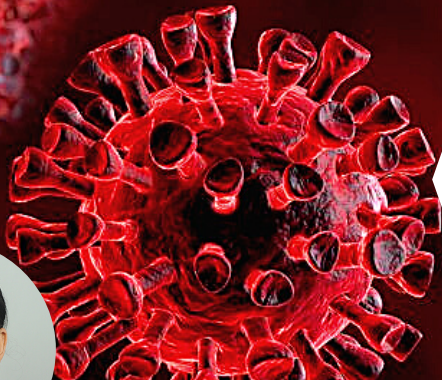


"Bio-Psycho-Spiritual Disciplining: The Key to Well-being in the New-Normal"



Dr. Manisha Dasgupta

Associate Professor,
Department of Psychology,
University College of Science,
Technology and Agriculture,
University of Calcutta

DATE June 17, 2020
TIME 4 PM - 5:30 PM
CONTACT sncwebinar@gmail.com
PLATFORM Zoom cloud meeting
REGISTRATION

<https://forms.gle/Gxg9Aph5HsXRUSYR8>

Registration is free but mandatory

Zoom link and E-certificate will be sent to the registered Email address of the participant

RIDE THE TIDE OF COVID WITH A RAY OF HOPE
A WEBINAR SERIES | WEBINAR 03 | 17 JUNE 2020

Organised by
IQAC

in association with
Department of Psychology

Surendranath College, 24/2 M.G. Road, Kol - 9



Name of the event: Webinar

Topic: "Bio-Psycho-Spiritual Disciplining: The Key to well-being in the New Normal"

Invited speaker: Dr. Manisha Dasgupta, assistant Professor, University of Calcutta

Date: 17th June ,2020

Time: 4.00 PM TO 5.30 PM

Webinar Platform: zoom cloud meeting platform

Organized By: Department of Psychology in coordination with IQAC, Surendranath College

Participation: internal college students with students from outside colleges, faculty members of Surendranath and other outside colleges

Number of Participants: 500 approx.

Summary: This webinar was arranged by the Department of Psychology, Surendranath College in coordination with I.Q.A.C. Through this webinar, Dr. Manisha Dasgupta, assistant Professor, University of Calcutta, had enlightened our students, faculty members and other participants about the 'Key to Wellbeing in the New-Normal' era of COVID-19 pandemic. Three significant aspects were covered, namely, biological, psychological and spiritual to cope with this pandemic. These three domains together prepare us to build up coping strategies to deal with the stress and death anxiety in an effective manner. It also helps to restore our self-reliance under such severe conditions.

YouTube Link:

youtu.be/3WszHMy1Tpl

Event Flyer:

drive.google.com/file/d/18JxkbYvzRCXIIUxmAatzML-hM_vrZ_rH/view?usp=sharing

Sample Certificate:

 Certificate 17.06.20.pdf



SURENDRANATH COLLEGE
24/2 M.G. Road, Kolkata 700009

RIDE THE TIDE OF COVID WITH A RAY OF HOPE A WEBINAR SERIES

WEBINAR 03: "Bio-Psycho-Spiritual Disciplining: The Key to Well-being in the New-Normal"

**Organized by
IQAC**

**in association with Department of Psychology,
Surenthranath College, 24/2 M.G.Road, Kolkata 700009**

CERTIFICATE OF APPRECIATION

This certificate is presented to Dr. Manisha Dasgupta for the precious and declamatory presentation on June 17th, 2020 in Webinar 03 of the Webinar Series (from June 15th to 18th, 2020) "RIDE THE TIDE OF COVID WITH A RAY OF HOPE" organized by IQAC, Surenthranath College. We sincerely appreciate her cordial presence in our Webinar platform.

Dr. Suchandra Chatterjee
IQAC, Co-ordinator



Dr. Indranil Kar
Principal