



# BETHUNE COLLEGE

181, Bidhan Sarani, Kolkata - 700006



**IQAC & NAAC Committee  
is organising**

**Webinar**

**Beat Stress**

**&**

**Boost Happiness**

**Date : 21-08-2020**

**Time : 5 PM - 7 PM**

**Webinar Mode : Zoom &  
Youtube Live**

**\*\* Registration is Compulsory**

**Speaker**



**Shubhika Singh  
Psychologist and  
Founder  
New Leaf  
InnerKraft.com**

**\*\*Audience are requested to turn off their cameras and  
microphones during the webinar\*\***

**Prof. Krishna Roy    Dr. Kamal Kanti Som    Dr. Maitri Ghosh  
Principal                    IQAC Coordinator    NAAC Coordinator  
Bethune College**

**\* Participants will be provided E-Certificates**