

1. Name of the programme: Live webinar for student on “Practicing Emotional First Aid amidst Post COVID-19 Pandemic”.

2. Date: 16/06/2020 (11.00 A. M. to 1.00 P. M.)

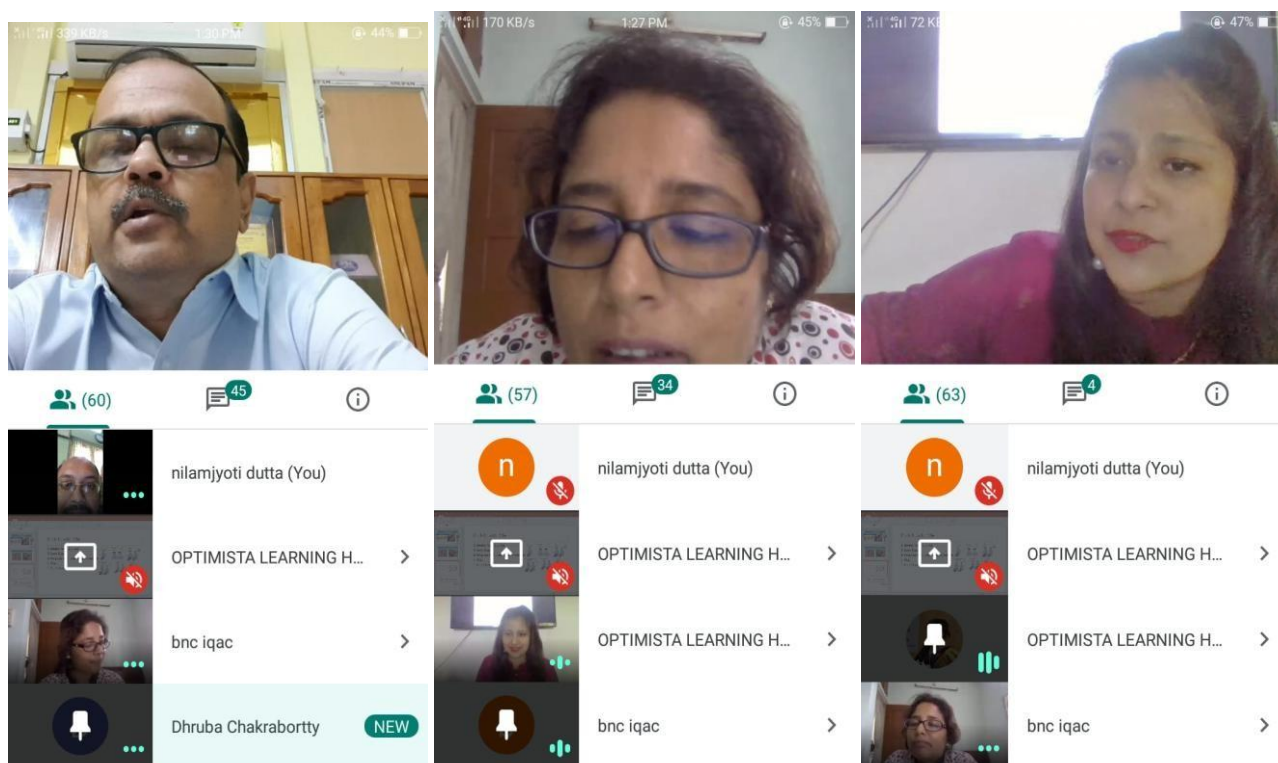
3. Organized by: “Career Counselling and Placement Cell”, B. N. College, Dhubri. (In collaboration with IQAC, B. N. College, Dhubri)

4. Name of resource person: Ms. Tribenee Bhattacharya, Founder, Optimista Learning Hub.

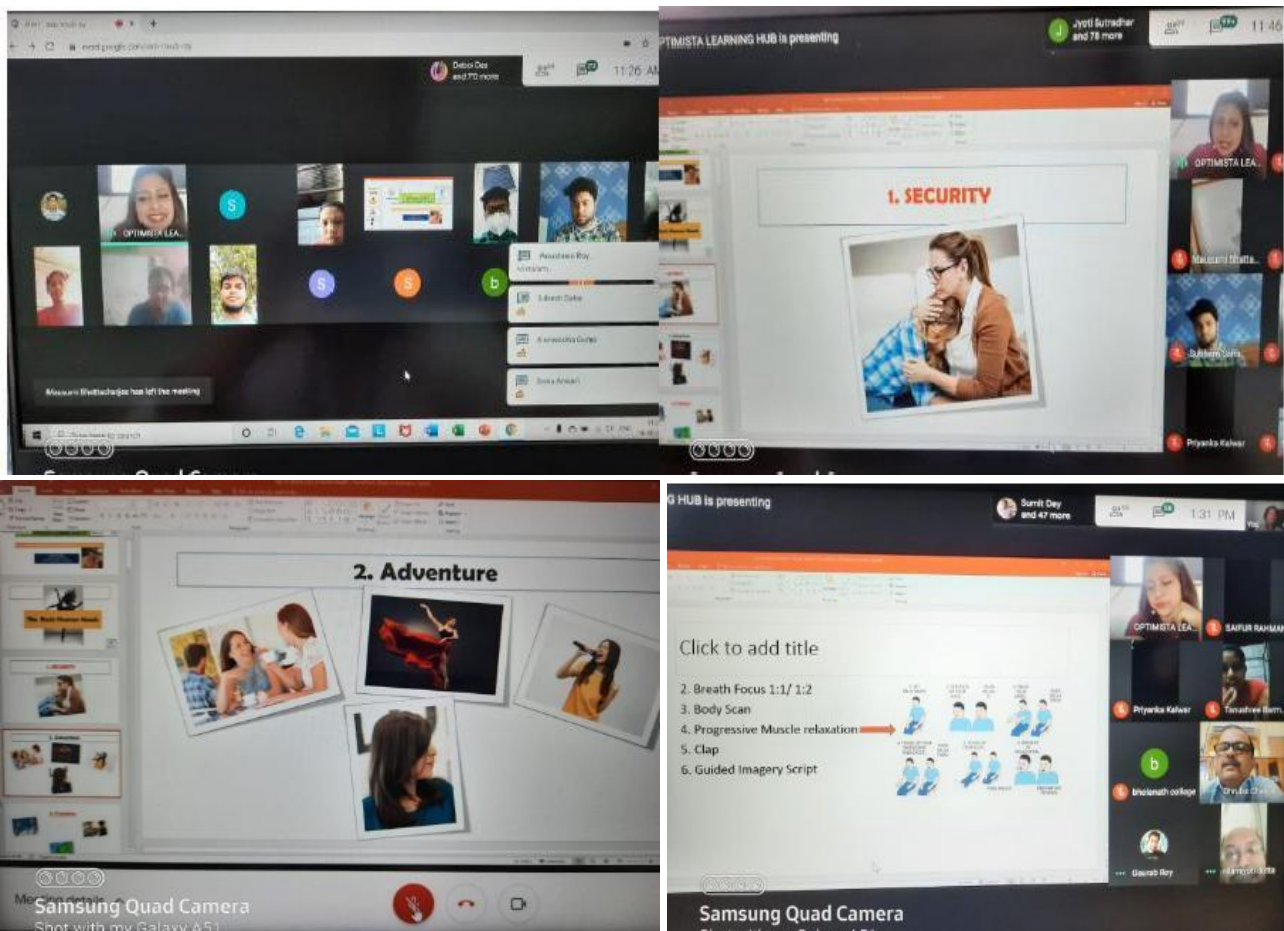
5. Numbers of participant: 48 (student)

6. Online platform: Google Meet.

If something is happening for today, then there will be definitely a time for ending the same. In analogy to that in case of the COVID-19 pandemic, definitely there will be a certain day, when it disappears from all of us. Although, the episode of COVID provide us some limited advantages, but the it negative impacts of it on society is un measureable. This episode has also affected the regular activities of the students. So, after a long back, when the life of students becomes normal, definitely the student will realize a void, and there may be some instability in their mental health. To avoid the possibility of any such chances we should practice some of the emotional aids in advance to keep them mental strong. Hence, to aware about this specific field and practice some of the elementary emotional aids, the Career Counselling and Placement Cell of B. N. College, Dhubri in active collaboration with IQAC cell of B. N. College, was organised a live webinar on the topic “Practicing Emotional First Aid amidst Post COVID-19 Pandemic” for the students of the college. The webinar was held on 16/06/2020 with having an interactive session about two hours and Ms. Tribenee Bhattacharya, Founder, Optimista Learning Hub was acted as the resource person for the said webinar.



Before starting the formal speech by the resource a short inauguration and introduction session was accomplished, where Dr. S. Sengupta, co-ordinator of IQAC cell addressed the purpose of the webinar and introduced formally the resource person with the participants.



In the webinar, Ms. Tribenee, had covered different aspects of the emotional and psychological health of students during and after the pandemic. Her program was full of activities and the students were enjoyed a lot and able to learn different parameters which became them a trained psychological support giver in the near future for the betterment of the rest of the students of our college. She talked about the diet and exercise, and demonstrated some of the important exercises during the webinar that were very much important for building up a strong mental health. Towards the end of the session, our honourable Principal sir, Dr. D. Chakraborty, had provided the concluding remarks and by notching the popularity of the webinar he also assured the participants to held such type of programme in the near future by inviting the resource person to our B. N. College, Dhubri. At the last, the webinar was ended with the formal vote of thanks from Mr. N. J. Dutta, convenor, Career Counselling and Placement Cell of the college.

As the convenor of the cell, I would like to appreciate the technical helps received from the technical team specially Abhijit, during the whole webinar. At the last but not least, I would also like to thank all the members of the cell, respected Principal Sir, co-ordinator IQAC, Dr. SenGupta maam, for their help and motivation.

Convenor,
Mr. N. J. Dutta
Career Counselling and Placement Cell,
B. N. College, Dhubri

IQAC, B N College, Dhubri
&
Career Guidance & Placement Cell,
B N College, Dhubri

Organizes
Live Webinar for Students
on

Practicing Emotional First Aid amidst Post COVID-19 Pandemic

Date: 16/06/2020,
Time: 11 am

Online Registration link
<http://bncollege.edu.in/web.php>

Contact details
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RESOURCE PERSON



Ms. Tribenee Bhattacharyya
Founder, Optimista Learning Hub