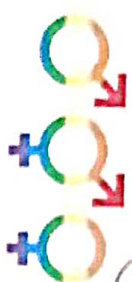


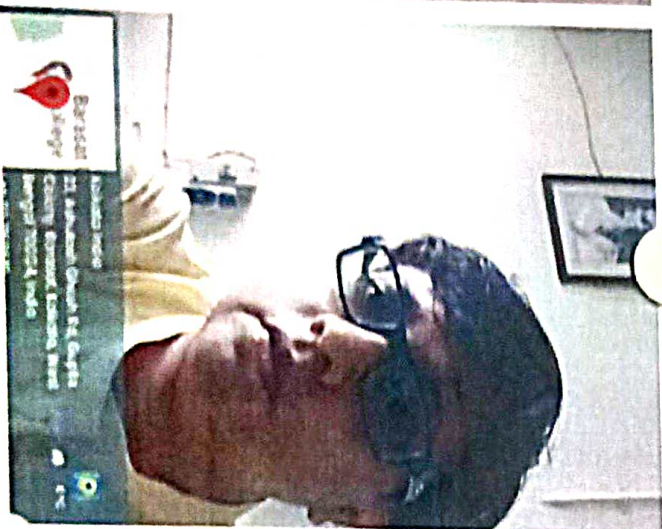
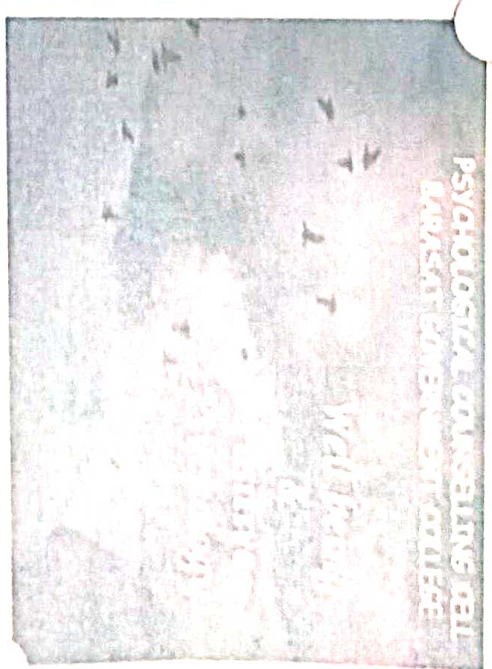
# Chemistry Department



Gender stereotypes  
and their  
perpetuation

An interactive session with

students



an initiative by

ICG: Gender Sensitization Committee



**Programme outcome**  
**Psychological Counselling Cell**  
**Barasat Government College**  
**Session: July 2021 – June 2022**

**Title of the Programme: WELLBEING & POSITIVE PSYCHOLOGY**

**Link:** Thursday, January 6 2022· 4:00 – 6:00 pm Google Meet joining info Video call link:  
<https://meet.google.com/gsu-zywa-bfs>

**Date of Programme:** 06/01/2022

**Introduction:** aim to promote and protect students' physical, social, emotional, and mental well-being.

**Brief report on the programme (Different achievements and benefits of the programme)**

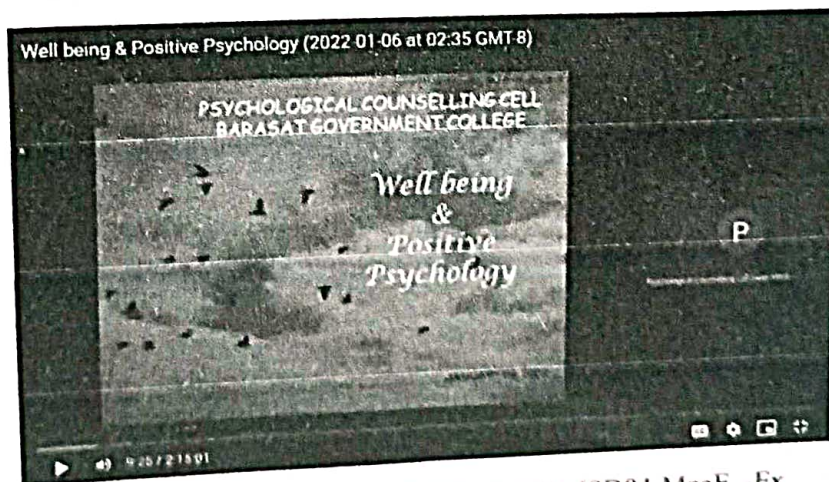
Almost 70 students were presented during the workshop.

The session started by the Convenor of our Psychological Counselling Cell

The session was taken by Dr Paramita Bhattacharyya, a mental health activist and member of our Psychological Counselling Cell

During the session, Dr Bhattacharyya discussed about:

- What is wellbeing
- What is Positive Psychology
- Reduce stigma on mental health
- Promote support-seeking behaviors
- ensure mental Well-Being for All students through Positive Fantasy.



Youtube link [https://youtu.be/7Yy4vhUN9Sw?si=Kv69D04rMpaE\\_-Ex](https://youtu.be/7Yy4vhUN9Sw?si=Kv69D04rMpaE_-Ex)

The students spontaneously participated and interacted throughout the session.



Wellbeing & Positive  
Psychology

Thursday, January 6 · 4:00 –  
6:00pm , 2022

Google Meet joining info  
Video call link:

<https://meet.google.com/gsu-zywa-bfs>

Or dial: (US) +1 831-508-9220  
PIN: 490 490 883#

Neha Sultana  
4:12 PM

Neha Sultana English  
Department Sem 3  
SAHELI SULTANA  
4:13 PM

Saheli Sultana Political science  
department Sem1  
chandan sardar  
4:13 PM

Chandan sardar Bengali  
department Sem :5

Farhan Aktar  
4:13 PM

Farhan Aktar English  
Department Sem 1

debasmita ballav  
4:13 PM

Debasmita Ballav, Bengali  
Department Sem 1

Priyanka Ghosh  
4:13 PM

Priyanka Ghosh pg /beng  
/20/0039 Bengali MA Sem 3

Disha Das  
4:13 PM

Disha Das Bengali Honours  
3rd sem

Parvaz Mondal  
4:13 PM

PARVAZ MONDAL English  
department Sem 1

Anushka Ghosh  
4:13 PM

Anushka Ghosh Zoology  
honours department Sem-3

Sayoni Ghosh  
4:13 PM

Sayoni Ghosh. English  
Department Sem 1

SHREYEE MONDAL  
4:13 PM

Shreyee Mondal Political  
Science , Department Sem 3

Jit Biswas  
4:13 PM

Jit kumar Biswas English  
Department Sem 1

Priti Saha  
4:13 PM

Priti saha History Honours  
Sem1

Rimi Mondal  
4:13 PM

Rimi Mondal from Zoology  
department ,PG Sem1

UJJAL DUTTA  
4:13 PM

Ujjal Dutta History honours  
Sem 1

Sayani Biswas  
4:13 PM

Sayani Biswas English  
Department Sem 3

Pampa Ghosh  
4:13 PM

Pampa Ghosh Bengali  
Department PG 3rd sem

RAJIYA KHATUN  
4:13 PM

Rajiya khatun Bengali  
department Sem 1

Rumi Ghosh  
4:13 PM

Rumi Ghosh Department-  
Bengali Semester 1

Sudesna Das  
4:13 PM

Sudesna Das Bengali honours  
Sem 1

Chitra Mondal  
4:13 PM

Chitra Mondal Bengali  
Department PG 1st sem

DISHA PARVIN  
4:13 PM

Disha parvin English  
Department Semester 1

Rozy Sultana  
4:14 PM

Rozy Sultana Bengali  
Department Ug 3 rd sem

Arunima Ray  
4:14 PM

Arunima Ray. English  
Department. Sem - 3.

Riki Mukherjee  
4:14 PM

Riki Mukherjee Bengali  
Department Sem-1

Manjura Khatun  
4:14 PM

Manjura Khatun History  
Honours Semester 3

Sneha Bhattacharjee  
4:14 PM

Sneha Bhattacharjee  
PG/BENG/20/0024 M.A. 3rd  
sem. Bengali

PAYEL DAS  
4:14 PM

Payel Das Philosophy  
Department 3rd sem

Susmita Ghosh  
4:14 PM

Susmita Ghosh Bengali  
Department 3rd semester

DEBALEENA BAG  
4:14 PM

Debaleena Bag Bengali  
Department (3sem PG)

Sonali Ghosh  
4:14 PM

Sonali Ghosh Bengali  
Department (3rd Sem)

Asiful Haque  
4:14 PM

MD Asiful Haque Geography  
department Semester 1

Dwipayan Halder  
4:14 PM

Dwipayan Halder

Farhana Yeasmin  
4:14 PM

Farhana Yeasmin Bengali  
Department Sem:3

Bhaswati Pal  
4:14 PM

Bhaswati pal-41, Bengali pg





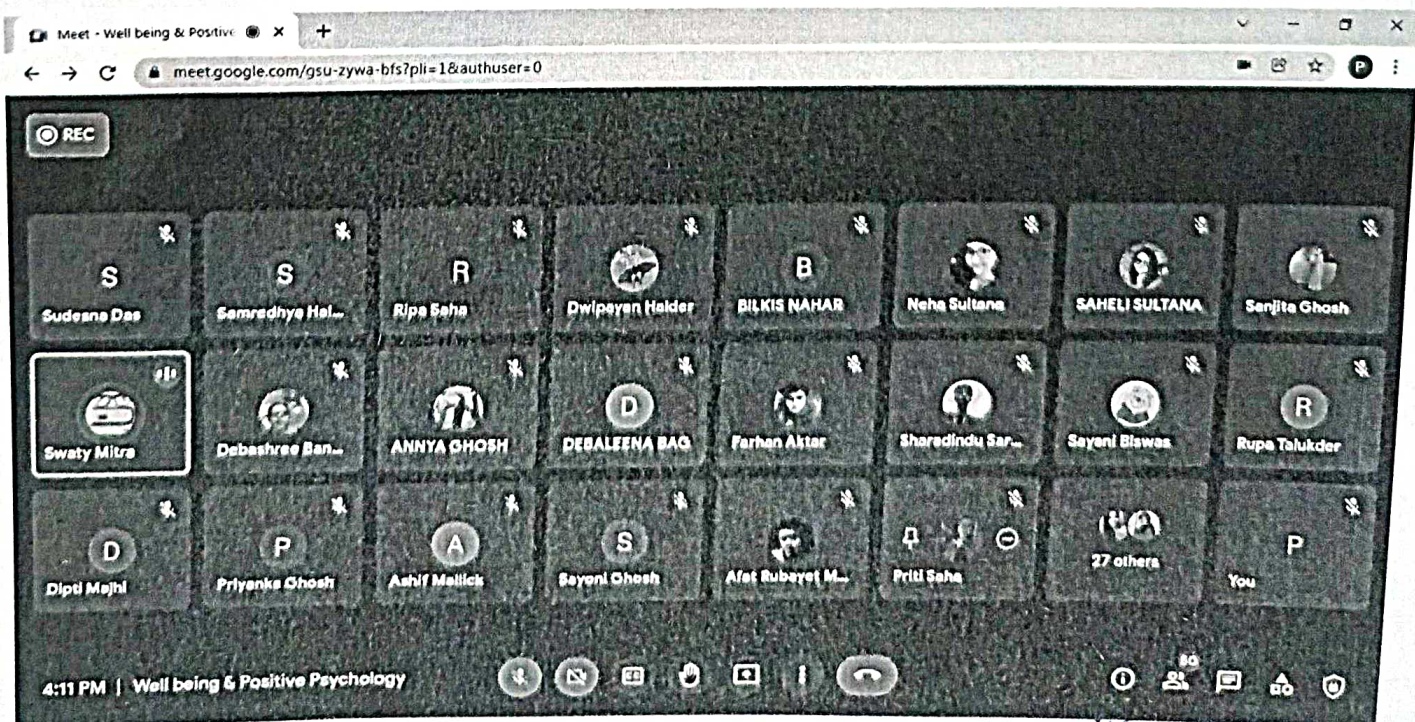
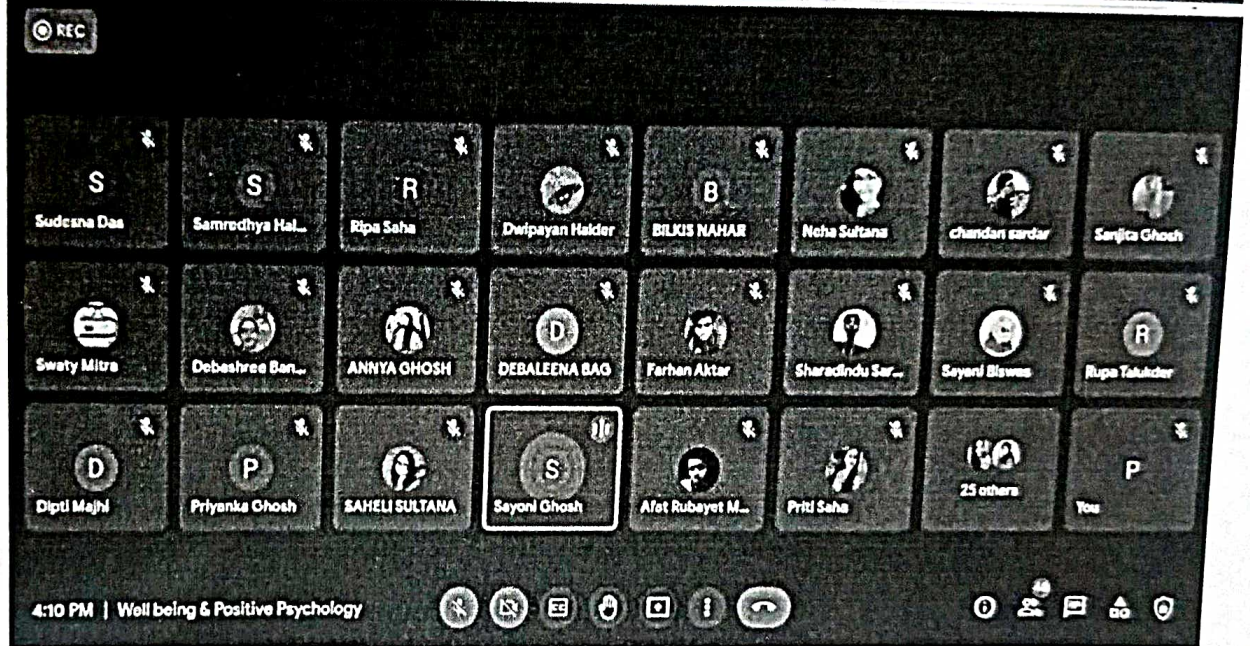
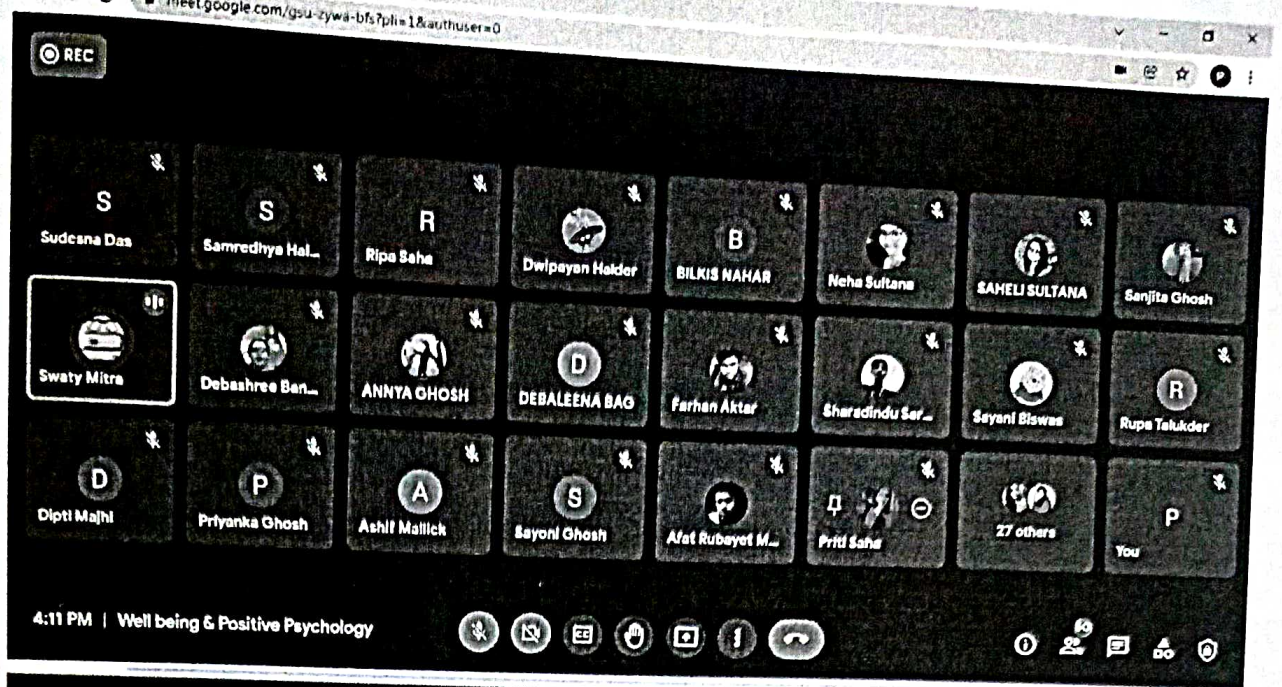
Disha Ghosh  
4:14 PM  
Disha Ghosh Bengali Honours  
Semester- 1  
Afaf Rubayet Mondal  
4:14 PM  
Afaf Rubayet Mondal English  
Honours UG 1st Sem  
Sanjita Ghosh  
4:15 PM  
Sanjita Ghosh Bengali  
Department PG, sem 3  
Debika biswas  
4:15 PM  
Name - Debika Biswas  
Department - Sanskrit  
Semester - 1  
Ripa Saha  
4:15 PM  
Ripa Saha Bengali Department  
( PG 3rd sem)  
AMINA KHATUN  
4:15 PM  
Amina khatun Bengali  
department Pg 3 sem  
Dwipayan Halder  
4:15 PM  
Dwipayan Halder, PG Zoology  
Sem-3  
Chaitali Bera  
4:15 PM  
Chaitali Bera Bengali  
department PG 1st sem  
RAJIYA KHATUN  
4:16 PM  
Rajiya khatun Bengali  
department Ug sem 1  
Rupa Talukder  
4:16 PM  
Rupa Talukder. Zoology  
department. Ug sem 1  
Dilruba Parvin  
4:17 PM  
Dilruba Parvin 3 rd semester  
Bengali Depertment  
Bristi Biswas  
4:17 PM  
Bristi Biswas, Bengali  
department, pg-1sem, roll-10  
Dipti Majhi  
4:19 PM

Dipti Majhi PG-3RD  
SEMESTER (Bengali)  
Sharadindu Sarkar  
4:20 PM  
Name: Sharadindu Sarkar  
Department: Bengali  
(Honours) 3rd semester  
Ashif Mallick  
4:20 PM  
Md Ashif Mallick Zoology  
Department UG sem-3  
Samredhya Halder  
4:21 PM  
Samredhya Halder Department  
of Bengali UG sem 1  
Bhaswati Pal  
4:22 PM  
Bhaswati pal-41 Bengali pg, 1st  
semester.  
Sayoni Ghosh  
5:12 PM  
How practically you describe  
ma'am...  
Jahanara Khatun  
5:36 PM  
Jahanara khatun Bengali  
honours 3rd semester  
Sayoni Ghosh  
5:36 PM  
Sorry ma'am... Ekta karane ami  
mute krlm...  
Koustav Ghosh  
5:37 PM  
Koustav Ghosh  
Mou Saha  
5:37 PM  
Mou saha Bengali honours 3rd  
semester  
Sumaiya Pervin  
5:37 PM  
Sumaiya Pervin. Bengali  
department 3rd semester  
Rubiya Islam  
5:37 PM  
Rubiya Islam. Zoology hons.  
Pg 1st semester.  
Rajasree Mitra  
5:37 PM  
Rajasree Mitra First Sem  
English Honours

Risha Biswas  
5:38 PM  
RISHA BISWAS 1st sem  
Chemistry honours  
Shubhadip Paul  
5:38 PM  
Shubhadip Paul 1st sem(UG)  
Chemistry honours  
Titli Guha  
5:39 PM  
Titli Guha History Honours  
3rd sem .  
Mou Saha  
5:39 PM  
Mou saha Bengali honours 5th  
semester  
Radheshyam Das  
5:39 PM  
Radheshyam Das Chemistry  
hons 1 st semester  
Punom Karmakar  
5:39 PM  
Punom Karmakar Bengali  
hons.... 3rd sem  
Farhan Aktar  
5:44 PM  
Ma'am i can't see the video.  
Sudhu sounds asche.  
Jit Biswas  
5:44 PM  
Me too mam  
RAJIYA KHATUN  
5:45 PM  
Mam dekhaja66e na  
Paromita Soren  
5:48 PM  
Paromita Soren English  
honours 1st sem  
Bijaya Das  
5:49 PM  
Bijaya Das.PG/BENG/  
20/0032  
Alsonara Khatun  
5:57 PM  
Alsonara Khatun Roll no  
2001075 Bengali honous 3rd  
sem  
Farhan Aktar  
6:18 PM Ma'am. Can you  
please send the video link  
which you just showed us?











GOVERNMENT OF WEST BENGAL

# BARASAT GOVERNMENT COLLEGE



NAAC ACCREDITED 'A' GRADE, DST-FIST SPONSORED & ISO 9001:2015, 14001:2015, 50001:2018 CERTIFIED COLLEGE

10, K.N.C. Road, Barasat, Kolkata - 700124, West Bengal, India

Phone: (033) 2552 3365, Fax: (033) 2562 5053, Website: [www.bgc.ac.in](http://www.bgc.ac.in), E-Mail: [principal@bgc.ac.in](mailto:principal@bgc.ac.in)

21.04.22

## NOTICE

Department of Geography in collaboration with Psychological Counselling Cell, Barasat Government College will be organizing a 'Weeklong Mentoring Programme' from 25-30 April 2022 in Room no.102 from 2:30 p.m. Dr. Paromita Bhattacharya, Faculty, Barasat Government College will be speaking on 'Resilience and Well Being: Managing Stress and How to Relax' and 'Sri Suman Deb Barman, Independent Researcher will be giving lecture on 'Career Prospects and Opportunities in Higher Education'. All the departmental students are directed to attend the Programme.



*Shatterjee*

Principal

Barasat Government College

Principal  
Barasat Govt. College  
Govt. of West Bengal



DEPARTMENT OF GEOGRAPHY | BARASAT GOVERNMENT COLLEGE  
PRESENTS

# WEEK-LONG MENTORING PROGRAMME

25 – 30 APRIL 2022

PATRON

DR. SAMAR CHATTOPADHYAY, W.B.S.E.S  
PRINCIPAL, BARASAT GOVT. COLLEGE

RESILIENCE AND WELL BEING: MANAGING STRESS AND HOW TO RELAX	CAREER PROSPECTS AND OPPORTUNITIES IN HIGHER EDUCATION
<b>SPEAKER</b> DR. PARAMITA BHATTACHARYA FACULTY, BARASAT GOVT. COLLEGE	<b>SPEAKER</b> SRI. SUMAN DEB BARMAN INDEPENDENT RESEARCHER
SEM – VI : 25 APRIL 2022   2.00 PM SEM – II : 27 APRIL 2022   2.30 PM SEM – IV : 29 APRIL 2022   2.30 PM	30 APRIL 2022   2.00 PM

VENUE: ROOM NO. 102

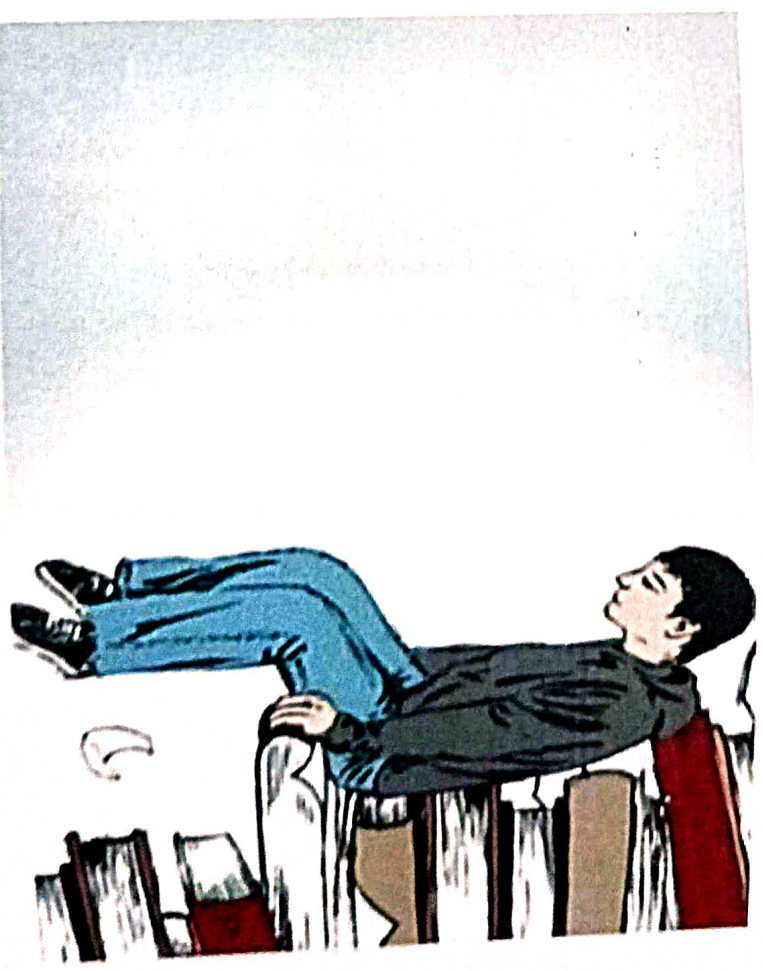
| INTERACT – EXPRESS – SHARE | INTERACT – EXPRESS – SHARE | INTERACT – EXPRESS – SHARE |







# RESILIENCE AND WELLBEING : MANAGING STRESS AND HOW TO RELAX



PSYCHOLOGICAL COUNSELLING CELL  
BARASAT GOVERNMENT COLLEGE  
25 April 2022



**Programme outcome**

**Psychological Counselling Cell  
Barasat Government College**

**Session: July 2021 – June 2022**

**Title of the Programme: WEEK-LONG MENTORING PROGRAMME  
RESILIENCE AND WELL-BEING: MANAGING STRESS AND HOW TO RELAX**

**DEPARTMENT OF GEOGRAPHY BARASAT GOVERNMENT (25-30 April, 2022)**

**Date of Programme: 25, 27, 29 APRIL 2022**

**Introduction:** The Week-Long Mentoring Programme aims to help students minimize their stressful situations, improve self-control, and help them to express their feelings healthily

**Brief report on the programme (Different achievements and benefits of the programme)**

The session started with the speech of Dr. Samar Chattopadhyay, Principal, of Barasat Government College

The session was taken by Dr Paramita Bhattacharyya, a mental health worker and member of our Psychological Counselling Cell

During the session, Dr Bhattacharyya discussed about:

- What is stress
- Concept of well-being
- The Nature of Stress
- The Goal of Stress Management
- Relaxation Techniques

25 April 2022 30 students were presented

27 April 2022 10 students were presented

29 April 2022 43 students were presented

The students spontaneously participated and interacted throughout the session.



Mentoring Programme. 25/04/2022

## Seminars

1. Ratnadip Mondal - 1945017
2. Abhijit Mondal - 1945001
3. Chandralekha Kundu - 1945024
4. Pratiksha Ghosh - 1945046
5. Sujan Kundu - 1945026
6. Riya Mondal - 1945035
7. Tanaya Sultana - 1945033
8. Sadranij Faddar - 1945090
9. Shreya Tekader - 1945019
10. Rushen Roy - 1945058
11. Rakash Sikder - 1945042
12. Shrestha Nandy - 1945080
13. Debadrita Dey - 1945025
14. Purnima Saha - 1945054
15. Supriya Chak - 1945055
16. Madhumita Dhar - 1945043
17. Srabani Bala - 1945091
18. Gushmika Samanta - 1945013
19. Purnima Das - 1945018
20. Arindrajit Ghosh - 1945011
21. Nayantana Paul - 1945045
22. Barnali Mondal - 1945006
23. Popia Biswas - 1945032
24. Rahul Saha - 1945027
25. Moumuni Paul - 1945044
26. Sabnur Nahar - 1945056
27. Sanju Ghosh - 1945008
28. Feroj Molla - 1945007
29. Dhruvayoti Das - 1945005
30. Md Mahabur Rahaman - 1945053





WEEK - LONG MENTORING PROGRAMME

DATE - 27/04/2022

<u>NAME</u>	<u>ROLL NO.</u>
1. Md. Asifur Hoque	2145048
2. Ruksana Khatun.	2145054
3) Snigam Dutta	2145041
4) Ayantika Ghosh	2145058
5) Riya Kundu	2145017
6) Kaishali Samadder	2145015
7) Piyali Mukherjee	2145025
8. Soumy Halder	2145033
9) Chayanteeka Das	2145020
10) Haridip Biswas	2145040





# Week - Long Mentoring Programme

Date. 29.04.2022

Attendance of Students

4th Sem

- |                       |                                |
|-----------------------|--------------------------------|
| 1. Souman Dubey.      | 28. SK ASIF Mustafa            |
| 2. Kanhek Kangsabanik | 29. Abhik Roy                  |
| 3. Dhruva Adhikari    | 30. Ridam Sandoz               |
| 4. Anam Dutta         | 31. Sujoy Roy                  |
| 5. Subhankar Tamang   | 32. Md. Rajibul Hossain.       |
| 6. Anvita Ghosh       | 33. Payel Pal                  |
| 7. Sonia Khatun.      | 34. Alice Roy                  |
| 8. Alipa Paul.        | 35. Isika Saha.                |
| 9. Rumi Goswami       | 36. Amitra Paul.               |
| 10. Susmita Hazra     | 37. Pratik Mondal.             |
| 11. Rimpa Biswas      | 38. <del>Logan</del> Chowdhury |
| 12. Indrani Paul      | 39. Soumyodip Sadhukhan        |
| 13. Sefali Mondal     | 40. Dipayan Ray                |
| 14. Ayushi Bala.      | 41. Hiriday Debnath.           |
| 15. Susmita Biswas.   | 42. <del>Pranav</del> Biswas   |
| 16. Neha Sultana      | 43. Gopa Biswas.               |
| 17. Salma Parvin      |                                |
| 18. Kaushik Baidya    |                                |
| 19. Aparna Das        |                                |
| 20. Papaya Kundu      |                                |
| 21. Dipika Roy        |                                |
| 22. Rukaiya Sultana   |                                |
| 23. Marula Khatun     |                                |
| 24. Tithi Sadhukhan   |                                |
| 25. Alpanita Paul     |                                |
| 26. Rumi Khatun       |                                |
| 27. Sabana Parvin     |                                |
| 28. Arup Senkar       |                                |

## Absent -

1. Krishanu Mistry.
2. Safiul Molla.
3. ~~Pranav~~ Sandoz.
3. Riya Malick
4. Ashik Mondal.





# WEEK - LONG MENTORING PROGRAMME

DATE - 30/1/22

1. Dhruva Jyoti Das - 1945005
2. Abhijit Ghosh - 1945011
3. Indranil Jadda - 1945010
4. Rahul Saha - 1945027
5. Srijan Kundu - 1945025
6. Riya Mondal - 1945035
7. Abhijit Mondal - 1945009
8. Rakesh Saha - 1945042
9. Papia Biswas - 1945032
10. Koushik Dutta - 1945036
11. Sneha Mondal - 1945052
12. Debadrita Dey - 1945025
13. Shrestha Nandy - 1945030
14. Protona Saha - 1945054
15. Ratnadip Mondal - 1945017
16. Sushen Roy - 1945058
17. Rocky Kler - 1945038
18. Soma Biswas - 1945028
19. Barnali Mondal - 1945006
20. Mousumi Paul - 1945044
21. Sabur Nahar - 1945056
22. Nayantara Paul - 1945045
23. Pratiksha Ghosh - 1945046
24. Chandralekha Kundu - 1945024
25. Sabur Nahar - 1945050
26. Anisa Sultana - 1945002
27. Tanja Parvin - 1945016
28. Tuhina Parvin - 1945020
29. Purnima Das - 1945018
30. Sanju Ghosh - 1945008





## **Programme outcome**

**Psychological Counselling Cell  
Barasat Government College**

**Session: July 2021 – June 2022**

**Title of the Programme: WEEK-LONG MENTORING PROGRAMME  
RESILIENCE AND WELL-BEING: MANAGING STRESS AND HOW TO RELAX  
DEPARTMENT OF GEOGRAPHY BARASAT GOVERNMENT (25-30 April, 2022)**

**Date of Programme: 25, 27, 29 APRIL 2022**

**Introduction:** The Week-Long Mentoring Programme aims to help students minimize their stressful situations, improve self-control, and help them to express their feelings healthily

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29 April 2022 43 students were presented

The students spontaneously participated and interacted throughout the session.





# Through Art

know yourself  
open your inner world

"Art washes away from the soul the dust of everyday life" --

Pablo Picasso



Monday  
June 27  
2022



2PM-3PM



Psychological Counselling Cell  
Barasat Government College

Department of English  
Barasat Government College



# BARASAT GOVERNMENT COLLEGE

NAAC ACCREDITED 'A' GRADE & DST-FIST SPONSORED COLLEGE

10, K.N.C. Road, Barasat, Kolkata - 700 124, West Bengal, India

Phone : (033) 2552 3365, Fax : (033) 2562 5053, Website : [www.bgc.ac.in](http://www.bgc.ac.in), Email : [principal@bgc.ac.in](mailto:principal@bgc.ac.in)



Date : .....

24.06.22

## NOTICE

Department of English in collaboration with Psychological Counselling Cell will be organizing Special Programme on 'Through Art Know Yourself, Open Your Inner World.' on 27.06.22 from 2:00 p.m. in Room no.7. Resource person is Dr.Paromita Bhattacharya, faculty, Barasat Government College. All the departmental students are directed to join the programme.

*Phatterjee*

Principal



Barasat Government College

**Principal**  
**Barasat Govt. College**  
**Govt. of West Bengal**

### **Programme outcome**

**Psychological Counselling Cell  
Barasat Government College  
Session: July 2021 – June 2022**

**Title of the Programme: THROUGH ART: KNOW YOURSELF OPEN YOUR INNER-WORLD**  
(Department of English & Psychological Counselling Centre Barasat Government College)

**Date of Programme: 27/06/2022**

**Introduction:** help students interpret, express, and resolve their emotions and thoughts

**Brief report on the programme (Different achievements and benefits of the programme)**

15 students were presented during the workshop.

The session started by HOD, English Department & the Convenor of our Psychological Counselling Cell

Then the session was taken by Dr Paramita Bhattacharyya, An Art therapy Practitioner and member of our Psychological Counselling Cell

- **Communicate:** Express thoughts and feelings that are hard to put into words
- **Understand themselves:** Make sense of things and understand themselves better
- **Find resolutions:** Explore conflicts or feelings that are causing distress and use art to find resolutions
- **Reduce distress:** Improve social, emotional, and mental health by promoting insight, self-compassion, and a sense of agency and self-worth
- **Express themselves:** Express themselves more freely

The students spontaneously and joyfully participated and interacted throughout the session.