

EVENT REPORT

Name of activity: “Ebar Katha Kane kane”

Category: Workshop

Topic: Mental Health Awareness and Psychological Counselling

Organising unit: Post graduate diploma in Psychological counselling with IQAC

Date: 3rd May, 2025

Time: 12:30 p m onwards

Venue: Mukti prana Sabhagriha

Name of resource person/s (with designation): Dr. Pushpa Misra; Psychoanalyst and Former Principal of Bethune College and Mrs. Kasturi Mukherjee; Psychologist

Number of participants: 150

Brief description of event:

On the 3rd of May, 2025, the Post Graduate Diploma in Psychological Counselling program, in collaboration with the Internal Quality Assurance Cell (IQAC), organized a workshop titled “EbarKatha Kane Kane”, focusing on Mental Health Awareness and Psychological Counselling. The event commenced at 12:30 PM and was held at the Mukti prana Sabhagriha, drawing a significant participation of 150 attendees, comprising students, faculty, and mental health enthusiasts.

The primary objective of the workshop was to create a safe and engaging space for open dialogue on mental health, aiming to reduce stigma and promote awareness about psychological well-being. Two distinguished speakers graced the occasion as resource persons: Dr. Pushpa Misra, a renowned Psychoanalyst and Former Principal of Bethune College, and Mrs. Kasturi Mukherjee, a practicing Psychologist with extensive experience in therapeutic counselling.

Dr. Misra delivered an insightful session on the socio-cultural barriers that often inhibit individuals from seeking mental health support, emphasizing the importance of listening and empathy in the healing process. Mrs. Mukherjee followed with a practical perspective, discussing common psychological concerns among youth and sharing tools for emotional regulation and self-care.

Interactive discussions, personal anecdotes, and case-based reflections made the workshop highly engaging. Participants appreciated the opportunity to voice their experiences, ask questions, and receive guidance in a supportive environment.

Programme outcome:

Overall, the workshop successfully met its goals of sensitizing participants to the nuances of mental health and reinforcing the value of professional counselling. The organizers expressed their commitment to continuing such initiatives, acknowledging the growing importance of mental well-being in academic and social settings.



**Ramakrishna Sarada Mission Vivekananda Vidyabhavan
Girls' College**

33, Sri Maa Sarada Sarani (Previously Nayapatty), South Dum Dum, Kolkata, West Bengal 700055

**Workshop on Psychological Counselling:
Ebar Katha Kane Kane**

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Organized by IQAC & PGDPC
Conducted by the eminent psychologists:
Dr. Pushpa Misra
Ms. Kasturi Mukherjee.

Venue: Muktiprana Sabhagruha.

Date: 3rd May, 2025. Time: 12.30 PM

