

IQ City Medical College
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Ref. No. : IQMC / SA / 26 - 27 / 077

Date: 10-06-2026

NOTICE

WORKSHOP ON "DIGITAL WELLNESS FOR MEDICAL MINDS" FOR FIRST-YEAR M.B.B.S STUDENTS (A.Y. 2025 - 2026): REG.

1. This is to inform all concerned that a workshop titled "*Digital Wellness for Medical Minds*" is being organized for **First-Year (A.Y. 2025 - 2026) M.B.B.S students** in collaboration with the **Department of Psychiatry** on **16th June 2026 (Tuesday)** from **02:00 p.m. to 04:00 p.m.**
2. The workshop will be conducted by **Dr. Aparajita Das, Paediatrician and Adolescent Specialist**, who will address the growing concern of internet addiction among youth and discuss strategies for promoting healthy digital habits and well-being among medical students. The programme will also include a practical session by the Clinical Psychologist demonstrating effective stress-reduction and coping techniques.
3. In view of the above, all departments concerned are requested to ensure that **no academic activities are scheduled for First-Year M.B.B.S students between 02:00 p.m. to 04:00 p.m. on 16th June 2026. Attendance is compulsory** for the students. The designated lecture (Mother Teresa Lecture Theatre, Annexe Building, and 4th Floor) may kindly be kept available for the conduct of the workshop.
4. Your cooperation in making this programme a success will be highly appreciated.



Copy to:

1. MS / Vice Principal
2. H.O.Ds / In-charges of all the academic departments
3. Dean / Dy. Dean - Academics & Student Affairs'
4. All Notice Board (IQCMC & H, Durgapur)

Arindom Banerjee 10/6/2026
Prof. (Dr.) Arindom Banerjee

Principal
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