

# Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

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## CAPACITY BUILDING PROGRAMME ON "HEALTH CHECK UP AND PSYCHOLOGICAL COUNSELLING CAMP"

Prasanta Chandra Mahalanobis Mahavidyalaya Organized Capacity Building Programme on “**Health check up and Psychological Counselling Camp**” for the students of Semester III and Semester V Honours on **04/01/2023(Wednesday)**. Anthropometric assessment of parameters like **height** (by anthropometric rod), **weight** (weighing machine), **Body Mass Index (BMI)** calculated, radial pulse was checked, **Systolic Blood Pressure (SBP)**, **Diastolic Blood Pressure (DBP)** by sphygmomanometer. **Visual acuity** of the students was also tested to check how well they see the details of a letter or symbol from a specific distance (20ft). A total of **95 students** were assessed. **22 faculties** across different departments also participated in the programme. The **psychological counseling** of interested 15 students was conducted by renowned psychologist and psychotherapist **Ms. Rajyasree Bandopadhyay**. The students were overwhelmed by the psychological relief rendered by her by means of sharing their problems and finding possible solutions to them. The overwhelming success of the programme was exemplary.



HEALTH CHECKUP PROGRAMME FOR STUDENTS





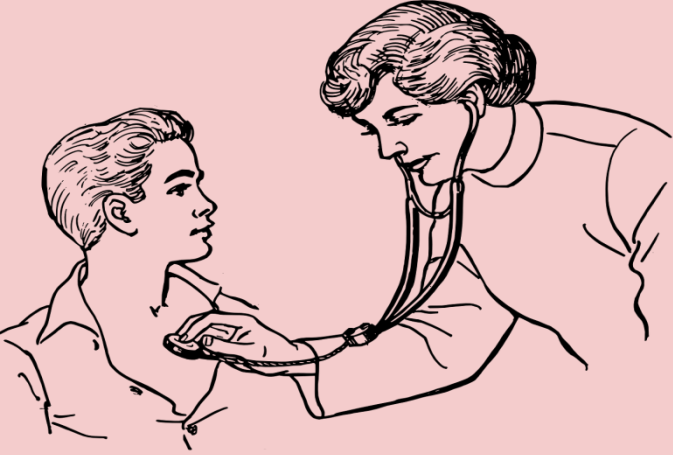
Ms. Rajyasree Bandopadhyay taking PSYCHOLOGICAL COUNSELLING Sessions

*A Ghosh*  
 Principal  
 Prasanta Chandra Mahalanobis Mahavidyaaya  
 111/3, B. T. Road, Kolkata-108

DR ARNAB GHOSH  
 PRINCIPAL, PCMM







# **“ HEALTH CHECK UP AND PSYCHOLOGICAL COUNSELLING CAMP”**

Organized by

PRASANTA CHANDRA  
MAHALANOBIS  
MAHAVIDYALAYA  
111/3 B.T. ROAD, KOLKATA -  
700108

**DATE: 4th January, 2023**  
**TIME: 12 to 2 pm**



**MS. RAJYASREE  
BANDOPADHYAY**

**Psychologist,  
Psychotherapist  
, Mental health  
Activist**

**Woodlands  
Multispeciality  
Hospital, CMRI**

## **Program Schedule**

Welcome Speech by Dr. Tanim Paul(Das)	:12.00 - 12.05 pm
Addressal by Principal, PCMM, Dr. Arnab Ghosh	:12.05 - 12.15 pm
Introduction of the Speaker by Ms. Juthi Saha	: 12.15 - 12.20 pm
Health assessment by volunteers	: 12.20 - 1.50 pm
Psychological counselling	
Vote of Thanks by IQAC Coordinator, PCMM, Dr. P. Chakraborty	: 1.55 pm
Singing of National Anthem by all	: 2 pm