

Workshop on 'Empowering the Minds for All'- 2025

Surendranath Law College, located in the heart of Kolkata, is one of India's oldest and most prestigious institutions of legal education. Established in 1885 by the eminent nationalist leader Surendranath Banerjee, the college has a rich legacy intertwined with India's freedom movement and legal history. Affiliated to the University of Calcutta, the college has produced generations of distinguished alumni including Dr. Rajendra Prasad, the first President of India, and Sir Bijan Kumar Mukherjea, the first Bengali Chief Justice of India. Offering undergraduate and postgraduate programs in law, the college remains a center of academic rigor, civic engagement, and cultural heritage.

The College organized a workshop titled '**Empowering the Minds for All**' with the objective of promoting mental wellness, self-awareness, and emotional resilience among students, faculty, and staff. Recognizing the growing challenges of stress, anxiety, and societal pressure in academic life, the initiative sought to empower individuals through knowledge, dialogue, and positive thinking. It provided a platform for participants to understand the importance of mental health, inclusivity, and personal empowerment as essential elements of holistic development.

The **Women Empowerment Cell of Surendranath Law College**, under the able chairmanship of Dr. Mohammadi Tarannum, Vice Principal of the college successfully organized a workshop on the theme "**Empowering the Minds for All**", conducted by Dr. Rajarshi Kayal, Mind Healer, Graphologist & lifestyle modifier on 16.9.25. The session aimed at fostering self-awareness, mental well-being, and positive empowerment among students and faculty.

Glimpses of the Workshop:



