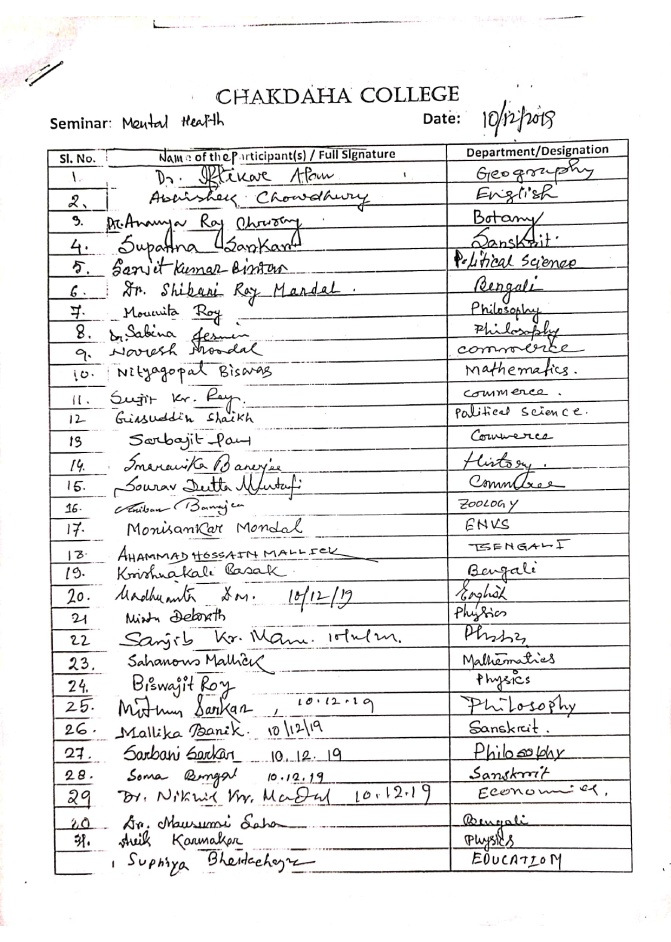
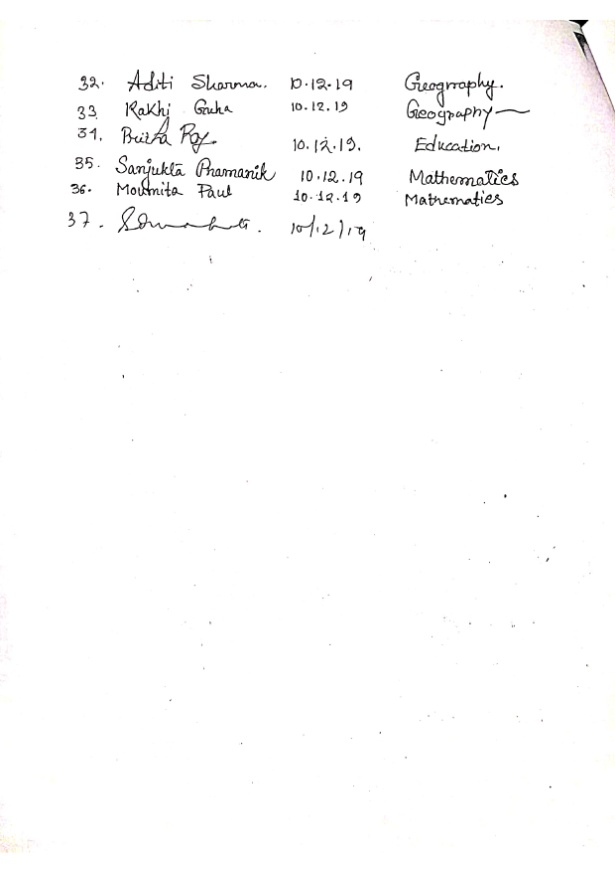
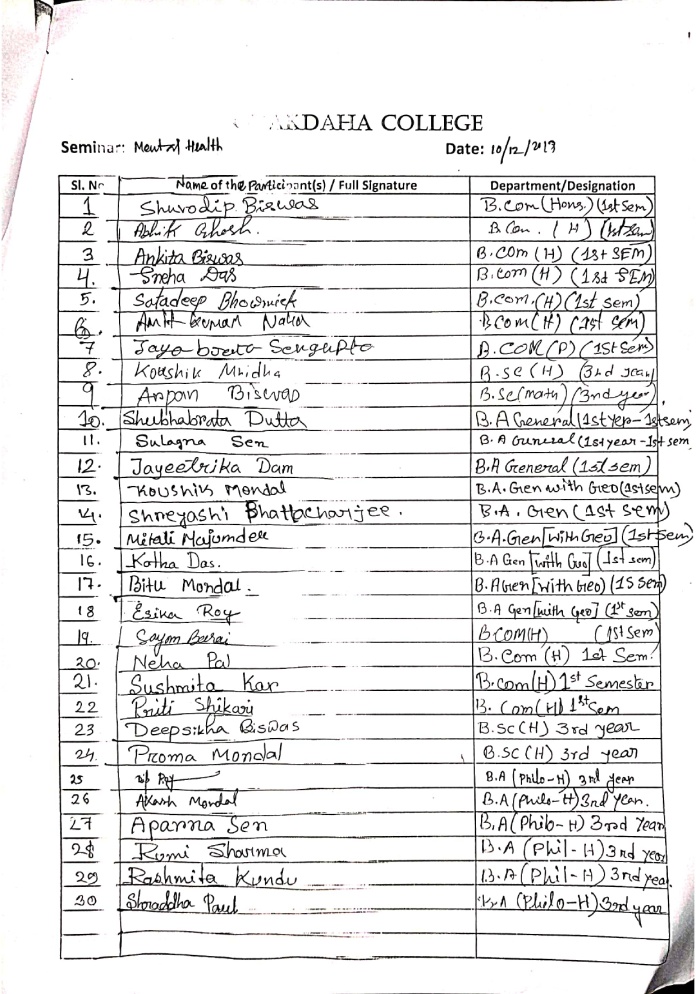
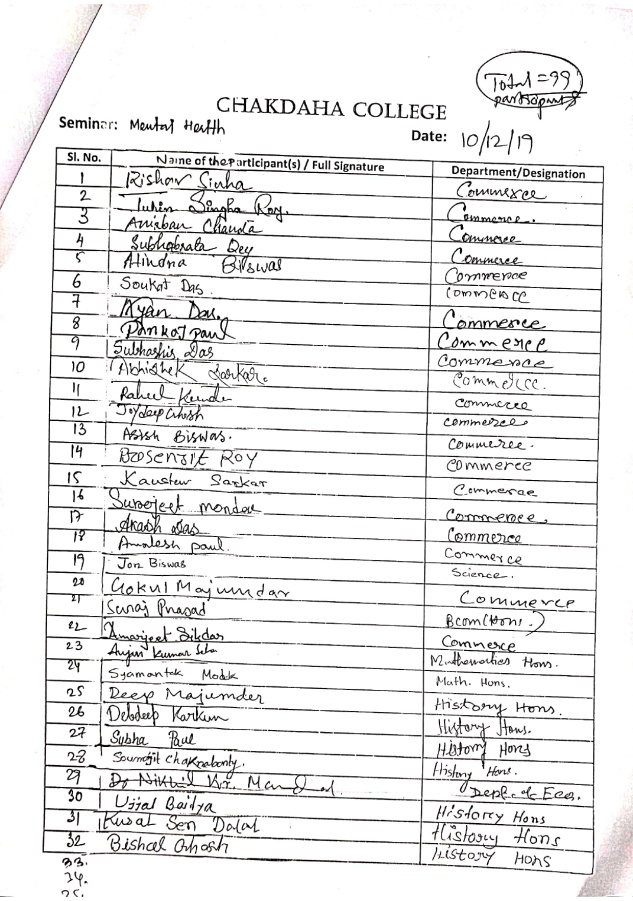
* **Name of the Activity:** One-day Seminar on “Mental Health: Problems & Solutions”
* **Type of the Activity**: Seminar
* **Organizing Department**: Seminar Sub-Committee, Chakdaha College
* **Date and time of the Activity**: 10.12.2019 from 13.30 pm – 15.30 pm
* **Number of participants**: 99
* **Speakers**: Dr. Amit Chakraborty, Eminent Psychologist
* **Outcome:**  
   A seminar on "Mental Health: problem and solutions" was organized on 10-12-2019 on inviting Dr Amit Chakraborty, a Kolkata-based reputed psychologist cum author as the Resource person. He talked to both students and staff at length about various mental disorders, especially those, induced by problem-ridden, modern-day life-style, break-neck competition, nuclear family-structure, identity-crises or drug-addiction among the youth. The target audience, i.e. the students were glued to his simple yet fascinating delivery as it was replete with everyday experiences with which they could easily identify themselves. Dr Chakraborty also emphasized the awareness of mental health- problems, their early diagnosis by expert psychologists/psychiatrists and medication, if/where necessary. Sustenance of mental health is as important as that of mental health. The seminar was a grand success.
* **Photograph of the Programme:**







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