

Two-Day Workshop Mental Health and Counselling for College Teachers and Research Scholars

Dates: 24th-25th February, 2026

Organized by:

**Centre for Applied Philosophy (CAP)
Bankura University, Bankura, West Bengal**

About the Workshop:

Mental health and psychological well-being are increasingly recognized as essential components of effective teaching, research, and institutional excellence in higher education. College teachers and research scholars often face academic pressure, occupational stress, burnout, and emotional challenges that significantly impact both personal well-being and professional performance.

This two-day workshop is designed to enhance awareness of mental health issues within academic contexts and to provide participants with foundational knowledge of counselling principles and empathetic communication skills. The programme aims to promote emotional resilience, ethical sensitivity, and self-care practices, thereby contributing to the development of a supportive, inclusive, and mentally healthy academic environment.

It is anticipated that the workshop will enable participants to demonstrate enhanced awareness of mental health concerns in academic environments, effectively apply basic counselling and empathetic communication skills, adopt appropriate self-care and stress-management practices, and actively contribute to the development of a supportive and mentally healthy institutional culture.

Resource Persons

Professor Soumitra Basu

Retired Professor, Department of Philosophy
Jadavpur University, Kolkata

Professor Samar Kumar Mondal

Professor of Philosophy & Coordinator
Centre for Counselling Services and Studies in Self Development (CCSSS)
Jadavpur University, Kolkata

Registration Details

Registration Fee:

- Rs. 1,000/- for Teachers
- Rs. 500/- for Research Scholars

(The registration fee will be collected at the registration desk and is inclusive of workshop materials, refreshments, and a participation certificate.)

Registration Link:

<https://forms.gle/MzeV5umTGCCUXqUDA>

Last Date for Registration: 21st February, 2026

Important Information

- Seats are limited and will be allotted on a first-come, first-served basis.
- Certificates will be issued to participants who attend the full duration of the programme.

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We look forward to your participation!