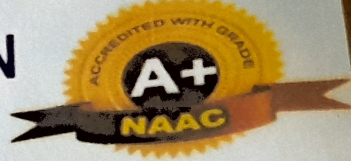




SPECIAL LECTURE CUM WORKSHOP ON MENTAL WELLNESS



Organised by:

Department of psychology

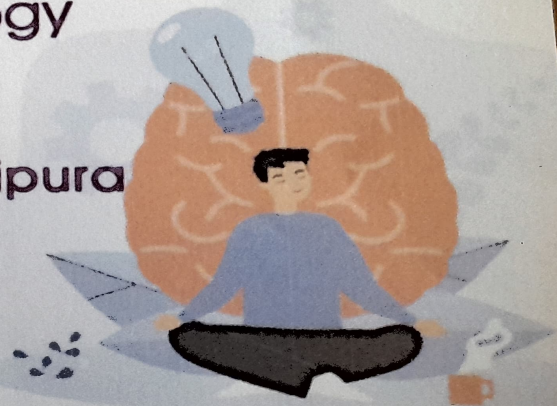
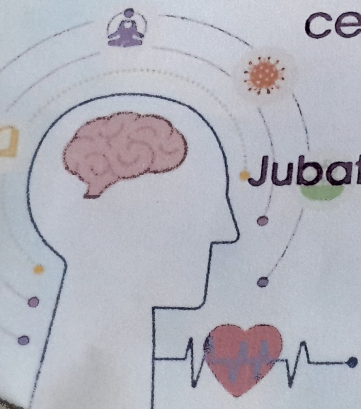
in collaboration with

centre for counselling psychology

Holy Cross College

Jubatara, Lembucherra, Agartala, Tripura

Date: 19th January, 2024





HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A' GRADE

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

"Educating hearts and minds"

To

The Principal

Holy Cross College

Agartala.

Subject: Approval for conducting Special lecture cum Workshop on mental wellness and observance of birthday of Gririndrashkar Bose.

Respected Father,

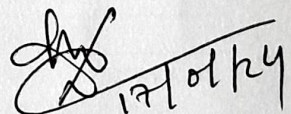
We the psychology dept. in collaboration with centre for counselling psychology are planning to organise a Special lecture cum Workshop on mental wellness and observance of birthday of Gririndrashkar Bose, keeping in view that January is celebrated as Mental wellness awareness month and 31st January is the birthday of the legendary Indian psychoanalyst Gririndrashkar Bose. The events will start from 1pm on 19th of January 2024 Venue: F1-10. The proposed resource persons for the Workshop :

- Miss Mismita Das (Regd. Clinical Psychologist & Assistant professor Department of clinical Psychology ICFAI University Tripura).

I, on behalf of the department would be grateful if you would kindly give us the permission to proceed with the said events. Thanking you in anticipation.

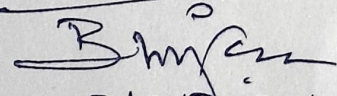
Dated:

HEAD
Department of Psychology
HOLY CROSS COLLEGE
Agartala, Tripura (W).


Debanjana Mukherjee
H.O.D

Department of Psychology
& Centre for Counselling Psychology
Holy Cross College, Agartala

Enclosed : Program schedule of the events.

Approved

17/01/2024
PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA



HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

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Web: www.holycrosscollege.in

"Educating hearts and minds"

DATE: 18/01/24

NOTICE


This is to inform all the students and all the respected faculty members of Holy cross college Agartala that the Department of Psychology in collaboration with centre for counseling psychology is organizing Special lecture cum Workshop on mental wellness and observance of birthday of Gririndrashkar Bose on 19th of January 2024 starting from 1:00pm venue F1-10. May I request all students and all the faculty members to kindly be present at mentioned the venue by 1:00pm.


18/01/2024
Dr. fr. Benny k John, csc

Principal

Holy Cross College, Agartala

PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA


18/01/24

Debanjana Mukherjee

H.O.D & Assistant professor

Department of psychology,

Holy Cross College, Agartala



HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A' GRADE

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"Educating hearts and minds"

To

Miss Mismita Das

Assistant professor

Department of Clinical Psychology

ICFAI University-Tripura

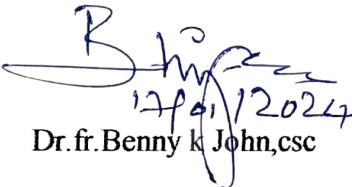
Subject: Invitation letter to be a resource person.

Respected Madam,

We are pleased to invite you as a resource person for a Special lecture cum workshop on mental Wellness by Department of Psychology in collaboration with Centre for Counseling psychology, Holy cross college on 19th January 2024 from 01:00pm onwards at Holy cross college Campus, Lembuchera. Your expertise and knowledge on the subject will enrich our student's knowledge on Mental health & enhance their mental health and wellbeing.

We would be grateful and honored to have you as a resource person for the event and we are looking forward to hearing back from you.

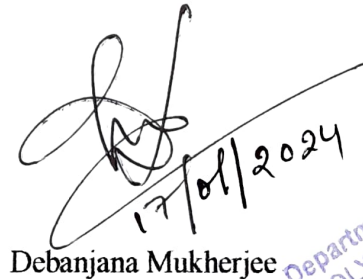
Thanking you


17/01/2024
Dr. fr. Benny k John, csc

Principal

Holy Cross College, Agartala

PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA


17/01/2024

Debanjana Mukherjee

H.O.D & Assistant professor

Department of psychology,

Holy Cross College, Agartala

HEAD
Department of Psychology
HOLY CROSS COLLEGE
Agartala, Tripura (W).



Report on Workshop on mental wellness

by Department of Psychology on 19th Jan 2024.

Date: 19th January 2024

Time: 2:00 PM – 3:30 PM

Venue: F1-8 ,Holy Cross College Agartala .

Facilitators: Mismita Das ,Assistant professor, Department of clinical Psychology ICFAI university Tripura & RCI Reg. Clinical Psychologist.

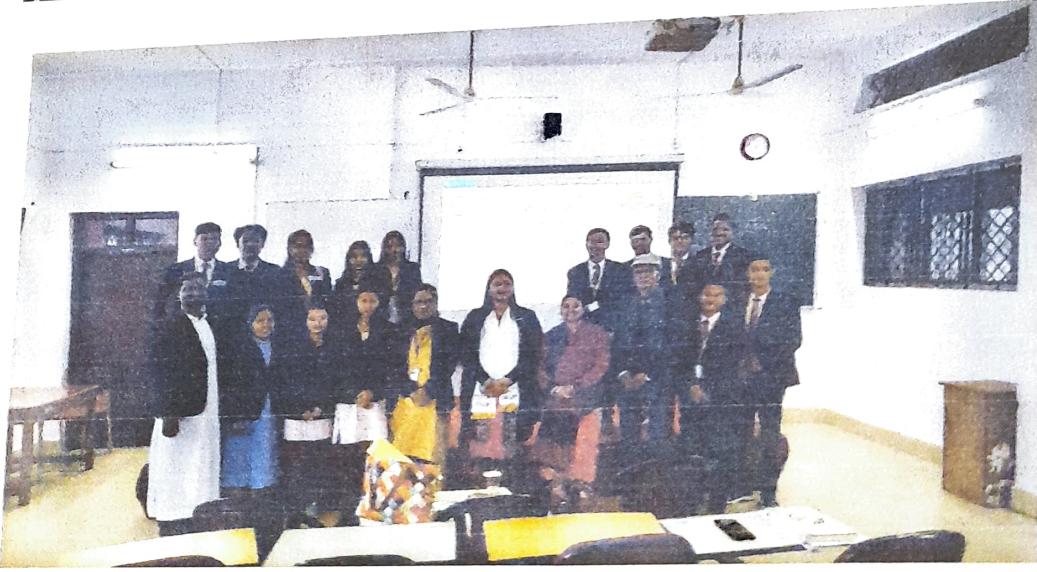
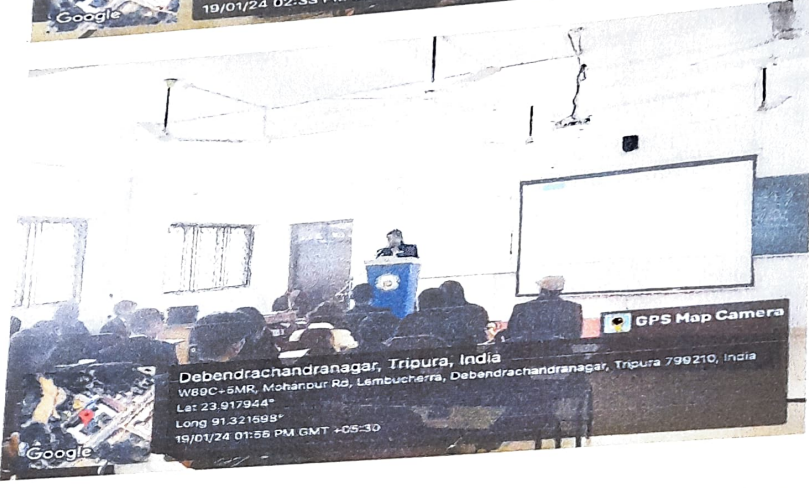
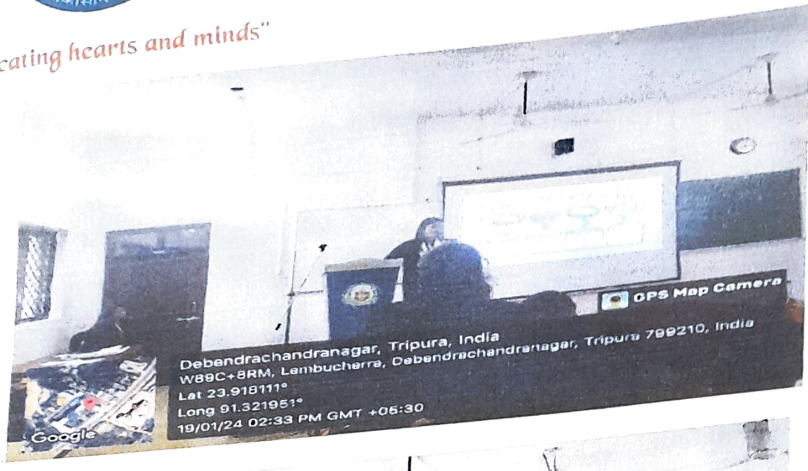
The workshop on mental wellness aimed to provide participants with practical tools and strategies for enhancing mental well-being. With a focus on self-care, stress management, and healthy coping mechanisms, the event catered to individuals seeking to improve their mental health in both personal and professional settings.

The event started by the introductory and welcoming speech by HOD of Department of Psychology Debanjana Mukherjee .She described about the importance of the mental wellbeing. It was followed by the felicitation of the guest Miss Mismita Das by Fr.Pappy Vallan .

Post the felicitation session the technical session of the resource person commences madam Das explained the concept of mental health and the relation of mental wellness in her session and also various techniques to boost subjective wellness. It waqs followed by a Q&A session .

The session concluded by vote of thanks by Ramidas Nongrum ,student of 1st sem of Department of Psychology Holy Cross college.

"Educating hearts and minds"



[Handwritten signature]
22/2/24



HOLY CROSS COLLEGE, AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle:02)



Certificate of Appreciation

This is to Certify that

Miss Mismita Das

(Regd. Clinical Psychologist & Assistant professor

Department of Clinical Psychology ICFAI University Tripura)

has been the Resource Person of the

“Special Lecture cum Workshop on Mental Wellness and
Observance of Birthday of Girindrasekhar Bose”

Organised by

Department of Psychology in Collaboration with Centre for Counselling Psychology (HCC)

on 19th January, 2023.

Dr. Fr. Benny K John, CSC

Principal

Holy Cross College

HOLY CROSS COLLEGE, AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle:02)
www.holycrosscollege.in



Certificate of Participation

This is to certify that

Watkletshuh Bialn

Student, Holy Cross College

has participated in the

Workshop on "Mental Wellness"

Organized by

Department of psychology, Holy Cross College, Agartala
in collaboration with Counselling Psychology, HCC

on 19th of January 2024

Handwritten signature of Debanjana Mukherjee.

Debanjana Mukherjee
HoD, Psychology, HCC



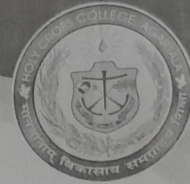
Handwritten signature of Dr. Fr. Henry S. John.

Dr. Fr. Henry S. John
Principal, HCC

HOLY CROSS COLLEGE, AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle:02)

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Certificate of Participation

This is to certify that

Koushikee Bhattacharya

Under graduate student ,Holy Cross College

has participated in the

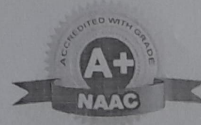
Workshop on "Mental Wellness"

Organized by

Department of psychology, Holy Cross College, Agartala
in collaboration with Counselling Psychology, HCC

on 19th of January 2024

Debanjana Mukherjee
HoD, Psychology, HCC



Dr. Fr. Benny K John
Principal, HCC

Workshop on Mental Wellness.

19th Jan 2024.

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4.	Koushikee Bhattacharya	Psy	bhattacharyakoushikee04@gmail.com	9862991403
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