

POLBA MAHAVIDYALAYA

ONE DAY SEMINAR ON HOW TO HANDLE DEPRESSION

Speaker

Payel Chatterjee

Polyclinic Counsellor

Urban Primary Health Centre, Bansberia Municipality

West Bengal Health & Family Welfare Department

Organised By

Career Counselling & Placement Cell And Students Welfare Committee In Collaboration With
IQAC, Polba Mahavidyalaya, Polba, Hooghly


Convener

Career Counselling & Placement Cell
Polba Mahavidyalaya
Polba, Hooghly-712148

To
The Teacher-in-Charge
Polba Mahavidyalaya
Polba, Hooghly
Pin- 712148

**Sub: Seeking Permission to Organize a One-Day Seminar on
"How to Handle Depression"**

Respected Sir,

With due respect, The Career Counselling & Placement Cell and Students Welfare Committee in collaboration with IQAC, Polba Mahavidyalaya, would like to request your kind permission to organize a One-Day Seminar on "How to Handle Depression" in the college premises. The proposed date of the said seminar is tentatively on 19th, May, 2023. The date would be finalized accordingly to the convenience of the Resource Person.

Proposed Resource Person: Payel Chatterjee

Hope you would be kind enough to provide your administrative and financial permission for the forthcoming Seminar.

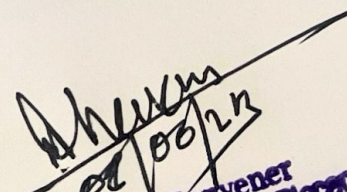
Thanks and Regards,

1. Munna Thakur
10/05/23

2. Kousik Roy
10/05/23

Sri Munna Thakur
Convener
Career Counselling & Placement Cell
Polba Mahavidyalaya
Polba, Hooghly
&
Dr. Kousik Roy
Convener
Students Welfare Committee
Polba Mahavidyalaya
Polba, Hooghly

Allowed.
WFO
10/5/23.


10/05/23
Convener
Career Counselling & Placement Cell
Polba Mahavidyalaya
Polba, Hooghly-712148

Telephone: (03213) 225128, 225133
Fax : (03213) 225128

web site: polbamahavidyalaya.com
e-mail: officepolbamahavidyalaya@gmail.com



POLBA MAHAVIDYALAYA

Post Office - Polba, District – Hooghly, West Bengal, Pin - 712148
AFFILIATED TO THE UNIVERSITY OF BURDWAN
Recognized under Sections 2(f) & 12(B) of the UGC Act. 1956
NAAC Accredited

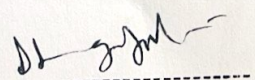
Date: 10.05.2023

Ref. No. _____

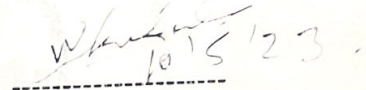
Career Counselling & Placement Cell And Students Welfare Committee Notice

All Teaching, Non-Teaching Staff and Students of Polba Mahavidyalaya are hereby informed that Career Counselling & Placement Cell And Students Welfare Committee in collaboration with IQAC is going to organize One Day Seminar on "How to Handle Depression" on 19.05.2023 at the College premises.

All are requested to be present on this Occasion positively.

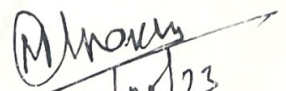


Coordinator
IQAC

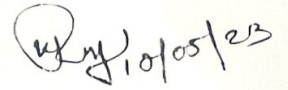


Teacher-in-Charge

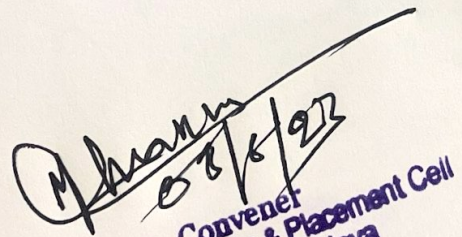
Teacher in Charge
Polba Mahavidyalaya
Polba, Hooghly, West Bengal



10/05/23



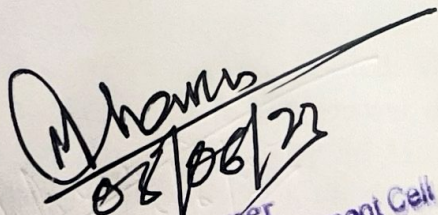
10/05/23



08/5/23
Convener
Career Counselling & Placement Cell
Polba Mahavidyalaya
Polba, Hooghly-712148

PROGRAMMEE SCHEDULE

1. Registration of Participants: 11:00 am to 12:00 pm
2. Introducing and Welcoming the Guests: 12:00 pm to 12:05 pm
3. Felicitation Programme: 12:05 pm to 12:15 pm
4. Manglacharan: 12:15 pm to 12:20 pm
5. Deep Prajwalan: 12:20 pm to 12:25 pm
6. Key Note Speech: 12:25 pm to 12:30 pm
7. Main Speech: 12:30 pm to 01:30 pm
8. Question- Answer Session: 01:30 pm to 02:00 pm
9. Vote of Thanks: 02:00 pm to 02:10 pm


02/06/22
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POLBA MAHAVIDYALAYA
Career Counselling & Placement Cell And Students Welfare Committee

Polba, Hooghly

One Day Seminar on How to Handle Depression

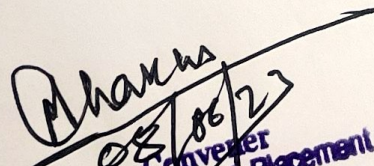
**Resource Person: Payel Chatterjee, Polyclinic Counsellor, Bansberia Municipality,
Urban Primary Health Centre, WB Health & Family Welfare**

Date: 19/05/2023

Total Attended Students: 31

Report

A One Day Seminar on "How to Handle Depression" was organized by Career Counselling & placement Cell and Students Welfare Committee on 19th, May, 2023 from 11:00 am onward at college premises. The speaker was Polyclinic Counsellor, named Payel Chatterjee, working under Bansberia Municipality, Urban Primary Health Centre. The programme was started at 11:00 am to register the students. Then all the guests and participants were introduced and welcome by Dr. Pratima Dhali, Assistant Professor of Philosophy, Polba Mahavidyalaya, polba, Hooghly. Then the felicitation Programme was started to felicitate honourable Sri Narugopal Kaibarta, Teacher- In- Charge of Polba Mahavidyalaya to provide him bouquet. Then the main speaker, Payael Chatterjee, Polyclinic Counsellor was felicitated to provide her a bouquet. After completing this Manglacharan was pronounced by Dr. Pritam Mandal, Assistant Professor of Sanskrit, Polba Mahavidyalaya. After Deep Prajwalan programme was performed by our honourable guests. Then after key note speech about the speaker was delivered by Dr. Sharmistha Gupta Dutta, Associate professor of Philosophy, Polba Mahavidyalaya. Then after honourable speaker, Payel Chatterjee, Polyclinic Counsellor delivered lecture on "How to Handle depression". After completing lecture, a question- answer session was started. Many students asked her different type of question on this topic and she tried to give answer those questions. After completing this session, a vote of thanks was given to them by Sri Munna Thakur, Assistant Professor of Political Science, Polba Mahavidyalaya. At last, the seminar was ended by the permission of honourable TIC Sir, Sri Narugopal Kaibarta.


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Objective of Seminar

The main objectives of this seminar are as following:

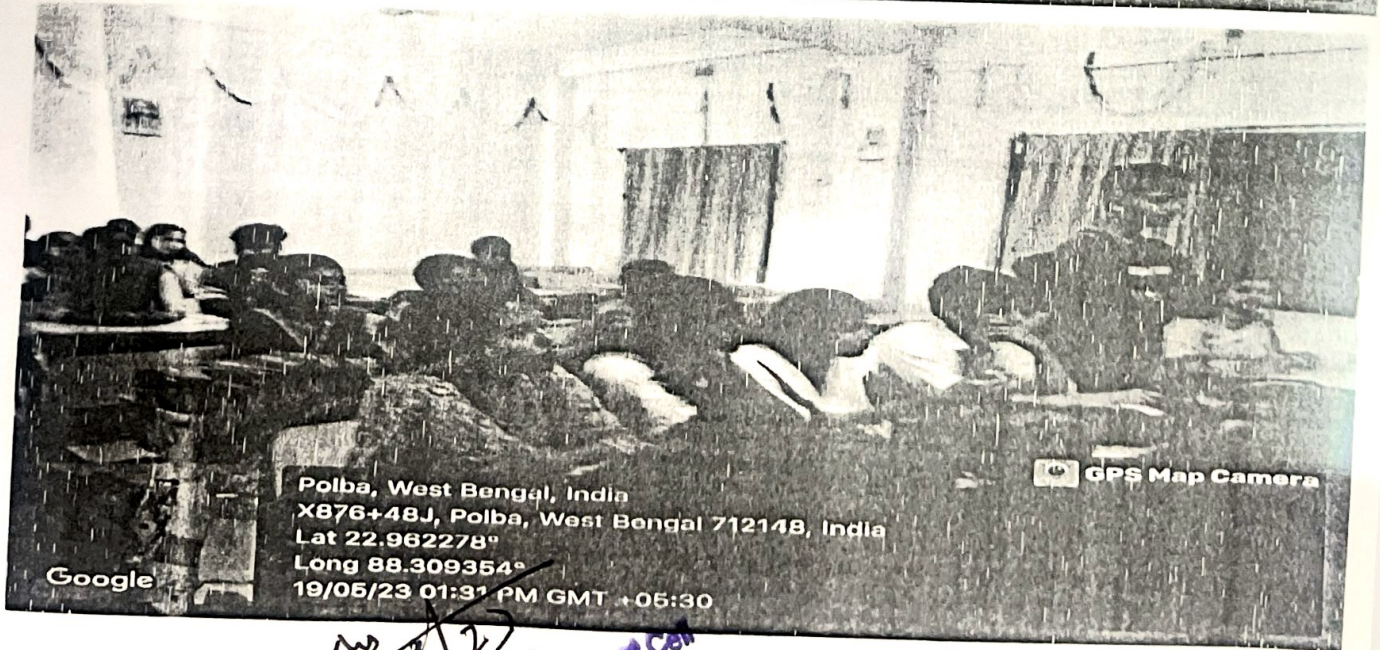
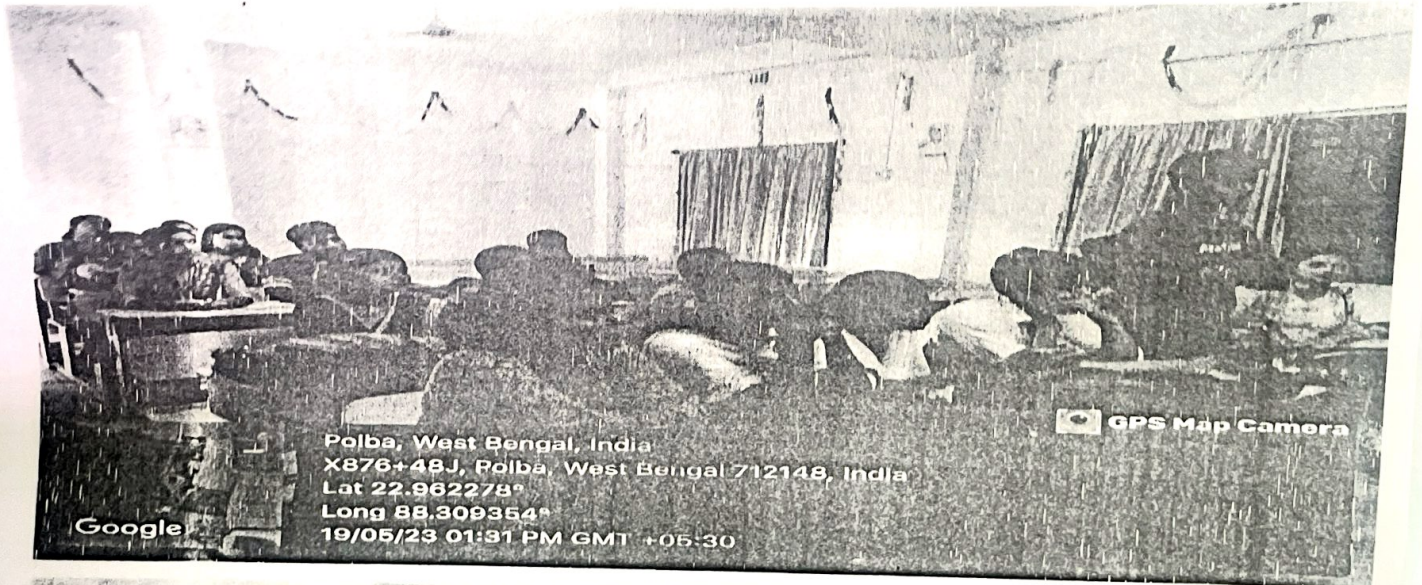
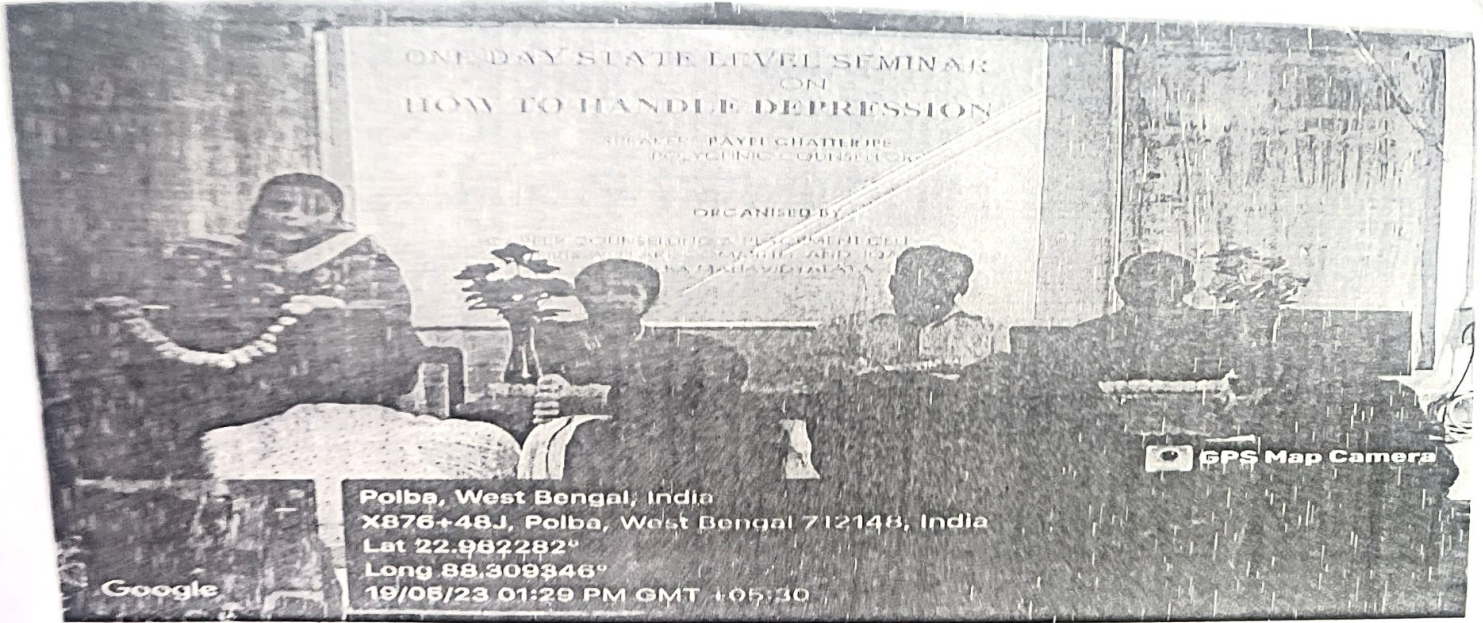
1. The students will know what is Counselling.
2. Participants will aware how depression comes
3. Participants will know the bad effect of depression in the student's life and how it affects their career.
4. They will aware how to handle Depression and make their career and future bright.

M. Hanis

08/06/23

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Career Counselling & Placement Cell
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Polba, Hooghly-712148

SELECTED PHOTOGRAPHS



Pranay
05/08/23
Coordinator
Career Counselling & Placement Cell
Polba Mahavidyalaya
Polba, Hooghly-712148

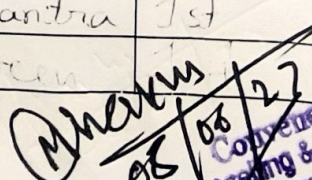
POLBA MAHAVIDYALAYA

Career Counselling & Placement Cell And Students Welfare Committee In Collaboration With IQAC, Polba Mahavidyalaya, Polba, Hooghly

Attendance Sheet

Date: 19th, May, 2023

SL.NO	Name	Semester	Roll No	Subject	Signature
1	Ashish Mondal	6th	208	English	Ashish Mondal
2	Akil Hossain	6th	205	English	Akil Hossain
3	Rittika Nandi	6th	206	English	Rittika Nandi
4	Tithe Ghosh	6th	209	English	Tithe Ghosh
5	Bramita Ganguly	6th	201	English	Bramita Ganguly
6	Swamita Maity	6th	202	English	Swamita Maity
7	Babita Ghosh	6th	1053	Education	Babita Ghosh
8	Laboni Roy	6th	1015	Education	Laboni Roy
9	Rinku Malik	1st	504	Philosophy	R.M
10	Sudip Karra	1st	502	Philosophy	S.K
11	Keya Paramanik	1st	1611	Philosophy	K.P
12	Shilpi Das	1st	1714	Pol science	S.D
13	Rudra Ghosh	1st	1721	Pol. science	R.G
14	Ashita Paul	1st	203	English	Ashita Paul
15	Tina Ghosh	1st	703	Sanskrit	T.G
16	Manojit Manna	1st	1727	Pol.S	M.M.
17	Sandeep Roy	1st	1037	Beng.	S.R
18	Rampa Paul	1st	505	Philosophy	R.P
19	Durga Singh	1st	1002	English	D.S
20	Rishita Bag	1st	210	English	R.B
21	Hasinara Khatun	1st	1519	History	H.K
22	Lissa Muskan	1st	1520	History	L.M
23	Suhra Santra	1st	106	History	S.S
24	Saba Parveen	1st	106	History	S.S


 M. Manna
 05/05/23
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