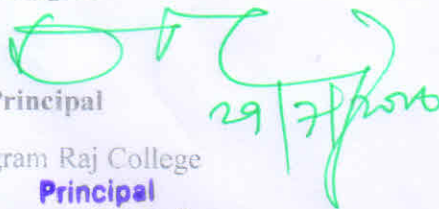


All students and esteemed faculty members are hereby informed that the One-Day Workshop on Mental Well-being (Circular No. 123) has been postponed due to unavoidable circumstances and has been rescheduled for 4th August, 2026 (Tuesday) from 11:30 AM onwards at P. K. Sen Seminar Hall.

All students are encouraged to participate actively in the workshop and make the most of this opportunity to gain valuable insights into mental health and well-being.

An anti-ragging awareness program will be followed by the above mentioned workshop.

Countersigned


Principal
29/7/2026

Jhargram Raj College
Principal
Jhargram Raj College


Dr. Subhasree Pradhan
Organizing Secretary

One-Day Workshop on Mental Well-being

Theme: Mental Well-being: Building Resilience, Managing Stress, and Promoting Emotional Health

Venue: P. K. Sen Seminar Hall, Jhargram Raj College, Jhargram - 721507

Date: August 4, 2026

Time	Programme
11:00 – 11:30 AM	Registration of Participants
11:30 – 11:35 AM	Welcome Address by the Organizing Secretary, National Song (Vande Mataram)
11:35 – 11:40 AM	Inaugural Address by the Principal
11:40 – 11:45 AM	Felicitation and Introduction of the Resource Person, Dr. Doyel Ghosh
11:45 AM – 12:30 PM	Session I: Introduction, Myths and Facts, Self-assessment
12:30 – 12:45 PM	Break
12:45 – 1:45 PM	Session II: Managing Stress and Emotional Resilience, Mindfulness and Self-care
1:45 – 2:30 PM	Session III: Activity Based Practical Strategies to deal with the selected Problems
2:30 – 2:45 PM	Open House Discussion and Anonymous Question Box
2:45 – 3:00 PM	Participant Feedback, Group Photograph, Vote of Thanks, and National Anthem

Anti-ragging Awareness Program

Venue: P. K. Sen Seminar Hall, Jhargram Raj College, Jhargram - 721507

Date: August 4, 2026, 3:15 PM Onwards

3:15 – 3:45 PM	Inaugural address by Principal
3:45 – 4:45 PM	Expert Talk by Dr. Prasanta Patra, IQAC Coordinator: Understanding Ragging Prevention, Legal Consequences and Student Responsibilities
4:45 – 5:00 PM	Interactive Session & Vote of Thanks

Approved
DT
29/7/2026