

REPORT WRITING:

DAY-4: WEBINAR ON MENTAL HEALTH AND WELL-BEING

THEME-PSYCHOLOGICAL COUNSELLING

Title of the Webinar

“Psychological Counselling: Promoting Mental Health and Emotional Well-being”

2. Date and Time

The webinar was conducted on **4.01.2026** from 1:00 p,m onwards..

3. Organised By: The webinar was organised by **NSS Unit-1, Government Girls’ General Degree College, Ekbalpur.**

4. Resource Persons

The session was led by **Dr.Sairindhree Sen, Assistant Professor in English, Gopal Chandra Memorial College of Education** and **Dr. Sankha Chatterjee, Rampurhat Medical College, Department of Pathology.**

5. Mode of Conduct

The webinar was conducted in **online mode** through **Google Meet.**

6. Objectives of the Webinar

The main objectives of the webinar were:

- To create awareness about psychological counselling and its importance among students and faculty members.
- To understand common mental health issues faced by college students.
- To highlight counselling techniques and intervention strategies
- To promote emotional well-being and stress management

7. Participants: The webinar was attended by **34 participants**, including students, teachers, and the resource persons.

8. Programme Highlights

The webinar began with a **welcome address** by **Dr. Mumu Chakraborty, Assistant Professor and Head of the Department of Chemistry and NSS Programme officer.**], followed by the introduction of the resource person. Both resource persons explained the concept and scope of psychological counselling, emphasizing its role in addressing stress, anxiety, depression, academic pressure, and interpersonal issues.

Key topics discussed included:

- Meaning and types of psychological counselling
- Problems faced by Adolescents and college students.
- Counselling process and stages
- Role of counselling in educational institutions and workplaces

The session also highlighted **coping strategies, stress management techniques**, and the importance of **seeking professional help** without stigma.

9. Interactive Session

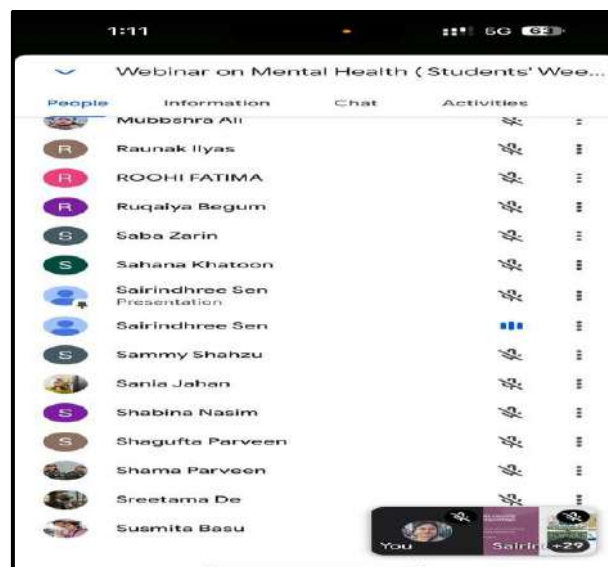
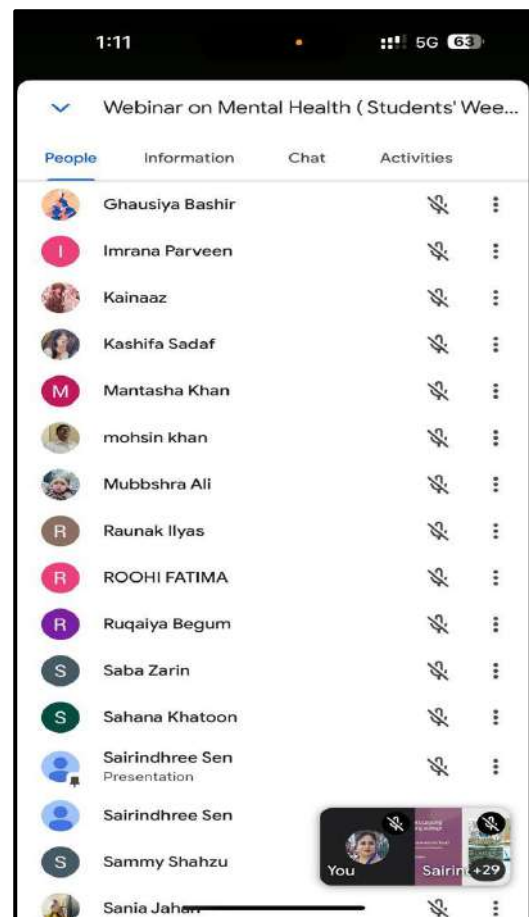
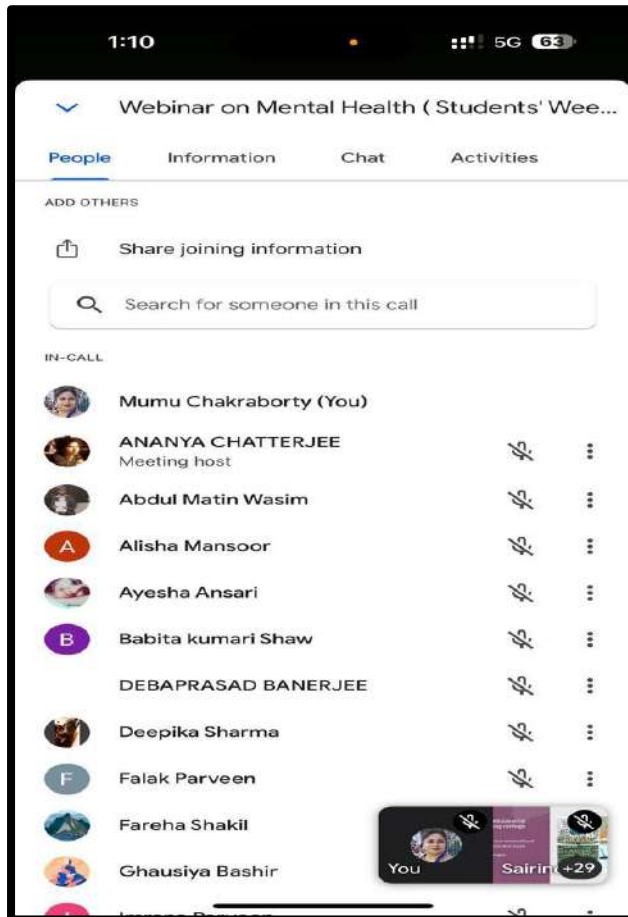
An interactive **question-and-answer session** was conducted where participants actively raised queries related to career counselling, adolescent issues, exam stress, and emotional resilience. The resource person provided practical and insightful responses.

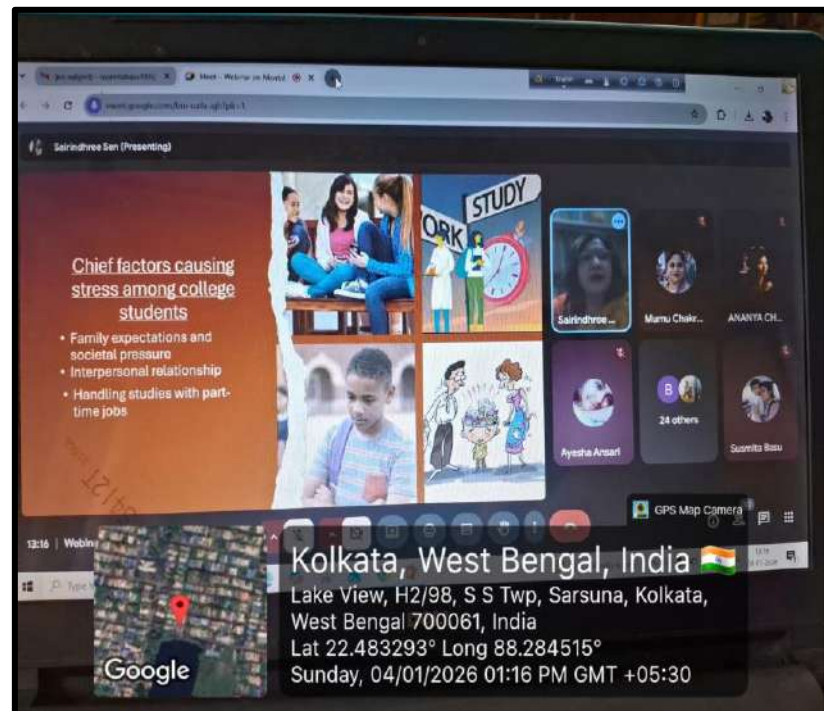
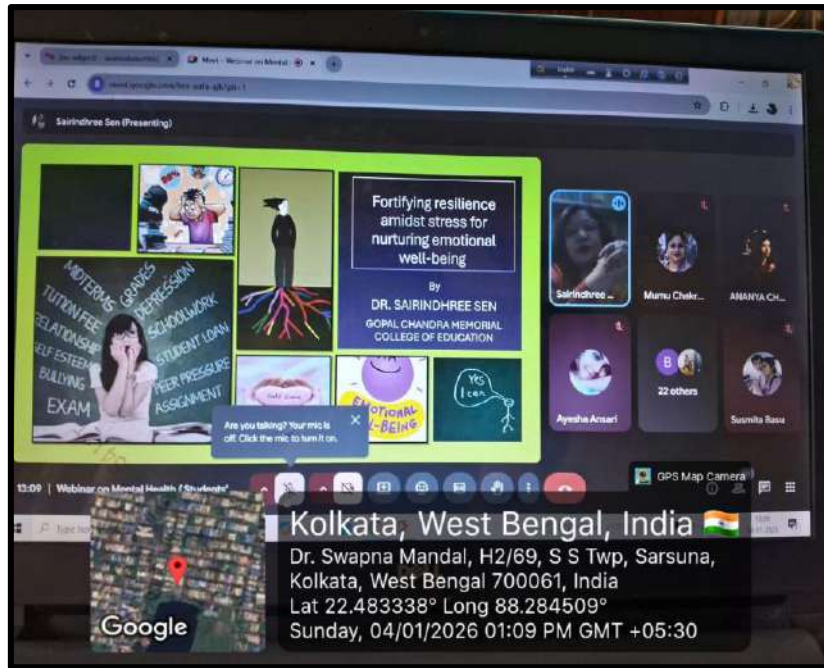
10. Feedback and Outcome

The webinar was highly informative and beneficial. Participants gained a better understanding of psychological counselling and its practical applications in daily life. The session successfully enhanced awareness about mental health and encouraged positive attitudes toward counselling services.

11. Few Glimpses:

Attendance Record:





The image shows a Google Meet interface with a grid of participants. The 'People' sidebar on the right lists the following participants: Sushita Basu (You), Abul Moin Wassim, Alkha Mansoor, ANANTA CHATTERJEE (Meeting host), Ayesha Ansari, and Deepika Sharma. The meeting title is 'Webinar on Mental Health (Students)'. A location overlay is present at the bottom of the screen.

Kolkata, West Bengal, India 🇮🇳
Lake View, H2/98, S S Twp, Sarsuna, Kolkata,
West Bengal 700061, India
Lat 22.483295° Long 88.284522°
Sunday, 04/01/2026 02:33 PM GMT +05:30