



Bamanpukur Humayun Kabir Mahavidyalaya (BHKM)

NAAC Accredited

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Affiliated to West Bengal State University

Minakhan, North 24 Parganas, West Bengal

Report of the seminar: **Celebrating International Happiness Day**

Organized by: **Counseling, Guidance, Placement and Student's Progression,**

Date: 29.03.2022.

Organizing Secretary: Dr. Runa Das Chaudhuri

Report prepared by: Dr. Runa Das Chaudhuri

Report of the programme titled ‘Celebrating International Happiness Day’ organized by the Counselling, Guidance, Placement and Student’s Progression Cell (CGPS), BHKM on 29.3.2022

The Counselling, Guidance, Placement and Student’s Progression, BHKM organized a seminar titled ‘Celebrating International Happiness Day’ on 29th March 2022.. Members of the CGPS Cell Dr. Md Nasir Uddin Mondal, Assistant Professor, Department of Arabic, BHKM and Ms. Sukanya Mallik, Librarian, BHKM discussed on the upcoming seminar and unanimously agreed upon the itinerary of the programme. They chose the convenor to be the organizing secretary and speaker and also finalized to conduct the programme in the Seminar Hall, BHKM from 1 p.m. to 2 p.m. on 29/3/2022. The IQAC, BHKM was also intimated about the programme for the purpose of keeping record. The brochure and programme schedule were also uploaded in the college website.



Above left: The audience; Above Right: The speaker Dr. Runa Das Chaudhuri delivering her lecture;

Below Left: Principal BHKM inaugurating the Happiness Wall; Below Left: Q and A session

The seminar began with Dr. Subhash Biswas, Principal BHKM inaugurating the 'Happiness Wall' and delivering his welcome address. The speaker Dr. Runa Das Chaudhuri argued whether a happiness day is at all required to be celebrated, the indexes of happiness and the ways it can affect our well-being in everyday life. This session was followed by a lively interactive session. The vote of thanks was proposed by Dr. Md Nasir Uddin Mondal. A total number of 49 participants took part in the seminar who highly applauded the proceedings of the seminar.