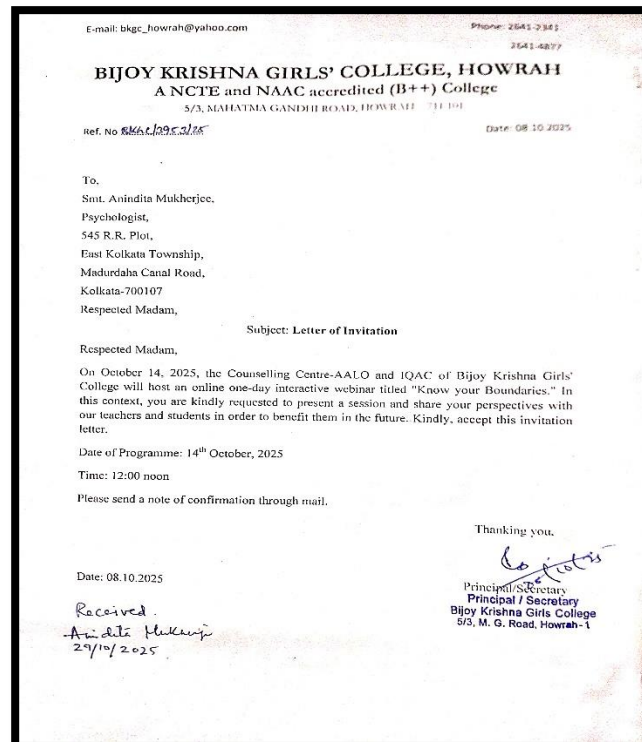
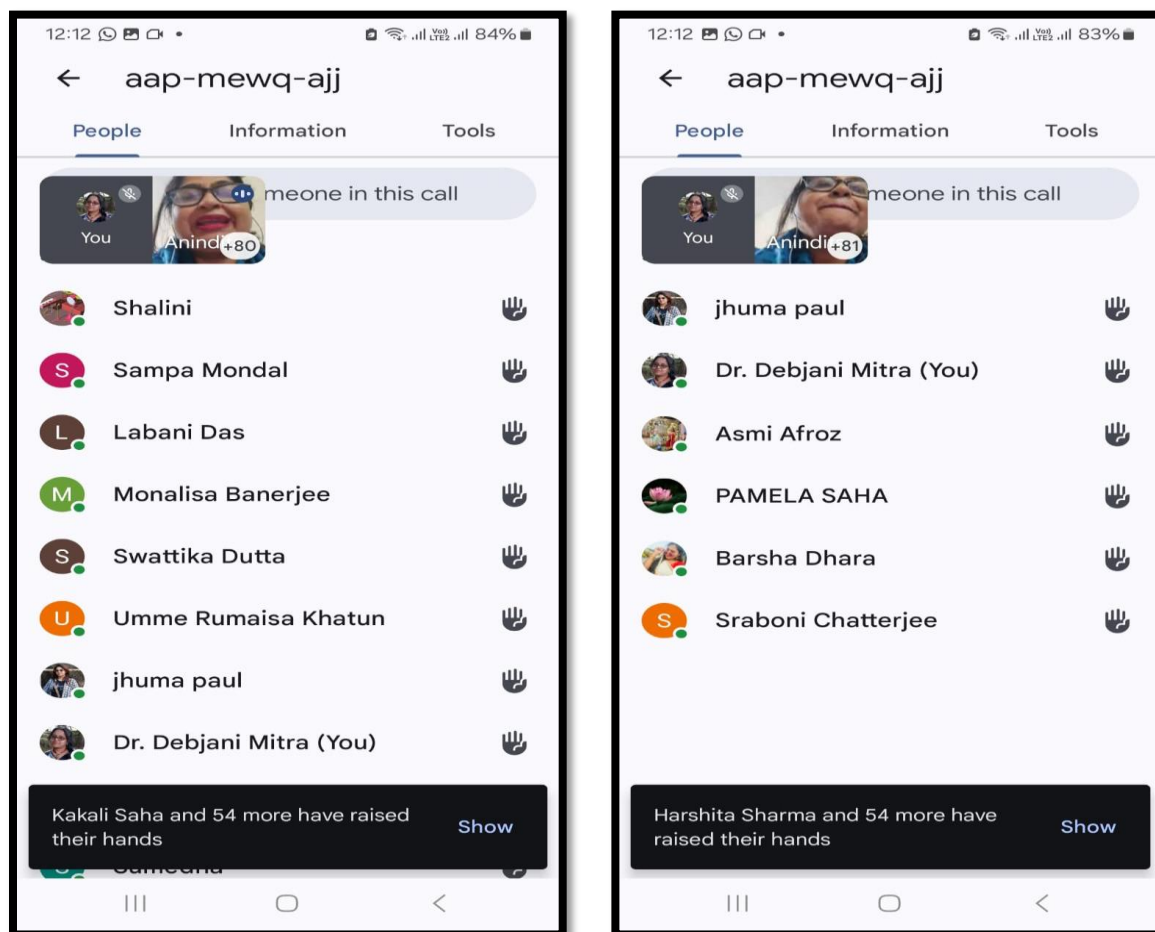


**Report of One-Day Interactive Webinar on ‘Know your Boundaries’ organized by Aalo -Counseling Centre, IQAC of Bijoy Krishna Girls’ College, Howrah**

1. Workshop/Seminar/Conference/Invited or Extension Lecture: Webinar
2. Offline/Online: Online
3. Institutional/International/National/Regional: Institutional
4. Title: Interactive Webinar on ‘Know your Boundaries’
5. Date: 14<sup>th</sup> October, 2025
6. Organizer(s): Aalo -Counseling Centre, IQAC of Bijoy Krishna Girls’ College, Howrah
7. Funding (with proof): NA
8. Collaborators (with proof): NA
9. Resource Persons (with invitation and acceptance letters): Smt. Anindita Mukherjee, Consultant Psychologist



## 10. Number of Participants (with proof): 160



### Attendance Record

## 11. Report of the Programme:

A one-day interactive webinar on “*Know Your Boundaries*” was jointly organized by Aalo-Counselling Centre, Internal Quality Assurance Cell (IQAC) of Bijoy Krishna Girls' College, Howrah on 14th October, 2025. The resource person for the session was Smt. Anindita Mukherjee, Psychologist.

The programme commenced with an introductory address delivered by Dr. Chaitali Mitra Choudhury, Associate Professor, Department of Philosophy, and Academic Mentor of the College. Following this, Dr. Debleena Kumar, Assistant Professor, Department of Psychology, introduced the distinguished speaker.

Smt. Anindita Mukherjee began the session by highlighting the importance of setting personal boundaries and discussed why maintaining them is essential in our daily lives for emotional well-being and healthy interpersonal relationships. The webinar was highly interactive, with

active participation from both faculty members and students, making the session truly engaging and insightful.

The programme concluded with a Vote of Thanks delivered by Dr. Sweta Guha, IQAC Coordinator and Associate Professor, Department of Psychology, who expressed gratitude to the speaker, organizers, and participants for making the event a great success.

The session proved to be enlightening and thought-provoking, leaving the participants more aware of the significance of self-awareness and personal boundaries in leading a balanced life.

## 12. Programme Outcome:

The webinar on “*Know Your Boundaries*” proved to be highly beneficial for both faculty and students. Participants gained a clear understanding of the concept of personal and emotional boundaries and how maintaining them contributes to mental well-being, self-respect, and healthy interpersonal relationships.

The interactive nature of the session encouraged participants to reflect on their own boundary-setting practices and identify areas for personal growth. Many expressed that the session helped them develop greater self-awareness, enhanced communication skills, and the confidence to assert their limits in a respectful and positive manner.

Overall, the programme successfully created awareness about the importance of boundaries in academic, professional, and personal life, promoting a healthier and more empathetic campus environment.

## 13. Poster/Brochure/Banner: Poster

**Bijoy Krishna Girls' College, Howrah**  
**Aalo (Counselling Centre) & IQAC**

organize

**One-Day Interactive Webinar**  
on

**KNOW YOUR BOUNDARIES**

Speaker  
**Anindita Mukherjee, Psychologist**

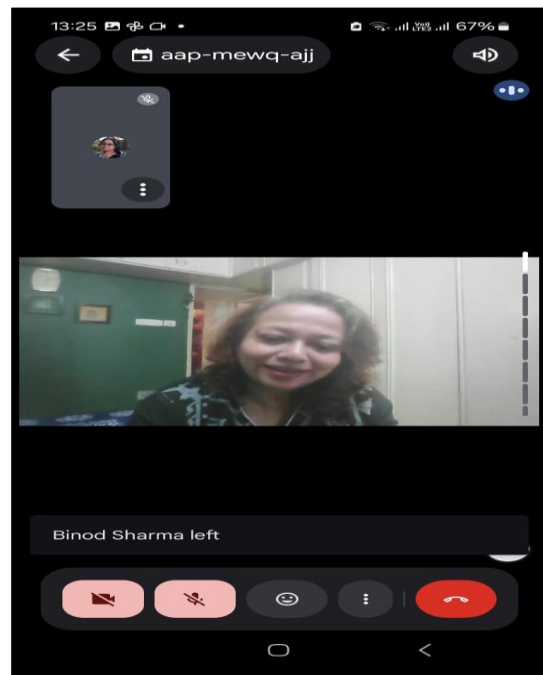
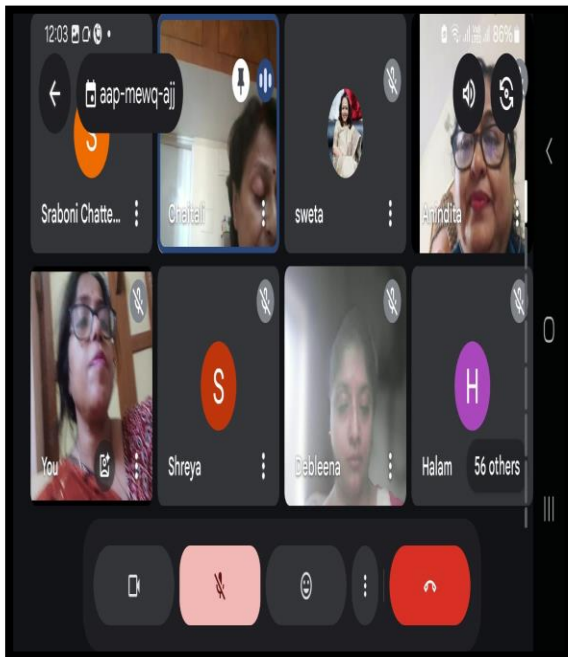
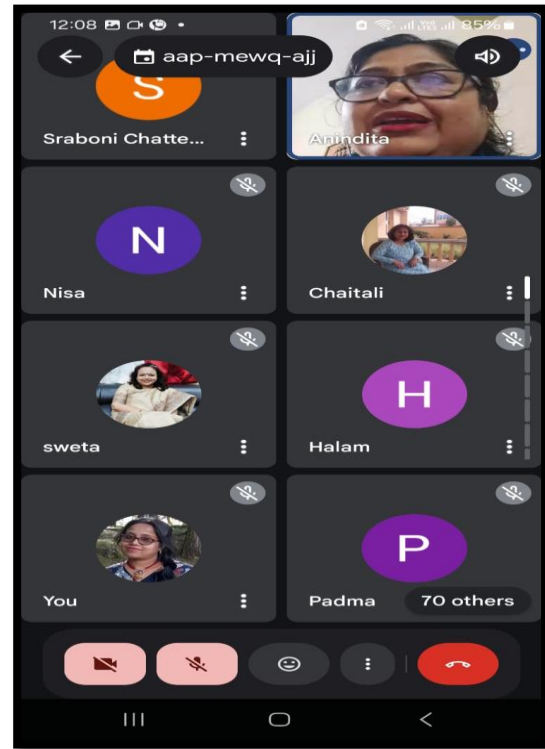
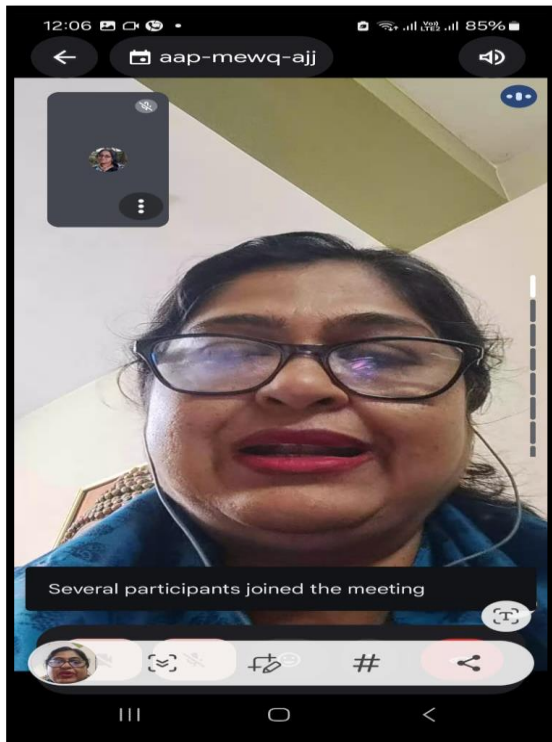
14.10.2025, 12 noon, Google Meet

**Register to Participate:**  
<https://forms.gle/rkeYoL2gKQnCgtT7A>

**Join the WhatsApp group:**  
<https://chat.whatsapp.com/BwhVqyk9h60DlyKEYcpQJL?mode=wwt>

## 14. Sample Certificate: NA

15. Pictures (Geotagged preferably):



Photographs