



Government of West Bengal
Internal Quality Assurance Cell
GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: iqac.ggdc@gmail.com; Website: <https://mangalkotegovtcollege.org>
(NAAC ACCREDITED B++)

NOTICE

No.IQAC.57/25

Date: 05.06.2025

The Internal Quality Assurance Cell, Government General Degree College, Mangalkote, in association with the Committee for the Promotion of Mental Well-Being (CPMWB), Government General Degree College, Mangalkote, is pleased to inform all stakeholders that an **Interactive Webinar cum Capacity Building Session for students on Psychological Health and Mental Well-Being will be held on 12th June (Thursday), 2025, at 6:00 p.m. on Google Meet.**

Dr. Sumona Datta, Assistant Professor, Department of Psychology, Government General Degree College, Singur, and External Member, Committee for the Promotion of Mental Well-Being (CPMWB), Government General Degree College, Mangalkote, has kindly consented to act as the Resource Person in the aforementioned programme and deliver a talk entitled **“MANAGING STRESS IN EVERYDAY LIFE”**.

The objective of the interactive webinar cum capacity building session for students is to facilitate informed and guided identification of stress as a common psychological condition, and the ways of management for mental well-being and a healthy living, under the supervision of an expert from the field of psychology and behavioural sciences.

Participation of all students and other stakeholders in this capacity building initiative is highly solicited.

The flyer of the programme with relevant information and the link for joining the meet is attached herewith for necessary action.

(Dr. PRADIPTA KUMAR BASU)
Officer-In-Charge
Government General Degree
College, Mangalkote

(Dr. PINAKI ROY)
Coordinator, IQAC
Government General Degree
College, Mangalkote