

ENVIRONMENTAL CONSCIOUSNESS AND SUSTAINABILITY AND HUMAN VALUES AND PROFESSIONAL ETHICS SUBCOMMITTEES

WELLNESS PROGRAMS 2022-23

NATURE OF ACTIVITY: Harnessing the Power of the Mind-- Workshop on Mental Health and Wellbeing

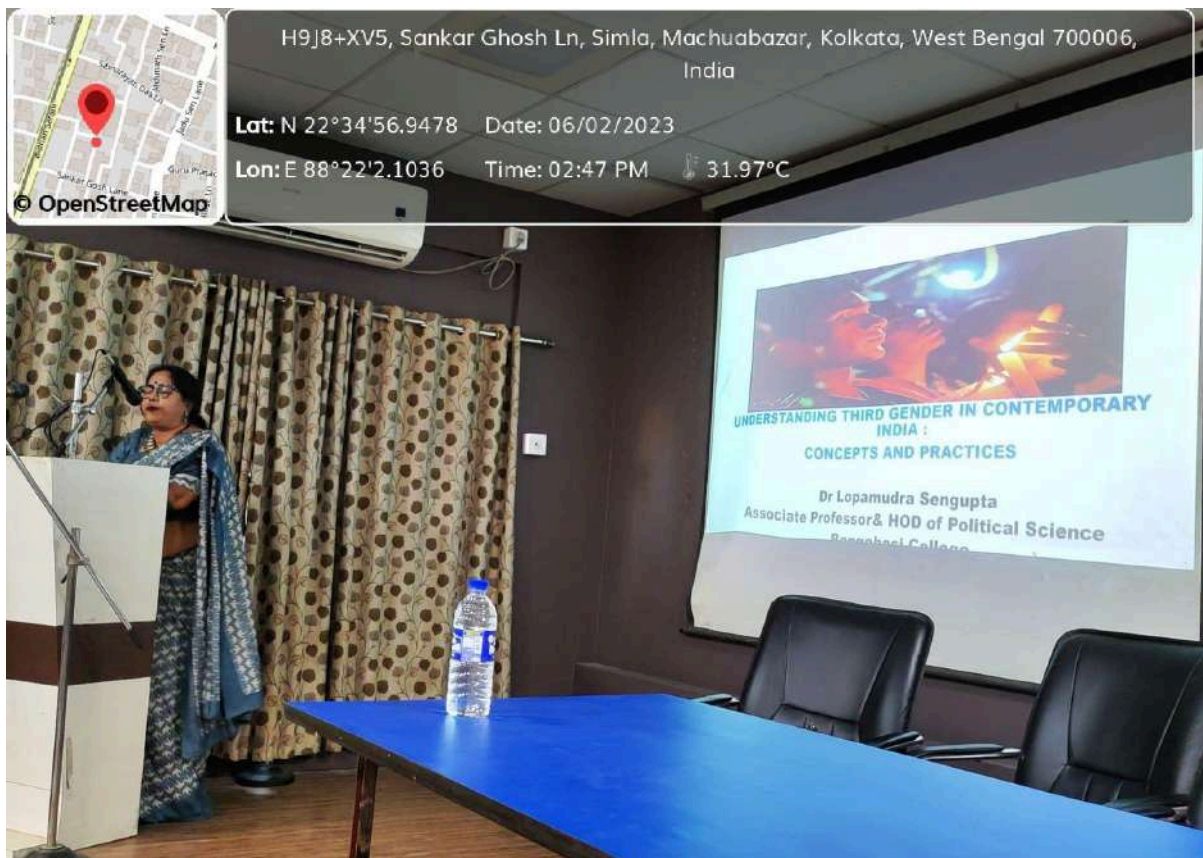
- **SPEAKER:** Arup Ghosh, Consultant Life Coach and Hypnotherapist for Vidyasagar Metropolitan College
- **DATE:** 16/01/23
- **EVENT DETAILS:** Arup Ghosh sir interacted with students from all semesters and streams, sensitizing them on the need for mental health and the importance of seeking help without the fear of stigma usually associated with counselling. He discussed common problems faced by students and encouraged them to reach out to him when in distress. He also taught a specialized relaxation technique and guided the participants through a meditation that helped them feel more stable and focused. Teachers and Mentors also participated in the workshop to learn better ways of helping their mentees and encouraging them to seek counselling when required.
- **NO. OF PARTICIPANTS:** 90+





NATURE OF ACTIVITY: Special Lecture on UNDERSTANDING THIRD GENDER IN INDIA: CONCEPTS AND PRACTICES

- **ORGANISED** by Internal Complaints' Committee, Students' Activity Subcommittee and Human Values and Professional Ethics Subcommittee
- **SPEAKER:** DR. LOPAMUDRA SENGUPTA, BANGABASI COLLEGE
- **DATE:** 6/2/23
- **EVENT DETAILS:** Dr. Sengupta spoke about the difficulties faced by people belonging to the third gender in India as well as prevalent ideas and concepts regarding the lgbtq community and busted many myths. She encouraged students to ask questions and speak out regarding their concepts about LGBTQIA and tried to sensitize them regarding the difference between sex and gender. It was very crucial gender awareness session that changed the way the listeners thought about homosexuality and heterosexuality as well as the fluidity of gender choices.
- **NO. OF PARTICIPANTS:** 50+





NATURE OF ACTIVITY: BEST OUT OF WASTE COMPETITION AND STUDENTS' SEMINAR TO COMMEMORATE EARTH DAY

- **ORGANISED** by Department of Environmental Studies and Environmental Consciousness and Sustainability Subcommittee
- **DATE:** 24/4/23
- **EVENT DETAILS:** Students from different semesters and streams created beautiful art and items from waste materials in a bid to create further environmental awareness and sensitization regarding proper disposal of waste and reuse of non-biodegradable materials in innovative ways. The creations by students from waste materials was judged and winners declared to enthuse participation in further such competitions and to celebrate innovative thought and creativity. Students also presented papers on multiple subjects as commemoration of Earth Day, reflecting on the importance of protecting the biodiversity of our planet and its ecology.
- **NO. OF PARTICIPANTS:** 85+





NATURE OF ACTIVITY: PARTICIPATION IN URBAN CLIMATE FILM FESTIVAL --COMMEMORATING WORLD ENVIRONMENT DAY

- **ORGANISED IN COLLABORATION WITH: CMS VATAVARAN, NEW DELHI**
- **DATE:** 3/6/23--5/6/23
- **EVENT DETAILS:** Students and teachers from Vidyasagar Metropolitan college went to participate in the Urban Climate Film Festival at Nazrul Tirtha, New Town, Kolkata, curated by CMS Vatavaran and supported by the Ministry of Urban Affairs, Govt of India, watching films from across the world on Climate Change and environmental problems and engaging in discussions on critical issues concerning the future of our planet and the role of films and art in increasing awareness regarding environmental sustainability and human culpability in impending disasters. The three days were transformative for many students and teachers who learnt new aspects regarding biodiversity loss and climate change in urban environments.
- **NO. OF PARTICIPANTS: 40+**



DAY 1--URBAN CLIMATE FILM FESTIVAL



DAY 2--URBAN CLIMATE FILM FESTIVAL



DAY 3--URBAN CLIMATE FILM FESTIVAL

1-1 Counselling sessions for students requiring help

- **DATE:** 2022-23
- **DETAILS:** As a follow up to the Mental Health and awareness workshop conducted in the college in January 2023, multiple one-one counselling sessions were organized for students with critical mental health conditions requiring urgent help. Arup Ghosh, Consultant Hypnotherapist and Life Coach of Vidyasagar Metropolitan College worked with the concerned students, helping them develop better coping mechanisms to combat their present circumstances. The concerned students were benefited by the counselling sessions.
- Issues faced by students ranged from depression, panic attacks, relationship problems, inability to focus to suicidal tendencies and self-abuse as well as violent behaviour with family members. 1-1 sessions were organized for the students requiring help on the following days:

DATE	DURATION	NATURE OF SESSION	DETAILS	PARTICIPANTS
01/02/2023	3 HOURS	VMC-ONLINE AND OFFLINE--WORKSHOP ON MENTAL WELLBEING	SENSITIZATION PROGRAM --DISCUSSIONS ON MENTAL WELLBEING AND ACADEMIC EXCELLENCE	30+
01/16/2023	3 HOURS	VMC-OFFLINE--WORKSHOP ON MENTAL WELLBEING--HARNESSING THE POWER OF THE MIND	SENSITIZATION PROGRAM INVOLVING ACTIVE PARTICIPATION FROM STUDENTS AND PROFESSORS	90+
01/30/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT A1 FACING EXTREME ANXIETY AND PANIC DISORDER SOUGHT HELP FROM LIFE COACH ARUP GHOSH	1
01/31/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT A1 WENT FOR A SECOND SESSION WITH ARUP GHOSH AND FOUND RELIEF FROM CHRONIC ANXIETY DISORDER	1
02/20/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT B1 WITH DEPRESSION STARTED SESSION WITH ARUP SIR	1

