

STUDENTS MENTORING UNIT

(Constitute of Psychological Counseling Cell and Students' Support Cell)

Barasat Government College

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

As an introductory remark there has been constant support from the College faculty members including External members to provide counseling, aid, and assistance to the College students. Moreover, Psychological Counseling Cell and Students' Monitoring Cell were formed to help students develop their basic skills to manage emotions, conflicts and mental faculty. The mentors have assisted students for their personal and professional growth.

The Psychological Counseling Cell and Students' Monitoring Cell were established at the Barasat Government College in the year 2015 with a view to develop Student Support Services. The basic idea to develop these Cells have been to provide services like individual counseling, monitoring and developmental group activities for the College students. These Cells function for the student development on regular basis. The objective of the College faculty has been to assist and promote Mental Health in both Career building and Professional level. The teachers at their respective Department, help students in their day-to-day concerns and also enhance their overall functioning. Workshops on relevant topics organized by the Faculty and College Staff help the students to increase their overall capacities regularly.

The year 2021-2022, referred as the, post Global pandemic COVID-19 phase offered challenges to overcome the mental barrier, fear psychosis and rebuilding of confidence amongst students. This was done by blending of Online-Offline mode of education and other activities. The pandemic phase had done enough damage to the College infrastructure including general and laboratory facilities.

A brief report of the activities regarding Psychological Counseling and Students' Mentoring Cell performed during the Academic Year 2021-22 is given below -

- The faculty of the College constantly encouraged the students to return to regular (Off-line) Classroom and Laboratory. This helped the students to give a sense of normalcy and thereby building confidence.
- The students were encouraged for more realistic, physical and practical modes to ease out the panic and stress by virtue of discussing the facts about post COVID-19.
- Activities related to Physical Exercises and Yoga Center was enforced to promote positive attitude.
- The prime objective has been to provide total upliftment for the students with regard to psychological first-aid and emotional support. In fact, the students were given Tele-Counseling and mentoring during the COVID period and also post COVID phase.
- Seminars, Conferences and Workshops were organized specially to address students' needs which were organized by Student Counseling and Monitoring Cell. Some of the students who were identified with shortcomings were provided special care and sent for individual counseling and monitoring session. Different methodologies were adopted to include discussions, role-plays, audio-visuals and lectures involving participation of the students.

In conclusion, it is stated that for the Academic Session 2021-2022, Mentoring and Counseling has been done for 3156 College students. Special care and needs were provided to 128 students. For this purpose, about 61 Mentors were involved as provided by the different Departments of the College which were regulated by the Conveners and several members of both Students Counseling Cell and Students Mentoring Cell. It has been our pleasure to help College students to overcome several family problems, personal problems, financial and social problems particularly related to career development.

REPORT OF PSYCHOLOGICAL COUNSELING

Apart from Mentoring Unit activities there are some students were identified who needed deep psychological or professional counseling. For the privacy of those students, the details are not given herewith, only the Subject and Semester are provided here. The professional counseling was done by Dr. Paramita Bhattacharyya, Professional counselor.

UG Semester 2: English 3, History 1, Political Science 2, Economics 1, Geography 2
UG Semester 4: English 2, Philosophy 3, Political Science 2, Chemistry 2

UG Semester 6: ENGLISH 3, PHILOSOPHY 3, POLITICAL SCIENCE 2, BENGALI 4

PG Semester 2: Bengali 4
PG Semester 4: Bengali 5

Issues: Interpersonal relationships 10, Family conflicts 3, Examination phobia 3, Emotional deregulation 6, General Anxiety Disorder 5, Obsessive compulsive disorder 2, Depression 3, Stress Management 7

Total mentees who needed professional counseling: 39

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

Class	Subjects	Total no. of Mentees	Mentors
UG Sem-4 (6)	Physics	6	1) Dr. Abhijit De 2) Dr. Madhusudan Ghosh 3) Dr. Ajita Sengupta 4) Sri Sarajit Biswas
UG Sem-2 (1) UG Sem-3 (1) UG Sem-5 (1)	Mathematics	3	All five faculties members
UG- Sem-3 & 4 (5) UG-Sem-1 & 2 (3) PG- Sem-1 & 2 (3) PG- Sem-3 & 4 (5)	Bengali	16	1) DR. RITA GHOSH 2) DR. NIVEDITA CHAKRABORTY(DUTTA) 3) ADRIJA CHOWDHURY 4) DR. BHISMADEB MUKHOPADHYAY
UG- SEM6 (1) PG- SEM2 (1) PG- SEM 3 & 4 (2)	Zoology	4	All seven faculties members
UG- SEM3 (1) PG- SEM2 (1) PG- SEM4 (2)	Botany	4	1) Dr. Subhra Talai Mukhopadhyay (Associate Professor of Botany) 2. Dr. Rituparna Kundu Choudhuri (Assistant Professor of Botany) 3. Sri Dibyendu Sekhar Mahanty (Assistant Professor of Botany) 4. Dr. Sohini Gupta (SACT-I)
UG Sem-2 (2) UG Sem-4 (6) UG Sem-6 (6)	Philosophy	14	All five faculties members
UG Sem-6 (6)	Political Science	1	All four faculties members
UG- SEM2 (1) PG- SEM5 (4)	Geography	5	All six faculties members
UG Sem-2 (5) UG Sem-4 (2)	Chemistry	7	All ten faculties members
UG Sem-4 (12)	Sanskrit	12	All three faculties members
UG Sem-1 (4) UG Sem-3 (3) UG Sem-5 (6)	History	13	Four faculties members
UG Sem-4 (4)	Economics	4	All four faculties members

Total mentees who needed regular mentoring: 89

Total 128 Mentees were successfully mentored in the academic session 2021-22 and they all overcame their respective problems.

Ajita Sengupta
Subrata

Abhijit De
Deep

Paromita Bhattacharyya
S. Nath

