



Date: 02-09-2026

NOTICE

LECTURE DEMONSTRATION ON "MENTAL HEALTH AND WELL-BEING OF STUDENTS"

All students are hereby notified that the **Periodic Mental Health & Well-being Audit of Students Cell**, in collaboration with the **Internal Quality Assurance Cell (IQAC)**, is organizing an interactive and empowering Lecture Demonstration specifically tailored to student wellness and stress management.

Date & Time: Wednesday, 09-09-2026 at 12:45 PM

Venue: Seminar Room No. 44

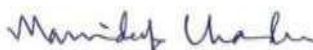
Organizers: Periodic Mental Health & Well-being Audit of Students Cell in collaboration with IQAC

PROGRAMME DIGNITARIES:

- Inauguration by: **Dr. Sankar Kumar Sanyal (Noted Gandhian Scholar)**
- Keynote Speaker: **Prof. Dr. N. P. Singh (Director, Parvati Vidyapeeth)**

Why You Should Attend ?????

Navigating academic life requires a healthy mind alongside physical vitality. This session will equip you with practical tools to manage study stress, enhance mental focus, and build everyday coping strategies. **All students are strongly encouraged to attend and actively participate.**


Principal
SHIBPUR DINO BUNDHOO INSTITUTION COLLEGE