

**REPORT ON SESSION ON “ROMANCE AND REBOUND RELATIONSHIPS” ON THE
OCCASION OF MENTAL HEALTH AWARENESS MONTH, 2024**

Date: 10th May, 2024

Timings: 2:30 PM – 3: 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 10th of May, 2024, the Department of Psychology, 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 Dr. Rima Mukherji, MBBS, DPM, MRCPsych, London; Senior Consultant and Lead Psychiatrist, Crystal Minds Kolkata.

The session commenced with a welcome address by Smt. Somlata Acharyya Chowdhury followed by a brief introduction about the speaker for the event. This was followed by the felicitation of Dr. Mukherji by Dr Kumar Surya Narayan Singh and Smt. Chowdhury. Dr. Mukherji then went on to deliver an illuminating and insightful presentation about romance and rebound relationships.

She began her lecture by describing the characteristic features of a rebound relationship. She spoke about how rebound relationships are usually short-lived, have a rapid pace of progression, and are usually noted by a fear of commitment, recent break-up, and an unwillingness to express emotional vulnerability.

She then delved into the reasons behind why people may tend to engage in rebound relationships. In this regard, she spoke about how people may be unwilling to explore or process the loss of a previous relationship and hence, may engage in a new relationship in order to avoid acknowledging the end of the former.

She also emphasised on the necessity of grieving the end of a relationship in order to find acceptance. “Grief is the price you pay for loving someone,” said Dr. Mukherji and briefly touched upon the stages of grief proposed by Kubler-Ross and their significance in the aftermath of a break-up. She also mentioned that individuals have their own unique time frame for progressing through the stages but if they are facing extreme distress or being unable to progress from one stage to another, they may benefit from seeking professional help.

Dr. Mukherji then spoke about the impact of rebound relationships on mental health and the potential negative consequences associated with them. She mentioned that there can be a lot of

insecurity, possessiveness, distrust, and jealousy emerging in such relationships and in some cases, it may also lead to people feeling isolated or rejected within the confines of the relationship. She went on to elaborate on the variety of reasons why rebound relationships do not work. She then delved into scenarios where rebound relationships work and the factors involved therein. Lastly, she identified some signs according to which one can identify if they or their partner are engaged in a rebound relationship.

She ended her presentation by sharing some important take home messages for the audience such as rebound relationships are often meant to fill the void left by a former relationship and how instead of engaging in one, an individual who has undergone a recent break-up should take time to fully grieve the loss of the relationship. She additionally mentioned that following the end of a relationship, people should embrace their new status of being single and learn to truly enjoy their own company before embarking on a new romantic relationship.

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 Dr Mukherji. The audience also shared their queries anonymously in writing through the means of a dropbox. The interactive session saw enthusiastic participation from students as well as faculty members who cherished the opportunity to have their queries answered by the esteemed speaker for the day.

Towards the end of the programme, Prof. Dr. Manas Kabi, Principal, Asutosh College, shared his insights regarding the session. The event concluded with the vote of thanks by Dr. Ray followed by a closing address by Smt. Chowdhury.

Some glimpses from the event are shared below:

YOU'RE INVITED TO
A SESSION ON "ROMANCE AND REBOUND RELATIONSHIPS"
ON THE OCCASION OF "MENTAL HEALTH AWARENESS MONTH 2024"




SPEAKER:
DR. RIMA MUKHERJI, SENIOR CONSULTANT AND LEAD PSYCHIATRIST
FOUNDER DIRECTOR, CRYSTAL MINDS, KOLKATA
MBBS, DPM, MRCPsych (LONDON)

DATE: 10TH MAY, 2024
TIME: 2:30 PM - 3:30 PM

ORGANISED BY
DEPARTMENT OF PSYCHOLOGY, ASUTOSH COLLEGE
IN COLLABORATION WITH IQAC, ASUTOSH COLLEGE, UNIVERSITY OF CALCUTTA

VENUE: CENTENARY BUILDING, ASUTOSH COLLEGE, 22, KALIGHAT RD, JATIN DAS PARK, PATUAPARA, BHOWANIPORE, KOLKATA, WEST BENGAL 700025







Attendance sheet for the event has been attached below:

**A SESSION ON "ROMANCE AND REBOUND RELATIONSHIPS"
ON THE OCCASION OF "MENTAL HEALTH AWARENESS
MONTH 2024"**

REGISTRATION FOR PROFESSORS

DATE: 10.05.2024
SPEAKER: DR. RIMA MUKHERJI, SENIOR CONSULTANT AND LEAD PSYCHIATRIST
FOUNDER DIRECTOR, CRYSTAL MINDS, KOLKATA
MBBS, DPM, MRCPsych (LONDON).

SL.NO	NAME	DEPARTMENT	SIGNATURE
1	SOMLATA	Psy	<i>[Signature]</i>
2	Smriti Basumatary	Chemistry	<i>[Signature]</i>
3	Dr. Anshu Roy	Chemistry	<i>[Signature]</i>
4	Dr. K. S. S. NARAYANAN	Psychology	<i>[Signature]</i>
5	RUPANJALI SAMADDER	PSYCHOLOGY	<i>[Signature]</i>
6	Kaibala Basu	Bengali	10.5.2024 <i>[Signature]</i>

**A SESSION ON "ROMANCE AND REBOUND RELATIONSHIPS"
ON THE OCCASION OF "MENTAL HEALTH AWARENESS
MONTH 2024"**

REGISTRATION FOR STUDENTS (SEMESTER-6)

DATE: 10.05.2024
SPEAKER: DR. RIMA MUKHERJI, SENIOR CONSULTANT AND LEAD PSYCHIATRIST
FOUNDER DIRECTOR, CRYSTAL MINDS, KOLKATA
MBBS, DPM, MRCPsych (LONDON).

SL NO	NAME OF THE STUDENT	ROLL NO	EMAIL ID	SIGNATURE
1	GOPI DAS	937 (BSC)	dasgopi2017.g4@gmail.com	
2	PRITHWIRAJ CHAKRABORTY	1131 (BSC)	chakrabortyprithw146@gmail.com	<i>[Signature]</i>
3	SRIJITA ROY	0305 (BSC)	roysrijita09@gmail.com	
4	PURNIMA BASUMATARY	388 (BSC)	purnima12basumatary@gmail.com	
5	AAYUSHI MAITRA	1023 (BSC)	ayushimaitra@gmail.com	<i>[Signature]</i>
6	AVISMITA GHOSH	1289 (BSC)	avismitaghosh.in@gmail.com	<i>[Signature]</i>
7	SMRIDHI SAHA	909 (BA)	sahasmidhich@gmail.com	<i>[Signature]</i>
8	TANISHA BARMAN	977 (BA)	tanishaborman22@gmail.com	
9	SNEHA RAKSHIT	918 (BA)	rakshitneha2004@gmail.com	
10	MITISHA DAS	867 (BSC)	mitishades@gmail.com	
11	ASHMITA DEB	753 (BSC)	ashmitadeb2018@gmail.com	
12	RIYA ROY	570 (BA)	royriyany2002@gmail.com	
13	AMRITA BAYEN	528 (BSC)	amritabayen1000@gmail.com	
14	HRI TI SENARMA	654 (BSC)	hrisisansarma@gmail.com	
15	SUJENA MURMU	113 (BSC)	sujaname25614@gmail.com	
16	AFRINA NEGASARI	1111 (BSC)	afriananegaban@gmail.com	<i>[Signature]</i>

**A SESSION ON "ROMANCE AND REBOUND RELATIONSHIPS"
ON THE OCCASION OF "MENTAL HEALTH AWARENESS
MONTH 2024"**

17	KHUSHI ROY	66 (BA)	roykhushi003@gmail.com	
18	SANCHAYETA MONDAL	931 (BSC)	sanchayetamondal5@gmail.com	
19	PRIYA MONDAL	756 (BSC)	priyamonadal507@gmail.com	
20	NAHID IMRAN HAQUE	944 (BSC)	nahidimranhaque005@gmail.com	
21	SANJIV CHOWDHURY	293 (BSC)	sandjchowdhury309@gmail.com	
22	MADHURIKA SARKAR	864 (BSC)	www.madhurikasarkar2003@gmail.com	
23	SHREYA DAS	867 (BSC)	shreyadast814@gmail.com	<i>[Signature]</i>
24	KIRAN KRUSHA MURMU	1069 (BA)	kirankrusha94@gmail.com	
25	RAISHA MAZUMDER	217 (BSC)	raishaamin2002@gmail.com	
26	GOSSIYA SANA	829 (BA)	gossiyasana810@gmail.com	
27	SRIMANTI SINHA	1838 (BSC)	srimantisinha73@gmail.com	
28	SRISHTI CHAKRABARTI	199 (BSC)	shrishtichakrabarti2@gmail.com	
29	SURAVI DUTTA	897 (BSC)	dutta.rai.suravi.2004@gmail.com	
30	PRITHA PAUL	239 (BSC)	ppritha@gmail.com	
31	ANUSHKA BASAK	94 (BSC)	bhasakanushka22@gmail.com	
32	PARJAYEE BAKSHI	1127 (BSC)	parjayeebakshi@gmail.com	<i>[Signature]</i>
33	TAMANNA MALLICK	924 (BA)	tamannamallik27@gmail.com	
34	KABITA DAS	863 (BSC)	kdas6638@gmail.com	<i>[Signature]</i>
35	DESHNA CHATTERJEE	899 (BA) 493	deshnachatt@gmail.com	<i>[Signature]</i>
36	HITANSHA KEDIA	562 (BA)	hitanshakedia@gmail.com	<i>[Signature]</i>
37	ZUBIYA HASEEN	609 (BSC)	zubiya.haseen@gmail.com	<i>[Signature]</i>

**A SESSION ON "ROMANCE AND REBOUND RELATIONSHIPS"
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38	DIYA DAS	547 (BSC)	dancingqueen2016@gmail.com	<i>[Signature]</i>
39	NAYANIKA SENGUPTA	329 (BSC)	nayanikady22@gmail.com	
40	SABANA KHATOON	1447 (BSC)	sabhatoon@gmail.com	
41	TORSHA BRAHMACHARY	1487 (BSC)	brahmacharytorsha10@gmail.com	<i>[Signature]</i>
42	PRATYUSH DAS	1195 (BSC)	pratyushd27@gmail.com	<i>[Signature]</i>
43	SOLMIK MUKHERJEE	524 (BSC)	soumikmukherjee141@gmail.com	
44	SHREELJA DEY	1013 (BSC)	deyshreelja72@gmail.com	
45	SRESTHA CHAKRABORTY	966 (BSC)	sresthachakraborty2002@gmail.com	
46	BALAKA NAG	23 (BSC)	bikng2002@gmail.com	<i>[Signature]</i>
47	ISHAAN MISHRA	8166 (BSC)	lovasean1@gmail.com	<i>[Signature]</i>
48	SOMYADEEP DEY	759 (BSC)	deysomyadeep7@gmail.com	<i>[Signature]</i>
49	ANUSKA LAHA	0058 (BSC)	anuskalaha2@gmail.com	<i>[Signature]</i>
50	ADYITA GOSWAMI	0550 (BSC)	gawadadyita7@gmail.com	<i>[Signature]</i>

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16	KRITTIKA SAHA	383 (BA)	sahakritika28@gmail.com	
17	IPSHITA MONDAL	544 (BSC)	ipipsa2004@gmail.com	
18	RAJNANDINI DAS	559 (BSC)	rajnandini234@gmail.com	Rajandini Das
19	PRATEETI MANDAL	87 (BA)	prateetimondalprati@gmail.com	Prateeti Mandal
20	TRISHA DAS	638 (BSC)	trishad308@gmail.com	Trisha Das
21	SAYANTIKA MITRA	863 (BA)	sayantikamitra2004@gmail.com	Sayantika Mitra
22	DEBANKO CHAKRABORTY	914 (BSC)	debanko2004@gmail.com	Debanko Chakraborty
23	ANKITA MUKHERJEE	904 (BA)	ankitamuk4@gmail.com	Ankita Mukherjee
24	TANDRANI NATH	876 (BSC)	tandraninath@gmail.com	Tandrani Nath
25	SAROJYA MONDAL	528 (BSC)	123sarojya@gmail.com	Sarojya Mondal
26	ANUSHKA HALDER	504 (BSC)	halderanushka999@gmail.com	
27	ANKITA BISWAS	577 (BSC)	ankitabiswas1209@gmail.com	
28	MUHAMMAD RYAZ SEKH	194 (BSC)	ryazsekh0917@gmail.com	
29	MEGHADRI DEBNATH	715 (BSC)	meghadri2002@gmail.com	
30	Sreyasi Das	514 (BA)	Sreyasi03@gmail.com	Sreyasi Das
31	Shreya Roy	864 (BA)	shreyasroy01@gmail.com	Shreya Roy
32	Sohini Kar	891 (BA)	sohinikar697@gmail.com	Sohini Kar
33	Sneha Chakraborty	952 (BSC)	sneha2004@gmail.com	Sneha Chakraborty
34	Subhanti Mondal	531 (BA)	subhanti2004@gmail.com	Subhanti Mondal

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REGISTRATION FOR STUDENTS (SEMESTER-4)

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SL NO	NAME OF THE STUDENT	ROLL NO.	EMAIL ID	SIGNATURE
1	ANGIKA DAS	106 (BSC)	angikadas20@gmail.com	
2	ANUSHKA BANERJEE	41 (BSC)	anushka964@gmail.com	Anushka Banerjee
3	TILOTTOMA GHOSH	689 (BA)	tilotomaghosh00@gmail.com	Tilottoma Ghosh
4	PRIYANKA PAUL	966 (BSC)	priyankapaul1407@gmail.com	Priyanka Paul
5	PRATTUSHA DUTTA	123 (BSC)	yashudutta2204@gmail.com	Prattusha Dutta
6	SUBHANKITA MONDAL	234 (BSC)	subhankitamondal@gmail.com	Subhankita Mondal
7	MADHURIMA NAG	1507 (BSC)	papijusi78@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	808 (BSC)	shreyachakraborty544@gmail.com	
11	SREYA HALDER	687 (BSC)	sreyahalder2003@gmail.com	Sreya Halder
12	TASNIM FIRDAWS	245 (BSC)	tasnimfirdaws.11@gmail.com	
13	SHRESTHA JHUNJHUNWALA	826 (BSC)	shrestha.jhunjunwala@gmail.com	Shrestha Jhunjunwala
14	SAYANI MONDAL	1 (BSC)	sayanitasheyung@gmail.com	Sayani Mondal
15	RITIKA DUTTA	939 (BA)	ritikadutta9051@gmail.com	Ritika Dutta