



The Internal Quality Assurance Cells of
Acharya Sukumar Sen Mahavidyalaya
and **Birpara College** present



De-stress in Distress

Tackling Mental Health Issues during a Pandemic

An Interactive Session

with



Dr. Suddhendu Chakraborty
Psychiatrist



Smt. Tatini Datta
Clinical Psychologist

Dr. Jayanta Kumar Mukherjee, Principal, Acharya Sukumar Sen Mahavidyalaya,
and **Dr. Dil Kumar Pradhan, Teacher-in-Charge, Birpara College,**
join the organisers to urge staff and students to participate in the session

on

Sunday, 26 July, 2020; 3 p.m. (IST) onwards

Registration is free

Register at <https://forms.gle/YzP7W67NZ1ANwao88>

Last date for registration: 24 July 2020

The webinar will be streamed on YouTube Live from 3 p.m. on 26 July 2020.

Click on <https://m.youtube.com/c/educationalandculturalstation>

Conveners: **Dr. Pritesh Chakraborty**, Coordinator, IQAC, ASSM (Mobile No. +91 82329 24313)
& **Nikhilesh Bhattacharya**, Coordinator, IQAC, Birpara College (Mobile No. +91 832769 0022)