

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

**Student Affairs & NAAC Committee
In collaboration with IQAC, GGDC, Mangalkote
Invites you to a**

CAPACITY BUILDING PROGRAMME

on

Stress Management

**On the occasion of Mental Illness Awareness Week
1st to 7th October, 2023**



ON WEDNESDAY, October 11th, 2023

AT: 12.00 Noon

Venue: 1st Floor, Seminar Hall

REGISTER BY 10.10.2023 AT:

<https://forms.gle/WVuxwHcnQu7VCic36>

NO REGISTRATION FEE REQUIRED

Objectives of the Capacity Building Programme:

- 1. Understanding mental illness and stress in particular**
- 2. Identifying stress-triggers**
- 3. Learning to manage or avoid stress**

Facilitators:

Mr. Pinaki Roy, Coordinator, NAAC Committee

Mr. Keshab Chandra Saha, Convener, Student Affairs Committee

Programme Schedule:

12:00 to 12:03 Noon: Welcome Address, Mr Keshab Chandra Saha, Convener, Student Affairs Committee, GGDC, Mangalkote

12:04 to 12:07 Noon: Inaugural address, Dr. Pradipta Kumar Basu, OIC, GGDC, Mangalkote

12:08 to 12:10 Noon: Address, Dr. Debraj Biswal, Coordinator, IQAC, GGDC, Mangalkote

12:10 to 12:30 Noon: Brief Power Point Presentation on Stress and its Management, Mr. Pinaki Roy & Mr. Keshab Chandra Saha

12:30 to 12.55 Noon: Student involvement-oriented/group activities, Mr. Pinaki Roy & Mr. Keshab Chandra Saha

12.55 to 12:58 Noon: Vote of Thanks, Dr. Koushik Kumar Dutta, Joint Convener, Student Affairs Committee

12:58 Noon to 1:00 PM: Online Feedback Submission

Organizing Committee:

Patron: Dr. Pradipta Kumar Basu, Officer-In-Charge, GGDC, Mangalkote

Advisor: Dr. Debraj Biswal, Coordinator, IQAC, GGDC, Mangalkote

Organizing Secretary:

Mr. Pinaki Roy, Coordinator, NAAC Committee, GGDC, Mangalkote

Mr. Keshab Chandra Saha, Convener, Student Affairs Committee, GGDC, Mangalkote

Technical Assistance: Dr. Animesh Mondal, Member, NAAC Committee, GGDC, Mangalkote

Host Associates: All members of NAAC, Student Affairs Committee & IQAC, GGDC, Mangalkote
