

***A Report***  
***on the Student Webinar***  
***Entitled***  
***Mental Wellness of Rural Youths: Challenges and Answers***  
***Organized by***  
***Women's Cell, Sri Ramkrishna Sarada Vidyamahapitha***  
***Under the aegis of***  
***Internal Quality Assurance Cell, SRS Vidyamahapitha***  
  
***Held on***  
***February 09, 2022***

The Women's Cell, Sri Ramkrishna Sarada Vidyamahapitha, under the aegis of Internal Quality Assurance Cell has organized a Student Webinar entitled ***Mental Wellness of Rural Youths: Challenges and Answers*** on February 09, 2022.

The Webinar was inaugurated by Dr. Mausumi Ghosh, Principal of SRS Vidyamahapitha. In her welcome address, Dr. Ghosh stressed on the need of organizing such events in view of the growing issues of mental wellness of the rural youths and expressed her greetings to the speakers and participants.

Mr. Tanmoy Pandit, Coordinator, IQAC elaborated on the need of addressing the issue of mental wellness in academic institutions and referred to the ideas of Swami Vivekananda to motivate the youths of contemporary society.

Mrs. Kakali Santra, Convenor of the Women's Cell welcomed the speakers and participants delivered the prologue to initiate the session.

The first speaker of the session, Mrs. Barnali Ghosh, Counsellor, STI Clinic (DSRS under WBSAPCS) of Burdwan Medical College and Hospital discussed on various aspects of adolescent sexuality and their psychological consequences. She stressed on the need for dialogue and elimination of social taboos concerning sexuality. Her thrust area was primarily

the problems of rural youths as they face more difficulties to unlock their heart because of the social taboos and stigma, associated with sexuality. Moreover, she elaborated on the necessity of safe sex to avoid unwanted pregnancy and sexually transmitted diseases.

The last speaker of the session Dr. Gispati Chakrabarty, Member, Mental Health and Well-being of Students, University of Burdwan, restricted his discourse within the issues of pregnancy, and post-pregnancy complications and remedies.

The sessions were followed by a lively interactive session between the speakers and the students.

The Webinar ended with a formal vote of thanks, delivered by Dr. Arundhati Sur, Member, Women's Cell.



Intra-College Student Webinar  
On  
**Mental Wellness of Rural Youths: Challenges and Answers**  
Organized by Women's Cell, Under the aegis of IQAC  
SRS Vidyamahapitha  
**On February 09, 2022**  
Programme Schedule

11 am: Welcome Address: **Dr. Mousumi Ghosh**, Principal, Sri Ramkrishna Sarada Vidyamahapitha

11: 10 am: Message from the IQAC: **Mr. Tanmoy Pandit**, Asst. Prof. of English and Coordinator, IQAC, SRS Vidyamahapitha

11: 15 am: Welcome Address: **Mrs. Kakali Santra**, Asst. Prof. of Sanskrit and Coordinator, Women's Cell, SRS Vidyamahapitha

11: 20 am: Resource Person I: **Mrs. Barnali Ghosh**, Counsellor, STI Clinic (DSRS under WBSAPCS), Burdwan Medical College and Hospital, Purba Bardhaman

12:00pm: Interactive Session

12:10 pm: Resource Person II: **Dr. Gispati Chakrabarty**, Member, Mental Health and Well-being of Students, University of Burdwan

12:55 pm: Interactive Session

1:25 pm: Vote of Thanks by **Dr. Arundhati Sur**, Associate Professor of Bengali and Member, Women's Cell