



# RAMA DEVI WOMEN'S UNIVERSITY

Vidya Vihar, Bhubaneswar-751022, Odisha

Website: <https://rdwu.ac.in>

E-mail: [registrar@rdwu.ac.in](mailto:registrar@rdwu.ac.in)

## COUNSELLING & WELLNESS CENTRE

Title of the Event	<b><i>ORIENTATION PROGRAMME ON PROMOTING WELLNESS</i></b> A Collaborative Initiative by Counselling & Wellness Centre, RDWU and Internal Quality Assurance Cell, RDWU, Theosophical Order of Service and Manam Foundation
Date & Time	05.08.2024 to 09.08.2024; 3-5:30 pm
No of Participants	200+
Venue	New Auditorium
Theme	Coping Mechanisms to promote wellness among teaching and non –teaching employees of RDWU
Brief Report	<p>An Orientation Programme on "Promoting Wellness," a collaborative initiative by the Counselling &amp; Wellness Centre, Internal Quality Assurance Cell (IQAC) of Rama Devi Women's University (RDWU), Theosophical Order of Service, and Manam Foundation, was inaugurated on August 5, 2024. The event was graced by the Hon'ble Vice-Chancellor of RDWU, Prof. Aparajita Chowdhury, alongside Dr. K Padhi, Secretary of the Theosophical Order of Service, Dr. Anuradha Mohapatra, Director of Manam Foundation, CPGC Prof. Chandi Charan Rath, Registrar Smt. Shyamali Mohapatra, IQAC Director Prof. Sasmita Mohanty, and Dr. Sayantani Behura, Officer in Charge of the Counselling &amp; Wellness Centre, RDWU. The teaching and non-teaching staffs along with student volunteers were present there.</p> <p>The five-day programme, held from August 5 to August 9, 2024, aimed to raise awareness about mental health among the university's teaching and non-teaching staff members. This initiative was led by Vice-Chancellor Professor Aparajita Chowdhury and facilitated by Dr. Sayantani Behura and Prof. Sasmita Mohanty. The programme focused on understanding the growing challenges of mental health issues and emphasized the importance of adopting effective coping mechanisms.</p> <p>As part of the programme, an interactive session was organized, where staff members openly shared their mental health concerns. Prof Sucheta Priyabadini, Dr Shika Singh, Dr Sasmita Kar, Dr Jayashree Jethy, Dr Dillip Kumar Bishi, Mr Narasingh Majhi facilitated conducting the programme. The technical session was conducted by Dr. Somya Mohapatra, Chief Therapeutic Counsellor of Manam Foundation, a non-profit organization dedicated to mental health. Participants discussed challenges they face in their professional and personal lives, particularly in dealing with students, gendered classroom space and its impact on mental health etc.</p> <p>The programme concluded successfully, providing valuable insights and practical strategies to enhance mental wellness among the university staff members. This collaborative effort marks a significant step towards fostering a supportive environment that prioritizes mental health and well-being at Rama Devi Women's University.</p> <p>The valedictory ceremony was held on 09.08.2024 from 4:10 p.m. onwards and was</p>



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compeered by Ms. Jyotatsi Jangyanseni . The ceremony was presided by Hon'ble Vice Chancellor of RDWU, Prof. Aparajita Chowdhury, Dr. Anuradha Mohapatra, Director of Manam Foundation, Dr. Somya Mohapatra, Chief Therapeutic Counsellor of Manam Foundation, CPGC Prof. Chandi Charan Rath, Registrar Smt. Shyamali Mohapatra, IQAC Director Prof. Sasmita Mohanty, and Dr. Sayantani Behura, Officer in Charge of the Counselling & Wellness Centre, RDWU. The teaching and non-teaching staffs of RDWU shared their feedback on the orientation program. Dr Anuradha Mohapatra and Somya Mohapatra were felicitated by Vice-Chancellor Prof Aparajita Chowdhury. A wellness plant was also presented to Hon'ble VC on behalf of Counselling and Wellness Centre with a message to protect wellness of all stakeholders of RDWU. Student volunteers Ms Sikha Nayak, Ms. Anjali, Ms. Subhasmita Dehuri, Ms. Debajyoti Naik, Ms. Jayashree Natia actively volunteered for the programme. The orientation program successfully achieved its goals with cooperation of all teaching and non-teaching staff members.

Press Releases &  
Social Media  
Releases:

<https://samajalive.in/ramadevi-women-university-news-12323/587072.html>  
<https://bharasalive.in/odia/ramadevi-womens-university-news/>  
<https://www.dinalipi.com/index.php/promoting-wellness-programme-concludes-in-rama-devi-university/>  
<https://odishabytes.com/rama-devi-womens-university-conducts-programme-on-promoting-wellness-in-bhubaneswar/>  
<https://samajalive.in/five-days-training-programme-at-ramadevi/585685.html>  
<https://x.com/RDWUniversity/status/1822210391574823091?t=qjmzWodCUzRdpw0e85G-A&s=08>  
<https://www.facebook.com/share/p/5c2fmpBTFo17GdJD/?mibextid=qi2Omg>





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### ରମାଦେବୀରେ ଦିଗ୍ଦର୍ଶନ କାର୍ଯ୍ୟକ୍ରମ ଉଦ୍‌ଘାଟିତ

ଭୁବନେଶ୍ୱର, ୯୮ (ବୁଧବାର): ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟ ପକ୍ଷରୁ ଆୟୋଜିତ ପ୍ରମୋଟିଂ ଷ୍ଟେଲନେସ୍ ଓରିଏଣ୍ଟେସନ କାର୍ଯ୍ୟକ୍ରମ ଆଜି ଉଦ୍‌ଘାଟିତ ହୋଇଯାଇଛି । କୁଳପତି ପ୍ରଫେସର ଅପରାଜିତା ଚୌଧୁରୀଙ୍କ ଅଧ୍ୟକ୍ଷତା ଆୟୋଜିତ ଏହି ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଶେଷ ହୋଇଛି । ମୁଖ୍ୟ ଅତିଥି ଭାବେ ମନମ୍ ପାଉଣ୍ଡେସନର ନିର୍ଦ୍ଦେଶିକା ଡ. ଅନୁରାଧା ମହାପାତ୍ର, ସୌମ୍ୟା



ସୁଚରିତା ମହାପାତ୍ର, କୁଳସଚିବ ଶ୍ୟାମଳା ମହାପାତ୍ର, ପିକି କାଉନ୍ସିଲ୍ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର

ଚଣ୍ଡା ଚରଣ ରଥ, ଆଇସ୍ପିଏସି ନିର୍ଦ୍ଦେଶିକା ପ୍ରଫେସର ସମ୍ବିତା ମହାନ୍ତି, କାଉନ୍ସିଲିଂ ଷ୍ଟେଲନେସ୍

ସେଣ୍ଟର ଓଆଇସି ଡ. ସାୟତନା ବେହେରା ପ୍ରମୁଖ ଉପସ୍ଥିତ ଥିଲେ । କର୍ମଶାଳାର ମୁଖ୍ୟ ଉଦ୍ଦେଶ୍ୟ

ଥିଲା ୨୦୦ରୁ ଅଧିକ ଅଧ୍ୟାପକ ଏବଂ ଅଣଶିକ୍ଷକ କର୍ମଚାରୀ ଛାତ୍ରମାନଙ୍କ ସହ ଯୋଡ଼ିବା । ସେମାନଙ୍କ ସମ୍ପୃକ୍ତ ବୁଦ୍ଧିଗତ, ବ୍ୟକ୍ତିଗତ କ୍ଷେତ୍ରରେ ମାନସିକ, ଭାବନାତ୍ମକ ଏବଂ ମାନସିକ ସମସ୍ୟା ଉପରେ ସଚେତନତା କରାଯାଇଥିଲା । ମନମ୍ ପାଉଣ୍ଡେସନ ସେମା ମହାପାତ୍ରଙ୍କ ଅଭିନବ ପ୍ରଣୟ ଏବଂ କୌଶଳ ସହିତ ଏହି ଅଧିବେଶନଗୁଡ଼ିକ ପରିଚାଳିତ ହୋଇଥିଲା ।



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ଓଡ଼ିଶା ଡାକ୍ତରଣିକା ଦେଶ ବିଦେଶ

### ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ପାଞ୍ଚଦିନିଆ ଶିକ୍ଷକ ଉନ୍ନୟନ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ

By Bharasa Digital — On Aug 10, 2024



ଭୁବନେଶ୍ୱର: ରମାଦେବୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟର କୁଳପତି ପ୍ରଫେସର ଅପରାଜିତା ଚୌଧୁରୀଙ୍କ ଅଧିକ୍ଷତାରେ କାର୍ମନେତ୍ରୀ ଓ ସେଲେସ୍ ସେଣ୍ଟର, ଇଣ୍ଡିଆନ୍ କ୍ୱାଲିଟି ଆସୋସିଏସନ୍ ଓ ସେଲେସ୍ ସେଣ୍ଟର, ଥିଓସଫିକାଲ ଅର୍ଡର ଅଫ୍ ସର୍ଭିସ୍ ଓ ମନମ୍ ଫାଉଣ୍ଡେସନ ଙ୍କର ମିଳିତ ଆନୁକୂଲ୍ୟରେ 'ଆନ୍ ଓରିଏଣ୍ଟେଡ୍ ପ୍ରୋଗ୍ରାମ ଅନ ପ୍ରମୋଟିଂ ୱେଲ୍‌ବେସ୍ ଶାର୍ଟକ ଏକ ପାଞ୍ଚଦିନିଆ ପ୍ରଶିକ୍ଷଣ କାର୍ଯ୍ୟକ୍ରମ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି । କୁଳପତି ପ୍ରଫେସର ଚୌଧୁରୀ ଉନ୍ନତ ମାନର ଉଚ୍ଚଶିକ୍ଷା ନିମନ୍ତେ ଶିକ୍ଷକ ଓ ଛାତ୍ର ସମାଜର ମାନସିକ ସ୍ୱାସ୍ଥ୍ୟ ସଂରକ୍ଷଣ ମୂଳକ କଥା ବୋଲି ଦର୍ଶାଇଥିଲେ । କାର୍ଯ୍ୟକ୍ରମରେ ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ଲାଟଫର୍ମରେ ପରିଷଦର ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ଚଣ୍ଡୀ ଚରଣ ରଥ ଏବଂ କୁଳସଚିବ ଶ୍ରୀମତୀ ଶ୍ୟାମଳା ମହାପାତ୍ର ଙ୍କ ସମେତ ସହଯୋଗୀ ଅନୁଷ୍ଠାନର ସମ୍ପାଦକ ଡ. କୃଷ୍ଣ ପ୍ରସାଦ ପାଢ଼ୀ ଓ ନିର୍ଦ୍ଦେଶିକା ଡ. ଅନୁରାଧା ମହାପାତ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇଥିଲେ । ପ୍ରଫେସର ସସ୍ମିତା ମହାନ୍ତି ସ୍ୱାଗତ ଅଭିଭାଷଣ ଓ ଡ. ପ୍ରଫେସର ସେନା ପରିଷଦ ଅଧିକାରୀଙ୍କୁ ସ୍ୱାଗତ କରିବାକୁ ମହାପାତ୍ର ଙ୍କ ସମେତ ସହଯୋଗୀ ଅନୁଷ୍ଠାନର ସମ୍ପାଦକ ଡ. କୃଷ୍ଣ ପ୍ରସାଦ ପାଢ଼ୀ ଓ ନିର୍ଦ୍ଦେଶିକା ଡ. ଅନୁରାଧା ମହାପାତ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇଥିଲେ । ପ୍ରଫେସର ସସ୍ମିତା ମହାନ୍ତି ସ୍ୱାଗତ ଅଭିଭାଷଣ ଓ ଡ. ପ୍ରଫେସର ସେନା ପରିଷଦ ଅଧିକାରୀଙ୍କୁ ସ୍ୱାଗତ କରିବାକୁ ମହାପାତ୍ର ଙ୍କ ସମେତ ସହଯୋଗୀ ଅନୁଷ୍ଠାନର ସମ୍ପାଦକ ଡ. କୃଷ୍ଣ ପ୍ରସାଦ ପାଢ଼ୀ ଓ ନିର୍ଦ୍ଦେଶିକା ଡ. ଅନୁରାଧା ମହାପାତ୍ର ମୁଖ୍ୟ ଅତିଥି ଭାବେ ଯୋଗ ଦେଇଥିଲେ ।

### Rama Devi women's University Conducts Programme On Promoting Wellness In Bhubaneswar

BY  
OB Bureau

AUGUST 9, 2024 7:00 PM



Bhubaneswar: A five-day intensive and



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**COUNSELLING & WELLNESS CENTRE**

**Workshop on  
wellness ends**

Bhubaneswar: A five-day workshop on promoting wellness concluded at Rama Devi Women's university on Saturday. Over 200 faculty members and non-teaching staff attended the workshop which aimed to generate awareness on mental, emotional and psychological issues.

[newindianexpress.com](http://newindianexpress.com)

**COUNSELLING & WELLNESS CENTRE**



BHUBANESWAR | SATURDAY | AUGUST 10, 2024

## Probe underway into Pa

Stern action to be taken if norms violated: Minister

PNS ■ BHUBANESWAR

Transport Minister Bibhuti Bhusan Jena on Friday informed that an investigation into the expenditures on VK Pandian's whirlwind tours across Odisha using helicopters is underway and stern action would soon be taken if any violation of norms is found.

There are rules as to who can use helicopters and appropriate action would definitely be taken if any violation is found in the investigation, said Minister Jena.

Jena further said Chief Minister Mohan Majhi has so far met thousands of people, but no money has been spent for



the purpose. Whoever it may be, if any officer is found to have misused the government exchequer, the Mohan Majhi government would definitely take action against him.

## 'Promoting Wellness' prog at RD Varsity



PNS ■ BHUBANESWAR

The Rama Devi Women's University concluded a five-day (August 5-9) intensive and interactive workshop titled 'Promoting Wellness'. It was a collaborative initiative led by Vice-Chancellor Professor Aparajita Chowdhury organised by the university's Counselling and Wellness Centre, Internal Quality Assurance Cell and Theosophical Order of Service.

It was conducted by the Manam Foundation, a not-

organisation based in Odisha working in the area of mental health. The objective of the workshop was to interact with over 200 faculty members and non-teaching employees and generate awareness on mental, emotional and psychological issues while dealing with students and in their respective professional and personal areas.

The sessions were driven with an activity-based interaction with innovative techniques by Somya Mohapatra, Chief Therapeutic Counsellor,

ବିଶ୍ୱବାଣୀ  ରବିବାର ୧୧ ଅଗଷ୍ଟ, ୨୦୨୪ ଭୁବ

# ମଣିଷ ତିଆରି କାରଖାନାରେ ସୁସ୍ଥ ମାନସିକତା ଏକାନ୍ତ କାମ୍ୟ

ଭୁବନେଶ୍ୱର ୧୦ (ବି.ପ୍): ମଣିଷ ତିଆରି କାରଖାନାରେ ସୁସ୍ଥ ମାନସିକତା ଏକାନ୍ତ କାମ୍ୟ ପାଇଁ ଭାରତୀୟ ସରକାରୀ ମହିଳା ବିଶ୍ୱବିଦ୍ୟାଳୟର ପ୍ରତିଷ୍ଠାପକ ପ୍ରଧାନମନ୍ତ୍ରୀ ଶ୍ରୀ ଶ୍ରୀମତୀ ଅପାରଜିତା ଚୌଧୁରୀଙ୍କ ନେତୃତ୍ୱରେ ଏକ ଚାରଦିନିଆର କାରଖାନା ଆରମ୍ଭ ହୋଇଛି । ଏହି କାରଖାନାରେ ମହିଳା ଶିକ୍ଷକ, ଅଧ୍ୟାପିକା, ଅଧ୍ୟାପକ, ଏବଂ ଅନ୍ୟାନ୍ୟ କର୍ମଚାରୀଙ୍କୁ ସୁସ୍ଥ ମାନସିକତା ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଆନନ୍ଦ ଦେବା ଲାଗୁ ହେବ । ଏହି କାରଖାନାରେ ମହିଳା ଶିକ୍ଷକ, ଅଧ୍ୟାପକ, ଏବଂ ଅନ୍ୟାନ୍ୟ କର୍ମଚାରୀଙ୍କୁ ସୁସ୍ଥ ମାନସିକତା ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଆନନ୍ଦ ଦେବା ଲାଗୁ ହେବ ।



ଏକ ଅନୁଷ୍ଠାନ କର୍ମଚାରୀଙ୍କୁ ସୁସ୍ଥ ମାନସିକତା ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଆନନ୍ଦ ଦେବା ଲାଗୁ ହେବ । ଏହି କାରଖାନାରେ ମହିଳା ଶିକ୍ଷକ, ଅଧ୍ୟାପକ, ଏବଂ ଅନ୍ୟାନ୍ୟ କର୍ମଚାରୀଙ୍କୁ ସୁସ୍ଥ ମାନସିକତା ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଆନନ୍ଦ ଦେବା ଲାଗୁ ହେବ ।

କେନ୍ଦ୍ର ମନୋରୋଗ ଉପାଧ୍ୟକ୍ଷ ଶ୍ରୀମତୀ ଶ୍ରୀମତୀ ଅପାରଜିତା ଚୌଧୁରୀଙ୍କ ନେତୃତ୍ୱରେ ଏକ ଚାରଦିନିଆର କାରଖାନା ଆରମ୍ଭ ହୋଇଛି । ଏହି କାରଖାନାରେ ମହିଳା ଶିକ୍ଷକ, ଅଧ୍ୟାପକ, ଏବଂ ଅନ୍ୟାନ୍ୟ କର୍ମଚାରୀଙ୍କୁ ସୁସ୍ଥ ମାନସିକତା ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଆନନ୍ଦ ଦେବା ଲାଗୁ ହେବ । ଏହି କାରଖାନାରେ ମହିଳା ଶିକ୍ଷକ, ଅଧ୍ୟାପକ, ଏବଂ ଅନ୍ୟାନ୍ୟ କର୍ମଚାରୀଙ୍କୁ ସୁସ୍ଥ ମାନସିକତା ଏବଂ ସ୍ୱାସ୍ଥ୍ୟ ଆନନ୍ଦ ଦେବା ଲାଗୁ ହେବ ।





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