

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Name of Program: *One Day Seminar on “Personality Development and Mental Health Awareness for Students”*

1. Name of Department/Committee/Cell: Department of Education in collaboration with IQAC, JRM
2. Date(s) of the Event: 08-04-2024
3. Venue of the Event: College Seminar Hall
4. Nature of Activity: Seminar
5. Level of the Activity: State
6. Name of the Collaborator, if any: College
7. Name of the Chairpersons: Dr. Prasanta Kumar Roy, Principal, J. R. Mahavidyalaya.
8. Name and Designation of guests and participants:

Sl. No.	Speakers/Guests	Designations
1	Dr. Munmun Sadhukhan	Assistant Professor, Dept. of Education, Lalgola College, Lalgola, Murshidabad

9. Beneficiaries: College Teaching & Non-Teaching Staffs and Students

10. Outcome of the Activity:

A seminar on *Personality Development and Mental Health Awareness for students* can lead to several valuable outcomes, benefiting both their personal growth and academic success. Here are some key outcomes that participants may achieve:

- Students learn about their strengths, weaknesses, and unique personality traits. This self-knowledge encourages them to embrace their individuality and fosters personal growth.
- Understanding their emotions and reactions helps them become more mindful, enabling better self-control and emotional regulation.
- Personality development training often includes activities that improve communication, such as public speaking, group discussions, and role-playing.
- Effective communication skills help students express themselves clearly, develop empathy, and enhance their ability to work in teams.
- Emotional intelligence workshops within these seminars teach students to identify, understand, and manage their emotions.
- High EQ is linked to better relationships, resilience to stress, and the ability to handle challenging situations effectively.
- Students gain an understanding of common mental health issues, such as stress, anxiety, and depression, and how to recognize symptoms in themselves and others.
- Reducing the stigma associated with mental health encourages students to seek help and support, promoting a more open and accepting school environment.

- Students learn practical techniques for managing stress, such as deep breathing, time management, meditation, and mindfulness exercises.
- These techniques help improve their focus, reduce burnout, and foster a balanced approach to both academic and personal responsibilities.
- Students learn how to set realistic goals and develop a plan to achieve them, which fosters motivation and purpose.
- Effective goal-setting contributes to academic success, personal development, and a sense of accomplishment.
- Students are introduced to the concept of a growth mindset, where they understand that abilities can be developed through effort and learning.
- This mindset encourages resilience, a willingness to embrace challenges, and an eagerness to learn from feedback, which are crucial for long-term success.
- Students are informed about the support systems available to them, such as counseling services, helplines, and online resources.
- Knowing where to turn in times of difficulty can empower students to seek help early, preventing issues from escalating.

11. Evidence: [Photographs of that Event.](#)

Some Photographs of the Seminar:



[Signature]

HoD

**HoD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad**

[Signature]

**Principal
Jatindra - Rajendra Mahavidyalaya
P.O.- Amtala, Dist.- Murshidabad**

Jatindra Rajendra Mahavidyalaya

Amtala * Nowda * Murshidabad

ATTENDANCE SHEET

Program Name : *Personality Development and Mental Health Awareness for Students*

Topic : Seminar

Date : 08-04-2024

Venue : Seminar Hall, J.R. Mahavidyalaya

Organized by : Dept. of Education

Sl. No.	STUDENT ID	SIGNATURE OF THE STUDENTS
1	B.A/22/0214	Trisha Pal
2	B.A/22/0143	Bineta Karmakar
3	B.A/22/0122	Nandita Pramanik
4	B.A/23/0020	Bebina J Khatun
5	B.A/22/0487	Maryina Khatun
6	B.A/23/0056	Partho Mondal
7	B.A/23/1047	Rajib SK.
8	B.A/23/0077	Sujay Das
9	B.A/22/0284	Anesa Khatun
10	B.A/22/0181	Sania Sultana
11	B.A/22/0368	Shreyoshi Chakraborty.
12	B.A/22/0053	Najmin Khatun
13	B.A/22/0272	Farhana Yesmin
14	B.A/23/0369	Poojita Das
15	B.A/22/0158	Nikita Mondal
16	B.A/22/0060	Salma Sultana
17	B.A/22/0106	Tanias Sikha
18	B.A/22/1427	Karabi Ghosh.
19	B.A/22/0011	Papoi Haldar
20	B.A/22/0172	Rajib Mondal
21	B.A/22/0148	Sayed Mostafiz Mondal
22	BA/22/0351	Mehebab Mondal
23	B.A/22/0104	Roham Islam Sultana

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Sl. No.	STUDENT ID	SIGNATURE OF THE STUDENTS
24	B.A/22/0107	Ajij Shakti
25	B.A/22/0108	Jeeseef Shieen
26	B.A/22/0114	Archana Das
27	B.A/22/0083	Shraboni Chowdhury
28	B.A/22/0028	Mansura Khatun
29	B.A/22/1126	Najmunnahar Khatun
30	B.A/22/0158	Nikita Mondal
31	B.A/23/0004	Rimi Halder
32	B.A/23/0005	Mitra Biswas
33	B.A/23/0018	Momataj Khatun
34	B.A/23/0037	Khadija Khatun
35	B.A/23/0064	Julekha Khatun
36	B.A/23/0070	Mollika Khatun
37	B.A/23/0057	mehebab Alam
38	B.A/23/0109	puja Ghosh
39	B.A/23/0164	Riya Khatun
40	B.A/23/0179	Badna Mondal
41	B.A/23/0180	Rukia Sadtana
42	B.A/23/0194	Sarma Khatun
43	B.A/23/0219	Ravi Shaha
44	B.A/22/0123	Rimi Acharya
45	B.A/22/134	Riya Pal
46	B.A/22/256	mita Ghosh

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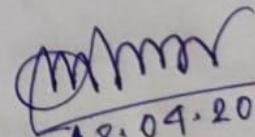
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Sl. No.	STUDENT ID	SIGNATURE OF THE STUDENTS
47	BA/22/1428	Tuhin Mondal
48	BA/23/0106	Sangita Ghosh
49	B.A/23/0111	Sesmin Ghosh
50	BA/23/128	Runa Maia
51		Mithun Kumar Ghosh
52		Dipanita Mandal
53		Nandini Biswas
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08.04.2024
HoD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad