

**STUDENTS MENTORING UNIT**  
**(Constitute of Psychological Counseling Cell and Students' Support Cell)**  
**Period - 1<sup>ST</sup> JULY 2020 TO 30<sup>TH</sup> JUNE 2021**

**Barasat Government College**

**10 K N C Road, Barasat, North 24 Parganas, Kol-124**

Faculty members of our College and even external members provide aid, counseling and assistance to the College students. In addition, there are Psychological Counseling Cell and Students' Monitoring Cell which help students to develop their basic skills to manage emotions & conflicts. Mentors influence the personal and professional growth of the student.

The Psychological Counseling Cell and Students' Monitoring Cell were established at the Barasat Government College in 2015. These are part of Student Support Services. These Cells have been providing services like individual counseling, monitoring and developmental group activities for College students. These Cells function regularly. The Mental Health Professional and Departmental teachers help students in their day-to-day concerns and also enhance their overall functioning. Workshops on relevant topics help to increase the overall capacities of the students regularly.

The outbreak of the global pandemic COVID -19 created a challenging time for everyone around the world. This pandemic is not only a serious medical concern, but it also brings mixed emotions and psycho-social stresses for all. There are emerging mental health's concerns with specific focus on young adult. This year can be considered a difficult time for all of us as COVID-19 has brought rapid changes in the way we live, work and interact in a society. This has provoked the feeling of fear, anxiety and depression among students.

Here is a brief report of the activities of Psychological Counseling Cell and Students' Mentoring Cell done during this academic year 2020-21 -

- Encouraging students to return to regular and normal life. It is helpful in giving a sense of normality and creating a feeling of security and certainty.
- Discussing facts about COVID-19, gathered from authentic sources including health authorities. Sharing of facts help in reducing fear and enable them to distinguish facts from myths and rumors.
- Finding opportunities to relate positive and hopeful stories and images of people who have experienced COVID-19.
- With an objective of providing psychological first-aid and emotional support to student during COVID-19 Pandemic, tele-Counseling and mentoring are provided to students.
- Calls of about 30 students have been attended. They have been counseled & guided by the Mental Health Professional of the Cell and also by the Departmental teachers.
- Stress management workshops specially designed to address students' needs are organized by Counseling Cell and Students' Monitoring Cell. The students who are identified as someone who needs special care are then sent for individual counseling and monitoring session. The workshops also served as a medium through which the student interacts with the therapist freely and comfortably. Various methodologies which are adopted include discussions, role-plays, audio-visuals and lectures.

Our vision is to provide & ensure mental well-being of all students through positive fantasy, guiding them to reach their desired goal, mentoring them to face several problems and challenges that they may face in their life. Positive psychotherapy and mentoring are such therapeutic model that have aimed to reorient and support students to use their inner resources to overcome challenges, understand and recognize areas of growth, and focus on their goal.

Conveners and several members of both Students Counseling Cell and Students Mentoring Cell help College students to overcome several family problems, personal problems, financial and social problems related to career etc.

Following are the lists of mentees who have been mentored by several departmental teachers (Mentors). Apart from them, Paromita Bhattacharya, as an external member helped in each and every case.

Class	Subjects	Total no. of Mentees	Mentors
UG Sem 2	English (1) Pol Science (2)	3	Debashree Dutta Chandan Surabhi Das
UG Sem4	English (2) Bengali (3) Philosophy (2)	7	Swati Mitra Indranath Bhattacharya Ajita Sengupta
UG Sem 6	English (3) Philosophy (2) Geography (1) Bengali (4) Chemistry (2) Pol Science (2)	14	Debjani Roy Moulik Soma Nath Deoghorla Rongili Biswas Madhuchchanda Bhattacharya Subhendu Bikash Satpati Rita Ghosh
PG Sem 2	Bengali (4)	4	Prianka Sen Chandan Surabhi Das
PG Sem 6	Bengali (4) Botany (2)	6	Rita Ghosh Swati Mitra Madhuchchanda Bhattacharya

Total 34 Mentees were successfully mentored in the academic session 2020-21 and they all overcame their respective problems.

The Psychological Counseling Cell and Students Mentoring Cell have counseled and mentored the above mentioned students in online and offline mode in order to help them in overcoming serious problems like financial, social, personal, psychological etc. in such pandemic situation.

### Internal Members:

- 1) Debashree Dutta Debashree Dutta Assistant Professor  
Barasat Govt College
- 2) Chandan Surabhi Das Chandan Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 3) Swati Mitra Swati Mitra Assistant Professor  
Barasat Govt. College
- 4) Indranath Bhattacharyya Indranath Bhattacharyya Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 5) Ajita Sengupta Ajita Sengupta Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 6) Debjani Roy Moulik Debjani Roy Moulik Assistant Professor  
Barasat Govt College
- 7) Soma Nath Deoghorla Soma Nath Deoghorla Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 8) Rongili Biswas Rongili Biswas Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 9) Madhuchanda Bhattacharya Madhuchanda Bhattacharya Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 10) Subhendu Bikash Satpati Subhendu Bikash Satpati Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 11) Rita Ghosh Rita Ghosh Associate Professor  
Barasat Govt. College  
Govt. of West Bengal
- 12) Priyanka Sen Priyanka Sen Assistant Professor  
Barasat Govt College

### External Member:

- 1) Paromita Bhattacharya Paromita Bhattacharya