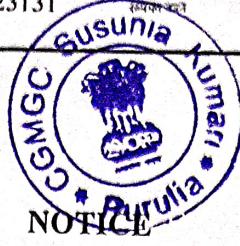


Govt. of West Bengal
Office of the Principal
Chunaram Gobinda Memorial Government College
(Erstwhile Government General Degree College, Manbazar-II)
Susunia, PO- Kumari, Purulia, West Bengal- 723131



Affiliated to Sindo Kanho Birsha University
Accredited by NAAC with B+ Grade
ESTD- 2015
Website: www.ggdcmanbazar.ac.in
Email: ggdcmanbazar@gmail.com

Notice No.177/CGMGC/25



Date: September 12, 2025

Subject: A Short Lecture on "Students Mental Health and wellness"

This is to inform all students that a short lecture on the importance of mental health and well-being has been organized by the college. The lecture aims to provide students with valuable insights and practical tips on managing stress, maintaining a healthy mindset, and seeking help when needed.

Speaker: Dr. Koushik Nag, All India Institute of Hygiene and Public Health

Date & Time: Thursday, 18 September, 2025 from 12.00 PM to 1.00 PM

Venue: Seminar Hall

All students are encouraged to attend this important session to learn about strategies for a balanced and healthy academic life.

Dr. K. 12/09/25

Jt-Convener
Students' welfare & Discipline Sub-Committee

[Signature]
12/09/2025

Officer-in-Charge
Chunaram Gobinda Memorial Government College
Officer-in-Charge
C.G.M.G.C.
Susunia, Kumari, Purulia