

Name of the event: Workshop on 'Moaner Kotha Kobe'

Category: Workshop

Organizing Unit: Post Graduate Diploma in Psychological Counseling

Date: 9th February, 2024

Time: 2.30 pm

Venue: Muktiprana Sabhagriha

Name of Resource Persons:

1. Rima Ghosh
2. Sangita Sarkar
3. Somoshree Panja

(They were Second-year student of Post-Graduate Diploma in Psychological Counselling)

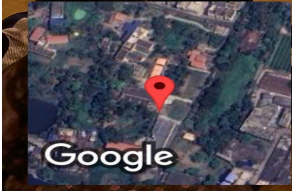
Number of participants: 38

Brief description of the event: The event first started with a brief introduction about mental health issues and then the resource person tried to promote mental health awareness among students using skit presentations based on parenting styles and deep breathing exercises were introduced to the participants to reduce stress and anxiety. The workshop was highly interactive as participants shared their emotions, thoughts and behaviours. The resource person laid more stress on listening skills and communication skills.

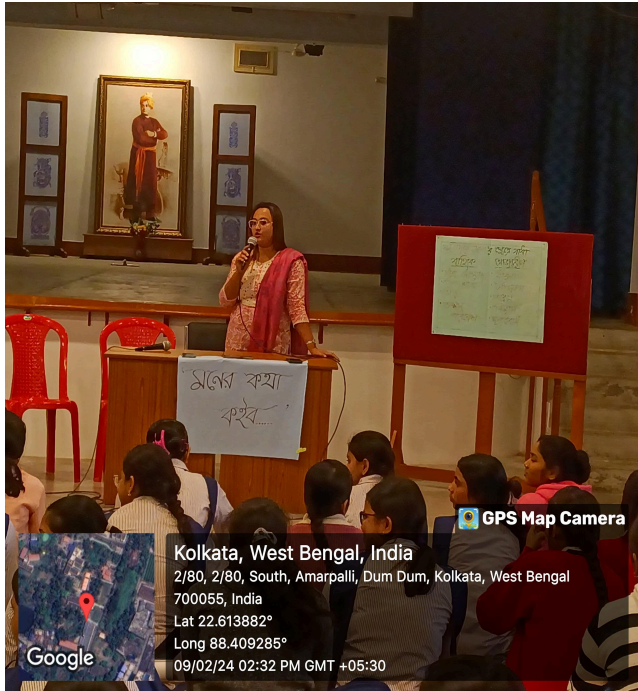
Outcome of the event: The participants were very interactive and they came up with their thought process. The whole event had a positive impact on their well-being.



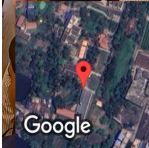
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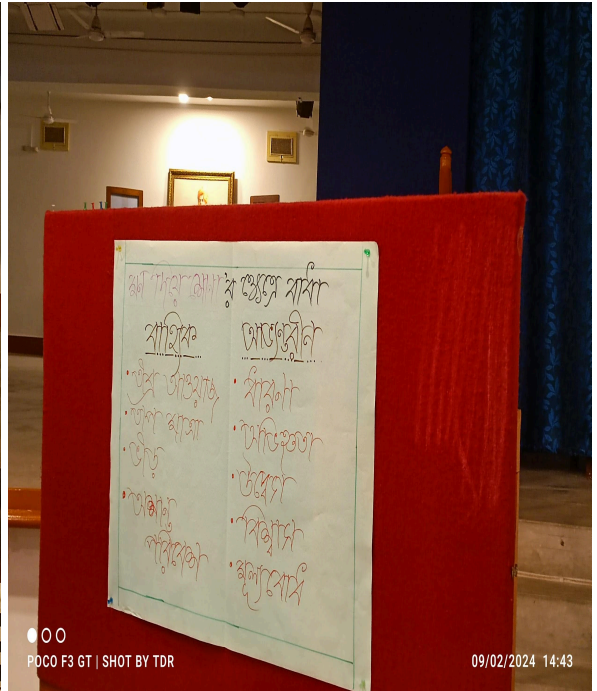
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