

## **Webinar On Physical And Psychological Welbeing During Covid-19 Lockdown**

**15.8.2020**

Department of Education and NSS Unit of Dr.Kanailal Bhattacharyya College organised a Webinar On “Psychological and Physical Well Being During Lockdown” On Independence Day 15.8.2020 Resource Persons were Dr. Suranjana Ganguly, Psychiatrist and Counsellor, highlighting and interacting with students on how to take care of mental health during lockdown. The other Resource Person was Prof. Moushumi Mojumdar Pal, Karate Black Belt, highlighting on the ways of how to stay physically fit during the lockdown by exercises.

### **Resource Person Details:-**

Psychiatrist Dr. Suranjana Ganguly, VVM drug addiction and research centre.

Prof. Moushumi Mojumdar Pal, Karate Black Belt, Assistant Prof. In Philosophy Uluberia College.

**COVID-19 Awareness Programme during lockdown**



**Principle Dr. Kaustubh Lahiri Addressing The Session**



**Prof.Prithwish Kumar Roy**



**Dr. Suranjana Ganguly**



**Prof. Mousumi Mojumder Pal**



**NSS prog.officer and sports in charge conducting the session**