



Webinar

Awareness on Understanding Psychological Well-being

Programme Schedule

Organised by: Mental Well-being Committee (MWC), Netaji Subhas Open University

Date & Day: 13th October 2026 (Tuesday)

Time: 3:00 PM

Zoom Meeting Link: <https://us02web.zoom.us/j/88133512425>

Anchor: Ms. Anindita Sarkar, Assistant Professor of ELT & Member, MWC-NSOU

Time	Session	Resource Person/Faculty
National Song		
03:05 pm - 03:10 pm	Welcome address	Dr. Abhedananda Panigrahi , Coordinator-B.Ed, SoE & Member, MWC-NSOU
03:10 pm – 4.10pm	Awareness on Understanding Psychological Well-being	Dr. Kasturi Sinha Ghosh , Asst. Professor of Social Work, SPS, NSOU
04:10 pm - 04.20 pm	Interactive Session/Q & A	
04.20 pm - 04.25 pm	Vote of Thanks	Mr. Anupam Roy , Assistant Professor of Sociology & Coordinator of the event
National Anthem		
Rapporteur: Dr. Papiya Upadhyay, Asst. Prof of Education & Convener, MWC-NSOU		

MWC-NSOU Organizing Members:

1. Smt. Ananya Mitra, Registrar (Acting) & Joint Registrar (Admin), NSOU
2. Dr. Sudeshna Chatterjee Biswas, Director (Acting), Study Centre Dept. & Joint Registrar (Acad), NSOU
3. Dr. Abhedananda Panigrahi, Coordinator-B. ED, NSOU
4. Dr. Ushnish Sarkar, Asst. Prof. of Mathematics, NSOU
5. Dr. Monojit Garai, Asst. Prof. of Social Work, NSOU
6. Mr. Anupam Roy, Assistant Professor of Sociology, NSOU
7. Ms. Anindita Sarkar, Assistant Professor of ELT, NSOU
8. Dr. Papiya Upadhyay, Asst. Prof of Education, NSOU