


NETAJI SUBHAS OPEN UNIVERSITY
Mental Well-being Committee (MWC)




ORGANIZES

WEBINAR

Awareness on Understanding Psychological Well-being



SPEAKER
Dr. Kasturi Sinha Ghosh
Asst. Professor of Social Work,
SPS, NSOU

DATE & DAY
13th October 2026
Tuesday

TIME
3:00 PM
Join us on Zoom

ZOOM MEETING LINK
<https://us02web.zoom.us/j/88133512425>



Mr. Anupam Roy
Assistant Professor of Sociology &
Programme Coordinator, MWC-NSOU



Dr. Papiya Upadhyay
Asst. Prof of Education & Convener,
MWC-NSOU

PROGRAMME REPORT

Awareness on Understanding Psychological Well-being

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

Date & Day: 13th October 2026 (Tuesday)

Time: 3:00 PM onwards

Platform: Zoom Meeting

No. of Participants: 105 comprising of learners across various disciplines, research scholars, faculties, officers, and staff members of NSOU.

1. Introduction & Context: This webinar was organized as a monthly initiative under the aegis of the Nasha Mukta Bharat Abhiyaan, in compliance with the letter-notification (No. 895 (36)-S dated 29.09.2026) issued by the Governor's Secretariat, West Bengal. Following directions from the Registrar of Netaji Subhas Open University (NSOU), the Mental Well-being Committee (MWC) conceptualized and executed this program to address critical dimensions of mental wellness and psychological resilience among participants.

2. Programme Schedule & Details

Time	Session	Resource Person / Faculty
Compere: Smt. Anindita Sarkar, Asst. Prof of ELT & Member, MWC-NSOU		
Before 03:05 pm	National Song	-
03:05 pm - 03:10 pm	Welcome Address	Dr. Abhedananda Panigrahi, Coordinator-B.Ed., SoE & Member, MWC-NSOU
03:10 pm - 04:10 pm	Technical Session: 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	Participants & Resource Person
04:20 pm - 04:25 pm	Vote of Thanks & National Anthem	Mr. Anupam Roy, Assistant Professor of Sociology, Member, MWC & Event Coordinator
Rapporteur: Dr. Papiya Upadhyay, Asst. Prof. of Education & Convener, MWC-NSOU		

3. Key Insights from the Technical Session

The keynote speaker, Dr. Kasturi Sinha Ghosh, delivered an extensive and insightful presentation on the Psychology of Well-being. The key takeaways from her discourse included:

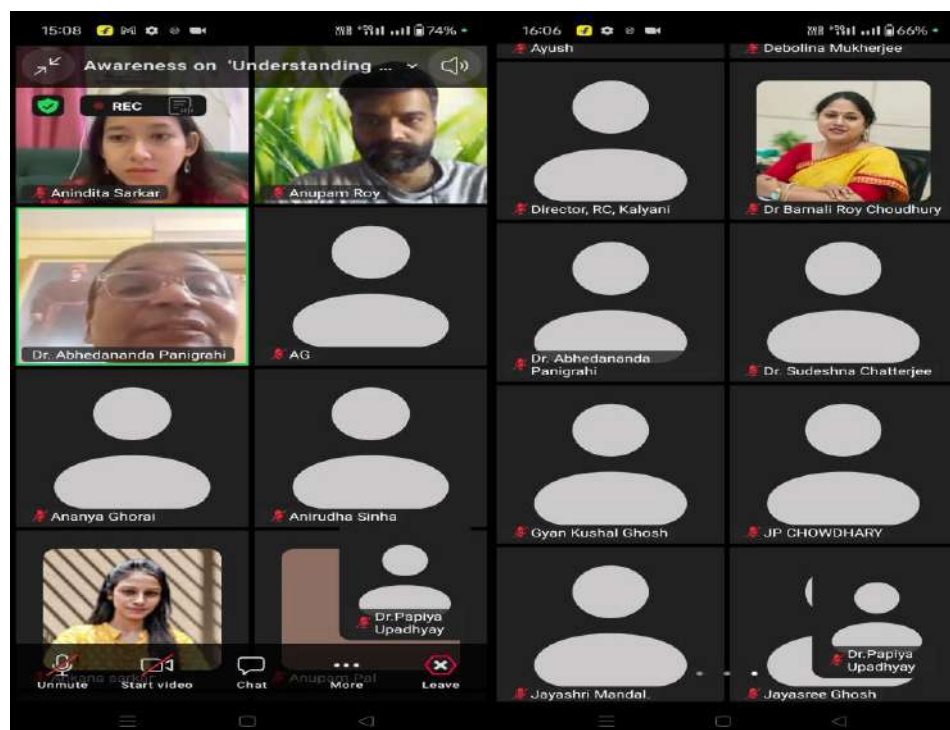
- **Concept of Well-being:** Well-being is a holistic state of feeling healthy, happy, safe, and capable of managing everyday challenges. It is not merely the absence of illness, but a balanced and fulfilling life.
- **Dimensions of Well-being:** The presentation covered various interconnected dimensions, including Physical, Mental/Psychological, Emotional, Social, Spiritual, Occupational, Financial, and Environmental well-being.

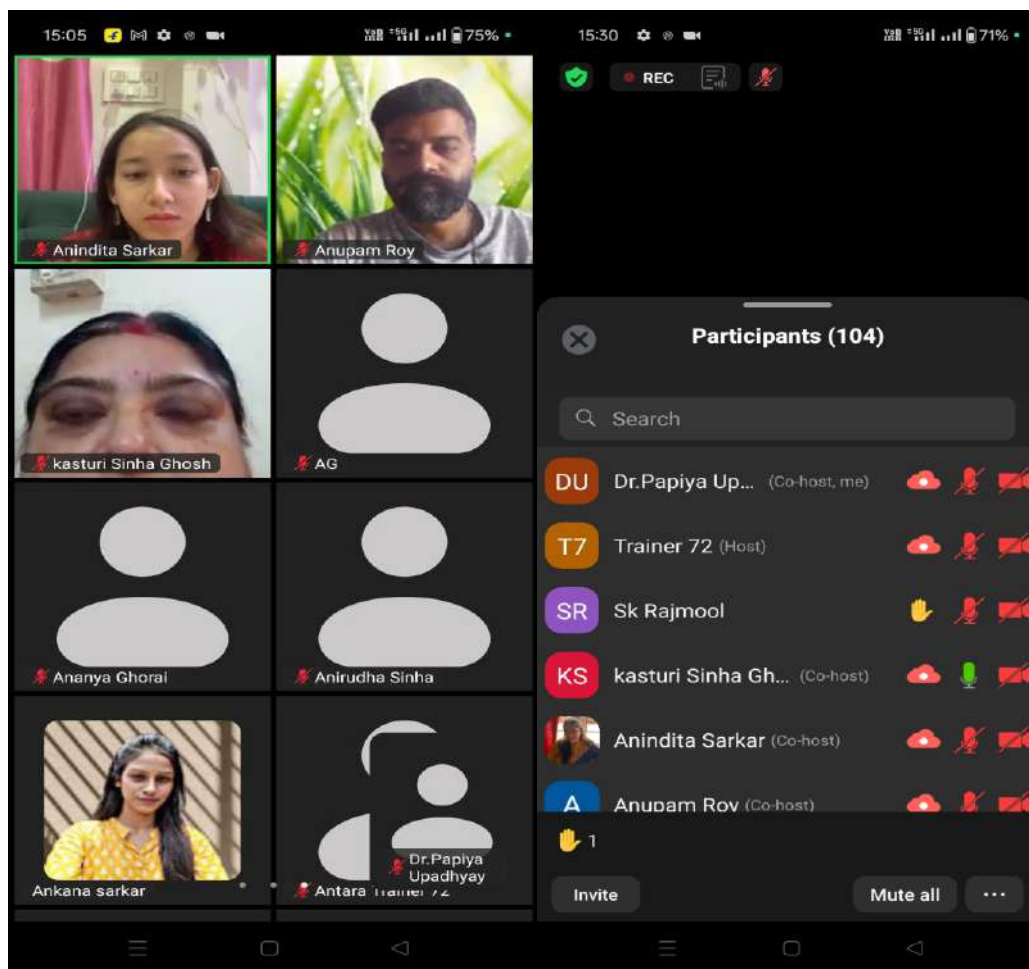
- **Core Frameworks:** The lecture contrasted Hedonic well-being (short-term pleasure and satisfaction) with Eudaimonic well-being (long-term purpose, meaning, and personal growth). Martin Seligman's PERMA Model (Positive Emotion, Engagement, Relationships, Meaning, Accomplishment) was highlighted as a template for human flourishing.
- **Freudian Perspectives:** Dr. Ghosh discussed Freud's Iceberg Model, illustrating how a flexible balance between the Id (desires), Ego (reality-oriented coordinator), and Superego (moral standards) supports effective emotional regulation and balanced decision-making.
- **Barriers and Mitigation:** Key barriers such as stress, social isolation, and institutional pressures were addressed, accompanied by practical strategies like practicing mindfulness, building supportive networks, and maintaining a balanced wellbeing checklist.

4. Interactive Session & Conclusion

The technical presentation was followed by an interactive Q&A session moderated by Ms. Anindita Sarkar. Participants raised queries regarding managing examination stress, balancing professional responsibilities, and overcoming environmental barriers, which were answered comprehensively by the speaker. The program concluded with a Vote of Thanks by Mr. Anupam Roy, followed by the National Anthem. The webinar successfully generated broad awareness on mental well-being, effectively contributing towards the institutional goals under the Nasha Mukta Bharat Abhiyaan framework.

Glimpses of the Webinar





Report prepared by Papiya Upadhyay, Convener, MWC-NSOU