

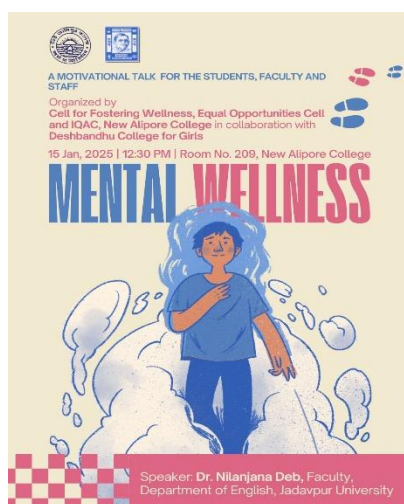
## REPORT FOR THE CELL FOR FOSTERING WELLNESS, (UNDER IQAC) NEW ALIPORE COLLEGE (JULY 2024-APRIL 2026)

The college has taken a proactive step to support and foster the mental well-being of its community by appointing Ms. Yashabanti Sreemany as a Counselling Psychologist. She is available on the 1st and 3rd Saturday of every month, from 12:00 PM to 2:00 PM. A dedicated counselling room has been established within the campus to provide a safe and private environment where students can openly share their thoughts and feelings. All counselling sessions are conducted with strict confidentiality to ensure trust and comfort. This facility is accessible not only to students but also to teaching and non-teaching staff, thereby promoting a holistic approach to mental health across the institution.

The Cell emphasises and prioritises meaningful communication, believing that personal dialogue offers deeper insights and fosters a supportive atmosphere. This initiative reflects the college's commitment to creating a mentally healthy and inclusive environment through accessible counselling services and empathetic communication practices.

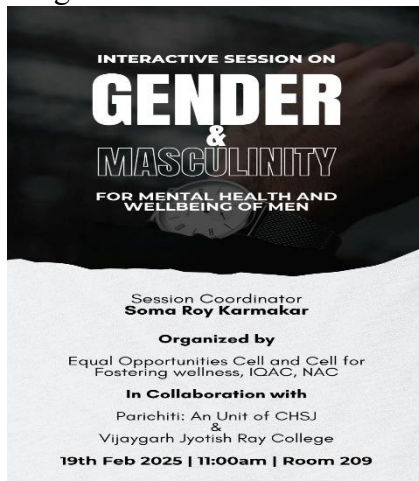
In addition to individual counselling sessions, the Cell organised a series of impactful programmes from July 2024 to April 2026 to promote mental health, well-being, inclusivity, and holistic development among students, faculty, and staff.

On 15<sup>th</sup> Jan 2025, a motivational talk on *Mental Wellness* was organised in collaboration with Deshbandhu College for Girls. The talk was delivered by Dr Nilanjana Deb, Faculty, Department of English, Jadavpur University. The talk focused



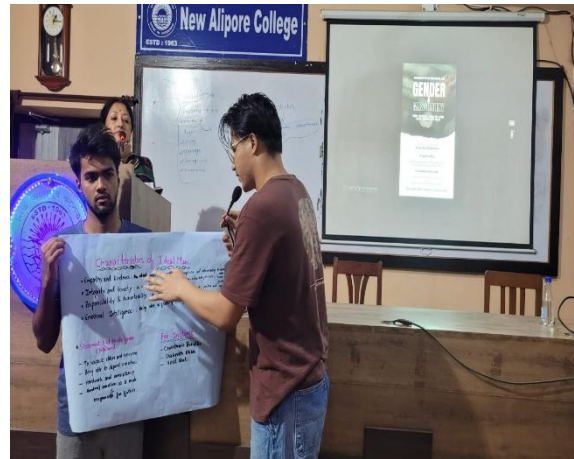
on emotional resilience, self-awareness, and the importance of mental health in academic and personal life. Students and faculty actively engaged with the speaker, making the session insightful and interactive.

An interactive session on *Gender & Masculinity for Mental Health and Well-being of Men* was organised on 19<sup>th</sup> Feb 2025. It was organised jointly by the Equal Opportunities Cell and the Cell for Fostering Wellness in collaboration with Parichiti (Unit of CHSJ) and Vijaygarh Jyotish Ray College. Smt Soma Roy Karmakar conducted the session and addressed social expectations, gender norms, and their impact on men's mental health. It encouraged open dialogue and helped participants develop a more inclusive and empathetic understanding of gender issues. This session marked a significant milestone as it was the first



to witness the exclusive participation of male students. The

participants engaged in candid and reflective discussions, challenging deeply ingrained stereotypes such as “men don't cry” and “mard ko dard nahi hota.” The session also examined the portrayal of hyper-masculinity in popular cinemas and its impact on young men, particularly when they express sensitivity and emotional vulnerability.



The session further highlighted the intense societal expectations placed on men to conform to rigid notions of masculinity, often discouraging authentic self-expression. Overall, the discussion created a meaningful platform for

male students to question stereotypes and articulate their experiences in a supportive environment.



An awareness programme on *Mental Well-being* was conducted by the Cell for Fostering Wellness and Anti-Ragging Cell on 6<sup>th</sup> Sept 2025. Smt Yashabanti Sreemani, Counselling Psychologist, led the session. The programme emphasised stress management, emotional balance, and coping mechanisms for students. It

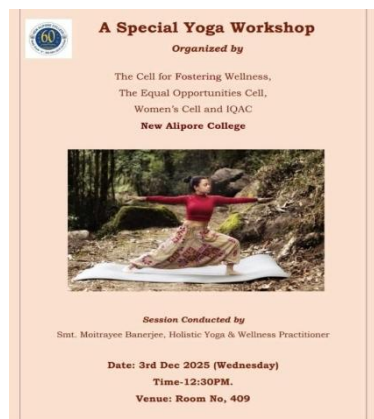


created awareness about seeking help and reducing stigma around mental health concerns.

A Special Yoga Workshop to promote holistic physical and mental well-being among the college community was organised on 3<sup>rd</sup> Dec 2025 . The session, exclusively designed for the faculty and staff, was conducted by Smt. Moitrayee Banerjee, a Holistic Yoga and Wellness Practitioner.



The workshop offered a comprehensive introduction to various yoga postures (asanas), breathing techniques (pranayama), and relaxation practices. These activities were aimed at improving physical fitness, reducing stress, and fostering mental clarity and inner balance. The session was well-received and enhanced overall wellness awareness among the participants.



As part of Students' Week 2026, a special talk on *Mental Wellbeing and Digital Discipline* was organised on 3<sup>rd</sup> Jan 2026. The speaker, Dr Prathama Chaudhuri, HOD, Department of Psychiatry, Pavlov Hospital, addressed the challenges of digital overuse and its impact on mental health. The session emphasised the importance of maintaining balanced digital habits,



practising mindfulness, and safeguarding psychological well-being in today's technology-driven environment. Students actively participated and shared their perspectives, reflecting strong engagement. It was noted that while achieving this balance is essential in the era of digital classrooms, it remains a significant challenge.

These programmes collectively foster a supportive campus. These initiatives enhanced awareness of mental health and emotional well-being among students, faculty and staff. They encouraged open and meaningful discussions on gender sensitivity and inclusivity. Promoted the adoption of healthy lifestyle practices through yoga and mindfulness.

Therefore, by addressing mental health and holistic wellness through expert-led sessions and workshops, the Cell demonstrated the institution's efforts to create a supportive and inclusive campus environment that aimed at reducing the stigma associated with mental health concerns.