

# NATIONAL WEBINAR SERIES

On

## MENTAL HEALTH: KNOW YOURSELF TO DEAL WITH YOUR ANXIETIES IN A BETTER WAY

### Speaker



**Dr. Nivedita Goswami**

Counselor

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*Organized by*

**Career Advancement Centre (CAC)**

*In collaboration with*

**Internal Quality Assurance Cell (IQAC)**

Raja Narendra Lal Khan Women's College [Autonomous]  
Midnapur, West Bengal, INDIA

*Let's talk*  
**July 03<sup>rd</sup>, 2021**

*Mental Health*  
**2.00pm-3.00pm**

### Important Information

- Registration link:  
<https://forms.gle/8zzJXRbrzUkVetx18>
- Registration closes on 1<sup>st</sup> July 2021 at 08.30 pm
- Meeting link will be provided one day before the webinar in the registered email ID
- UG & PG students, Research Scholars, Faculties can apply
- Feedback Link will be provided at the end of the webinar
- E-certificates will be given only after the submission the feedback form within a timespan of 14 days

### Organizing Committee



**Dr Jayasree Laha**

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