

BIRPARA COLLEGE

(NAAC ACCREDITED)

P.O. Birpara, Dist. Alipurduar (W.B.)

PIN - 735 204

*(A Govt. Aided Degree College
Affiliated to the University of
North Bengal & Enlisted Under
Sec. 2(f) & 12(B) of UGC. Act.)*



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Ref

Date

EVENT COMPLETION REPORT

ONLINE INTERACTIVE SESSION BETWEEN EXPERTS AND STUDENTS ON “RESEARCH-BASED STUDY ON TACKLING MENTAL HEALTH ISSUES DURING A PANDEMIC”

Date: 26th July 2020

Overview:

The Online Interactive Session, titled “Interactive Session between Experts and Students on Research- based Study on Tackling Mental Health Issues during a Pandemic,” was successfully conducted on 26th July 2020. The event aimed to bridge the gap between research insights and practical strategies to address mental health challenges, particularly during the global pandemic, through an engaging discussion involving experts and students.

Objective:

- To create awareness about mental health challenges during a pandemic.
- To explore research-based solutions and coping strategies.
- To provide a platform for interaction between mental health experts and students.

Participants:

A total of 50 students from diverse academic backgrounds participated in the webinar.

Program Highlights:

1. **Welcome Address:** The event commenced with a warm welcome by Teacher in Charge who emphasized the importance of mental health awareness in the current times.

Kanstav Chakrabarti
Principal
Birpara College
Birpara, Alipurduar

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2. Expert Presentations:

- Dr. Suddhendu Chakraborty shared insights on the psychological impacts of a pandemic and introduced recent research findings on effective coping mechanisms.
- Dr. Tatini Dutta discussed innovative approaches to addressing anxiety, depression, and stress through behavioral and cognitive strategies.

3. **Interactive Session:** The highlight of the webinar was the interactive Q&A session, where students actively engaged with the experts by sharing their concerns, seeking advice, and discussing mental health challenges they encountered during the pandemic.

Outcome:

The webinar successfully fulfilled its objectives by providing students with valuable insights into mental health issues during a pandemic and encouraging open dialogue. Students gained awareness of research-based strategies for maintaining mental well-being and left the session feeling empowered to tackle their challenges.

Conclusion:

The Online Interactive Session “Interactive Session between Experts and Students on Research-based Study on Tackling Mental Health Issues during a Pandemic” was a significant step toward addressing the critical issue of mental health during these unprecedented times. The event achieved its goals of raising awareness, fostering engagement, and empowering participants with actionable knowledge.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar