



Programme Report

Surendranath Law College

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SURENDRANATH LAW COLLEGE

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To
Dr. Mohammadi Tarannum,
Vice Principal, Surendranath Law College, 24/2, Mahatma
Gandhi Road,
Kolkata-700009

Subject: **Program report: Workshop on 'Empowering the minds for all'**

Organized jointly by: **Women Empowerment Cell** of Surendranath Law College, Kolkata

Date: 16th September 2025
Time: 10:00 AM onwards
Venue: Seminar Hall of College
Convenor: Dr. Shyamali Mukherjee Bhattacharya
Women Empowerment Cell

About College & Programme:

Surendranath Law College, an esteemed Law college, affiliated to the Calcutta University in 1885, imparting UG education since 1885. The programme titled “**Empowering the Minds for All**” was organised with the aim of promoting mental wellness, self-awareness, and emotional resilience among students, faculty, and staff. Recognising 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.

Objectives of the Workshop:

The specific objectives of the workshop were:

1. To create awareness about the significance of mental health and emotional well-being in personal and academic life.

2. To equip participants with strategies for managing stress, improving focus, and building resilience.
3. To foster inclusive thinking, empathy, and gender sensitivity within the institutional environment.
4. To encourage self-empowerment and leadership through mindfulness and positive attitude.
5. To promote the idea that a healthy and empowered mind contributes to better learning, productivity, and social harmony.

Workshop Details:

The *Women Empowerment Cell* of **SNLC**, under the able chairmanship of Dr. Mohammadi Tarannum has 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.

Inaugural Session:

The workshop began with a warm welcome address by the convenor. The Chairperson, of the event, the Vice **Principal of SNLC**, Dr. Mohammadi Tarannum, in her impressive deliberation has given emphasis on the importance of mental health. As a token of appreciation, everyone on dais was felicitated by Dr. Debjani Ojha, Assistant professor of law. It was followed by an introduction of the resource person by Dr. Shyamali Mukherjee Bhattacharya, convenor of Women Empowerment Cell. Mementos were presented to Dr. Rajarshi Kayal, resource person, Dr. Niloy Bagchi, IQAC Chairman and Dr. Mohammadi Tarannum, Vice Principal, Surendranath Law College in recognition of their roles in this empowering workshop.

Technical Session:

The expert engaged the participants in a highly interactive session, focusing on techniques of mindfulness, stress management, and harnessing inner strength for holistic growth. The session witnessed enthusiastic participation from both students and faculty members. Various practical exercises and reflective activities were conducted, which encouraged participants to explore ways of overcoming mental barriers and enhancing self-confidence.

The workshop concluded with an interactive Q&A session, where the participants expressed their appreciation and shared positive feedback about the learning experience.

Vote of Thanks:

The workshop ended with a formal vote of thanks proposed by Dr. Shyamali Mukherjee Bhattacharya, convenor of Women Empowerment Cell, extending gratitude to the resource person, faculty, students, and the members of Women Empowerment Cell for their support in making the event a success.

Highlights of the Workshop:

- Emphasis on self-empowerment through mindfulness practices
- Strategies for managing stress and enhancing resilience
- Exercises to build self-confidence and emotional strength
- Active participation and engagement of the audience

Notice of the Program:

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Ref. No. SNLC/IQAC/SEM/36/2025-26

Date : 02/09/2025

NOTICE


The Women Empowerment Cell of Surendranath Law College is pleased to announce a special workshop on the theme: "**Empowering the Minds for All**". This two-hour interactive workshop will be conducted by a popular Mind Healer, Graphologist & lifestyle Modifier Dr. Rajarshi Kayal, who will guide participants on techniques of self-empowerment, mental well-being, and positive thinking.

Details of the Workshop:

- **Date:** 16/9/25
- **Time:** 10 A.M.
- **Venue:** College Seminar Hall
- **Duration:** 2 Hours
- **Resource Person:** Dr. Rajarshi Kayal

All students, Non-teaching staff and faculty members are cordially invited to attend this enriching session. Attendance is highly encouraged to benefit from this unique opportunity of learning and self-growth.


Dr. Shyamali Mukherjee Bhattacharya
Assistant Professor of Law,
Convenor – Women Empowerment Cell,
Surendranath Law College


Dr. Mohammadi Tarannum
Vice Principal
Surendranath Law College
Vice-Principal
Surendranath Law College

Glimpses of the Workshop:





Shyamali Mukherjee

Dr. Shyamali Mukherjee Bhattacharya
 Convenor, Women Empowerment Cell