



GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

INTERNAL QUALITY ASSURANCE CELL

IN ASSOCIATION WITH COMMITTEE FOR THE PROMOTION OF MENTAL WELL-BEING (CPMWB)

~Presents~

~AN INTERACTIVE WEBINAR-CUM-CAPACITY BUILDING SESSION FOR STUDENTS ENTITLED~

“MANAGING STRESS IN EVERYDAY LIFE”

On 12th June, 2025, at 6:00 PM

RESOURCE PERSON:

Dr. SUMONA DATTA

**Assistant Professor, Department of Psychology
Government General Degree College, Singur**

Link: <https://meet.google.com/xoe-tctb-dpz>

All are cordially invited



About the Resource Person:

Dr. Sumona Datta is Assistant Professor in the Department of Psychology, Government General Degree College, Singur. Formerly, she worked as Assistant Professor, Department of Psychology, Faculty of Arts & Social Sciences, St. Xavier's University, Kolkata, and as Assistant Professor & Head of the Department of Behavioural Science, School of Liberal Arts & Culture Studies, Adamas University, as also the Assistant Dean, Student Affairs, at Adamas University, Kolkata. Dr. Datta has done her Ph.D. at the Indian Statistical Institute as a Research Fellow of the Psychology Research Unit, Indian Statistical Institute. She has several articles and chapters in national and international journals and books. She also has one book and one edited volume to her credit. Her research interest lies in Cognitive Psychology, Clinical Psychology, and Psychometry. She is also an External Member of the Committee for the Promotion of Mental Well-Being, Govt. Gen. Degree College, Mangalkote.

Organizing Committee:

Patron: Dr. Pradipta Kr. Basu (OIC) & all members of the Internal Quality Assurance Cell & the Committee for the Promotion of Mental Well-Being (CPMWB), Government General Degree College, Mangalkote

Programme Schedule

6:00 PM-Welcome Address:

Ms. Gargi Mukhopadhyay, Assoc. Prof. & Member, CPMWB

6:05 PM-Inaugural Address:

Dr. Pradipta Kr. Basu, Officer-In-Charge

6:10 PM- Introduction to the Theme of the Session:

Dr. Pinaki Roy, Coordinator, IQAC

6.15 PM- Introduction to the Resource Person:

Dr. Shrishnu Kr. Kundu, Asstt. Prof. & Convener, CPMWB

6.20 PM-Talk by the Resource Person: **Dr. Sumona Datta**

7.10 PM-Q&A/Interactive Session moderated by :

Ms. Gargi Mukhopadhyay, Assoc. Prof. & Member, CPMWB

7:25 PM-Vote of Thanks:

Dr. Sanchari De, Asstt. Prof. & Jt. Convener, CPMWB