Ghosh (138)
Poulomi Ray (50)
Suniti Biswal

7th Semester

- 1) Prakruti Kurnari (62)
- 2) Devesh Raj (36)
- 3) Sucharita Poddar (156)
- 4) Sataparna Das (118)
- 5) Sonali Chosh (116)
- 6) Tanuja Kumar (164)
- 7) Anam Bhowmik (11)
- 8) Sneha Maity
- 9) Sucheta Singh Roy
- 10) Uma Tarafdar (22)
- 11) Keeta Kanti (26)
- 12) Anukruti Banerjee (1)
- 13) Arundhati Doley
- 14) Anushka Biswas
- 15) Anushka Roychoudhury
- 16) Anisha Chatterjee (7th sem)
- 17) Smriti Saha (7th sem)

5th Semester

- 1) Ruksha Khattar (112)
- 2) Supriya Naskar (07)
- 3) Moontaha Sadas (119)
- 4) Sneha Hazra (110)
- 5) Sanjuti Ray-50
- 6) Pratikha Das-4
- 7) Aditi Tarafdar → 33
- 8) Monrita Dey → 18
- 9) Dipika Das → 103
- 10) Sneha Das → 97
- 11) Chandrabali Roy - 66
- 12) Satyam Pandey - 36
- 13) Saheli Halder - 87 (3rd sem)

Riya Dasbairagya (3rd sem)

Abhisek Das (3rd sem)

Anjan Mondal (5th sem)

Ratfaque Ahmed (3rd sem)

Soleman Sikdar (2nd sem)

Ahmadullah (3rd sem)

Pabitra Mondal (5th sem)

Suchismita De (5th sem)

Lampoonu Saha (9th sem)

Aparupa Chakraborty (9th sem)

~~Shreyasi Kundu~~

Shreyasi Kundu (9th sem)