

FACULTY DEVELOPMENT PROGRAMME

ORGANISED BY

Mental Health & Wellness in Academia



ASANSOL GIRLS' COLLEGE
ESTD. 1950

in Association with
IQAC, ASANSOL GIRLS' COLLEGE

Promoting Well-being. Enhancing Resilience.
Inspiring Excellence.



Empowering Educators for a
Healthier Mind and a Better Tomorrow

PROGRAMME HIGHLIGHTS



UNDERSTAND

Understanding
Mental Health:
Expert-led
sessions on
stress management.



PRACTICE

Interactive
Workshops on
mindfulness and
resilience



ENGAGE

Engage with
renowned
psychologists and
academicians



DATE

22 – 26 June 2026



TIME

11:00 AM – 4:00 PM



MODE

Hybrid (Online & Offline)



TARGET AUDIENCE

Faculty Members, Researchers
and Academic Professionals



E-CERTIFICATE

Will be provided to all
registered participants

“

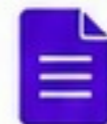
*“Taking care of
your mental health
is not a luxury,
it's a necessity.”*

WHO SHOULD ATTEND?

All faculty members, teaching
professionals, research scholars
and academic administrators
committed to personal well-being
and professional excellence.

REGISTRATION

CLICK TO REGISTER (Google Form)



REGISTER NOW

<https://forms.gle/CRDUMMMHSqaAjhTV8>

REGISTRATION FEES

- Rs 500/- for Online Participants
- Rs 1000/- for Offline Participants



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PAYMENT DETAILS

Name : Asansol Girls College
A/c No. : 000000405082105877
IFSC : SBIN0000011
Bank Name : State Bank of India



CONTACT FOR ANY QUERY

Eyevee Pakrashi : 7477446601



PATRON

Dr. Swati Chakraborty
Principal
Asansol Girls' College



CONVENOR

Dr. Biru Rajak
IQAC Coordinator
Asansol Girls' College



COORDINATOR

Ms. Eyevee Pakrashi
Assistant Professor
Asansol Girls' College

Healthy Mind. Happy Faculty.
Stronger Academia.

Let's work together for a
mentally healthy academic community.

