



STUDENT SERVICES CENTRE
Bhadrak Autonomous College, Bhadrak, Odisha-7567100
Website: bhadrakcollege.ac.in
Email- principalbhadrakcollege@rediffmail.com



Letter No 3449 Date:09/12/2025

Date:03/12/2025

Event: Mental Health Awareness Program

Theme: Stress Management

Detail Description about the event:

Student Services Centre (SSC) in collaboration with Department of Psychology organized **Mental Health Awareness Program** on dated **03/12/2025** at 11.30 AM in P.G. Department of Sanskrit Seminar Hall. The theme of the seminar was “Stress Management”, reflecting the growing importance of mental well-being among students and faculty members. Total 65 participants (students and teachers) were attended the above said programme.

The event was coordinated by Dr Binod Bihari Mallick, HOD of Sanskrit with collaboration of Student Services Centre. Dr. Akshaya Kumar Das, Officer-in-Charge of SSC and Assistant Professor of Psychology, delivered the Keynote Address. He emphasized the significance of stress management in academic and personal life, highlighting practical strategies to cope with stress effectively. The concluding remarks and vote of thanks were delivered by Ms. Rasmita Behera, member of SSC and Assistant Professor of Commerce, who appreciated the contributions of speaker and participants, and acknowledged the collective effort in organizing the program.

The program concluded with a strong message: Mental Health is integral to overall well-being, and managing stress is essential for academic success and personal growth.

Guest/Speaker Details:

Dr. Binod Bihari Mallick, HOD of Sanskrit (Convener)

Dr. Akshaya Kumar Das, OIC of SSC and Assistant Professor of Psychology (Key Note Speaker)

Dr Hansita Ojha, Asso. OIC of SSC and Assistant Professor of Psychology

Dr. Pradip Kumar Pradhan, Assistant Professor of Commerce, Advisor of SSC

Dr Swapna Sarita Mohapatra, Assistant Professor of Chemistry and Member of SSC

Dr Smaranika Parida, Assistant Professor of Home Science, Member of SSC

Ms. Rasmita Behera, Assistant Professor of Commerce, Member of SSC

