



Government of West Bengal
Office of the Principal
GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
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NOTICE

No. MH1/26

Date: 13/07/2026

It is notified for all concerned that a Sensitization Programme on Stress Management and Mental Health Awareness entitled ‘**Your Mind, Your Strength**’ will be organized by the ‘Committee for the Promotion of Mental Well-Being’ in collaboration with the Internal Quality Assurance Cell (IQAC) on 15/07/2026 from 2:30 PM onwards.

All students and faculty members are requested to be present in the Sri Lochon Das Thakur Memorial Hall (2nd Floor, Seminar Room).

Programme Schedule

2.30 PM	Singing of the National Song “ Vande Mataram ”
2:35 PM	Inaugural Address by Dr. Pradipta Kumar Basu, Officer in Charge & HOI (WBES)
2:40 PM	Welcome Address by Dr. Akash Kedia, IQAC Coordinator
2:45 PM	Lecture on Mental Health by Dr. Shrishnu Kumar Kundu Assistant Professor in Chemistry (WBES)
2:55 PM	Introduction to the Resource Person by Ms. Gargi Mukhopadhyay, Associate Professor & Head, Dept. of Political Science (WBES)
3.00 PM	Special Lecture on Mental Health and Stress Management by Dr. Sumona Dutta Assistant Professor in Psychology (WBES) Government General Degree College, Singur Title of the talk: ‘Managing Stress and Building Resilience’
3:25 PM	Vote of Thanks by Dr. Moumita Mazumder Assistant Professor in Sociology (WBES)
3.30 PM	Singing of the “ National Anthem ”

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



Convener
 Committee for the Promotion of
 Mental Well-Being
 Government General Degree
 College, Mangalkote