

HOOGHLY WOMEN'S COLLEGE

EQUAL OPPORTUNITY CELL



One day State Level Workshop

On

Managing Stress and Emotions in Pandemic Environment

Organized by,
Equal Opportunity Cell
(formerly, Women's Cell)
In association with
Internal Quality Assurance Cell
Hooghly Women's College
(Affiliated to The University of Burdwan)

Patron



Dr. Sima Banerjee
Principal
Hooghly Women's College

Advisor



Dr. Syamalina Goswami
Coordinator, IQAC
Hooghly Women's College

Date : 11th September, 2020 (Friday) Time : 3 p.m. to 5:00 p.m.

Invited Speakers



Smt. Tatini Datta
Clinical Psychologist



Smt. Priyanka Bhaduri
Psychological Counsellor and Guest Faculty, CCSSS,
Jadavpur University, Kolkata



Smt. Srabani Seal
Psychological Counsellor, Sagore Dutta
Hospital and Vidyasagar University,
Midnapore

Registration is open to all , For Registration : [Click Here](#)

Workshop Schedule

Inaugural Session : 3:00 p.m. – 3:20 p.m.

Welcome Address by **Dr. Syamalina Goswami**, IQAC Coordinator ,Hooghly Women's College and Advisor of the Webinar

Inaugural Speech by **Dr. Sima Banerjee**, Principal, Hooghly Women's College and Patron of the Webinar

Performance by Students (Recitation)

Technical Session -I: 3:20 p.m. – 4:00 p.m.

Invited Lecture – I
3:20 p.m. – 4:00 p.m.

Topic: How to cope with stress in pandemic situation

Smt. Tatini Datta
Clinical Psychologist

Technical Session -II : 4:00 p.m. - 4:50 p.m.

Invited Lecture – II
(will be delivered jointly)
4:00 p.m. – 4:50 pm

Topic: Reflect, Recognise,
Reorganize, Respond :
Navigating towards Resilience in
the Time of Pandemic

Smt. Priyanka Bhaduri
Psychological Counsellor and Guest Faculty, CCSSS, Jadavpur
University, Kolkata
&
Smt. Srabani Seal
Psychological Counsellor, Sagore Dutta Hospital and Vidyasagar
University, Midnapore

(will be delivered jointly)

Valedictory Session : 4:50 p.m.– 5:00p.m.

Contact :



events.hooghlywomenscollege@gmail.com



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General Information for the Participants:

- After submission of the Registration form, kindly join the Webinar What's app group, as all relevant information's will be available there only.
- Webinar Joining link (through **You Tube live**) : <https://youtu.be/oZIJNOB5Msl>
- Questions can be asked **only in you tube live chat box**.
- Feedback link : <https://forms.gle/p1PNNUjMVrM1pXdg8> (This link will be active after completion of the workshop i.e., on 11th September, after 5 p.m. and remain active till 13th September, 2020.)
- participants are requested to submit their opinion and feedback, using the above link.
- Workshop session will be recorded by the organizers.
- Certificate of participation will be issued after 15 days of submission of feedback form and to those participants, who will be present through the whole workshop session and have submitted the feedback form successfully.
- Web Platform :  **Google Meet** &  **You Tube LIVE**

Organizing Committee:














Dr. Soumita Ghosh, Coordinator of Equal Opportunity Cell (formerly Women's Cell), & **Convener**,
Dr. Swapna Das, **Jt. Convener**,
Prof. Sulekha Roy,
Prof. Satyajit Biswas, **Bursar**
Dr. Kajal Mal,
Dr. Biswajit Karmakar,
Prof. Farukuddin Mallik,
Smt. Arpita Saha,
Chirantan Hazra, **Coordinator & Contact Person**.

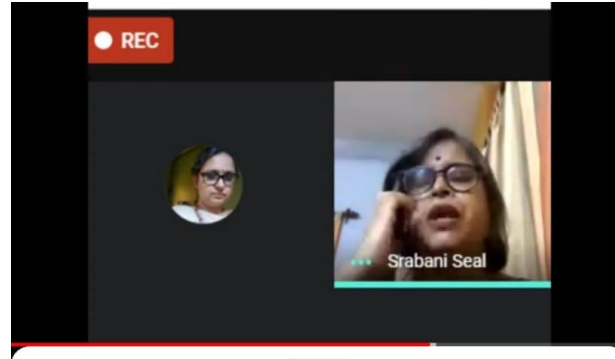


Live chat replay



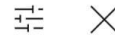
Top messages













-  Richu feedback link plz
-  Trisha Bhattacharya audio is not clear
-  JYOTSNA GHOSH audio is not clear.
-  TARASANKAR CHATTERJEE TARASANKAR CHATTERJEE , KATWA COLLEGE
-  Dipa Roy bah...thanks to yourself mom. Very well written
-  Dipa Roy your mom
-  JYOTSNA GHOSH দারুণ
-  Tulsi Halder অসাধারণ
-  Trisha Bhattacharya darun
-  shreya bhattacharya khub Sundar laglo
-  Afroja Khatun ধন্যবাদ ম্যাম
-  Soumita Ghosh please audience, put your questions here...
-  Soma Bapari khub sundor madam



Live chat replay

Top messages



-  TARASANKAR CHATTERJEE ভালো
-  Dipa Roy body became rigid but otherwise it's fine as I do this every day during exercise
-  JYOTSNA GHOSH relaxed feel করলাম
-  rumaalap একটা অ্যালার্টনেস
-  rumaalap একটা অ্যালার্টনেসও অনুভব করলাম।
-  Priyanka Bhaduri প্রিয়াকা ভাদুড়ী thik thik alertness o bote
-  JYOTSNA GHOSH অসাধারণ example madam
-  Debapriya Sarkar মুঠো শক্ত করার সময় একটু anxious লাগছিলো তারপর শেষের দিকে relaxed
-  Priyanka Bhaduri প্রিয়াকা ভাদুড়ী 1. Reflect 2. Recognise, 3. Reorganize 4. Respond
-  Bibhas Nayek ashdran hoche
-  Soumita Ghosh please audience, put your questions/any queries here...
-  Sahana Nag performing vs being

Name of Participant (will appear in certificate)	Salutation (will appear in certificate)	Email	Name of Institution/ College	Designation
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One Day State Level Workshop, 11th September, 2020



On Managing Stress and Emotions in Pandemic Environment

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Certificate of Participation

This is to certify that, Prof./Dr./Mr./Mrs./Ms..... **Soma Bapari**
Of..... **Hooghly Women's College**has participated actively in
**One Day State Level Workshop, on 11th September, 2020, organized by Equal
Opportunity Cell in association with Internal Quality Assurance Cell of Hooghly
Women's College, Hooghly, West Bengal.**

Coordinator, IQAC
Hooghly Women's College



Principal
Hooghly Women's College

Certificate ID: HWC20SLWEOC091135 Issued ON : 28th September, 2020