

REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS

SEMINAR on “Self Confidence makes you strong and beautiful from within” and Women’s Day Celebration

Internal Complaint Committee of Regent Education and Research Foundation Group of Institutions organized a one day seminar program on “**SELF CONFIDENCE MAKES YOU STRONG AND BEAUTIFUL FROM WITHIN**” along with **Women’s Day Celebration** on 17th March, 2023. The program was held in seminar hall of RERF Building in offline mode.

Program schedule

Program	Time
Inauguration Program & Felicitations of Guest	02:30 pm - 02:50 pm
Welcome Address by ICC Chairperson, Dr. Nibedita Mukherjee	02:50 pm - 03:00 pm
Welcome Address by RIST Principal, Milon Majumder	03:00 pm - 03:10 pm
Start of the Seminar	03:10 pm - 04:00 pm
Interactive Session with participants	04:00 pm – 04:30 pm
Vote of Thanks by DEAN-Academic, RERFGOI, Dr. Rajorshi Bandyopadhyay	04:30 pm – 04:40 pm
Women Day Celebration by cake cutting and photo session	04:40 pm – 05:00 pm

The inauguration program started with the lighting of the lamp and felicitations of the Guest followed by a warm welcome address was given **ICC Chairperson, Dr. Nibedita Mukherjee**. The program was hosted by Rajalakshmi Chandrasekhar, Member of **ICC Cell** and Assistant professor of RERFGOI. As Women’s Day 2023 theme colour was **purple** so we all lady faculties decided to wear purple outfit. Purple signifies justice, dignity and being loyal to the cause. Green symbolizes hope and white represents purity. The colours originated from the Women's Social and Political Union (WSPU) in the UK in 1908. After a good interactive session the vote of Thanks was given by DEAN-Academic, RERFGOI, Dr. Rajorshi Bandyopadhyay. The program ended with Women’s Day Celebration by cake cutting and photo session.

Number of students participated: 75

Campus : Regent Education & Research Foundation Group of Institutions

E-mail : rerfkolkata@gmail.com, Website : www.rerf.in

Campus Address:

Bara Kanthalia, Barrackpore
P.O: Sewli Telinipara, P.S.: Titagarh
Kolkata - 700 121
Tel.: 033-3008-5442/432/431, Fax: 033-3008-5442

Regd. Office Address:

11/3, Biresw Guha Street
7th Floor, Kolkata - 700 017
Tel.: 033-3221-3013



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Speaker Schedule

Time	Session
03:10 pm – 03:20 pm	Ms. Suchandra Gupta
03:20 pm – 03:40 pm	Mrs. Tamali Chaki
03:40 pm – 04:00 pm	Sukanta Kumar Mitra
04:00 pm – 04:30 pm	Interactive Session by all the three Guest Speakers

Speakers Present



1. Sukanta Kumar Mitra done M.Sc in Applied Psychology, LL.B (C.U) , 2 Year & Stress Management(J.U) , 1year Diploma in Conflict Management (J. U),Family Counselling Trained By STATE LEGAL SERVICE AUTHORITY(W.B), deals with – Mental Health, Faculty of "Center for Counselling Services and Studies in Self Development (CCSSS)"(JADAVPUR UNIVERSITY) & NSOU, Psychological Counsellor of Bhairab Ganguly college, he is 22 years experienced.



2. Tamali Chaki work as a teacher in a school since 2006. I have attended numerous classes and workshops regarding mental health. Currently, I am pursuing a course under the Faculty of Center for Counselling Services and Studies in Self Development (CCSSS), Jadavpur University.



3. Suchandra Gupta is a professional Social Worker, currently working as a Project Coordinator cum Counselor in a HIV related project in Child In Need Institute (CINI) for more than two years, resource person in Nirman Foundation.

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FLYER:



SEMINAR ON “SELF CONFIDENCE MAKES YOU STRONG AND BEAUTIFUL FROM WITHIN”

ORGANISED BY INTERNAL COMPLAINT COMMITTEE (ICC)
OF RERFGI IN ASSOCIATION WITH IQAC CELL



SUKANTA KR. MITRA
Psychological Counsellor
Attached with- CCSSS
(JADAVPUR UNIVERSITY)



TAMALI CHAKI
Psychological Counsellor
(teacher)



SUCHANDRA GUPTA
Project Co-ordinator, CINI,
Deals with Mental Health

DATE: 17TH MARCH 2023
TIME : 2PM

[CLICK HERE TO REGISTER HERE](#)

The organizing committee was formed as follows

ORGANIZING COMMITTEE		
Organizing Chairperson	Dr. Nibedita Mukharjee	HOD, BSH
Convener	Labani Nandi	Assistant Professor, AHOD
Member	Ishika Ghosh	Assistant Professor
Member	Payel Chakraborty	Faculty
Member	Rajalakshmi Chandrasekhar	Assistant Professor
Member	Pragati Ghosh	Assistant Professor
Member	Sreyashi Sengupta	Assistant Professor

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PICTURES:



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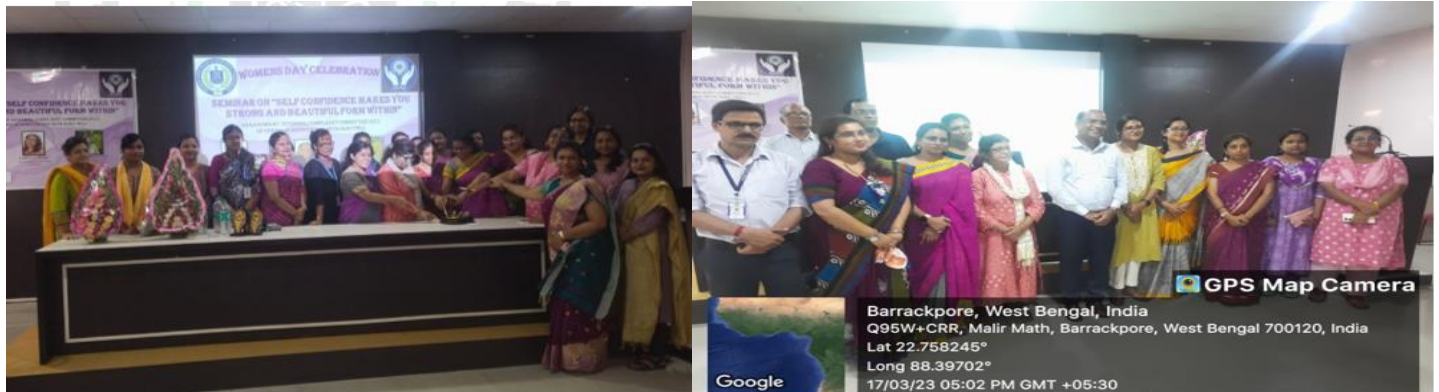
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CERTIFICATE:



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