



# BETHUNE COLLEGE



## SAYANTANI ADHIKARY FOUNDATION

In collaboration with

### DEPARTMENT OF PSYCHOLOGY

*organises*

## MENTAL HEALTH AWARENESS PROGRAMME

**“IN SEARCH OF WELL-BEING”**

**Topic:**

***WORRYING IS  
SUFFERING:  
LIFE WITH  
ANXIETY***



Speaker: Dr Bidita Bhattacharya  
M.Phil., Ph.D.  
Associate Professor in Clinical  
Psychology & Consultant

**December 9, 2023.**

**12 pm onwards**

**At Centenary Hall,  
Bethune College.**

*Abhabacharya*  
Officer in Charge, Bethune College

*Sayantani*  
IQAC Coordinator, Bethune College

*Nilanjana Bagchi*  
HOD, Psychology, Bethune College