

One day state level Seminar

on
"Coping with Stress and Caring
Mental Health during Covid 19
Pandemic"

Organised by Department Of Political Science in
collaboration with IQAC and Career Counselling Cell,
Lalgola College, Lalgola, Murshidabad

Date: 22nd December, 2021

Venue: Lalgola College

Time: 12.00 P.M



Chief Resource Person: Amrita Goswami
Counselling Psychologist and Psychotherapist.



Resource Person II: Sri Somnath Chakraborti.
H.O.D Department Of English, Lalgola College

Lalgola College

(Recognized by U.G.C. & Affiliated to University of Kalyani, NAAC Accredited)
Estd. 2005

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Memo. No.....

Date. 15.12.2021

To

Amrita Goswami

Dear madam,

Greetings!

We are happy to inform you that the Department of Political Science in collaboration with Career Counselling Cell and IQAC, Lalgola College, wishes to organize an awareness programme on "**Coping with stress and caring mental health during Covid 19 pandemic**" on 22/12/2021 at Lalgola College. For the said programme, we would like to request you to be our chief resource person.

Looking forward for a positive response from your end.

With regards

Arpita Chakraborty Jha.
Arpita Chakraborty Jha

Head Of The Department, Department of Political Science, Lalgola College

Munmun Sandhukhan
Dr Munmun Sandhukhan

IQAC Coordinator and Assistant Professor, Department of Education, Lalgola College.