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ESTD : 2007

ASANNAGAR MADAN MOHAN TARKALANKAR COLLEGE

56 Majhdia Road, P.O. - Asannagar, Nadia, Pin - 741161
NAAC ACCREDITED 2nd Cycle Grade – B
(Affiliated to the university of Kalyani & Approved by the UGC under section 2(f) & 12B)

ACTION TAKEN REPORT

On the Actionable Recommendations of the National Conference on Mental Well-being: "Navigating Stress from Classroom to Workplace"

Name of the Institution: Asannagar Madan Mohan Tarkalankar College
District: Nadia, West Bengal

Asannagar Madan Mohan Tarkalankar College recognises the importance of mental well-being as an essential part of students' overall development. The college undertakes various academic, administrative and co-curricular initiatives to promote a safe, supportive and inclusive learning environment.

A. Mental Health Awareness and Stress Management Programme

In this connection, the NSS Unit of the college organised a **Mental Health Awareness and Stress Management Programme** on 17 November 2026. The programme began with a welcome address by Dr. Biswajit Podder, Teacher-in-Charge of the college. The invited speaker, Smt. Debalina Mukhopadhyay, Psychologist, Lalbagh Sub-Divisional Hospital, delivered an informative talk on mental health awareness and stress management. An interactive question-and-answer session was also conducted, allowing students and faculty members to interact with the speaker and seek clarification on relevant issues. The session was moderated by Dr Aniruddha Saha, Assistant Professor of the college. A total of 56 participants, comprising 23 faculty members and 33 students, attended the programme.

B. Existing Institutional Support Mechanisms

I. Mentor–Mentee System: The college has an established Mentor–Mentee System, under which teachers are assigned groups of students for regular interaction and guidance. This system enables teachers to understand students' academic difficulties and other concerns and provide appropriate support and guidance.

II. Students' Safety and Grievance Redressal: The College has several committees and mechanisms to ensure students' safety and well-being, including the Anti-Ragging Cell, Internal Complaints Committee, Cell against Sexual Harassment, Women Cell and Grievance Redressal Committee. Complaint boxes are also available to address students' concerns. In addition, the college follows Standard Operating Procedures (SOPs) on Gender Equity, Tolerance and Harmony, and a Model Code of Conduct, which promote mutual respect, equality and a healthy campus environment.

17/11/26
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III. Financial and Career Support: The college facilitates access to Government scholarships and institutional financial assistance for eligible and needy students. These measures help students from economically disadvantaged backgrounds continue their education with greater confidence. The Career Counselling and Placement Cell also provides guidance to students regarding career opportunities and future prospects.

IV. NSS, NCC, Sports and Cultural Activities: The NSS and NCC units of the college organise various activities related to health, hygiene and social awareness. Participation in these activities encourages teamwork, social interaction, responsibility and self-confidence among students. Sports, cultural programmes and other co-curricular activities also provide opportunities for recreation, creativity and interaction beyond the classroom, contributing to students' overall well-being.

V. Tele-MANAS Helpline: Information regarding Tele-MANAS, the national tele-mental health helpline, is displayed on the college website to familiarise students with the availability of mental-health support services.

The above programme and institutional mechanisms reflect the college's initiatives towards promoting students' mental well-being in keeping with the relevant recommendations of the National Conference on Mental Well-being.

7/11/26

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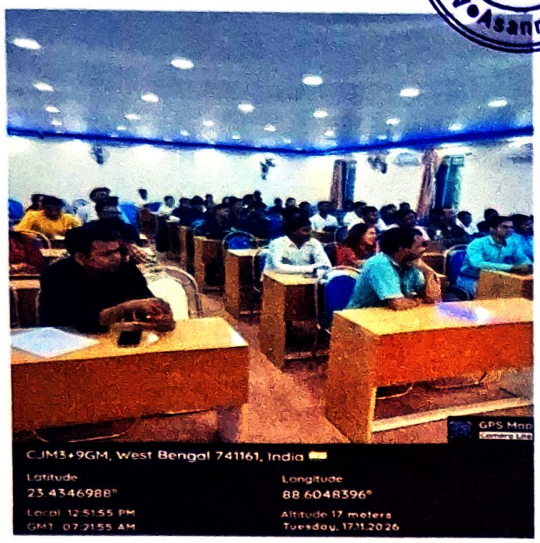

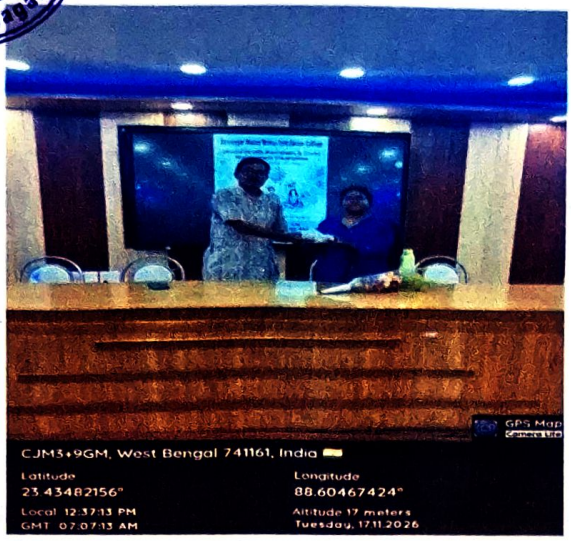



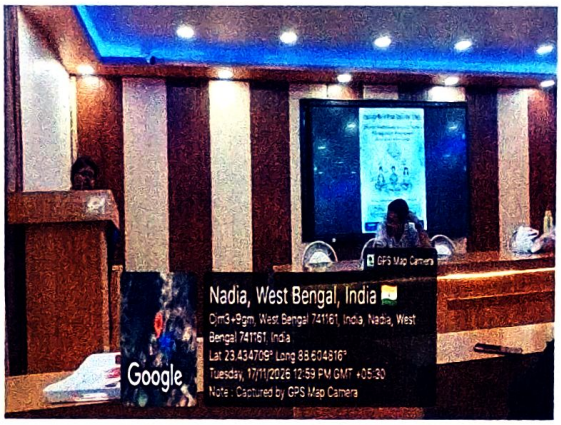

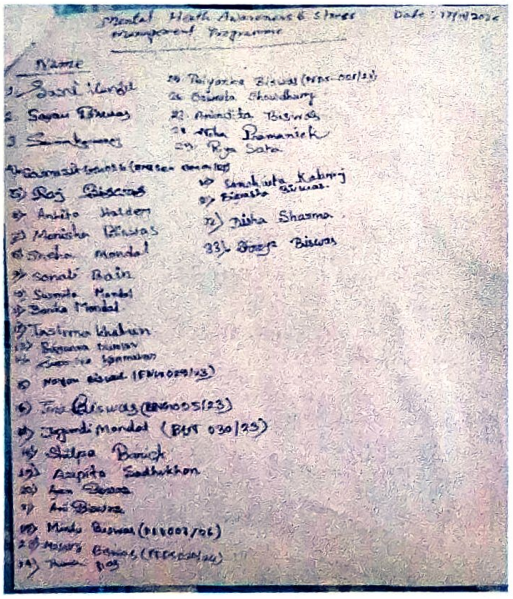

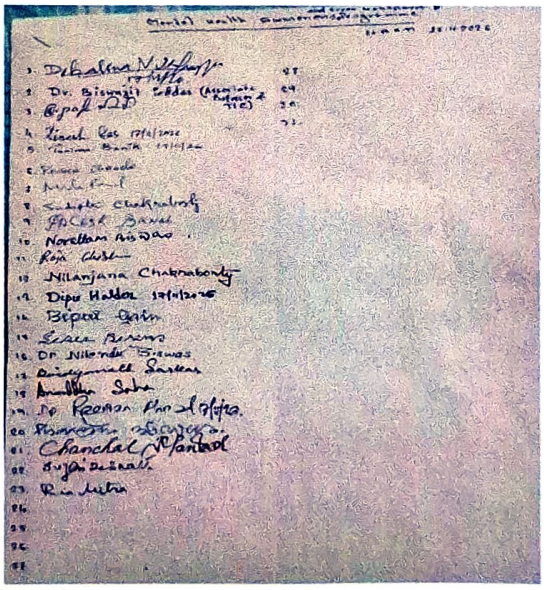

Teacher-in-Charge 17/11/26
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