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Ananda Mohan College

Affiliated to the University of Calcutta
A NAAC Re-accredited College with Grade B+

Ref.: AMC/Seminar/Metal Health/Notice/2026/11-1 Date: 18.11.2026

Notice for Compulsory Attendance of Students in Mental Well-being Awareness Seminar

This is to inform all concerned that a seminar on awareness of *"Mental Well-being: Navigating Stress from Classroom to Workplace"* has been organized by the "Students' Counselling and Mental Health Cell" in collaboration with the IQAC of Ananda Mohan College on **November 23, 2026, the Monday,** as per the following details.

Topic : ***"Importance of Counselling among College Students"***
Speaker : **Dr. Pritha Mukhopadhyay, Professor (Retired), Department of Psychology, University of Calcutta**
Venue : **Room No. 17**
Time : **6.30 PM**

In this connection, all classes will remain suspended from **6.30 p.m.** on the aforesaid date.

All students are asked to attend said awareness program compulsorily.

Members of the Teaching and Non-Teaching Staff are also requested to attend said awareness program.

With thanks & regards

Dr. Debarshi Bhattacharya

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