



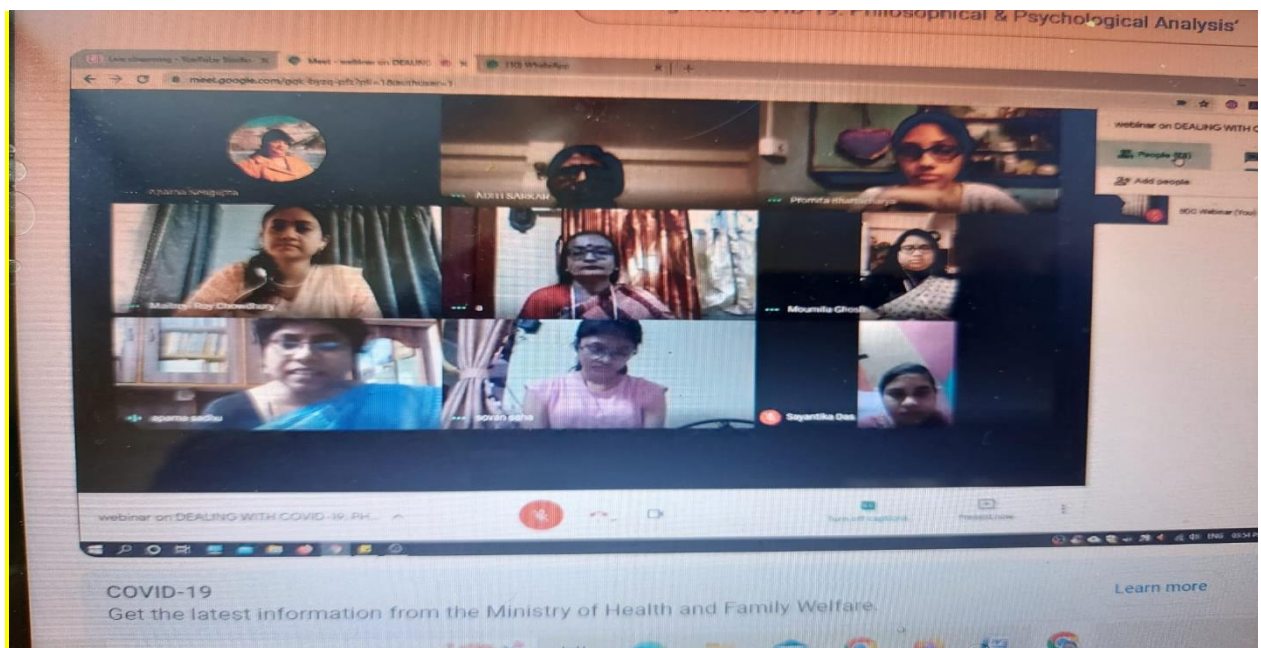


Their session offered practical advice for managing stress and maintaining mental well-being during these unprecedented times.

Following this, Prof. Aparajita Mukhopadhyay from the Department of Philosophy at Jadavpur University delivered a thought-provoking lecture on the philosophical dimensions of the COVID-19 crisis. Prof. Mukhopadhyay explored the ethical and existential questions raised by the pandemic, addressing themes such as the meaning of life in the face of global adversity, the role of resilience, and the philosophical implications of the lockdown and social distancing measures.

The webinar was well-received for its comprehensive approach to understanding the multifaceted effects of the pandemic. Participants appreciated the blend of psychological support strategies and philosophical reflections, which provided a holistic view of dealing with the challenges posed by COVID-19.

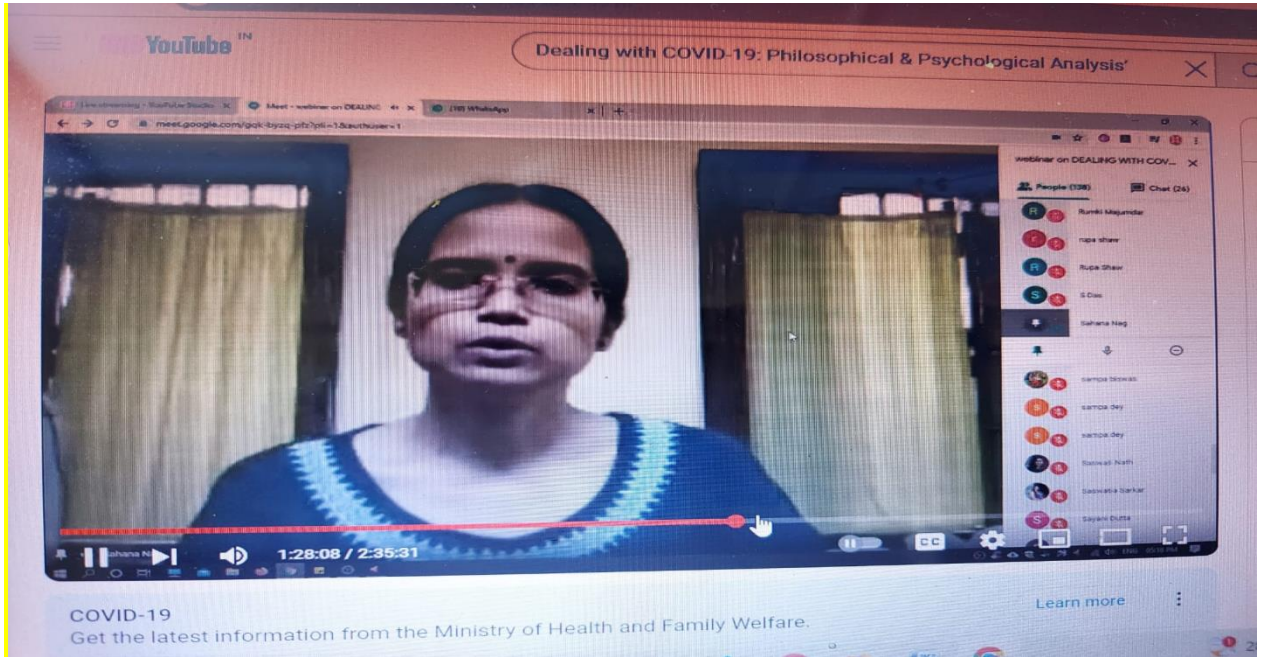
### Highlights of the Program



**Webinar on 'Dealing with COVID-19: Philosophical & Psychological Analysis'**

*Indrila Guha*

**Dr. Indrila Guha**  
Principal  
Basanti Devi College



Prof. Aparajita Mukhopadhyay

Poster/Brochure

**BASANTI DEVI COLLEGE, KOLKATA**  
IQAC, DEPARTMENT OF PHILOSOPHY, PSYCHOLOGY & PSYCHOLOGICAL COUNSELLING CELL

**MURALIDHAR GIRLS' COLLEGE, KOLKATA**

The IQAC and the Departments of Philosophy, Psychology and Psychological Counselling Cell of Basanti Devi College, in collaboration with Muralidhar Girls' College Kolkata will be conducting a Webinar on

**"DEALING WITH COVID-19: PHILOSOPHICAL & PSYCHOLOGICAL ANALYSIS"**  
On 8<sup>th</sup> June 2020 (Monday) at 4.00 PM

**SPEAKERS:**  
*Dr. Subhrangsu Aditya and Smt. Sahana Nag*  
Psychological Counsellor, Faculty, Centre for Counselling Services and Studies in Self-development, Jadavpur University.  
&  
*Professor Aparajita Mukhopadhyay*  
Department of Philosophy, Jadavpur University.

**REGISTRATION OPEN** from 28.05.2020 to 03.06.2020 4.00 pm  
**Online Registration Link:** <https://forms.gle/QimlBPeIKepoCue5>

**CONTACT PERSONS:**  
▶ Dr. Aparna Saha, Assistant Professor, Department of Philosophy, Basanti Devi College (M : 9474860916)  
▶ Smt. Moumita Ghosh, Lecturer, Department of Psychology, Basanti Devi College (M : 9831796106)  
▶ Smt. Swagata Datta, Psychological Counsellor, Basanti Devi College (M : 9830654856)  
Email: webinar2020@basantidevicollege.edu.in

**TOPIC**

**"Maintaining Wellbeing in Time of Corona"**  
*Dr. Subhrangsu Aditya and Smt. Sahana Nag*

**"My World or in the World: A Critical Analysis"**  
*Professor Aparajita Mukhopadhyay*

**বিষয়**

**"করোনাকে সঙ্গে নিয়ে ভালো থাকা কিভাবে সম্ভব?"**  
ড: শুভ্রাংসু আদিত্য ও শ্রীমতী সাহানা নাগ

**"আমার জগৎ না জগতে আমি : একটি বিচারমূলক পর্যালোচনা"**  
প্রফেসর অপরাজিতা মুখোপাধ্যায়

Indrila Guha

Dr. Indrila Guha  
Principal  
Basanti Devi College