

ROTARACT CLUB OF BASANTI DEVI COLLEGE

SPONSORED BY ROTARY CLUB OF CALCUTTA METROPOLITIAN

PROJECT REPORT

PROJECT NAME	“Release the Pressure and Relax” – A one day workshop on mental health well-being.
AVENUES OF SERVICE	International and Community Service
DATE	May 22 nd , 2021
VENUE	Google Meet

DESCRIPTION	<p>Rotaract Club of Basanti Devi College took the initiative to organise a one day workshop on mental health well-being on 22nd May, 2021 from 6pm onwards in an online platform (Google Meet).</p> <p>The speaker of the session was Mrs. Swagata Dutta. She is the Psychological Counsellor of Basanti Devi College. We were delighted to have her as our speaker for the workshop and we are very much grateful to her for sparing her precious time for us.</p> <p>Rotaract Club of East Calcutta, RID 3291, Rotaract Club of Adi Bhowanipur, RID 3291, Rotaract Club of Junagadh, RID 3060 were our collaborating partners for the session.</p> <p>This session was a great success. The number of participants almost reached hundred, people from all over the world participated in this workshop. The session was entertaining as well as knowledgeable. We all learned many things from our speaker. She taught us</p>
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	<p>how to maintain a good mental health during this pandemic. Many of the participants even came forward and expressed their distressing feeling that they have been facing throughout these days and our speaker taught them many exercises as well to keep themselves calm and relaxed. We are obliged to all our participants and our speaker who managed to escape their busy schedule and join us in this workshop and make it a great success.</p> <p>We look forward to organise such wonderful and mesmerizing sessions in the coming future.</p>
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Gallery (Maximum 4 photos including the poster)

The posters for the online workshop can be found [here](#)