



**HOLY CROSS COLLEGE**

Agartala, Tripura West

# Special lecture on mental wellness & Inauguration of Mental wellbeing club



Invited Speaker :

Dr. Santanu Ghosh MBBS, MD, (Psychiatry),  
Associate Professor, Tripura Medical college.

*Organised by Department of Psychology*

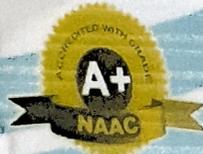
*in collaboration with*

*Centre for Counseling Psychology, Holy Cross College, Agartala.*

Date: 06<sup>th</sup> September 2024

Time: 02. 00 pm

Venue: G-8 Seminar Hall.





# HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

*"Educating hearts and minds"*

To  
The principal  
Holy Cross College  
Agartala

Subject: Proposal for Formation of Mental Wellbeing Club

Respected Father,

Recognizing the increasing importance of mental health among college students, the Mental Wellbeing Club aims to provide a supportive platform where students can openly discuss mental health issues, share experiences, and learn effective coping strategies. This initiative seeks to foster a positive and inclusive environment that promotes mental health awareness and supports the overall well-being of our students. I am writing to formally propose the establishment of a Mental Wellbeing Club within our college community. The objectives of the Mental Wellbeing Club include:

1. **Promoting Awareness:** Organizing educational workshops, seminars, and awareness campaigns to educate students about mental health issues, reduce stigma, and promote positive mental health practices.
2. **Peer Support:** Facilitating peer support groups and discussions where students can share their challenges, experiences, and provide support to one another in a safe and confidential setting.
3. **Skill Development:** Offering resources and activities focused on stress management techniques, mindfulness practices, and other strategies to enhance mental resilience.
4. **Collaboration:** Partnering with mental health professionals, counselors, and external organizations to provide expert guidance and resources to club members.



"educating hearts and minds"

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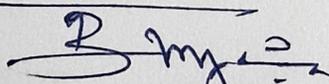
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The club will be led by a passionate committee who are committed to promoting mental well-being comprising of students as well as faculty advisors to ensure alignment with college policies and values. By encouraging open dialogue and proactive engagement with mental health issues, we aim to create a college community that values and prioritizes mental well-being.

I am enthusiastic about the potential impact of this initiative of our college and would be grateful for the opportunity to form the club. Your support and guidance are essential to the success of this endeavor. Thanking you in anticipation

Date :30/07/2024

Approved  
  
30/07/2024

PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA

Yours Faithfully

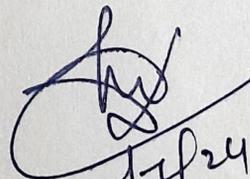
Debanjana Mukherjee

HOD Department of Psychology &

In-charge Centre for Counseling

Holy Cross College

Agartala

  
30/7/24

HEAD  
Department of Psychology  
HOLY CROSS COLLEGE  
Agartala, Tripura (W).



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"Educating hearts and minds"

To  
**The Principal**  
Holy Cross College  
Agartala.

Subject: Approval for observance of birth anniversary of Martin Seligman and also inauguration of Mental Wellness club cum special lecture on Mental Health.

**Respected Father,**

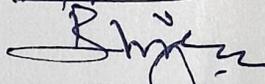
We the department of Psychology in collaboration with centre for counseling psychology is planning to organize a Special lecture on mental wellness along with inauguration of Mental wellbeing club and observance of birthday of Martin Seligman. Keeping in view that a mental wellness will help our students to learn more about day to day struggles and also 12<sup>th</sup> September is the birth anniversary of Father of Positive Psychology Martin Seligman.

The events will start from 2pm on 6<sup>th</sup> of September 2024 Venue: G-8. The proposed resource persons for the lecture is:

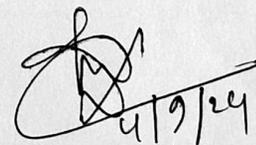
- Dr.Santanu Gosh MBBS, MD (Psychiatry), Tripura Medical college.

I, on behalf of the department would be grateful if you would kindly give us the permission to proceed with the said events. Thanking you in anticipation.

Dated: 4/9/24

Approved  
  
04/09/24

PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA

  
4/9/24

Debanjana Mukherjee  
H.O.D  
Department of Psychology  
& Centre for Counseling  
Psychology  
Holy Cross College,  
Agartala



"Educating hearts and minds"

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**DATE: 05/09/24**

## **NOTICE**

This is to inform all the students and all the respected faculty members of Holy cross college Agartala, that the Department of Psychology & Centre for counselling Psychology is organizing Special lecture cum inauguration of mental wellbeing club Holy Cross College & observance of birthday of Martin Seligman on 6th of September 2024 starting from 2:00pm venue G-8.

All students and all the faculty members are requested to kindly be present at mentioned the venue by 2:00pm.

Debanjana Mukherjee

H.O.D & Assistant professor  
Department of psychology,  
Holy Cross College, Agartala

PROGRAM SCHEDULE FOR SPECIAL LECTURE  
CUM INNAUGRATION OF MENTAL WELLBEING  
CLUB, HCC & OBSERVANCE OF BIRTHDAY OF  
MARTIN SELIGMAN

Date: 06/09/2024.

Venue: G-8

<u>Serial no.</u>	<u>EVENTS</u>	<u>TIME</u>
1	Commencement of the PROGRAM by MC'S	2:00PM-2:05 PM
2	Prayer Song by students of Dept. of Psychology and Bsw	2:05pm-2:10pm
3	Address of the Principal	2:10pm-2:15pm
4	Welcome speech by Debanjana Mukherjee HOD Psychology Dept. and in charge Centre for counseling Psychology & Convener Mental wellbeing club.	2:15pm-2:20pm
5	Felicitation of resource person by Principal /vice principal	2:20pm-2:25pm
6	Presentation on Martin Seligman by student of Dept. of Psychology	2:30 pm -2:40pm
7	Inauguration of Mental wellbeing club by Dr.Santanu Ghosh and Principal HCC	2:40pm-2:45pm
8	Session by resource person :Dr Santanu Ghosh ,Associate professor ,TMC	2:45pm -3:30pm
9	Vote of thanks by (Student)	3:30pm -3:35pm

## Report on

### “Special lecture on Mental Wellness , & Inauguration of Mental wellbeing club”

**Date of event:** 06<sup>th</sup> September 2024

**Venue:** Holy Cross College, Jubatara, Tripura(W)  
Seminar Hall (G-8)

**Time:** 2 PM

**Mode:** Hybrid

Department of Psychology in collaboration with Centre for Counseling Psychology, Holy Cross College, Agartala had conducted a “Special lecture on mental wellness” and inaugurated “**Mental wellbeing club**” as a part of the celebration of birthday of Martin Seligman. The Mental Wellbeing Club is a youth-faculty led initiative open to HCC campus, where students promote mental health awareness and education. Mental Wellness Clubs give students an opportunity to lead projects based on mental health and focused on reducing stigma. It is an opportunity for students to be provided an ongoing space to have a stigma-free place to discuss mental health and where they can provide a bridge between community mental health resources and their college community.

The programme was initially started with a prayer song followed by the address of Rev. Dr. (Fr.) Benny K. John. The welcome speech was delivered by Ms. Debanjana Mukherjee Head, Dept. of Psychology. Next, the resource person was felicitated by respected principal father, HCC, Agartala. As a part of observance of birthday of Martin Seligman, students from the department of psychology have given an wonderful presentation about him. After this, our respected resource person Dr. Shantanu Ghosh and respected Principal father, HCC, Agartala formally inaugurated the Mental Wellbeing Club of the college by digitally introducing the Club Logo followed by the session by Dr. Shantanu Ghosh, Associate Professor, Department of Psychiatry, Tripura Medical College. He has discussed about mental health, Drug addiction and its impact on mental health, suicidal tendency and prevention strategy of the same.

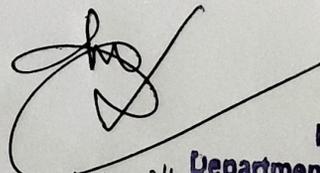
In total 117 nos. of candidates were participated offline in this event and almost 30 plus faculty members and students were present online in the Inaugural session. The interaction session received positive feedback from the student community as well as from the faculties, who appreciated the depth and clarity of the information provided and asked for such session at near future also. Finally, students from, Department of Bachelors of Social work (BSW), Holy Cross College, Agartala proposed the vote of thanks with a concluding remark from Head of the Department.

Report Prepared by

Debanjana Mukherjee

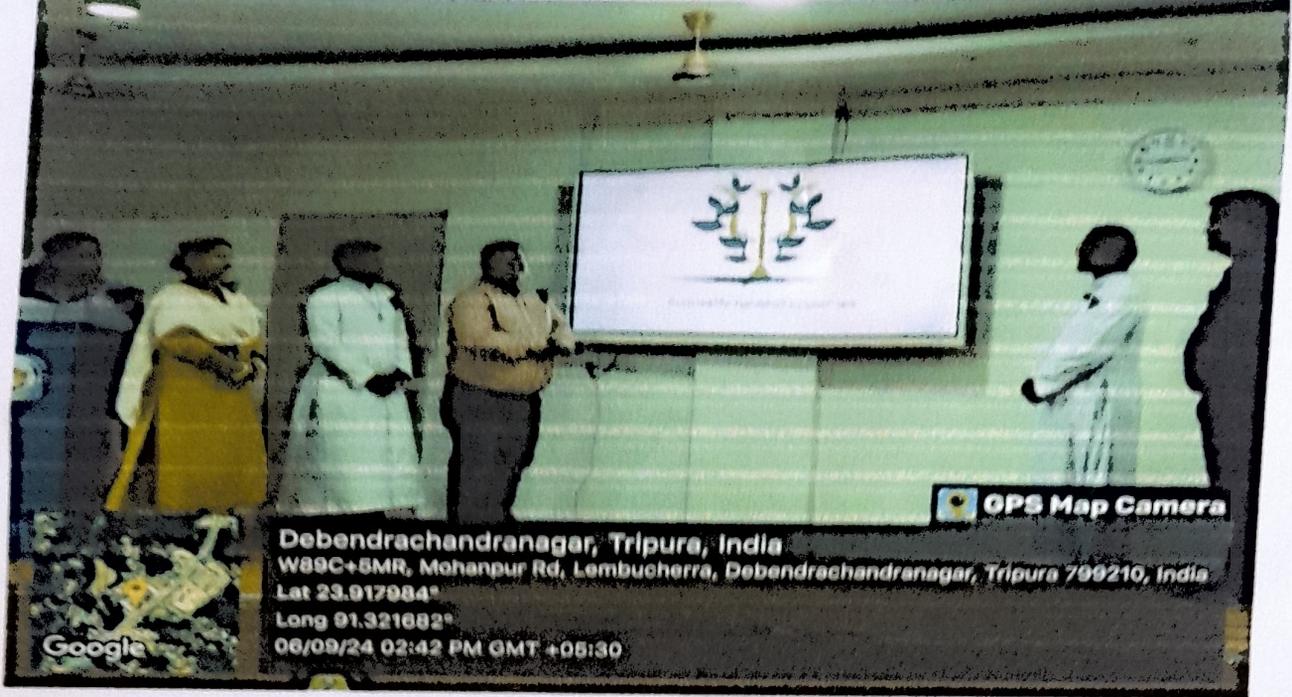
(HOD & Assistant professor )

Department of Psychology HCC,



18/9/2024

HEAD  
Department of Psychology  
HOLY CROSS COLLEGE  
Agartala, Tripura (W)





# HOLY CROSS COLLEGE, AGARTALA

Accredited by NAAC with 'A+' Grade (Cycle 02)



## *Certificate of Appreciation*

This is to certify that

**Dr. Santanu Ghosh, MBBS, MD**  
(Psychiatry), Associate Professor, Tripura Medical college.

has been the Resource Person of the  
Special Lecture on Mental Wellness & Inauguration of Mental wellbeing club

Organized by

Department of Psychology in collaboration with  
Centre for Counseling Psychology, Holy Cross College, Agartala.  
on 06th September 2024.

Dr. Fr. Benny K John, CSC

Principal  
Holy Cross College



Special lecture on mental wellness & Inauguration of Mental wellbeing club

Organised

by Psychology Department

Date: 06<sup>th</sup> September, 2024

Time: 2:00pm to 03:30pm

Venue: G-8

Sl. No	Names	Department	Signature
1	Sneha Deb	English	S-Deb.
2	Alisha Jamatia	Political Science	Alisha Jamatia
3	Jeeniya Debbarma	Political Science	Jeeniya Debbarma
4	Stela Pal	Political Science	Stela Pal
5	Bishal Tripathi	English	Bishal Tripathi
6	Manik Hrangkhawl	English	Manik Hrangkhawl
7	Angelina Uchoi	Political Science	Angelina Uchoi
8	Sanjana Debbarma	Political Science	Sanjana Debbarma
9	Pandwi Debbarma	Political Science	Pandwi Debbarma
10	Amit Debbarma	B. Commerce	Amit Debbarma
11	Udai manik Jamatia	Commerce	Udai manik Jamatia
12	Isak Dalbiakanga	Commerce	Isak
13	Salme Debbarma	Commerce	Salme Debbarma
14	Riya Jamatia	Commerce	Riya Jamatia
15	Barita Kalai	Commerce	Barita Kalai
16	Prasanta Deb	Zoology	Prasanta Deb
17	Ayantika Das	Zoology	Ayantika Das
18	Madhurima Das	Zoology	Madhurima Das
19	Prithwi Das	Zoology	Prithwi Das
20	Prasanta Chakraborty	Zoology	Prasanta Chakraborty
21	Indrani Das	Zoology	Indrani Das
22	Joy Chakraborty	Zoology	Joy Chakraborty
23	Diptanu Das	Zoology	Diptanu Das
24	Amrit Debbarma	Social Work	Amrit Debbarma
25	Alvin Debbarma	Social Work	Alvin Debbarma
26	Goulalven Lushai	Social Work	Goulalven Lushai
27	Mukumu Debbarma	Social Work	Mukumu Debbarma
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Special lecture on mental wellness & Inauguration of Mental wellbeing club

Organised

by Psychology Department

Date: 06<sup>th</sup> September, 2024

Time: 2:00pm to 03:30pm

Venue: G-8

Sl. No	Names	Department	Signature
1	Sreyasi Paul	Psychology	Sreyasi Paul
2	Bindhiya Debbarma	Psychology	Bindhiya Debbarma
3	Tsripty Debbarma	Zoology	Tsripty Debbarma
4	Aishree Debbarma	Psychology	Aishree Debbarma
5	Koushikee Bhattacharya	Psychology	Koushikee Bhattacharya
6	Sarita Muresing	Psychology	Sarita Muresing
7	Tanya DIB	Psychology	Tanya Debbarma
8	Amrdamoi DIB	Psychology	Amrdamoi
9	Pashu Simngam Anal	Psychology	Simngam
10	HT. Nalon	BSW	HT. Nalon
11	Anjel Singha	B Commerce	Anjel Singha
12	Nicoston Mynsong	Psychology	N. Mynsong
13	Wathletshuh Biam	Psychology	W. Biam
14	Pasoleo Sontun	Psychology	Pasoleo
15	Ramides Wongum	Psychology	R. Wongum
16	Hikberly D Sangma	B.SW	Hikberly
17	Samphili Debbarma	Psychology	Samphili DIB
18	Ninobi Debbarma	Psychology	Ninobi Debbarma
19	Panchu Das	Psychology	Panchu Das
20	Debalina Ghosh	Psychology	Debalina Ghosh
21	Anwesha Chakraborty	Psychology	Anwesha Chakraborty
22	Samyiddhi Ray	Psychology	Samyiddhi Ray
23	Nikita Reang	English	Nikita Reang
24	Bitika Debbarma	English	Bitika Debbarma
25	Rahul Bhattacharjee	Commerce (B.COM)	Rahul Bhattacharjee
26	Sneha Nelsom	Commerce	Sneha Nelsom
27	Gounav Das	Commerce (B.COM)	Gounav Das
28	Sayantika Das	English	Sayantika Das
29	Rajrupa Saha	English	Rajrupa Saha
30	Snigdha Debnath	English	Snigdha Debnath
31	Ankita Paul	English	Ankita Paul
32	Suhani Majumdar	English	Suhani Majumdar
33	Dipansoy Debbarma	Commerce (B.COM)	Dipansoy Debbarma
34	Kisham Debbarma	Commerce (B.COM)	Kisham Debbarma
35	Saxolom Debbarma	Zoology	Saxolom Debbarma
36	Boxar Tripura	Zoology	Boxar Tripura

37	Jelina Tripura	Zoology	Jelina Tripura
38	Parijat Goswami	Zoology	Parijat Goswami
39	Pukshani Jamatia	Zoology	Pukshani Jamatia
40	Urmila Debbarma	Zoology	Urmila Debbarma
41	Teru Jamatia	Zoology	Teru Jamatia
42	Risha Tripura	Zoology	Risha Tripura
43	Shupita Debbarma	Zoology	Shupita Debbarma
44	Aleza Debbarma	Zoology	Aleza Debbarma
45	Justi Debbarma	B.S.W	Justi Debbarma
46	Arena Debbarma	History	Arena Debbarma
47	Arijhina Debbarma	Psychology	Arijhina Debbarma
48	Abhijit Debbarma	B.S.W	Abhijit Debbarma
49	Debasish Debbarma	B.S.W	Debasish Debbarma
50	Rijsha Chakrabarti	B.A. Psychology	Rijsha Chakrabarti
51	Sarwata Debsarkar	B.A. Psychology	Sarwata Debsarkar
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