

One day webinar on

“An Interactive Experiential and Participatory Webshop on 'Health, Well-being and Stress Management through Life Skills Training’”



Organized by
IQAC & Personal Counseling Cell of
Vidyasagar College for Women, Kolkata

In collaboration with

IQAC, Acharya Prafulla Chandra College, Barrackpore

Our resource person

Sumit Dutta

Counseling Psychologist And Mental Health Trainer

Date 4/1/24 & Timing 5.00pm

All are invited

Google Meet joining info Video call link: <https://meet.google.com/gbs-vyja-zeg>