

Equal opportunity cell, Visva-Bharti

1) Wheelchair Distribution Programme

Date: 12 February 2025

Venue: PSNS Office, Visva-Bharati

A Wheelchair Distribution Programme was successfully conducted on 12 February 2025 at the PSNS Office, Visva-Bharati, as part of an initiative to promote inclusivity and support students with physical disabilities.

On this occasion, four standard wheelchairs were distributed among physically disabled students of Visva-Bharati, aiming to enhance their mobility, independence, and access to academic and campus facilities. The wheelchairs were formally handed over by Prof. Amit Kumar Hazra, Director, PSNS, in the gracious presence of Prof. Manjiri Chakraborty of Vidya Bhavana. Their participation underscored the institution's commitment to fostering an inclusive and supportive educational environment.

The programme reflects Visva-Bharati's continued dedication to the welfare and empowerment of its students, ensuring equal opportunities for all.





2) Celebration of International Women's Day

Date: 12 March 2025

Venue: Visva-Bharati

The Equal Opportunity Cell under the Directorate of PSNS, Visva-Bharati, organized a programme on 12 March 2025 to celebrate International Women's Day. The event focused on promoting awareness and encouraging thoughtful discussion on various issues and challenges faced by women in contemporary society. The programme was inaugurated by Prof. Amit Kumar Hazra, Director, PSNS, Visva-Bharati. The occasion was graced by the Chief Guest, Prof. Bipasa Raha, an eminent historian of Visva-Bharati.

The event featured a series of intellectual deliberations by distinguished speakers, including Prof. Arbindo Mandal, Dr. Suryakumar Saikia, and Ms. Lopamudra Goswami, Psychologist at Visva-Bharati. The speakers highlighted key concerns related to gender equality, social barriers, and the need for empowerment and inclusivity.

The programme provided an important platform for meaningful dialogue and academic exchange. It reflected Visva-Bharati's commitment to fostering gender sensitivity, equality, and a more inclusive academic environment.



3) Five-Day National Workshop on Positive Mental Health, Resilience & Wellbeing

Date: 24–28 March 2025

Venue: Visva-Bharati

A five-day National Workshop on Positive Mental Health, Resilience & Wellbeing was organized from 24 to 28 March 2025 at Visva-Bharati. The programme was jointly conducted by the Students' Wellness Centre and the Equal Opportunity Cell under the Directorate of PSNS, Visva-Bharati. The workshop aimed to promote a holistic approach to student wellbeing, covering psychological, emotional, physical, and social aspects of health. The inaugural session was graced by the Hon'ble Vice-Chancellor of Visva-Bharati, and the welcome address was delivered by Prof. Amit Kumar Hazra, Director, PSNS.

A total of nine sessions were conducted by eminent resource persons. Dr. A. Dasgupta spoke on "Diabetes and Positive Health", followed by Dr. Rajkumar Shaw on "Common Mental Health Challenges and Stress Management". Ms. Soma Roy Karmakar discussed the psychological aspects of transgender inclusion, while Dr. Lopamudra Goswami presented a session on students' mental wellness.

Dr. Mahesh Khetmalis delivered a lecture on "Food and Nutrition in Mental Health and Wellbeing", and Ms. Shimanti Chandra spoke on nutrition strategies for a stress-free and healthy life. The seventh and eighth sessions, conducted by the Heartfulness Society, Bolpur, focused on mindfulness practices. The final session by Ms. Parichiti Saha highlighted the role of yoga in stress management and mental wellbeing.

The workshop included lectures, interactive sessions, and wellness activities, providing participants with practical knowledge and strategies for maintaining mental and emotional health.

Overall, the programme was informative and successful, reinforcing Visva-Bharati's commitment to promoting a healthy, inclusive, and supportive academic environment.





Santiniketan, West Bengal, India
Mmhq+jhf, Santiniketan, West Bengal 731204, India
Lat 23.678985° Long 87.688895°
24/03/2025 11:10 AM GMT +05:30



Santiniketan, West Bengal, India
Mmhq+jhf, Santiniketan, West Bengal 731204, India
Lat 23.679018° Long 87.688868°
24/03/2025 11:27 AM GMT +05:30



Santiniketan, West Bengal, India
Mmhq+jhf, Santiniketan, West Bengal 731204, India
Lat 23.678961° Long 87.688854°
24/03/2025 11:15 AM GMT +05:30



Santiniketan, West Bengal, India

Mmhq+jhf, Santiniketan, West Bengal 731204, India
Lat 23.678912° Long 87.688933°
25/03/2025 10:45 AM GMT +05:30



Santiniketan, West Bengal, India

Mmhq+jhf, Santiniketan, West Bengal 731204, India
Lat 23.679052° Long 87.688954°
26/03/2025 10:39 AM GMT +05:30



Santiniketan, West Bengal, India

Mmhq+jhf, Santiniketan, West Bengal 731204, India
Lat 23.67908° Long 87.68898°
26/03/2025 12:03 PM GMT +05:30

