



KIDDERPORE COLLEGE

(C. U. Affiliated)

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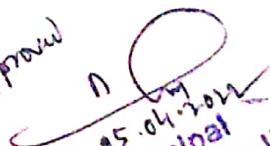
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KIDDERPORE COLLEGE

Library Orientation Programme and Workshop on Mental Stress, 2022

College Library organized an Orientation Programme for new students and a Workshop on the theme "*Mental health of the stakeholders in education during the pandemic and thereafter*" on 22nd March 2022. The workshop was conducted by reputed resource persons from Manas, a non-government organization working in the area of mental health. Keeping in view the safety of students, it was decided that the programme will be held online. Accordingly, the webinar started at 2 P.M. and lasted for 2 hrs. 10 mins. 77 people participated online and in addition there were some students attending the programme offline from the college campus.

The whole programme was coordinated and compered by Prof. Sunanda Mukherjee of English Department who also happens to be the Jt. Convener of Library Sub Committee of the College. She introduced the guest speakers for the day and also very briefly touched upon the objectives and importance of the programme. She said library is not only a source of books for study; it also helps expanding the vision of students and takes care of their minds. Honourable Principal in his inaugural speech recalled the tough days during lockdown and focused on the anguish and uncertainty that the students, guardians and other stakeholders in academics have gone through at that time due to various reasons. He hoped that the students would overcome the trauma they have experienced and will get moral and mental support as well as guidance from the resource persons. He thanked the organizers of the programme and wished us all success. After that as part of Library Orientation Programme, Sr. Librarian Bahni Mukhopadhyay presented an overview of the general concepts of a library, duties and responsibilities of readers, collections and gadgets of our library and took the viewers to a library tour. Then, Mita Sarkar, Librarian taught the students a few things about library software, esp. how to search the OPAC. The first invited speaker for the Workshop, Prof. Susmita Chakraborty, Head, Department of Library and Information Science, University of Calcutta and a prominent face in the area of research on "mental health literacy" spoke at length about the activities and facilities of a model modern library which must act as a place for sharing and caring, a great support to its users to overcome mental stress. She also focused on health information, the treatment paradigm and other aspects of mental health literacy and the need to be aware of all this. Renowned psychiatrist, the Secretary of Manas and an avid campaigner of mental health literacy presented his speech on "Young minds and mental health". He elaborated and explained the facts in the domain of mental health and mental illness- the causes of anxiety, problems of adolescence, different kinds of mental illness the youngsters suffer from, its consequences, role of the society in eradicating this menace, etc. with apt statistical figures and extracts from important reports and other sources of information. The audience heard him with rapt attention. There was a brief question-answer session in which teachers and students participated with enthusiasm. The day's programme ended with the vote of thanks presented by Amal Mishra, the Library Clerk.

Approved

 05.04.2022
 Principal
 Kidderpore College