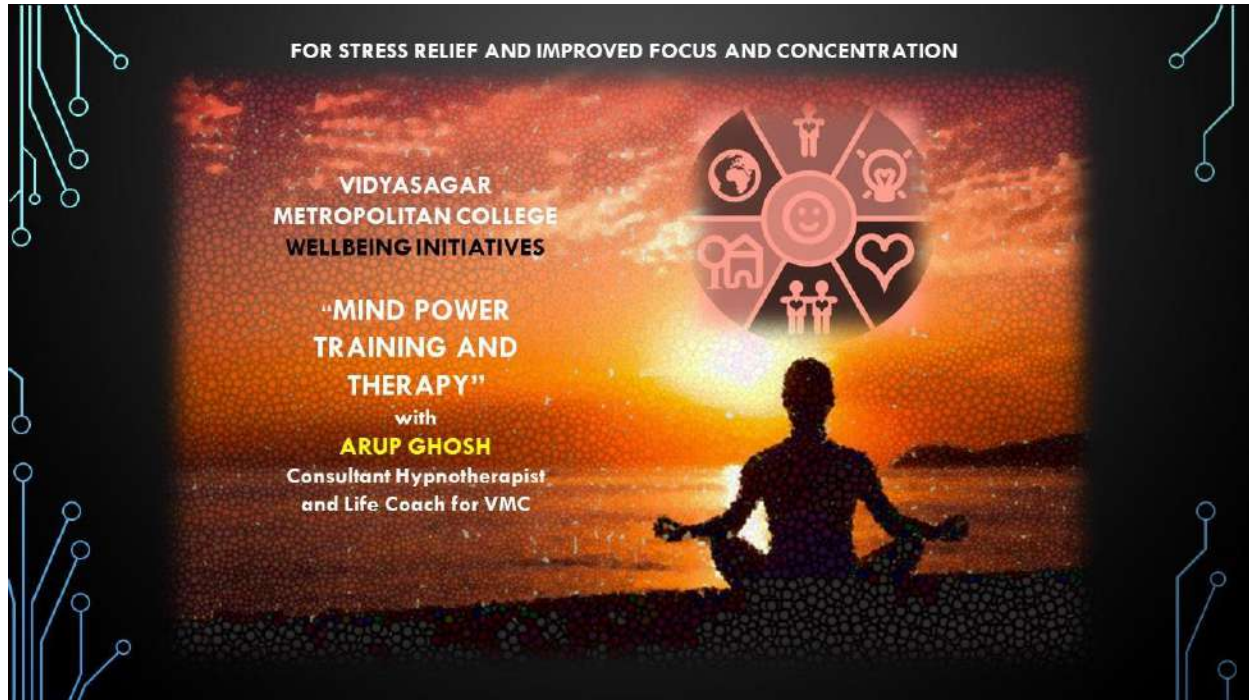


VIDYASAGAR METROPOLITAN COLLEGE

Established in the year 1961 | Affiliated to University of Calcutta | NAAC Accredited

WELLBEING INITIATIVES

Mind Power Training Meditation and Therapy



During the pandemic, Vidyasagar Metropolitan College has started a unique initiative of offering Mind Power Training workshops on stress relief to students and teachers, understanding the importance of mental health and wellbeing for effective academic pursuits. Stress, anxiety and other difficulties faced by students in their personal and professional lives sometimes becomes so overwhelming that studies and health suffer. Hence the college has started this program to help students cope better with life's pressures.

Arup Ghosh, Hypnotherapist and Life Coach, provides continuous support to students and staff, helping all members of the college break through existing patterns of thinking towards creating better and more positive lives. Students and teachers are encouraged to contact him and the VMC Therapy Support Team for further information regarding the weekly sessions held by him for the college students. Many of the Group Discussions and Webinars are also uploaded on the college YouTube Channel.

Students, please feel free to contact any of the following if you want to join the VMC Mind Power Training and Meditation Programme to improve concentration, focus and performance in studies, sports or for stress relief and better emotional management, in the face of any kind of crisis:

ARUP GHOSH, *Consultant Life Coach, Hypnotherapist and Meditation Coach*
through Whatsapp on **+91 82405 73904**

or

Professors on the Therapy Support Team by filling up this form: <https://forms.gle/KwovenQC6eTRAMss9>