GANGADHARPUR MAHAVIDYAMANDIR

(ISO 9001: 2015 & ISO 14001: 2015 Certified)
Co-educational Degree College (NAAC Accredited)
P.O.-Gangadharpur, Dist.- Howrah, Pin- 711302
Website: gmvm.ac.in
Email:gmvm81@gmail.com

Dr. Taposh Kumar Paul
M.Com, MBA, M.Phil, Ph.D , FCMA
Principal

Phone : 330-26790052
Mobile: 8336855713

Ref. No-GMVM/

Date: 13 /11 /2026

NOTICE

Gangadharpur Mahavidyamandir is going to organise an awareness programme on **Mental Well-being: Navigating Stress from Classroom to Workplace**, in compliance with **NHRC** Recommendations vide DO **No. R-18/9/2024-PRP(RU-4)** dated Feb 13, 2025, on November 14, 2026, at 10.30 am onwards at Room no 206. The details are as follows:

PROGRAM SCHEDULE

10:30 AM - 10:35 AM – Inauguration and Lighting of the lamp and felicitation

10:35 AM - 10:40 AM - Opening Address by Honourable Principal **Dr. Taposh Kumar Paul**, Gangadharpur Mahavidyamandir

10:40 AM - 11:40 AM - Expert Session, Introduction to the Theme of Briefing on NHRC National Conference Recommendations & Objectives of the Program
Speaker: Dr. Asminara Khatun,
M.Sc in Psychology (University of Calcutta), Specialist in Psychological Counselling (G.S. Institute)
Lady Counsellor, Adolescent Age Group, Kulai Rural Hospital, Panchla, Howrah

Topic: ***Stress among Adolescents & Youth, Mental Health Challenges in Higher Learning Institutions and Coping Strategies***

11:40 PM - 12:00 PM - Interactive Session & Q&A with students

12:00 PM - 12:15PM - Vote of Thanks

NSS Convenor
Convener
NSS SUB-COMMITTEE
Gangadharpur Mahavidyamandir
Howrah-711302

13/11/2026

Principal

Principal
Gangadharpur Mahavidyamandir
Gangadharpur, Howrah -711302