



RAMAKRISHNA MISSION
VIDYAMANDIRA

BOSE HOUSE CAMPUS

A Cultural & Educational Center

A Unit of Ramakrishna Mission Saradapitha

103, G.T. Road, P.O. - Rishra, P.S. – Rishra, District – Hooghly, Pin – 712248, West Bengal

Notice No.: 2025/VMBH/30

Date: 27.05.2026

Online Webinar

This is to inform all students under the **Department of Psychological Studies** that a webinar has been organized by Ramakrishna Mission Vidyamandira Bose House Campus, Rishra.

Webinar schedule is as follows:-

- **Topic:** Recognition & Understanding “I” : Self Awareness
- **Speaker:** Mr. Priyanko Das
- **Date:** 14th June 2026 (Sunday)
- **Time:** 06:00 PM

Note: Attendance is compulsory for all trainees enrolled in the courses under the department of Psychological Studies.

Principal

SWAMI MAHAPRAJNANANDA
Principal
Ramakrishna Mission Vidyamandira
(A Residential Autonomous College)
Belur Math :: Howrah-711202



Campus In-charge

SWAMI UMAPADANANDA
Campus-in-charge
Ramakrishna Mission Vidyamandira
Bose House Campus
Rishra :: Hooghly-712248



— Online Webinar On —

RECOGNITION & UNDERSTANDING “I”

Self Awareness :
A Journey Inward, A Lifetime of Growth



1 Know Yourself Better



2 Manage Emotions Mindfully



3 Make Better Choices



4 Build Stronger Relationships



5 Grow Continuously



“The better you know yourself, the better you live.”



Mr. Priyanko Das

Student Counsellor - Central Model School Amtala
Mental Health Advisor - PBKOJP
Clinical & Program Supervisor - Speak It Out Mind
Wellness Studio, Joka



DATE
14th June



TIME
06:00 PM



HELPLINE NO :  **9330353357 / 6289905704**