

KISHORE BHARATI BHAGINI NIVEDITA COLLEGE (Co.-Ed.)

ESTD. 2001

148, RAMKRISHNA SARANI, VIVEKANANDA PALLY,
BEHALA, KOLKATA - 700 060, PH. : 2404 3206

E-mail ID : kbbncollege@gmail.com

Website : kbbnc.ac.in



Ref. No.....

NOTICE

Date... 21/3/24.....

This is to notify that under the aegis of IQAC, KBBNC the department of **Education** and the department of **English** is going to organize a one-day awareness campaign on "Educating and Creating Awareness on Mental Health". Ms Deyashini Paul Psychologist RCI licensed special educator and Art Therapist will be present as the resource person for the day. Along with this a short survey will be conducted both on Teachers and Students.

All concerned are being earnestly requested to attend the programme to make it a success on 28.03.2024 Thursday, at 3.00 pm. at smart classroom of KBBNC.

Thanking You,

NSM

Dr. Nilanjana Sen

(HOD Department of English)

Joyita Mitra

Joyita Mitra

(HOD Department of Education)

Sana 21/03/2024

Principal

Principal

**Kishore Bharati Bhagini
Nivedita College (Co-Ed.)**

Kishore Bharati Bhagini Nivedita College (Co-ed)

Awareness Campaign on "Educating and Creating Awareness on Mental Health"

Organized by Department of Education and English

Date: 28.03.2024

Visitors Signature:

Sl No.	Name	Department
1.	Sanu 28/3/24	
2.	Abu 28.3.24	IQAC.
3.	Devyashini Paul	Teacher
4.	Prakash Mistri	Geography.
5.	Poulami Chakraborty	Geography
6.	Somen Ghosh	Geography
7.	Mohana Basu	Geography
8.	Amrita	English
9.	Amindita Mitra	English
10.	Pousali Das.	Political Science
11.	ranu	English
12.	deepa Ray	Education
13.	Jebhosa Palit	Education
14.	Rupi Das.	Education. 28/3/24
15.	Amrita Sengupta Sadhu	Physiology
16.	Kajal Sarda	NTS
17.	Pallebi Sankar	Library
18.	Nandini Roy	Bengali
19.	Langchok Datta	PGJ Journal
20.	Ayita Datta	Education
21.	Shirpa Ghosh	Bengali
22.	Mehabub Alam	History
23.		

Kishore Bharati Bhagini Nivedita College (Co-ed)

Awareness Campaign on "Educating and Creating Awareness on Mental Health"

Organized by Department of Education and English

Date: 28.03.2024

Students Signature:

Sl No.	Name	Department	SEM
1	Susmita Purkait	EDCA	6th
2	Paromita Mondal	EDCA	6th
3	Bidesha Mondal	EDCA	6th
4	Lina Garai	EDCA	6th
5	Souidipa Bose	EDCA	6th
6	Sutrushna Karati	EDCA	6th
7	Soumili Adhikary	EDCA	Pass out
8	Purabi Das.	EDCA	Pass out
9	Partha Senapati	GEOA	6th
10	Dinesh chandra Roy	UEOA	6th
11	Debarshi Das	EDCA	4th
12	Susmita Debnath	EDCA	6th
13	Sayoni Das.	GEO-A	6th
14	Gourab Mondal	GEO-A	6th
15	Debopriya Bhosonick	GEO-A	6th
16	Prajakta Jana	GEO-A	6th
17	Tushar Das	GEO-A	6th
18	Moumita Purkait	BNVA	6th
19	Siddantha Mitra	B.A General	4th
20	Sitomp Das	BA(a)	Pass out
21	Tarambika Ghosh	B.com (or)	4th Sem.
22	Tushar Purkait	B.A (H)	6th
23	Tanvi Ganguly	Eng (H)	1st
24	Tushar Mondal	BSE(H)	4th
25	Sujan Manna.	B.Sc (H)	4th
26	Joyjit Das.	B.Sc (H)	4th
27	Azifa Khatun	B.Sc (H)	6th
28	PUSPA Mondal	B.Sc (H)	6th

Department of Education and English

of

Kishore Bharati Bhagini Nivedita College (Co-Ed)

Under the aegis of IQAC Cell

Is going to organize a One day awareness campaign cum workshop
on

"Educating and Creating awareness on Mental Health"

On 28.03.2024

Venue: Room No. 16 (Smart Classroom)

Time: 3.00 p.m.

Speaker: Deyashini Paul

Psychologist, Special Educator and Art Therapist

Chief Patron: Dr. Shib Sankar Sana (Principal, K.B.B.N College)

IQAC Coordinator: Prof. Mahananda Roy (K.B.B.N College)

REPORT OF THE SEMINAR
Department of Education
Kishore Bharati Bhagini Nivedita College (co-ed)

Held on 28.03.2024 at 3.00 pm

Chairperson: Dr. Shib Sankar Sana

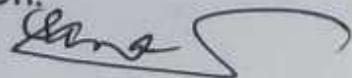
Convener: Joyita Mitra Jt. Convener: Dr. Nilanjana Sen

The Education Department of Kishore Bharati Bhagini Nivedita College (co-ed) along with English Department organized a seminar on 28.03.2024 Thursday from 3.00pm onwards at the smart class room ok KBBNC. Speaker was Ms. Deyashini Paul, Psychologist RCI licensed special educator and Art Therapist.

Dr. Shib Sankar Sana, our Principal Sir, Prof. Mahananda Roy, our IQAC co-ordinator and others teachers of different discipline were present.

Topic was: "Educating and creating awareness on Mental Health". Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network. It's important for caregivers, friends, and loved ones to understand the impact that mental health has on daily life. This awareness campaign was organized to create such understanding among people.

Students decorated the room with flowers and posters. It was an interactive session. Students enjoyed the session.



Principal
Kishore Bharati Bhagini
Nivedita College (Co-Ed.)

Department of Education and English

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Special Educator and Art Therapist

(Principal, K.B.B.N College)

Chief Patron
SAC Coordinator

(K.B.B.N College)

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EATING DISORDERS

What is eating disorders?

Eating disorders are **actively serious** and often **fatal illnesses** that are associated with **severe disturbances** in people's eating behaviors and related thoughts and emotional preoccupations with their body weight and shape may also signal an eating disorder.



Types of eating disorders?

- Binge eating disorder (BED).
- Bulimia nervosa.



- Anorexia nervosa.
- Other specified feeding or eating disorders.
- Orthorexia.

Symptoms of eating disorders?



- Dieting - counting calories/kiljoules.
- Eating skipping meals, avoiding certain food groups.
- Eating in private - you may stop eating with other people.

Causes of eating disorders?



- Poor body image.
- Too much focus on weight or looks.
- Dieting at a young age.
- Having a family member with an eating disorder.
- Mental health problems such as anxiety, depression or OCD.

Treatments for eating disorders?

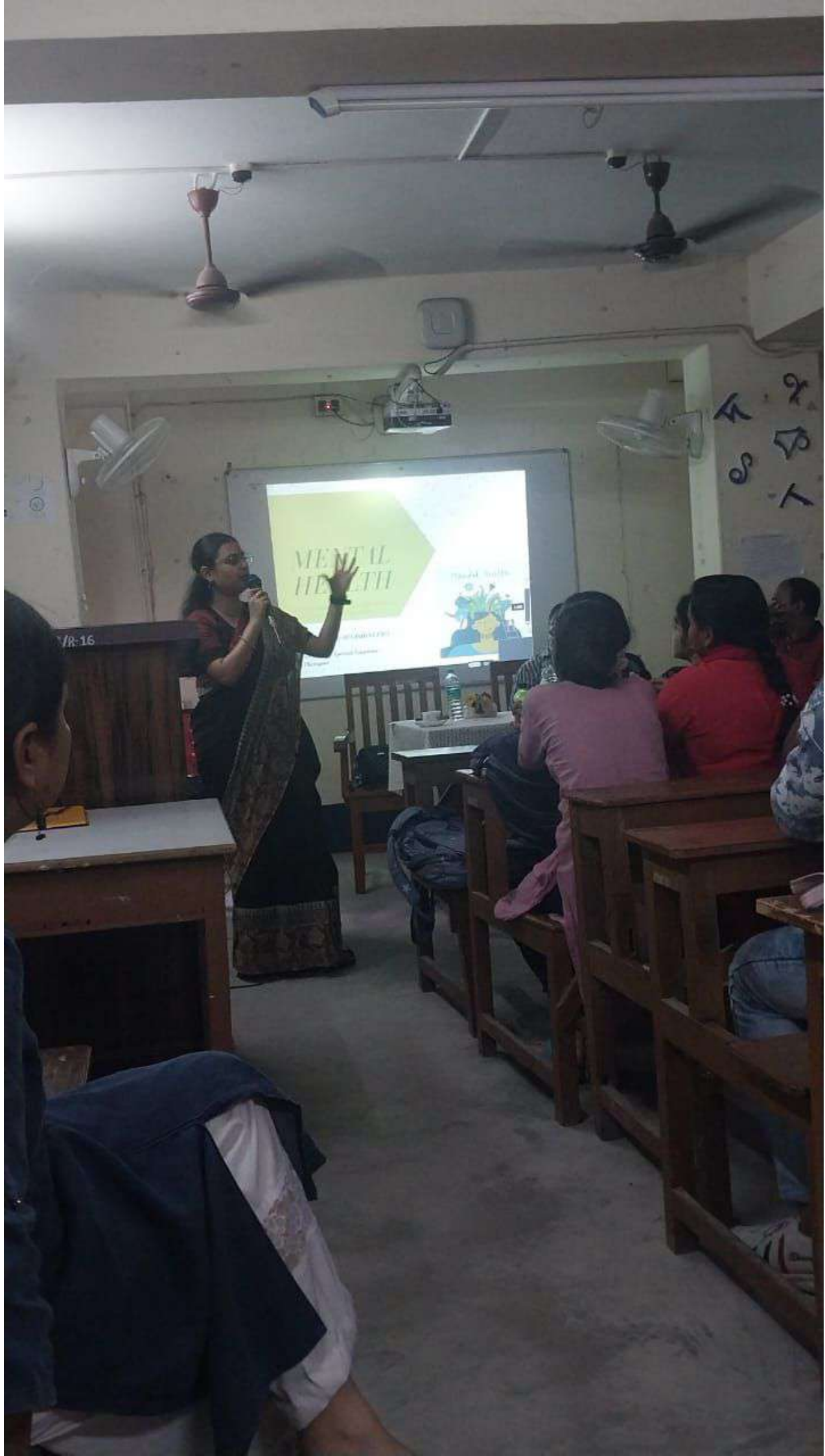


- Psychotherapy.
- Family approach.
- Medicines.
- Nutrition education.

Assignment Point
6th Sem
Education department







Substance Abuse & Addiction



What is Substance Abuse?
 Substance abuse is the continued use of drugs, including alcohol, even when you know or understand the substance abuse has probably progressed to addiction. Addiction is a chronic disease which is often progressive and fatal.

What are the signs and symptoms of Substance Abuse?

According to the American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders, the signs of substance abuse include:

- Taking the substance in larger amounts and for a longer amount of time than you're meant to if it's a prescription.
- Having a strong desire or urge to use the substance.
- Having unsuccessful efforts to cut down on or control substance use.
- Spending a lot of time thinking on using the substance or recovering from its effects.
- Using substances again and again even when it puts you in danger.



Smoking causes cancer, heart disease, stroke, lung diseases, asthma, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. So stop smoking now!



Drugs have short-term and long-term effects. These effects can be physical and psychological. Drugs can impact the way you think, feel and act. Making sure you know the risks can help reduce the potential harm to your performance.

Alcohol is responsible for cancer of the esophagus and chronic gastritis. Heavy consumers of alcohol develop pancreatitis due to mal-absorption of fats, alcoholics develop frequent gastrointestinal episodes.



How to prevent Substance abuse?

1. Understand how substance abuse develops.
2. Avoid temptation and peer pressure.
3. Seek help for mental illness.
4. Examine the pipe system.
5. Keep a well-balanced life.

Name - Anu Gupta
 Semester - 6th, EDCA

MOOD Disorder

• What is Mood Disorder?

A mood disorder is a mental health condition that causes changes in your mood and can affect your daily life.

The brain's psychological system lets us react which affects your ability to operate. It helps us deal with your feelings when you experience a range of emotions. Children, teens, and adults can have mood disorders. However, children and teens don't always have the same symptoms as adults.



• What Can Cause Mood Disorder?



• Types of Mood Disorder -



• Symptoms of Mood Disorder -



• Treatment of Mood Disorder -





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KBBNC/R-16

KBBNC/R-16/TA-

ANXIETY

MOOD



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