



NABA BALLYGUNGE MAHAVIDYALAYA

(Formerly CHARUCHANDRA EVENING COLLEGE)

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Webinar titled “Covid Pandemic, Lockdown and Mental health for Young Adults”

Organized by: Department of English, Naba Ballygunge Mahavidyalaya in collaboration with Wellbeing and Happiness for You (WHY)

Number of benefitted students: 34

Speakers:

- Dr Sujata Roy Choudhury, Psychologist and Wellbeing Specialist, Wellbeing and Happiness for You, Kolkata
- Mr Sanjib Kundu, MSW and Senior Counsellor, Wellbeing and Happiness for You

Department of English
Naba Ballygunge Mahavidyalaya
organizes webinar in association with
Wellbeing and Happiness for You

Title of the webinar
Covid Pandemic, Lockdown and
Mental Health of Young Adults

Speakers

DR SUJATA ROY CHOWDHURY,
PSYCHOLOGIST AND WELLBEING SPECIALIST

MR. SANJIB KUNDU
MSW AND SENIOR COUNSELLOR

Date: 4th July 2020
Time: 11.30-1.30 p.m.

Join Zoom Meeting
<https://us02web.zoom.us/j/83721353053?pwd=M3FRMjNXRitZUIFxa3JCS29SamIPUT09>

Meeting ID: 837 2135 3053
Password: 123123

Flyer to amplify the webinar



Report of the Webinar:

On July 4, 2020, during the recent lockdown, the Department of English, Naba Ballygunge Mahavidyalaya, organised an interactive webinar under the title "Covid Pandemic, Lockdown and Mental Health of Young Adults" to provide the students of the department a safe digital space where they could talk about and share their experiences, challenges and apprehensions in this changed situation.

The two-hour-long webinar (11.30-1.30 pm) was conducted by two of the most competent psychologists and well-being specialists of our city, namely Dr. Sujata Roy Chowdhury, psychologist and well-being specialist, and Mr. Sanjib Kundu, MSW and a senior counselor.

The webinar started with an introductory speech by Ms. Sayantina Dutta, assistant professor and HOD, which was followed by two orientation speeches by our esteemed resource persons. The discussion mostly centred around topics like self awareness, the necessity of mental well-being, issues relating to anxiety, depression and sense of uncertainty raised by young adults in general and in this "new normal condition" in particular. The resource persons also discussed some very common and important problems faced by the students such as peer pressure, bullying, etc., and the ways of tackling them. Ms. Pritha Chatterjee, assistant professor of English, facilitated this session.

The orientation speeches and discussions were followed by a lively interactive session, where our students made an active participation. They asked quite a number of questions that added greatly to the overall merit of the discussion and made this webinar a success.

Ms. Anwasha Sengupta, faculty, Department of English, extended her vote of thanks to Dr. Roy Chowdhury and Mr. Kundu on behalf of the department, and formally concluded the programme.

In continuation of this webinar, we have handed over our students a contact list of quite a number of counselors and mental well-being health activists--in case they need any further assistance. This will be provided free of cost during the present pandemic situation.

.Outcomes of the Webinar

- ✓ Collaboration between the college and WHY
- ✓ Assurance for the students of listening ear and helping hand during mental crisis
- ✓ Assurance of having comforter during anxiety
- ✓ Awareness that mental health is as important as physical
- ✓ Social proximity during the times of social distancing