NETAJI SUBHAS OPEN UNIVERSITY

Mental Well-being Committee (MWC)

ORGANIZES

WEBINAR

Stress Management, Resilience & Peer Support



SPEAKER

Dr. Parimal Sarkar

Assistant Professor, School of Education,
Netaji Subhas Open University

DATE & DAY

17 November 2026

Tuesday

TIME

2:00 PM – 3:30 PM

Join us on Zoom

ZOOM MEETING LINK

https://us02web.zoom.us/j/89214219351



Dr Ushnish Sarkar

Assistant Professor of Mathematics &
Programme Coordinator, MWC-NSOU



Dr. Papiya Upadhyay

Asst. Prof of Education & Convener,
MWC-NSOU