

**REPORT ON MOTIVATIONAL TALK ON EMOTIONAL RESILIENCE ON THE
OCCASION OF MENTAL HEALTH AWARENESS MONTH, 2024**

Date: 11th May, 2024

Timings: 11:00 AM – 12:30 PM

Venue: Asutosh College, Centenary Building

Convenor: Dr. Rimjhim Ray

Co-convenor(s): Dr. Kumar Surya Narayan Singh and Smt. Somlata Acharyya Chowdhury

Report: On the 11th of May, 2024, the Department of Psychology, Asutosh College, along with Psychotherapy Unit, Asutosh College, in collaboration with IQAC, Asutosh College, organised an interactive session on the occasion of Mental Health Awareness Month, 2024. The esteemed speaker for this event was Shri Debasish Biswas, Mountaineer and Joint Commissioner of Income Tax, Govt of India.

The session commenced with a welcome address by a brief introduction about the speaker for the event. This was followed by the felicitation of Shri Biswas. He then went on to deliver an insightful and memorable talk about his experiences of mountaineering and overcoming different challenging circumstances through mental fortitude on his climbing expeditions.

He began the lecture by talking about the genesis of his interest in mountaineering during his college days when he joined the Krishnanagar Mountaineering Association. He subsequently completed a course in mountaineering and underwent rigorous training before embarking on his mountaineering expeditions.

He then went onto recount his experiences of scaling the heights of thirty six different peaks across different countries such as India, Nepal, and Kyrgyzstan. He spoke of the difficult circumstances he faced such as inclement weather, temporary loss of physical ability through snow blindness, losing fellow mountaineers along the way, and how he showed persistence and successfully adapted to these challenges. He also shared stories regarding the mythology surrounding the mountains and mentioned that each mountain peak is revered as a God or Goddess for the local people.

Lastly, he spoke about importance of having a positive mind-set and having faith in one's abilities when it came to him being resilient. He mentioned the importance of maintaining

psychological endurance and how it has supplemented physical endurance in his mountaineering journeys. He also spoke about the role played by social support in his mountaineering experiences and how the invaluable succour and fortification he received from his family members, his mentors, and fellow mountaineers helped him accomplish his goals.

Towards the end of the programme, there was an extensive interactive session during which students and faculty members received the opportunity to share their insights and ask questions regarding the presentation offered by Shri Biswas. The interactive session saw enthusiastic participation from students as well as faculty members who cherished the opportunity to have attended such an illuminating and inspiring event.

The event concluded with the vote of thanks, followed by a closing address by Dr. Ray.

Some glimpses from the event are shared below:





Attendance sheet for the event has been attached below:

A MOTIVATIONAL TALK ON "EMOTIONAL RESILIENCE" ON THE OCCASION OF "MENTAL HEALTH AWARENESS MONTH 2024"

REGISTRATION FOR STUDENTS (SEMESTER-4)

DATE: 11.05.2024
SPEAKER: DEBASHIS BISWAS, MOUNTAINEER AND RECEIVER OF TENZING NORGAY NATIONAL ADVENTURE AWARD (ALJUNA IN MOUNTAINEERING) AND JOINT COMMISSIONER OF INCOME TAX, GOVT. OF INDIA.

| SL NO | NAME OF THE STUDENT | ROLL NO. | EMAIL ID | SIGNATURE |
|-------|------------------------|------------|-----------------------------------|----------------------|
| 1 | GOPA DAS | 937 (BSC) | dasgopa2017@gmail.com | |
| 2 | PRITHWIRAJ CHAKRABORTY | 1131 (BSC) | chakrabortyprithwaj146@gmail.com | Prithwaj Chakraborty |
| 3 | PURNIMA BASUMATARY | 398 (BSC) | purnima2basumatary@gmail.com | |
| 4 | SARDIHI SAHA | 969 (BA) | sahasrdihi@gmail.com | |
| 5 | TANISHA BARMAN | 977 (BA) | tanishabarmann22@gmail.com | |
| 6 | SNEHA RAKSHIT | 918 (BA) | rakshitsneha2004@gmail.com | Sneha Rakshit |
| 7 | MITISHA DAS | 867 (BSC) | mishadas@gmail.com | Mishita Das |
| 8 | RIYA ROY | 570 (BA) | royriyroy2002@gmail.com | |
| 9 | RIK MANDAL | 1247 (BA) | rikmandal@gmail.com | Rik Mandal |
| 10 | SHIVAM KUMAR SINGH | 951 (BA) | shivamkumarasingh1407@gmail.com | Shivam Singh |
| 11 | SANCHAYETA MONDAL | 931 (BSC) | sanchayctamondal5@gmail.com | |
| 12 | PRIYA MONDAL | 258 (BSC) | priyamonnda2607@gmail.com | Priya Mondal |
| 13 | NAHID IMRAN HAQUE | 844 (BSC) | nahidimranhaqu005@gmail.com | |
| 14 | SANDIP CHOWDHURY | 293 (BSC) | sandipchowdhury369@gmail.com | |
| 15 | MADHURIKA SARKAR | 664 (BSC) | www.madhurikasarkar2003@gmail.com | |
| 16 | SHREYA DAS | 667 (BSC) | shreyadast014@gmail.com | |

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| SL NO | NAME OF THE STUDENT | ROLL NO. | EMAIL ID | SIGNATURE |
|-------|---------------------|------------|-------------------------------|-------------------|
| 17 | RAISHA MAZUMDER | 217 (BSC) | raishamazumder2002@gmail.com | |
| 18 | SRIMONTI SINHA | 1639 (BSC) | sinhasrimonti73@gmail.com | |
| 19 | SOMYADEEP DEY | 759 (BSC) | deysomyadeep1@gmail.com | Somyadeep Dey |
| 20 | PARIJAYEE BAKSHI | 1127 (BSC) | parijayeebakshi@gmail.com | |
| 21 | KABITA DAS | 863 (BSC) | kab63@gmail.com | |
| 22 | DESHNA CHATTERJEE | 467 (BA) | deshnachatterjee@gmail.com | Deshna Chatterjee |
| 23 | HITANSHA KEDIA | 962 (BA) | hitanshakedia@gmail.com | Hitansha Kedia |
| 24 | ZUBIYA HASEEN | 609 (BSC) | zubiyahaseen@gmail.com | |
| 25 | DIYA DAS | 547 (BSC) | dancingguccondiya1@gmail.com | |
| 26 | NAYANIKA SPNGUPTA | 320 (BSC) | nayanikaip22@gmail.com | |
| 27 | SARANA KHATOON | 1447 (BSC) | sakarukhatoon@gmail.com | |
| 28 | TORSHA BRAHMACHARY | 1487 (BSC) | brahmacharytorsha10@gmail.com | |
| 29 | PRATYUSH DAS | 1195 (BSC) | pratyushd27@gmail.com | |
| 30 | SOUMIK MUKHERJEE | 524 (BSC) | soumikmukherjee141@gmail.com | Soumik Mukherjee |
| 31 | ADITIA GOISWAMI | 0650 (BSC) | gowaiswamitadit3@gmail.com | Aditita Goiswami |

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| SL NO | NAME OF THE STUDENT | ROLL NO. | EMAIL ID | SIGNATURE |
|-------|---------------------|-----------|-------------------------------|------------------|
| 16 | KRITTIKA SAHA | 393 (BA) | sahakritika281@gmail.com | |
| 17 | IPSHITA MONDAL | 544 (BSC) | ipshita2904@gmail.com | |
| 18 | RAJNANDINI DAS | 559 (BSC) | rajnandinidas234@gmail.com | Rajnandini Das |
| 19 | PRATEETI MANDAL | 87 (BA) | prateetimandalprati@gmail.com | Prateeti Mandal |
| 20 | SWASTIKA DAS | 126 (BSC) | swastika2003109@gmail.com | |
| 21 | SAYANTIKA MITRA | 863 (BA) | sayantisamita2004@gmail.com | Sayantika Mitra |
| 22 | DEBANKO CHAKRABORTY | 914 (BSC) | chakrabortydebanko@gmail.com | |
| 23 | ANKITA MUKHERJEE | 904 (BA) | ankitamukherjee@gmail.com | Ankita Mukherjee |
| 24 | TANDRANI NATH | 876 (BSC) | tandraninath@gmail.com | Tandrani Nath |
| 25 | SARDIYA MONDAL | 526 (BSC) | sardiyamondal@gmail.com | Sardiya Mondal |
| 26 | ANUSHKA HALDER | 504 (BSC) | anushkahalder599@gmail.com | |
| 27 | ANKITA BISWAS | 577 (BSC) | ankitabiswas1208@gmail.com | |
| 28 | MOHAMMAD RIYAZ BEKH | 194 (BSC) | riyazbekh2017@gmail.com | |
| 29 | SUBHARTHI FOUZDAR | 134 (BSC) | fouzdar.subharti@gmail.com | |
| 30 | Angika Das | 106 (BSC) | angikadas020@gmail.com | Angika Das |
| 31 | Pooja Saha Roy | 864 (BA) | poojasahasroy16@gmail.com | Pooja Saha Roy |
| 32 | Trisha Das | 636 (BSC) | trishadas308@gmail.com | Trisha Das |
| 33 | Riya Mitta | 241 (BA) | riyamitta4100@gmail.com | Riya Mitta |
| 34 | Srijani Das | 514 (BA) | srijanidas@gmail.com | Srijani Das |

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| SL NO | NAME OF THE STUDENT | ROLL NO. | EMAIL ID | SIGNATURE |
|-------|----------------------|------------|--------------------------------|-----------------|
| 1 | SOHINI KAR | 891 (BA) | sohnikar587@gmail.com | |
| 2 | MEGHADRI DEBNATH | 715 (BSC) | meghadricdebna2952@gmail.com | |
| 3 | TILOTTOMA GHOSH | 689 (BA) | tilottomaghosh00@gmail.com | Tilottoma Ghosh |
| 4 | PRIYANKA PAUL | 986 (BSC) | priyankapaul1407@gmail.com | Priyanka Paul |
| 5 | PRATTUSHA DUTTA | 123 (BSC) | yashubhata204@gmail.com | Prattusha Dutta |
| 6 | SUBHANKITA MONDAL | 254 (BSC) | subhankitamondal@gmail.com | |
| 7 | MADHURIMA NAG | 1007 (BSC) | padmasa77@gmail.com | Madhurima Nag |
| 8 | BIHAN MAJUMDAR | 506 (BSC) | majumdarbihan@gmail.com | Bihan Majumdar |
| 9 | NISHAGNI DAS | 471 (BSC) | nishagnidas@gmail.com | Nishagni Das |
| 10 | SHREYA CHAKRABORTY | 868 (BSC) | shreyachakraborty544@gmail.com | |
| 11 | SREYA HALDER | 887 (BSC) | sreyahalder2003@gmail.com | Sreya Halder |
| 12 | TASNIM FRIDAWS | 245 (BSC) | tasnimfridaws.11@gmail.com | |
| 13 | SHRESTHA JHUNJUNWALA | 826 (BSC) | shresthajhunjunalwa@gmail.com | |
| 14 | SAVANI MONDAL | 1 (BSC) | savanishaehyung@gmail.com | Savani Mondal |
| 15 | RITIKA DUTTA | 939 (BA) | ritikadutta9051@gmail.com | Ritika Dutta |

