



Department of Psychology

REPORT OF THE DEPARTMENTAL WEBINAR

Topic of the Webinar	<i>“Stress Management and Psychological Wellbeing”</i>
Name of the Organizing Department	Department of Psychology & Department of Education In Collaboration with IQAC, Nabagram Hiralal Paul College
Date of the Webinar	23.05.2023
Status of the Webinar (Regional/State/National/International level)	State-Level
Name of the Speaker/s & affiliation	Dr. Doyel Ghosh , Clinical Psychologist & Lecturer, Dept. of Clinical Psychology, Institute of Psychiatry, IPGMER Hospital, Kolkata
Sponsoring agency	Nabagram Hiralal Paul College
Subject area of the Webinar	Positive Psychology, Health Psychology
Subject matter of the Webinar	Stress affects both the physical and psychological wellbeing. This webinar endeavored to enrich our understanding about negative outcomes of the stress, learning how to cope with stress to improve our mental and physical well-being.
Number of Participants	One Hundred Fifty-Two only (152 approximately)
Students learning outcome from the Webinar	* Mental Health Awareness *Developing Better Coping Skill *Self-awareness *Critical Thinking *Interdisciplinary Understanding


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Synopsis of the speech delivered by the Hon'ble Speaker

Stress can be defined as a state of worry caused by a difficult situation. Stress can be viewed as any circumstances that threaten or are perceived to threaten one's well-being and thereby tax one's coping abilities. Stress affects both the physical and psychological well-being. The way one responds to stress, however, makes a difference to our overall well-being. Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, being socially connected, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress.

There are a variety of stressors such as exam-related stress among students, job-related or family-related issues, and many more that can affect one's mood and cause distress, which ultimately impacts one's health and well-being. Major road-blocks like unrealistic expectations from self, excessive self-comparison, less openness to experience, less flexibility, and non-assertive communication can impact negatively one's life. Learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being. Some effective stress-management techniques include- meditation, breathing exercise, intake of a healthy diet, regular walking, creative engagement, prosocial behaviour, socialization, connecting with nature, and developing assertive communication skills, etc. can help people to manage their stress more effectively.

This webinar systematically attempted to provide insights from the field of psychology to enrich our understanding of negative outcomes of stress, how to engage towards more solution-focused coping,


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and overcome the road-blocks to make our life more satisfying and meaningful.

Webinar Related Documents

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ONE DAY STATE LEVEL WEBINAR

TOPIC
STRESS MANAGEMENT & PSYCHOLOGICAL WELLBEING

SPEAKER
Dr. Doyel Ghosh
Clinical Psychologist & Lecturer,
Dept. of Clinical Psychology,
Institute of Psychiatry,
IPGMER Hospital, Kolkata

Date and Time:
**23rd May, 2023
5.30 PM**

Mr. Apurba Majumder
President, Governing Body

Dr. Srikanta Samanta
Principal, Chairperson

Dr. Suparna Chatterjee
Coordinator, IQAC

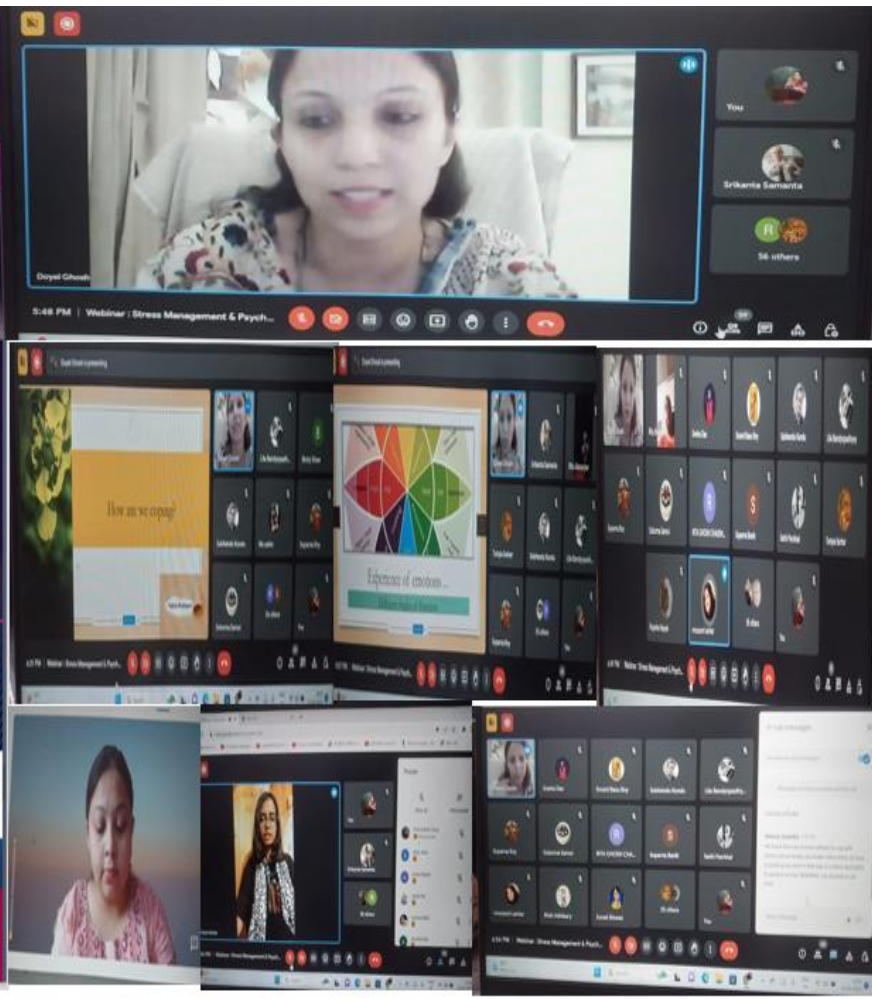
Dr. Piya Saha
Convener, Dept. of Psychology

Asst. Prof. Tumpa Sarkar
Joint Convener, Head, Dept. of Education

Members of Organizing Committee
Mousumi Nandy: SACT-I
Somasree Chatterjee: SACT-II
Shanta Adhya: SACT-II
Tarunima Banerjee: SACT-III

Platform: Google Meet
Google form link: <https://forms.gle/8m3m3m3m3m3m3m3m>
Gmeet link: <https://meet.google.com/8m3m3m3m3m3m3m3m>

Department of Psychology & Department of Education
In collaboration with IQAC, Nabagram Hiralal Paul College



Webinar Flyer

Few Glimpses of Webinar


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Webinar Feedback

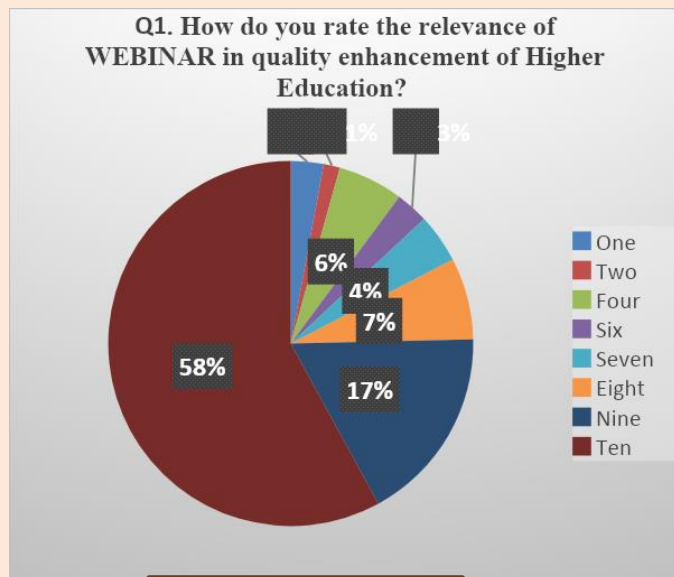


Figure 1

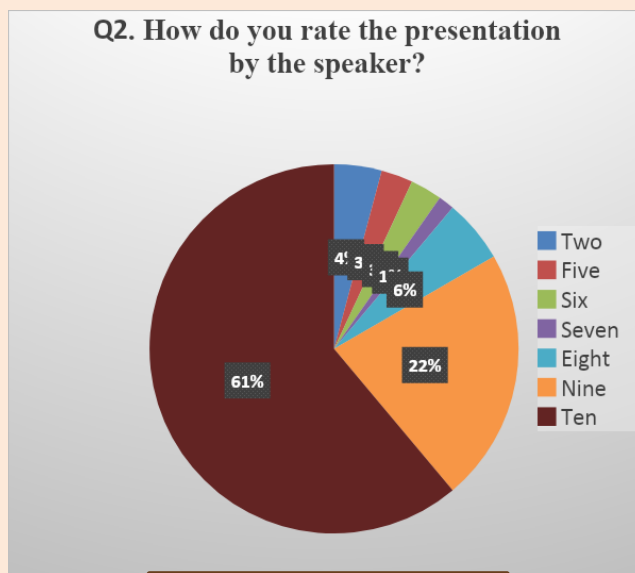


Figure 2

Feedback of the participants presented in a Pie-chart (shown in figure 1 & figure 2) where response '10' indicates 'excellent' and '1' indicates 'poor'. These pie-charts indicate that maximum participants given response between 8, 9 and 10, which suggest that the participants find that the webinar was very relevant in quality enhancement of higher education. The participants also appreciated the speaker's presentation and deliverable approach of the topic.


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Relevant Documents

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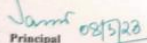
To,
Dr. Doyel Ghosh,
Clinical Psychologist,
Institute of Psychiatry,
IPGME&R, Kolkata.

Dear Madam,

We, on behalf of Department of Psychology and Department of Education in collaboration with IQAC, Nabagram Hiralal Paul College, Konnagar, request you to deliver a special lecture talk on "Stress Management and Psychological Wellbeing" for the State level Webinar on 23.05.2023 at 5.30 pm.

Your expertise and experiences will be great contribution to this programme.

Thanking you,
With best regards,


Principal

Dr. Srikanta Samanta
Principal
Nabagram Hiralal Paul College
Nabagram (Konnagar), Hooghly, W.B.

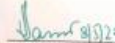
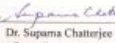


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This is for the information of all concerned that the Department of Psychology & Department of Education jointly in collaboration with IQAC, Nabagram Hiralal Paul College is going to organize a One-day State level Webinar on "Stress Management and Psychological Wellbeing" which will be delivered by Dr. Doyel Ghosh, Clinical Psychologist, Institute of Psychiatry, IPGME&R Hospital, Kolkata on 23.05.2023 at 5.30 pm through Google Meet. All the teachers and students are requested to attend the webinar.

Dr. Srikanta Samanta
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Nabagram (Konnagar), Hooghly, W.B.

Dr. Suparna Chatterjee
Co-ordinator, IQAC
Nabagram Hiralal Paul College

Dr. Piya Saha
Convener
Department of
Psychology

Smt. Tunpa Sarkar
Joint Convener
Head, Department
of Education



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List of Participants

Sl no.	Name	Institute	Contact	Type	Designation
1.	Debkanti Das	NABAGRAM HIRALAL PAUL COLLEGE	9836567522	student	Assistant Professor
2.	Jhinjhit Podder	Nabagram Hiralal Paul College	9883950459	faculty	SACT
3.	Dr Subrata Chatterjee	Nabagram Hiralal Pal College	6291368584	faculty	Associate Professor
4.	Piu kangsa banik	Nabagram hiralal Paul college	9143002909	student	
5.	sk rafikul Hasan	Nobogram hiralal Paul college	7980652918	student	
6.	Sangjukta chakraborty	Hiralal Paul college	9330944024	student	Student
7.	PIYA SAHA	Nabagram Hiralal Paul college	7980165823	faculty	SACT
8.	Priti dey	Nabagram hiralal paul college	7439768377	student	
9.	Piya Dey	Nabagram Hiralal paul college	8670494811	student	
10.	Bikash samaddar	Nabagram hiralal paul college	9062775844	student	
11.	Anita nayak	Nabagram hiralal paul college	6289217367	student	
12.	Sushmita sarkar	Nabagram hiralal Paul college	7890089603	student	
13.	Rakesh Biswas	Nabogram hirakal paul college	7980490116	student	
14.	Mousumi Dey	Nabagram Hiralal Paul College	9432440149	student	
15.	Priyanka Sarkar	Nabagram Hiralal Paul college	8777261058	student	
16.	Madhumita koley	Nabagram Hiralal Paul college	9804892861	student	
17.	Bhaskar Mondal	Nabagram Hiralal Paul college	9143385329	student	
18.	Sabnam khatun	Nabagram Hiralal Paul Collage	6290854929	student	Student
19.	Shreelekha Kansabanik	Nabagram Hiralal Paul College	9239253968	student	BA pass
20.	KOUSIK DARI	Nabagram Hiralal Paul College	9831107524	faculty	Assistant professor in Commerce


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23.	Tarunima Banerjee	Nabagram hiralal paul College	8777839724	faculty	SACT
24.	Dr.Srikanta Samanta	Nabagram Hiralal Paul College	9434660419	other	Principal
25.	Avery Sinha	Nabagram Hiralalpaul College	6291186900	student	
26.	Suchismita das	Nabagram hiralal Paul college	9330427221	student	Education
27.	Sonali Biswas	Nabagram hiralal Paul college	7596990127	student	
28.	Radha Rani konai	Nabagram Hiralal Paul college	6291912123	student	Yes
29.	Parthive Chakraborty	Nabagram Hiralal Paul College	8017374450	student	
30.	Suborna Samui	Nabagram Hiralal Paul College	9875425716	student	
31.	Krishna Bhandari	Nabagram hiralal Paul college	8100177964	student	
32.	Priya Das	Nabagram Hiralal Paul college	7044077810	student	
33.	Raj ghosh	Hiralal Paul college	6291458361	student	Student
34.	Barnali	Nabagram Hiralal Paul college	6291868739	student	Mondal
35.	Mala Rajak Das	Nabagram Hiralal Paul College	7439581821	student	
36.	Rupsha Nayek	Nabagram Hiralal paul college	9330225152	student	
37.	Subhas santra	Nabagram hiralal Paul college	8910914487	student	
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39.	Manisha Das	Nabagram hiralal Paul college	8617363914	student	
40.	Ranjit saha	Nabagram hiralal Paul college	7679416005	student	Student
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42.	Megha Mukherjee	Nabagram Hiralalpaul college	9073251924	student	
43.	Niharika Ghosh Debnath	Nabagram Hiralal Paul College	8013281368	faculty	SACT II
44.	Supriya Debnath	Nabagram Hiralal Paul college	6291031041	student	
45.	CHAITI MONDAL	COLLEGE	9330114018	student	
46.	NEHA BAG	Nabagram Hiralal Paul College	9330262653	student	
47.	Ashwini karmakar	Nabagram hiralal Paul clg	8768028351	student	


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50.	Desha nar	Nabagram hiralal paul college	7439887382	student	
51.	Baishakhi chakraborty	Nabagram Hiralal Paul College	6289452154	student	No
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54.	SHANTA ADHYA	Nabagram Hiralal Paul College	7363944630	faculty	SACT 2
55.	Keya Ruidas	Nabagram Hiralal Paul College	7439531708	student	
56.	Sathi Samanta	Nabagram hiralal Paul college	7439668996	student	
57.	Ankita Malik	Nabagram Hiralal Paul College	9836610207	student	
58.	JOSEPH HANSDA	Nabagram Hiralal Paul College	7047099835	faculty	Assistant Professor
59.	Dr.SUVENDU KUNDU	Nabagram Hiralal Paul College	9088012642	faculty	Associate Professor
60.	Subhasis kayal	Nabagram hiralal paul college	9748122055	student	
61.	Disha Chakraborty	Nabagram Hiralal pal college	7439728552	student	
62.	Susmita santra	Nabagram Hiralal Paul College	7044973561	student	
63.	TUMPA SARKAR	Nabagram Hiralal Paul College	8967266032	faculty	Assistant Professor
64.	Madhurima kotal	Nabagram hiralal Paul college	8910907706	student	
65.	Smriti Ghosh	Nabagram hiralal paul college	8927185370	student	Designation:
66.	Saikat samanta	Nabagram hiralal Paul college	8240650994	student	
67.	Esha Dutta	Nabagram hiralal Paul college	9073586410	student	
68.	Barsha Ghosh	Nabagram Hiralal Paul college	9330560498	student	
69.	Ritu Pal	Nabagram Hiralal Paul College	8509010854	student	
70.	Tamalika Ghosh	Nabagram Hiralal Paul College	9330440868	student	
71.	Soumi basu roy	Nabagram hiralal paul college	8017571345	student	
72.	Sristi Sarkar	Nabagram Hiralal Paul college	8450083841	student	BA pass
73.	Megha Shaw	Nabagram Hiralal Paul College	9875556116	student	
74.	Partha Das	Beta College of Education	9800578580	faculty	Librarian
75.	Sonali Majumder	Nabagram Hiralal Paul College	8240177542	student	
76.	Sananda Paul	Nabagram Hiralal Paul College	9874928636	student	


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78.	Swapna shau	Nabagram hiralal Paul college	8240915807	student	
79.	Sayani Dutta	Nabagram Hiralal Paul College	7890854244	student	
80.	Rohit Mahato	NABAGRAM HIRALAL PAUL COLLEGE	6290157176	student	
81.	Purnima ghosh	Nabagram hiralal paul college	9836985940	faculty	SACT-1
82.	Anushree Maji	Nabagram hiralal paul	7596988207	student	
83.	Suman Das	Nabagram Hiralal paul College	9674136218	student	
84.	Avik Das	Nabagram Hiralal Paul College	6291494146	student	
85.	RITA GHOSH CHAUDHURI KAR	NABAGRAM HIRALAL PAUL COLLEGE	9339109365	faculty	ASSOCIATE PROFESSOR
86.	Soma samanta	NABAGRAM HIRALAL PAUL COLLEGE	9874803854	student	
87.	Dr. Rupen Chatterjee	Nabagram Hiralal Paul College	8240067536	faculty	State Aided College Teacher
88.	Mousumi Sarkar	Nabagram Hiralal Paul College	7688014670	faculty	
89.	Anendu Halder	Nabagram Hiralal Paul College	8443089877	faculty	Assistant Professor
90.	Amrita Chatterjee	Serampore Girls College	9748949697	faculty	SACT
91.	Kabery Hossain	Serampore Girls College	7699973496	faculty	Assistant Professor
92.	Suparna Saha	Nabagram Hiralal Paul College	9433914576	faculty	SACT II
93.	Nandini Das	Nabagram Hiralal Paul College	7439580763	student	
94.	Tushar Patra	Nabagram Hiralal Paul College	9749977403	student	
95.	Soumyendu Maiti	Naba gram Haralam Paul College	9474435353	other	Librarian
96.	Sharmili Dutta	Nabagram Hiralal Paul College	8240764094	student	
97.	Barnali das	Nabagram hiralal paul college	9330168779	student	
98.	Prerana Nakhoda	Nabagram Hiralal Paul College	7439607619	student	
99.	Arup Kumar Mondal	Nabagram Hiralal Paul College	9126928351	faculty	Assistant Professor
100.	Priyanka Dolui	Nabagram hiralal paul college	9874824884	student	Student
101.	Sucharita Ghosh	Nabagram Hiralal Paul College	7044142427	student	
102.	Konkana Dutta	Nabagram Hiralal Paul College	933017240	student	
103.	Sapnamay Ghosh	Nabagram Hiralal Paul College	7439344891	student	NSS Volunteer


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106.	Bidyut Banerjee	Nabagram Hiralal Paul College	6291837071	student	Student
107.	Soumyadip Debnath	Nabagram hiralal paul college	8100626073	student	Student
108.	Doyel Ghosh	Institute of Psychiatry	9674787402	other	Clinical Psychologist
109.	Shreya Chakraborty	Nabagram Hiralal Paul College	7044019353	student	Bengali Honours 4 semester
110.	Dr. Deepshikha	Shyampur Siddheswari Mahavidyalaya, Howrah, West Bengal	8700527113	faculty	Assistant Professor in Mathematics
111.	Sneha Das	Nabagram Hiralal Paul College	8582913983	student	
112.	Dr Bishan Sanyal	Nabagram Hiralal Paul College	9.1629E+12	faculty	Associate Professor in ECONOMICS
113.	Aziza Khantun	Nabagram Hiralal Paul College	8240954100	student	
114.	Kaushik Ghosh	Nabagram hiralal Paul college	7439350127	student	
115.	Dr. Soma Ray Chaudhury	Nabagram Hiralal Paul College	8240537558	faculty	Associate Professor
116.	Nabamita Basu	Nabagram Hiralal Paul College	9433213927	faculty	Assistant Professor
117.	Ananya Das	Nabagram hiralal paul college	8584079083	student	
118.	Lakshmi Banerjee	Nabagram Hiralal Paul College	7439701859	student	
119.	Shreya Ghosh	Nabagram Hiralal Paul College	9330960260	student	
120.	Swastika Roy	Nabagram Hiralal Paul college	9382609615	student	Student
121.	Suhana khatun	Nabagram Hiralal Paul College	8420505754	student	
122.	GUDDU KUMAR UPADHYA	NABAGRAM HIRALAL PAUL COLLEGE	8981939672	student	
123.	Subham dutta	Nabagram hiralal paul collage	8479807119	student	
124.	Rijita Patra	Nabagram Hiralal Paul College	6291625005	student	
125.	Sainaj Parvin	Nabagram Hiralal Paul college	8583028958	student	
126.	Joyes De	NHLPC	8961853032	faculty	SACT- I
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128.	Soumi Dutta	Nabagram Hiralal paul college	8697257416	student	


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130.	Sumalini Kundu Ghosh	Nabagram Hiralal Paul College	9477366363	faculty	SACT
131.	SAYANI PAL	NABAGRAM HIRALAL PAUL COLLEGE	9874770068	student	STUDENT
132.	SUPARNA BANIK	HIRALAL PAUL COLLEGE	8902326658	faculty	STATE AIDED COLLEGE TEACHER
133.	Lila Bandyopadhyay	Nabagram Hiralal Paul college konnagar. West, Bengal.	9007950183	faculty	SACT-1
134.	Apurba Bose	Nabagram Hiralal Paul College	8240714537	faculty	SACT II
135.	Tisha roy	Nabagram hiralal paul college	6289362700	student	Bangla Hons 4th semester
136.	Sathi kewat	Nabagram hiralalpaul college	7278852499	student	
137.	Sathi pachhal	Nabagram hiralal paul college	8334800392	student	Student
138.	Sneha Das	Nabagram Hiralal Paul college	6290537372	student	Bengali honours 4th semester
139.	Trisha Dey	Nabagram Hiralal paul college	9051533392	student	
140.	Sourav Das	Nabagram hiralal paul college	8100020801	student	Student
141.	Anindita Saha	Nabagram Hiralal Paul College	7980593677	faculty	SACT
142.	Sayan Bhattacharya	Nabagram hiralal paul college	7605847988	student	Student
143.	Sourav Halder	Konnager Hiralalpaul college	7044248825	student	
144.	Subha Ghosh	Nabagram Hiralal Paul college	7059595400	student	
145.	Papri ghosh	NABAGRAM HIRALAL PAUL COLLEGE	7439230570	student	Student
146.	Sneha Halder	Nabagram Hiralal Paul college	8100381634	student	Student
147.	Ajoy jana	Nobagram hiralal Paul college	7439675864	student	
148.	Kaushik mondal	Nabagram Hiralal Paul College	7439601043	student	
149.	Dr. Molly Dutta Gupta	Nabagram Hiralal Paul College	7044936770	faculty	SACT1
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152.	Dr. Saswati Chanda	Serampore Girls College	9830052905	faculty	


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ESTD. 1957

NABAGRAM HIRALAL PAUL COLLEGE

A Government Aided Undergraduate and Postgraduate College

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