

RABINDRA MAHAVIDYALAYA
CHAMPADANGA, HOOGHLY
(UNIVERSITY OF BURDWAN)

MEMBERS OF WELLNESS CELL (2023-2025)

DR. PAYEL BHATTACHARJEE (Convener)
DR. SUSMITA SENGUPTA (Jt. Convener)
PROF. AMBALIKA BISWAS
DR. ATANU DAS
DR. BAISAKHI SAHA
PROF. SUJATA BANDOPADHYAY
PROF. NABANITA ROY
PROF. DIPANKAR JANA
PROF. PALAS KANTI MANNA
PROF. SRIKANTA ADHIKARI
SRI GOBINDA CH MONDAL
SRI PRAKASH BHASKAR

Wellness Cell

(Activity Report)

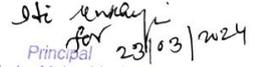
Session 2023-2024 and 2024-2025

Summary Report on Activities

Session 2023-2024

Activity 1

| | | | |
|---|---------------------------|--|------------------------------|
| 1 | Title: | Mental Health is Wealth | |
| 2 | Occasion: | World Mental Health Day | |
| 3 | Organizer: | Wellness Cell of Rabindra Mahavidyalaya, Champadanga Hooghly in collaboration with Institute of Postgraduate Medical Education and Research (IPGME&R) and SSKM Hospital, Kolkata | |
| 4 | Convener: | Name: Dr. Payel Bhattacharjee Assistant Professor, Department of Zoology, Rabindra Mahavidyalaya EmailAddress: payel.iicb@gmail.com ContactNumber:9051141362 | |
| 5 | Objective: | The objective of the session was making students and teachers and other staff aware of mental health related issues and break down the stigma around challenges they face, the way they can modify diet and lifestyle to live healthier life | |
| 6 | Event Description: | The whole programme was divided into two sessions. The first session of the awareness program began with the inaugural speech by Dr. Prasanta Bhattacharyya, Principal of Rabindra Mahavidyalaya. He elaborated on the rationale for the event and then our speaker Dr. Sanjay Kumar Saha addressed on Mental Health need among students and teachers. He told how different types of addictions like tobacco, alcohol, gadgets are affecting mental and physical health of youth. In the second session, Dr. Bidhan Chakraborty elaborated the effect of abnormal lifestyle, tobacco or alcohol in developing non-communicable diseases, particularly liver diseases and what are the preventive strategies. Overall goal of the programme was to promote equitable health outcomes and ensure that all individuals have the opportunity to live healthy lives. | |
| 7 | Program Date: | 05-04-2024 | Time: 11:30am-3:30 pm |
| 6 | Venue: | Auditorium of Rabindra Mahavidyalaya | |

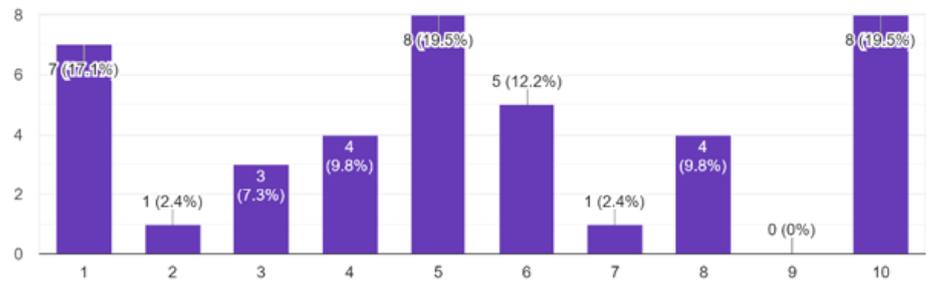
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| 7 | Notice | <p style="text-align: center;">RABINDRA MAHAVIDYALAYA CHAMPADANGA, HOOGHLY</p> <p style="text-align: right;">Date-23/03/2024</p> <p style="text-align: center;"><u>NOTICE</u></p> <p>All the members of the 'Wellness Cell' of Rabindra Mahavidyalaya are hereby requested to attend a meeting on 27.03.2024 from 2:00 pm at Board Room to discuss the forthcoming programme on Mental Health Awareness to be held on 5th April, 2024 at our college.</p> <p>Agenda: Mental Health Awareness Programme to be held on April 5, 2024 on the theme 'Mental Health is Wealth'.</p> <p>List of Members:</p> <ol style="list-style-type: none"> 1. Dr. Prasanta Bhattacharyya (Chairman and Principal) 2. Dr. Payel Bhattacharjee (Convener) 3. Dr. Susmita Sengupta (Jt. Convener) 4. Dr. Sumanti Gupta 5. Prof. Ambalika Biswas 6. Prof. Sujata Bandopadhyay 7. Dr. Atanu Das 8. Prof. Dipankar Jana 9. Prof. Srikanta Adhikary <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  Payel Bhattacharjee Convener </div> <div style="text-align: center;">  Principal Rabindra Mahavidyalaya Champadanga, Hooghly Principal </div> </div> |
| 8 | Poster of Event: |  |
| 9 | Resource Person: | <p>1. Title: 'Mental Health and Addictions of the Youths' Dr. Sanjay Kumar Saha, MD in Psychiatry Associate Professor, Department of Community Medicine, Institute of Postgraduate Medical Education and Research (IPGME&R) and SSKM Hospital Kolkata</p> <p>2. Title: 'Lifestyle and Non-communicable Diseases' Dr. Bidhan Chandra Chakraborty, M.Sc., Ph.D. Scientist, Multidisciplinary Research Unit, IPGME&R, Kolkata</p> |
| 10 | Target Group: | Students of all semesters, faculty members and non-teaching staff |

| | | |
|----|---------------------------|---|
| 11 | Program Schedule: | <p><u>Programme Schedule</u></p> <p>11:30 a.m.-11:45 a.m. – Inauguration and inaugural speech by Honorable Principal Dr. Prasanta Bhattacharyya, Rabindra Mahavidyalaya, Champadanga, Hooghly</p> <p>11:45 a.m. – 12:00 – Speech by NAAC coordinator Prof. Tanmoy Bandopadhyay</p> <p>12:00 – 12:45 p.m. – ‘Mental Health and Addictions of the Youths’ talk by Dr. Sanjay Kumar Saha, Associate Professor, Department of Community Medicine, IPGME&R and SSKM Hospital, Kolkata.</p> <p>12:45 p.m. – 1:15 p.m. - Interactive session</p> <p>1:15 p.m. – 2:00 p.m. – Lunch Break</p> <p>2:00 p.m. – 2:45 p.m. – ‘Lifestyle and Non-communicable Diseases’ talk by Dr. Bidhan Chandra Chakraborty, Scientist, Multidisciplinary Research Unit, IPGME&R, Kolkata.</p> <p>2:45 p.m. – 3:15 p.m. - Interactive session</p> <p>3:15 p.m. – 3:30 p.m.- Vote of thanks by Convener of Wellness Cell Dr. Payel Bhattacharjee </p> <p style="text-align: center;">----- End of Programme-----</p> |
| 12 | Photographs |  <p>The photographs are arranged in two rows of three. Each photo includes a GPS overlay with the following details: Hooghly, West Bengal, India; RXGG+9P6, Collage Rd, West Bengal 712401, India; Lat 22.826072°; Long 87.977695°; 05/04/24 01:45 PM GMT +05:30.</p> <ul style="list-style-type: none"> Top Left: Inauguration of Mental Health Awareness Programme Top Middle: Inaugural speech by Principal, Dr. Prasanta Bhattacharya Top Right: Talk on Mental Health by Dr. Sanjay Kr. Saha, Psychiatrist Bottom Left: Talk on Non-communicable disease by Dr. Bidhan Chakraborty Bottom Middle: Audiences at Mental Health Awareness Programme Bottom Right: Students' interaction with Dr. Sanjay Kr. Saha, Psychiatrist |
| 13 | Attendance Summary | <p>Total participation: 225</p> <p>Faculty members: 8 (Male); 21 (Female)</p> <p>Students: 45 (Male); 151 (Female)</p> |
| 14 | Budget Summary | <p>Rs. 6600 (Rupees Six Thousand Six Hundred Only)</p> |

15 **Feedback Analysis**

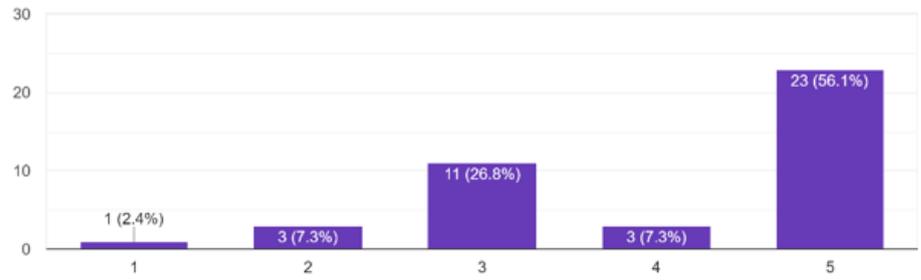
How would you rate your understanding of Mental Health Issues?

41 responses



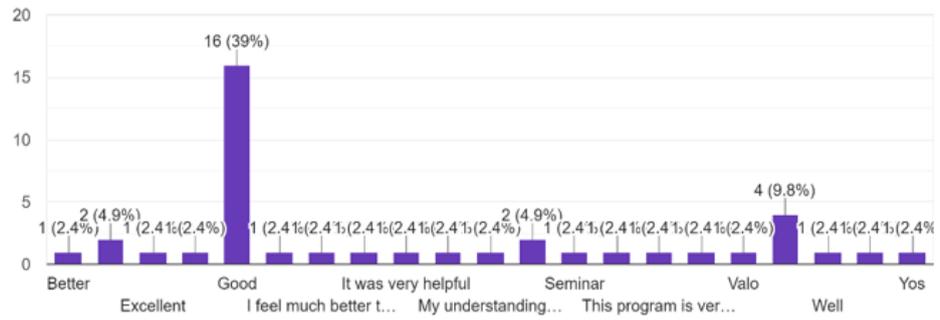
How do you feel about the necessity of such programmes in our college

41 responses



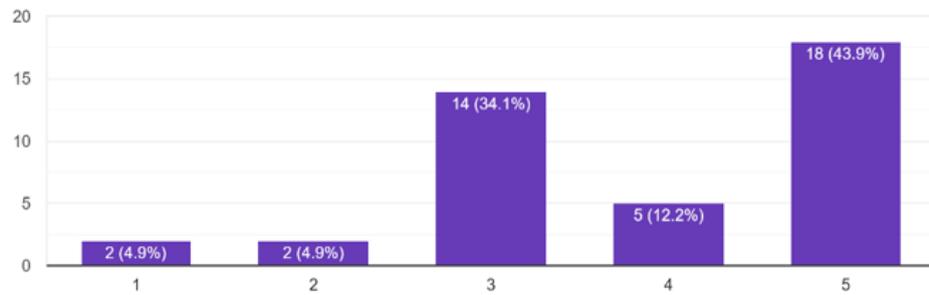
How do you feel after the sessions?

41 responses

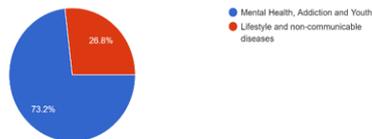


How helpful were the sessions for you?

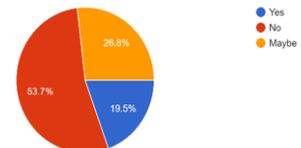
41 responses



Which session was more effective?
41 responses



Did you feel we did not discuss something important during the sessions?
41 responses



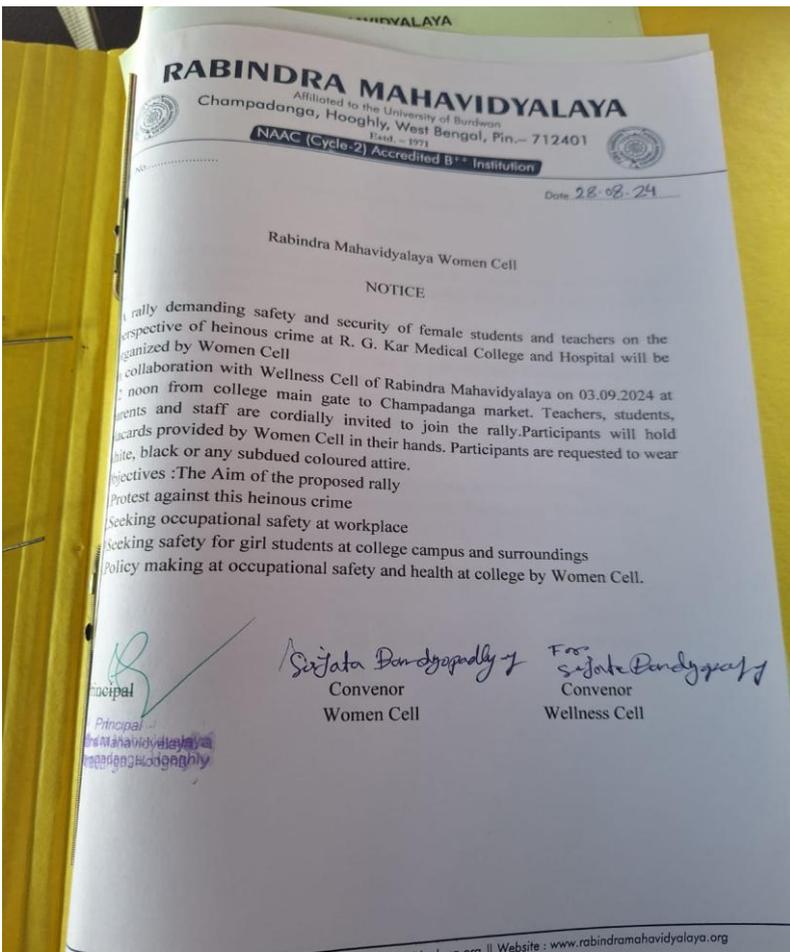
What topics should we include in the future programmes on mental and physical health?

- Mental health
- Mental health
- Depression
- Yogas
- Mobile addiction
- About study concentration
- Importance of yoga in daily life routine
- ABOUT ALLERGENS

Session 2024-2025

Activity 2

| | | | |
|----------|--------------------------|--|-------------------------|
| 1 | Title: | Silent and peaceful march seeking justice, liberty and equality for women | |
| 2 | Occasion: | Seeking justice for victims of sexual violence | |
| 3 | Organizer: | Jointly organized by Women Cell and Wellness Cell of Rabindra Mahavidyalaya | |
| 4 | Convener: | Prof. Sujata Bandopadhyay (Convener of Women Cell) Associate Professor, Department of History, Rabindra Mahavidyalaya Contact Number: 8582985214 Dr. Payel Bhattacharjee (Convener of Wellness Cell) Assistant Professor, Department of Zoology, Rabindra Mahavidyalaya EmailAddress: payel.iicb@gmail.com ContactNumber:9051141362 | |
| 5 | Objective: | The aim of the rally was to protest against heinous crime at R. G. Kar Medical College and Hospital and seeking safety for girl students and overall occupational safety at workplace. | |
| 6 | EventDescription: | All the faculty members, students and non-teaching staff of the college gathered for a silent rally to condemn the brutal assault on an on-duty postgraduate doctor at RG Kar medical college, Kolkata. The rally was started at the college main gate with a welcome address by Dr. Prasanta Bhattacharyya, Principal of Rabindra Mahavidyalaya. Then the rally proceeded towards the main highway of Champadanga then came back to college. We demanded immediate justice for the victim and the creation of safer conditions for all students and professionals. The rally was very much successful, because many local people joined the rally and volunteered the rally offering water and dry foods to the participants. | |
| 7 | Program Date: | The rally was scheduled to be held on 23/08/24, but postponed to 03-09-2024 due to unavoidable reasons | Time: 12:00 noon |
| 6 | Venue: | Rally started from main gate of Rabindra Mahavidyalaya | |

| | | |
|----|--------------------|---|
| 7 | Notice |  |
| 8 | Target Group: | Students of all semesters, faculty members and non-teaching staff |
| 9 | Photographs |  |
| 10 | Attendance Summary | Approximately 500 people including students, teachers, non-teaching staff and local people. |

Activity 3

| | | | |
|----------|--------------------------|--|------------------------------|
| 1 | Title: | Meditation - a good answer for stress? | |
| 2 | Occasion: | World Stress Relief Day | |
| 3 | Organizer: | Wellness Cell of Rabindra Mahavidyalaya, Champadanga Hooghly in collaboration with Shree Shivkrupananda Swami Foundation | |
| 4 | Convener: | Name: Dr. Payel Bhattacharjee Assistant Professor, Department of Zoology, Rabindra Mahavidyalaya EmailAddress: payel.iicb@gmail.com ContactNumber:9051141362 | |
| 5 | Objective: | The programme aimed to provide participants with valuable insights into stress management techniques for both personal and professional life. | |
| 6 | EventDescription: | <p>This session was organized with an objective of getting all the students familiarized with benefits of stress management techniques in our day to day lives. The resource persons for the programme Prof. Anirban Bhunia introduced students with the meaning of stress.</p> <p>During the lecture session, participants learned about different types of stress and effective ways to manage them. The speaker shared valuable insights on identifying stress symptoms and provided practical strategies to cope with stress in personal and professional life. The workshop emphasized the importance of self-care and maintaining a healthy work-life balance.</p> <p>Meditation Session: The programme concluded with a small meditation session, allowing participants to experience the benefits of relaxation and mindfulness. This session provided them with a practical tool to manage stress on a daily basis.</p> <p>Overall, the stress management programme was a resounding success. The participants found the training informative, engaging, and relevant to their lives. The interactive activities, along with the insightful discussions, helped them gain a deeper understanding of stress management techniques. The workshop concluded with a meditation session, leaving the participants with a sense of calm and equipped with practical tools to manage stress effectively.</p> | |
| 7 | Program Date: | 04-12-2024 | Time: 11:30am-3:30 pm |
| 6 | Venue: | Hall (Ground Floor), Dept. of Physical Education, Rabindra Mahavidyalaya | |

7

Notice

**RABINDRA MAHAVIDYALAYA
CHAMPADANGA, HOOGHLY**

Date-16/11/2024

NOTICE

All the members of the 'Wellness Cell' of Rabindra Mahavidyalaya are hereby requested to attend a meeting on **23.11.2024** from 2:00 pm at Principal's Chamber to discuss the forthcoming programme on Stress Management to be held on 4th December, 2024 at our college.

Agenda: Discussing the arrangement for programme on 'Meditation: A good answer for stress?'

List of Members:

- Dr. Prasanta Bhattacharyya (Chairman and Principal)
- Dr. Payel Bhattacharjee (Convener)
- Dr. Susmita Sengupta (Jt. Convener)
- Dr. Atanu Das
- Dr. Baisakhi Saha
- Prof. Ambalika Biswas
- Prof. Sujata Bandopadhyay
- Prof. Dipankar Jana
- Prof. Srikanta Adhikary
- Prof. Palash Kanti Manna

Payel Bhattacharjee
Convener

[Signature]
Principal

**RABINDRA MAHAVIDYALAYA
CHAMPADANGA, HOOGHLY**

Date-26/11/2024

NOTICE

All the faculty members, students and non-teaching staff of Rabindra Mahavidyalaya are hereby informed that the Wellness cell of Rabindra Mahavidyalaya is going to organise a stress management programme including a training session on practicing meditation on **4th December (Wednesday), 2024**. Everyone is requested to attend the programme on **4th December (Wednesday), 2024** to be held at the hall (ground floor) of Dept. of Physical Education, Rabindra Mahavidyalaya from 11:30 a.m.

Theme of the programme: 'Meditation: A good answer for stress?'

Speaker: Prof. Anirban Bhunia, Professor, Department of Chemical Sciences, Bose Institute, Kolkata.
Coordinator of Eastern and North-Eastern region of Shree Shivkrupanand Swami Foundation.

Title of the talk: Stress Management and Mindfulness through Himalayan Meditation

Payel Bhattacharjee
Convener

[Signature]
Principal
Principal
Rabindra Mahavidyalaya
Champadanga, Hooghly

8

Poster
ofEvent:

*Meditation: A Good
Answer for Stress?*

STRESS MANAGEMENT PROGRAMME

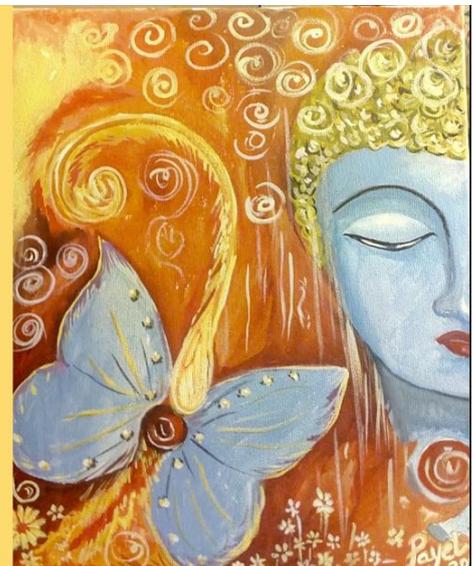
FOR CELEBRATION OF
INTERNATIONAL STRESS RELIEF DAY

ORGANIZED BY WELLNESS CELL,
RABINDRA MAHAVIDYALAYA,
CHAMPADANGA, HOOGHLY

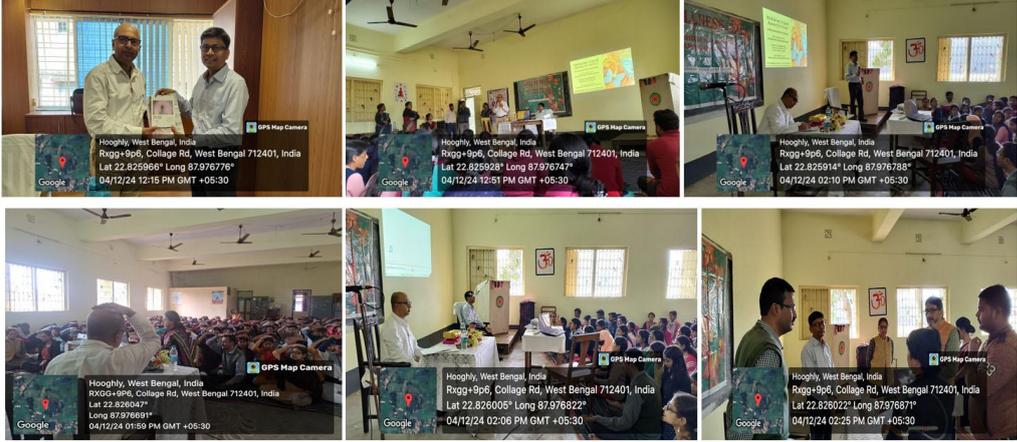
IN COLLABORATION WITH
SHREE SHIVAKRUPANAND SWAMI FOUNDATION

4TH DECEMBER, 2024 (11:30 AM ONWARDS)

VENUE: HALL AT GROUND FLOOR OF DEPT. OF PHYSICAL EDUCATION

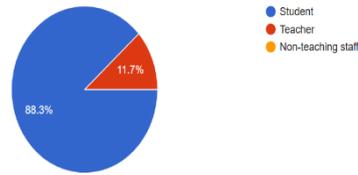


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| | | <p>EXPLORE WELLBEING THROUGH HIMALAYAN MEDITATION</p> <p>Dr. Anirban Bhunia (Professor at Bose Institute, Kolkata)</p> <p>Himalayan Meditation leads you inwards to discover the deep peace, happiness and satisfaction that is within.</p> <p>Declutter the mind, by easing out thoughts, thereby increasing alertness and concentration</p> <p>Balances mind, leading to balanced decisions, which is the key to a harmonious life</p> <p>Infuses a sense of positivity and well-being in relationships both personal and professional.</p> <p>Creates inclusivity, which fosters a team spirit and a collaborative environment at work</p> <p>FREE</p> <p>Join us for collective meditation (Don't Miss the Opportunity to Start Your Journey!)</p> <p>RABINDRA MAHAVIDYALAYA, Champadanga, Hooghly, West Bengal</p> <p>11.30 am 4th Dec 2024 (Wednesday)</p> <p>www.rabindramahavidyalaya.org (03212) 255-104 principal.rabindramahavidyalaya@gmail.com</p> |
| 9 | Resource Person: | <p>Title: ‘Stress Management and Mindfulness through Himalayan Meditation’ Prof. Anirban Bhunia Professor, Department of Chemical Sciences, Bose Institute, Kolkata Co-ordinator of Eastern and North-Eastern region of Shree Shivkrupananda Swami Foundation.</p> |
| 10 | Target Group: | <p>Students of all semesters, faculty members and non-teaching staff</p> |

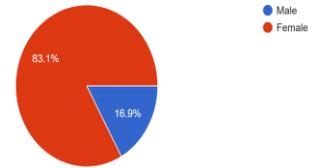
| | | |
|----|---------------------------|--|
| 11 | Program Schedule: | <p><u>Programme Schedule</u></p> <p>12:00 noon -12:30 p.m. – Inauguration and inaugural speech by Honorable Principal Dr. Prasanta Bhattacharyya, Rabindra Mahavidyalaya, Champadanga, Hooghly</p> <p>12:30 p.m.- 1:30 p.m. – ‘Stress Management and Mindfulness through Himalayan Meditation’ talk by Prof. Anirban Bhunia, Professor, Department of Chemical Sciences, Bose Institute, Kolkata</p> <p>1:30 p.m. – 2:00 p.m. - Meditation session</p> <p>2:00 p.m. – 2:30 p.m. - Interactive session</p> <p>2:30 p.m. – 2:45 p.m. – Vote of thanks by Convener of Wellness Cell Dr. Payel Bhattacharjee</p> <p style="text-align: center;">----- End of Programme-----</p> |
| 12 | Photographs |  <p>Different session of the programme- Introductory speech by Principal Sir, Speech and meditation sessions by Chief guest followed by interactive session</p> |
| 13 | Attendance Summary | <p>Total participation: 161</p> <p>Faculty members: 5 (Male); 8 (Female)</p> <p>Students: 25 (Male); 120 (Female)</p> <p>Non-teaching staff: 3</p> |
| 14 | Budget Summary | Rs. 6000 (Rupees Six Thousand Only) |

16 Feedback Analysis

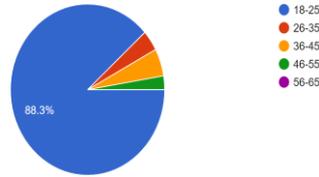
Job role
77 responses



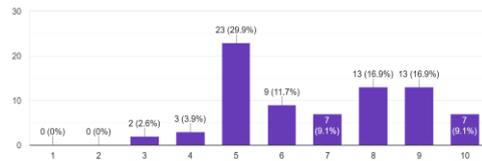
Gender
77 responses



Age
77 responses



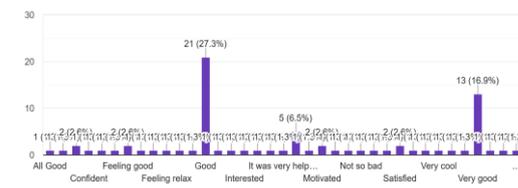
How would you rate your understanding of Stress Related Issues?
77 responses



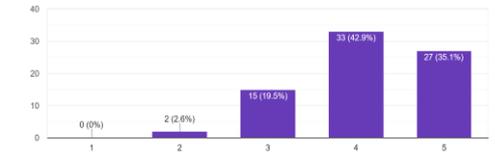
How do you feel about the necessity of such programmes in our college?
77 responses



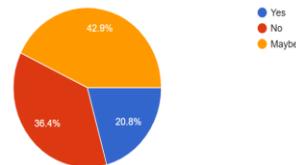
How do you feel after the sessions?
77 responses



How helpful were the sessions for you?
77 responses



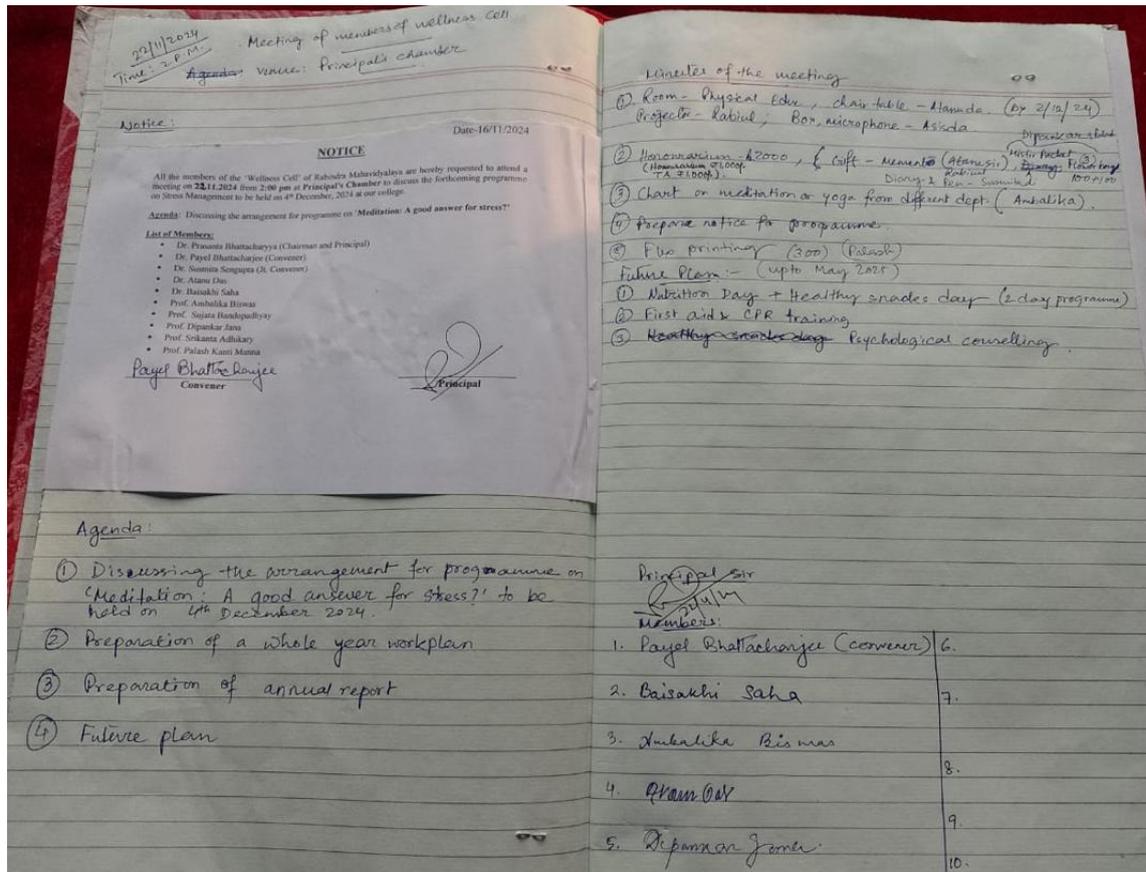
Did you feel we did not discuss something important during the sessions?
77 responses



What topics should we include in the future programmes on Stress Management?
77 responses

- Yoga
- Exercise
- Nothing
- Meditation
- Yuga
- Nothing
- Steps for digital detox to deal with stress.

Minutes of the meeting(22.11.2024):



Future plans (Session 2024-2025 onwards):

1. To conduct events on 'Nutrition and Public Health': conducting survey on nutritional status of the students, one-day lecture by a resource person, a food fair 'Healthy Snacks Day'.
2. To conduct workshop or training programme on 'First Aid and CPR training'.
3. Regular psychological counselling sessions for students by trained psychologist.