

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. Through regular Counseling and Mentoring the overall development, like, social, psychological, economical and physical wellbeing is possible.

A brief report of the activities regarding Psychological Counseling and Students' Mentoring Cell performed during the Academic Year 2022-23 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, stress, anxiety etc. which are developed for various reasons by virtue of discussing various problems and possible solutions.
- 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. Sometimes Mentoring and Counseling are even done in online mode.
- 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 2022-2023, Mentoring and Counseling has been done for 171 College students. Special care and needs were provided to 18 students. For this purpose, about 57 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

Faculty members provide aid, counselling and assistance to freshers. In addition, there is a Psychological Counselling Cell which helps students develop their basic skills to manage emotions & Conflicts.

The Psychological Counselling services at the Barasat Government College began in 2015 and are a part of Student Support Services. The Counselling Centre has been providing services like individual counselling and developmental group activities for College students. It is open one day a week and its hours are adapted to student's needs. The Mental Health Professional helps the students in their day-to-day concerns and also enhances their overall functioning. Workshops on topics relevant to increasing the capacities of the students are regularly.

Here is a brief report of the activities of Psychological Counselling Cell done during this academic year 2022-23.

- Encouraging student to return to everyday and routine activities is helpful as it gives a sense of normality and creates a feeling of security and certainty.
- Stress management workshops specially designed to address students' needs are organized by Counselling Cell.
- The students who are identified as needing special care are then sent for individual counselling session. The workshops also serve as a medium through which the student interacts with the therapist and makes them comfortable to approach the Cell. The various methodologies used are discussions, role-plays, audio-visuials and lectures.

Our Vision is to provide & ensure mental Well-Being for All students through Positive Fantasy. Positive psychotherapy is one such therapeutic model that has aimed to reorient the therapeutic approach to be more focused on supporting student to use their inner resources to overcome challenges, understand and recognize areas of growth, and focus instead on working toward resilience and a greater sense of wellbeing.

Group counselling sessions are conducted semester-wise and department wise throughout the year.



Photographs of group counselling session

Individual Sessions are held on all Friday from 2pm to 4pm.

In the Academic Year of 2022-23, 18 students were benefited.

UG SEM1/2(2022-25) = 4 (Bengali:1, History:1, Geography:1, Mathematics:1)

UG SEM3/4(2021-24) = 2 (Bengali 1, Chemistry:1)

UG SEM5/6(2020-23)= 8 (Political Science :2, English:2, Chemistry 2, Bengali:1, Botany:1)

PG SEM 1/2 (2022-24) = 2 (Bengali)

PG SEM 3/4 (2021-2023) = 2 (Bengali)

Benefits of counseling

- developing healthy boundaries
- improving communication
- defining someone's role within the family & improving family dynamics and relationships
- Adding Confidence.
- Enhancing Concentration.
- Instilling Self-Control.
- Time Management

MENTORING REPORT – 2022-23

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

Class	Subjects	Total no. of Mentees	Mentors
UG Sem-2/4/6	Physics	19	Dr. Abhijit De Dr. Madhusudan Ghosh Dr. Ajita Sengupta Sri Sarajit Biswas Dr. Srijit Bhattacharyya Dr. Sudip Mukherjee
UG Sem- 2/6	Mathematics	6	Dr. Nisith Chandra Das Sri. Jayanta Biswas Dr. Indranath Bhattacharyya
UG- Sem – 2/4/6 PG- Sem—1/2	Bengali	33	Dr. Rita Ghosh Dr. Kimalaya Jana Dr. Renuka Adhikary Dr. Bhisnadev Mukhopadhyay Dr. Shreya Roy Smt. Adrija Chaudhuri
PG SEM - 4 ALL STUDENTS	Zoology	16	Dr. Sumana Saha Dr. Jayati Ghosh Dr. Srikanta Guria Dr. Ivy Kundu Dr. Enamul Haque
UG- SEM-3/4 PG- SEM- 3/4	Botany	8	Dr. Narayan Chandra Karmakar Dr. Nirmalendu Das Dr. Subhra talai Mukhopadhyay Dr. Rituparna Kundu Chowdhury Dr. Gargi Sengupta Dr. Mihir Halder
UG Sem- 1/3/6	Philosophy	15	Dr. Madhuchhanda Bhattacharyya Dr. Mithu Sinha Roy Debashree Dutta
UG Sem- 1	Political Science	28	Ganapati Bhattacharyya Uttam Adhikary Bidhan Maghi Aniruddha Das
UG- 2/5	Geography	3	Dr. Ruksanara Begam Dr. Sourama Saha Dr. Chandan Suravi Das Dr. Bidyut Pramanik Dr. Shrabana Majumdar Dr. Jaidip Dey
UG Sem- 4	Chemistry	8	Dr. Prabir Bhattacharyya Dr. Arup Bandyopadhyay Dr. Samrajnee Dutta Dr. Soma Nath Deoghorla
UG Sem-5	Sanskrit	3	Dr. Antara Chowdhury Dr. Aditi Bhattacharyya

UG Sem- 3/5	History	16	Dr. Subhendu Bikash Satpati Dr. Balaram Das Rupak Saha Urmita Ray
UG Sem-4	Economics	7	Dr. Dola Chattopadhyay Dr. Koushiki Banerjee Dr. Rongili Biswas Dr. Rajnarayan Gupta
UG Sem- 1/2/3	English	9	Pritam Bandyopadhyay Dr. Ambarish Sen Debapratim Chakraborty Anamitra Chatterjee

Total mentees who needed regular mentoring: 171

Total 189 Mentees were successfully mentored in the academic session 2022-23 and they all overcame their respective problems.

Total No. of Teacher-Mentors: 57

No. of Professional Psychological Counselor: 01

Signature of Members of Mentoring Cell (Constitute of Psychological Counseling Cell and Students' Support Cell):

1. 
2. Debashree Dutta
3. Rita Ghosh
4. Pooja Bhattacharya
- 5.
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