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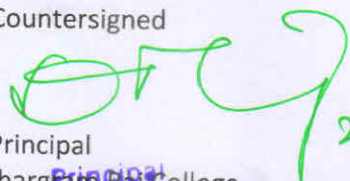
JHARGRAM RAJ COLLEGE

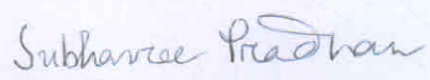
Date: 21.07.2026

All students of Jhargram Raj College are hereby informed that a **One-Day Workshop on Mental Well-being** on the theme "Mental Well-being: Building Resilience, Managing Stress, and Promoting Emotional Health" will be held on **30 July 2026 at P. K. Sen Seminar Hall** from 11:30 a.m. onwards.

Students are requested to attend the workshop and actively participate in the sessions to gain valuable insights into mental well-being, stress management, and emotional resilience.

Countersigned


Principal
Jhargram Raj College
21/7/2026


(Dr. Subhasree Pradhan)
Member
Seminar Sub-Committee