



**GOVERNMENT OF WEST BENGAL
OFFICE OF THE PRINCIPAL
DURGAPUR GOVERNMENT COLLEGE**

J. N. Avenue, Durgapur, Paschim Bardhaman, Pin Code-713214

No. 208

Dated: 04-05-2024

NOTIFICATION

This is for information to all concerned that the Women's Cell and Students' Health, Welfare and Psychological Counselling Cell, Durgapur Government College in collaboration with Life Skills with Paramita, Ireland, will organize a *talk and workshop session on "Coping with Stress and Anxiety: Self Care and Mental Well Being"* and the launch of "*Adwitiya*", the inaugural issue of the Newsletter, Women's Cell of the Institution on May 10, 2024 from 6.45 pm onwards through online mode using the Zoom Platform.

The registration link is given below:

Registration Link: <https://forms.gle/3tBJqGW8WiyUyfiA9>

All are cordially invited to actively participate and make the event a grand success.

Principal
Durgapur Government College

Copy forwarded for information and necessary action to:

- *All Departments*
- *All faculty members*
- *Coordinator, IQAC, Durgapur Government College*
- *Secretary, Teachers' Council, Durgapur Government College*
- *Uploading to college website*
- *Notice Book, office of the Principal*



Women's Cell and Students' Health,
Welfare and Psychological Counselling Cell,

DURGAPUR GOVERNMENT COLLEGE

in collaboration with

Life Skills with Paramita, Ireland

Presents

A TALK AND WORKSHOP SESSION

on

*Coping with Stress and Anxiety:
Self Care and Mental Wellbeing*

and

the Launch of 'Adwitiya', the inaugural issue of the
Newsletter, Women's Cell

on

10 May, 2024 at 6.45 p.m. onwards
at Zoom platform

REGISTER BY 7TH MAY TO JOIN:

<https://forms.gle/3tBJqGW8WiyUyfiA9>

The Zoom link will be shared with the registered participant.

RESOURCE PERSON: DR PARAMITA SENGUPTA



Academic, Author, Translator, Independent filmmaker, and Life Coach

