



GOKHALE MEMORIAL GIRLS' COLLEGE

## Activity Report of One-day State-level Workshop on “Building Emotional Resilience”

A one-day state-level workshop was organized by the Counselling Cell of Gokhale Memorial Girls' College on **12.9.2023** on “**Building Emotional Resilience**”. There were 134 participants among which 30 were internal students and 104 were external participants (students, faculty and other professional). The event was held in Lecture Theatres 2 and 3 of the Main Building of the institution of GMGC.

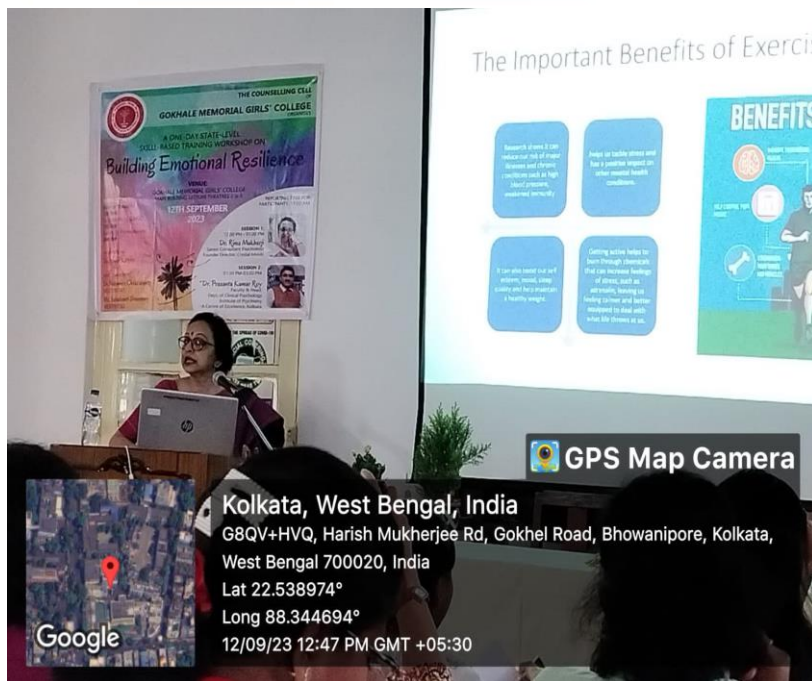
There were two eminent speakers as resource persons in the workshop. The speaker for the first session was **Dr Rima Mukherjee**, a renowned Psychiatrist, practicing nation-wide and founder member of the Crystal Minds Clinic in Kolkata.

The speaker for the second session was **Dr Prashanta Kumar Roy**. An eminent psychologist, faculty and Head of the Department of Clinical Psychology, Institute of Psychiatry, an institute of Excellence.





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Presidency Division, West Bengal, India  
 G8QV+HVQ, Harish Mukherjee Rd, Gokhel Road, Bhowanipore, Kolkata,  
 Long 88.344723°  
 Lat 22.538958°



**GOKHALE MEMORIAL GIRLS' COLLEGE**  
 THE COUNSELLING CELL  
 A ONE-DAY, STATE-LEVEL,  
 SKILL-BASED TRAINING WORKSHOP ON  
**Building Emotional Resilience**  
 GOKHALE MEMORIAL GIRLS' COLLEGE  
 MAIN BUILDING, BHOWANIPORE, KOLKATA  
 12TH SEPTEMBER  
 2023

REGISTRATION DETAILS:  
 External Students: 150 INR  
 Ex-students of G.M.G.C.: 150 INR  
 Faculty & Professionals: 300 INR

Organized by:  
 Dr. Atanu Karmakar  
 Jyoti Choudhury  
 Dr. Nabaneeta Chakrabarty  
 9830185541  
 Ms. Yashrajit Ghosh  
 9830733733

Co-ordinators:  
 Dr. Rima Mukherjee  
 Senior Counsellor, Department  
 of Guidance & Counselling  
 Gokhale Memorial Girls' College  
 Bhowanipore, Kolkata

Guests:  
 Dr. Prabhat Kumar Das  
 Dept. of Chemistry, School  
 of Applied Sciences  
 Gokhale Memorial Girls' College  
 A Centre of Excellence, Kolkata

FOR THE OFFICE OF COUNSELOR

**Purpose Reflection Activity**

- Who are you?
- Why do you get up in the morning?
- What keeps you going on night?
- What are you most afraid?
- What does being successful mean to you?
- How might you apply your skills in a personal or social context to you and help others?
- What can you do to make a difference in your present?
- How do you feel about your future?
- How do you feel about your present?
- How do you feel about your past?
- How do you feel about your future?
- How do you feel about your present?
- How do you feel about your past?



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