

REPORT

The Dept. of Food & Nutrition organized the 1st Webinar during the Covid period on the 26th of June 2020. It was a webinar on Depression & Stress Management through Life Skills. The webinar was named “The Happititude Class” and was conducted by Dr. Sayan Chatterjee. Dr. Chatterjee is an educator, moderator, and biotechnologist and a certified psychological first aid provider from John Hopkins University Maryland, USA. He is also a certified professional in “Positive Psychology” from University of North Carolina, USA.

The webinar was an appropriate program during the pandemic and was of immense help for the students, non- teaching staff and teachers alike. The webinar gave pointers regarding positive mind set and ways of combating challenges. This event was received extremely well by the students and left a permanent impact.

The joint convenors for the programme were Dr. Anindita Ray (Chakravarti) and Dr. Chandrima Karmakar