

The poster is a vibrant graphic with a yellow and orange background. At the top left is the SMILE logo (Smile Involvement Motivation Leadership Education) and at the top center is the IEM logo (Institute of Engineering & Management, Great Education, Good Jobs). A microphone icon with 'WORDS OF LIFE' is at the top right. The main text reads: 'SMILE PRESENTS WEBINAR ON MENTAL HEALTH BE A WARRIOR NOT A WORRIER'. Below this, it says 'FOR REGISTRATION ON ZOOM CHECK FACEBOOK PAGE'. A small photo of Ms. Jayita Saha is on the right. The speaker information is: 'SPEAKER:- Ms. JAYITA SAHA CLINICAL PSYCHOLOGIST ON 14th July From 12pm to 1pm'. At the bottom, it says 'LIVE ON FACEBOOK AND YOUTUBE' and includes social media icons for YouTube (wordsoflife), Facebook (SMILE), and Instagram (wordsoflife).

Webinar on Mental Health titled “Be a Warrior Not a Worrier” was organized by SMILE of IEM on 14th July, 2020 to promote wellbeing during pandemic. In this programme, renowned psychologist Ms. Jayita Saha was the speaker who enlighten the students and teaches of BBA and BCA about the process to overcome the mental stress and problems faced by the students in this COVID 19 situation where they have to manage their studies and other duties from home. In this online programme, approximately 160 students and 8-9 faculty members from the department were participated. All of them had received e-certificate for their support and cooperation.