



REGENT EDUCATION & RESEARCH FOUNDATION

Group of Institutions

Awareness Program on Wellbeing of our daily life

The Internal Committee (IC) of Regent Education and Research Foundation Group of Institutions had organized an awareness program on Wellbeing of our daily life on 10th, September 2025. There are 67 participants with all faculties of this college presented on this day.

The organizing committee was formed as follows-

Name	Designation	Position
Dr. Nibedita Mukherjea	Professor	Chairperson
Ms. Labani Nandi	HoD (CE)	Convener
Ms. Payel Chakraborty	Assistant Professor	Member
Ms. Munmoon Chaki	Assistant Professor	Member
Ms. Ashmita Guha Chowdhury	Assistant Professor	Member
Ms. Mitali Shaw	Assistant Professor	Member
Ms. Madhabi Ghosh	Assistant Professor	Member
Mr. Mrinmay Das	Assistant Professor	Member
Mr. Ashes Rakshit	Assistant Professor	Member
Ms. Saheli Ghosh Mukhapadhyaya	Assistant Professor	Member
Ms. Samapika Sinha	Head Training and Placement Officer	Non-Teaching Member
Ms. Deblina Chatterjee	Psychological Counsellor	Non-Teaching Member
Ms. Shreya Chakraborty	Assistant Professor	External Member
Mr. Tanmay Bose	Student	Student Member
Ms. Muskan Shaw	Student	Student Member
Ms. Antima Bera	Student	Student Member

In the inauguration program a warm welcome address was given by Dr. Nibedita Mukherjea, Chairperson of IC Cell of Regent Education & Research Foundation Group of Institution. The program was hosted by Ms. Payel Chakraborty and Ms. Labani Nandi, Convener of IC Cell of Regent Education & Research Foundation Group of Institution gave the vote of thanks of this program.

Campus: Regent Education & Research Foundation Group of Institutions

E-mail: rerfkolkata@gmail.com, Website: www.rerf.in

Campus Address:

Bara Kanthalia, Barrackpore
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Program Schedule

Date	Time	Program Details
10.09.2025	2:00 - 2:10 p.m	Opening Speech by Chairperson
	2:10 - 2:20 p.m	Guest Introduction by Host
	2:20 - 2:30 p.m	Guest Felicitation
	2:30 - 3:30 p.m	Presentation by Guest
	3:30 - 3:40 p.m	Tea Break
	3:40 - 4:20 p.m	Interactive Session by Guest
	4:20 - 4:30 p.m	Vote of Thanks by Convener

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Guest Details



Mr. SUKANTA KUMAR MITRA had done his M.Sc. (Applied Psychology), M.A., LL.B. from University of Calcutta (C.U.) and completed his Post Graduate Diploma in Psychological Counseling & Stress Management from University of Jadavpur (J.U.) and he also completed his Post Graduate Diploma in Psychological Counseling & Conflict Management from University of Jadavpur (J.U.). He is the faculty Member, Centre for Counseling Services and Studies in Self Development at University of Jadavpur (J.U.) and he was faculty Member at Netaji Subhas Open University (N.S.O.U.) on Childhood and Adolescent Counselling & Advanced Diploma in Psychological Counselling division. He was Guest Faculty at Basanti Devi College on Psychological Counselling Course. He was Psychological Counsellor and Group Facilitator, Bhairab Ganguly College and Group Facilitator, Associated with NGO "Resurrection" and N.R.S. Medical College & Hospital (Oncology Department). He was also Psychological Counsellor, Bonding Tree (Pre-marriage Counselling Centre) and the Key Resource Person (Former) at Sarba Siksha Abhiyan. He has been doing the Private Practice as Psychological Counsellor since 2007.



Ms. SUDESHNA CHANDRA has completed her Advanced Diploma in Psychological Counselling from NSOU completed her completed her M.Sc in Industrial Psychology & Organizational behavior from WBSU, Kolkata (**Ranked 2nd**) and completed MBA in Human Resource Management from MAKAUT, Kolkata. She has been doing her job as counselling Psychologist as Private Practitioner, Kolkata. She do her Administrative job at West Bengal State Govt. Higher Secondary School, Kolkata (Present). She did as Industrial Counsellor (HR) at Bandhan Bank Limited, Kolkata.

She was Clinical Counsellor (Internship) at MR Bangur Hospital, Kolkata (Under the joint supervision of Dr. Alok Pandit & Dr. Sujata Das). She was Industrial Counsellor (Internship) at G4S Security Solutions Pvt. Ltd. (Under the supervision of Prof. Anindya C. Majumdar.

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Glimpse:



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Flyer:

The flyer is for an awareness program titled "WELLBEING OF OUR DAILY LIFE". It is organized by the Internal Committee of the Regent Education and Research Foundation Group of Institutions. The program features two guest speakers: Mr. Sukanta Kumar Mitra, a Psychological Counsellor, and Ms. Sudeshna Chandra, a Psychological Counsellor. The flyer also includes a logo for "COMPASSION", a public charitable trust that nurtures mental health, develops life skills, and advocates legal issues. The event will be held in a Seminar Hall on 10th September, 2025, at 02:00 PM. The flyer has a purple and blue color scheme with a large illustration of a person's head with a brain and a flower inside.

REGENT EDUCATION AND RESEARCH FOUNDATION GROUP OF INSTITUTIONS
ORGANIZED BY INTERNAL COMMITTEE

Awareness Program on
WELLBEING OF OUR DAILY LIFE

Mr. SUKANTA KUMAR MITRA
Guest Speaker
Psychological Counsellor

Ms. SUDESHNA CHANDRA
Guest Speaker
Psychological Counsellor

COMPASSION
A PUBLIC Charitable Trust Nurturing
Mental Health, Developing Life Skills and
Advocating Legal Issues.

Venue : Seminar Hall
Date : 10th September, 2025
Time : 02:00 PM

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Certificate:



Ms. Labani Nandi
Convener, IC, RERFGI



Mr. Suprovat Basu
Registrar, RERFGI

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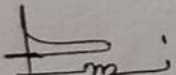
REGENT EDUCATION & RESEARCH FOUNDATION
Group of Institutions

Date: 10th September '2025

Awareness Program on "Wellbeing Of Our Daily Life"

ATTENDANCE SHEET

SL. NO.	NAME	SIGNATURE
01	Subhadip Bhowin	S. Bhowin
02	Pulok Mazumder	P. Mazumder
03	Jaylata Roy	Jaylata Roy
04	Priyam Mukherjee	P. Mukherjee
05	Rupsa Samadder	Rupsa Samadder
06	Shibam Banerjee	Shibam Banerjee
07	Bhagyashree Das	B. Das
08	Ipsita Rahut	I. Rahut
09	Sakhi Kumari	S. Kumari
10	Rasi Paul	Rasi Paul
11	Rajorshree Das	R. Das
12	Swarnashree Das	S. Das
13	Priya Debnath	P. Debnath
14	Megha Shaw	M. Shaw
15	Nabarep Majumdar	N. Majumdar


10.09.25

MS. LABANI NANDI
CONVENER, IC
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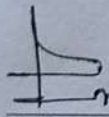
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SL. NO.	NAME	SIGNATURE
01	Salini Mity	Salini Mity
02	Debanjit Chalerabarty	Debanjit Chalerabarty
03	Pritam Das.	Pritam Das.
04	Surya Pal	Spal.
05	Rupsa Mondal	R. Mondal.
06	Fardhan Alam	Fardhan Alam.
07	Muzart Hasim.	Muzart Hasim.
08	Gayandip Sengupta	G. S.
09	Priya Shew.	Priya Shew.
10	Pradipta Kar	P. Kar
11	Astik Kar	A. Kar
12	Susmita Shew.	Susmita Shew.
13	Md. Asif Ali Mallick	Md. Asif Ali Mallick
14	Subhajit Kumar Ghosh	S. K. G.
15	Kush Ghosh	Kush Ghosh

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SL. NO.	NAME	SIGNATURE
1.	Arpita Paul	Arpita Paul
2	Sannik Basak	S. Basak
3	Tanushree Roy	T. Roy
4	Priya Debnath	P. Debnath.
5	Anuska Bhakta	A. Bhakta
6	Sayan Biswas	S. Biswas
7	Arnav Mukherjee	A. Mukherjee
8	Debolina Sarkar	Debolina Sarkar.
9	Anirban Paul	A. Paul
10	Disha Das	Disha Das.
11	Suparna Sarkar	S. Sarkar
12	Pratyush Barman	P. Barman
13	Anurag Das	A. Das
14	Nabakumar Chakraborty	N. Chakraborty
15	Ankita Mondal	A. Mondal

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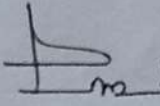
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1.	Aniram Dutta	Aniram Dutta.
2.	Diptesh Pal	Dpal.
3.	Maly Ghosh.	Maly Ghosh
4.	Swastika Sarkar	Swastika Sarkar
5.	Tuya Roy	Tuya Roy
6.	Tania Ghosh	T. Ghosh
7.	Anusul Barman	A. Barman.
8.	Swekha Kurian	Swekha Kurian
9.	Manab Dey	Manab Dey.
10.	Dipan Pal	Dpal
11.	Seham Das	Seham Das
12.	Pritam Pramanik	Pritam Pramanik
13.	Rohit Dutta	Rohit Dutta.
14.	Tanusree Sutrachar	T. S
15.	Pritam Pramanik	Pritam Pramanik

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01	Deep Som	D. Som
02	Trisha Biswas	T. Biswas
03	Joydeep Das	J. Das
04	Tanmoy Bose	T. Bose
05	Siddhant Hela	S. Hela
06	Md. Asif Ali Mallik	A.A. Mallik
07	Axindam Sarker	Sarker

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