

00:13:20.870,00:13:23.870  
Dipti Majhi: Dipti Majhi  
PG-3RD SEMESTER (Bengali)

00:14:40.182,00:14:43.182  
Sharadindu Sarkar: Name:  
Sharadindu Sarkar  
Department: Bengali  
(Honours)  
3rd semester

00:15:06.323,00:15:09.323  
Ashif Mallick: Md Ashif  
Mallick  
Zoology Department  
UG sem-3

00:15:28.009,00:15:31.009  
Samredhya Halder:  
Samredhya Halder  
Department of Bengali  
UG sem 1

00:16:54.833,00:16:57.833  
Bhaswati Pal: Bhaswati pal-  
41 Bengali pg,1st semester.

01:06:44.253,01:06:47.253  
Sayoni Ghosh: How  
practically you describe  
ma'am...

01:30:21.988,01:30:24.988  
Jahanara Khatun: Jahanara  
khatun  
Bengali honours  
3rd semester

01:31:03.606,01:31:06.606  
Sayoni Ghosh: Sorry  
ma'am...  
Ekta karaneami mute krlm...

01:31:41.215,01:31:44.215

Koustav Ghosh: Koustav  
Ghosh

01:31:45.066,01:31:48.066  
Mou Saha: Mou saha  
Bengali honours  
3rd semester

01:31:49.068,01:31:52.068  
Sumaiya Pervin: Sumaiya  
Pervin.  
Bengali department  
3rd semester

01:31:51.494,01:31:54.494  
Rubiaya Islam: Rubiaya  
Islam.  
Zoology honours.  
Pg 1st semester.

01:31:52.739,01:31:55.739  
Rajasree Mitra: Rajasree  
Mitra  
First Sem  
English Honours

01:32:39.352,01:32:42.352  
Risha Biswas: RISHA BISWAS  
1st sem  
Chemistry honours

01:32:45.574,01:32:48.574  
Shubhadip Paul: Shubhadip  
Paul  
1st sem(UG)  
Chemistry honours

01:33:20.244,01:33:23.244  
Titli Guha: Titli Guha  
History Honours  
3rd sem .

01:33:25.256,01:33:28.256  
Mou Saha: Mou saha  
Bengali honours

5th semester

01:33:51.488,01:33:54.488  
Radheshyam Das:  
Radheshyam Das  
Chemistry honours  
1st semester

01:33:52.677,01:33:55.677  
Punom Karmakar: Punom  
Karmakar  
Bengali honours....  
3rd sem

01:38:49.839,01:38:52.839  
Farhan Aktar: Ma'am i can't  
see the video. Sudhu  
sounds asche.

01:38:58.019,01:39:01.019  
Jit Biswas: Me too mam

01:39:23.679,01:39:26.679  
RAJIYA KHATUN: Mam  
dekhaja66e na

01:42:33.277,01:42:36.277  
Paromita Soren: Paromita  
Soren  
English honours  
1st sem

01:43:13.836,01:43:16.836  
Bijaya Das: Bijaya  
Das.PG/BENG/ 20/0032

01:51:27.736,01:51:30.736  
Alsonara Khatun: Alsonara  
Khatun Roll no 2001075  
Bengali honours 3rd sem

02:13:04.749,02:13:07.749  
Farhan Aktar: Ma'am. Can  
you please send the video



# @ULLASH@AN ANDAMELA

Friday, March 4, 2022-7:00  
- 8:30pm  
Weekly on Friday, until Mar  
17, 2022

00:07:06.974,00:07:09.974  
Neha Sultana: Neha Sultana  
English Department  
Sem 3

00:07:27.434,00:07:30.434  
SAHELI SULTANA: Saheli  
Sultana  
Political science department  
Sem1

00:07:30.173,00:07:33.173  
chandan sardar: Chandan  
sardar  
Bengali department  
Sem :5

00:07:30.955,00:07:33.955  
Farhan Aktar: Farhan Aktar  
English Department  
Sem 1

00:07:32.223,00:07:35.223  
debasmitaballav: Debasmita  
Ballav,  
Bengali Department  
Sem 1

00:07:32.264,00:07:35.264  
Priyanka Ghosh: Priyanka  
Ghosh pg /beng /20/0039  
Bengali  
MA  
Sem 3

00:07:32.274,00:07:35.274

Disha Das: Disha Das  
Bengali Honours 3rd sem

00:07:34.377,00:07:37.377  
Parvaz Mondal: PARVAZ  
MONDAL  
English department  
Sem 1

00:07:34.794,00:07:37.794  
Anushka Ghosh: Anushka  
Ghosh  
Zoology honours  
department  
Sem-3

00:07:35.057,00:07:38.057  
Sayoni Ghosh: Sayoni  
Ghosh.  
English Department  
Sem 1

00:07:35.085,00:07:38.085  
SHREYEE MONDAL: Shreyee  
Mondal  
Political Science ,  
Department  
Sem 3

00:07:35.255,00:07:38.255  
Jit Biswas: Jit kumar Biswas  
English Department  
Sem 1

00:07:37.306,00:07:40.306  
Priti Saha: Priti saha  
History Honours  
Sem1

00:07:41.891,00:07:44.891  
Rimi Mondal: Rimi Mondal  
from Zoology department  
,PG Sem1

UJJAL DUTTA: Ujjal Dutta  
History honours  
Sem 1

00:07:50.918,00:07:53.918  
Sayani Biswas: Sayani  
Biswas  
English Department  
Sem 3

00:07:51.610,00:07:54.610  
Pampa Ghosh: Pampa  
Ghosh  
Bengali Department  
PG 3rd sem

00:07:55.833,00:07:58.833  
RAJIYA KHATUN: Rajiya  
khatun  
Bengali department  
Sem 1

00:07:57.702,00:08:00.702  
Rumi Ghosh: Rumi Ghosh  
Department- Bengali  
Semester 1

00:07:59.782,00:08:02.782  
Sudesna Das: Sudesna Das  
Bengali honours  
Sem 1

00:08:00.095,00:08:03.095  
Chitra Mondal: Chitra  
Mondal  
Bengali Department  
PG 1st sem

00:08:02.271,00:08:05.271  
DISHA PARVIN: Disha parvin  
English Department  
Semester 1

00:08:14.988,00:08:17.988



Bengali Department  
Ug 3 rdsem

00:08:18.234,00:08:21.234  
Arunima Ray: Arunima Ray.  
English Department.  
Sem - 3.

00:08:19.706,00:08:22.706  
Riki Mukherjee: Riki  
Mukherjee  
Bengali Department  
Sem-1

00:08:21.478,00:08:24.478  
Manjura Khatun: Manjura  
Khatun  
History Honours  
Semester 3

00:08:22.355,00:08:25.355  
Sneha Bhattacharjee: Sneha  
Bhattacharjee  
PG/BENG/20/0024  
M.A. 3rd sem.  
Bengali

00:08:24.218,00:08:27.218  
PAYEL DAS: Payel Das  
Philosophy Department  
3rd sem

00:08:27.628,00:08:30.628  
Susmita Ghosh: Susmita  
Ghosh  
Bengali Department  
3rd semester

00:08:32.551,00:08:35.551  
DEBALEENA BAG:  
Debaleena Bag  
Bengali Department (3sem  
PG)

00:08:34.379,00:08:37.379

Sonali Ghosh: Sonali Ghosh  
Bengali Department (3rd  
Sem)

00:08:34.732,00:08:37.732  
Asiful Haque: MD Asiful  
Haque  
Geography department  
Semester 1

00:08:36.533,00:08:39.533  
Dwipayan Halder: Dwipayan  
Halder

00:08:46.614,00:08:49.614  
Farhana Yeasmin: Farhana  
Yeasmin  
Bengali Department  
Sem:3

00:08:49.630,00:08:52.630  
Bhaswati Pal: Bhaswati pal-  
41, Bengali pg

00:08:51.400,00:08:54.400  
Disha Ghosh: Disha Ghosh  
Bengali Honours  
Semester- 1

00:09:08.706,00:09:11.706  
AfatRubayet Mondal:  
AfatRubayet Mondal  
English Honours  
UG 1st Sem

00:09:28.689,00:09:31.689  
Sanjita Ghosh: Sanjita  
Ghosh  
Bengali Department  
PG, sem 3

00:09:33.874,00:09:36.874  
Debika blswas: Name -  
Debika Blswas  
Department - Sanskrit

Semester - 1

00:09:35.296,00:09:38.296  
Ripa Saha: Ripa Saha  
Bengali Department ( PG  
3rd sem)

00:09:43.000,00:09:46.000  
AMINA KHATUN: Amina  
khatun  
Bengali department  
Pg 3 sem

00:09:52.808,00:09:55.808  
Dwipayan Halder: Dwipayan  
Halder, PG Zoology Sem-3

00:09:53.536,00:09:56.536  
Chaitali Bera: Chaitali Bera  
Bengali department  
PG 1st sem

00:10:24.337,00:10:27.337  
RAJIYA KHATUN: Rajiya  
khatun  
Bengali department  
Ug sem 1

00:11:10.263,00:11:13.263  
Rupa Talukder: Rupa  
Talukder.  
Zoology department.  
Ug sem 1

00:12:03.975,00:12:06.975  
Dilruba Parvin: Dilruba  
Parvin  
3 rd semester  
Bengali Depertment

00:12:04.407,00:12:07.407  
Bristi Blswas: Bristi Blswas,  
Bengali department, pg-  
1sem, roll-10



18/03/2024 18:51

Barasat Government College - Calendar - Schedule starting Friday, February 25, 2022

25	FEB, FRI	● 6:30 - 7:30pm	@ULLASH@ANANDAMELA
3	MAR, THU	● 6 - 7pm	@খোলা মনে @ আনন্দমেলা
4	MAR, FRI	● 6:30 - 7:30pm	@ULLASH@ANANDAMELA
10	MAR, THU	● 6 - 7pm	@খোলা মনে @ আনন্দমেলা
11	MAR, FRI	● 6:30 - 7:30pm	@ULLASH@ANANDAMELA
17	MAR, THU	● 6 - 7pm	@খোলা মনে @ আনন্দমেলা
24	MAR, THU	● 6 - 7pm	@খোলা মনে @ আনন্দমেলা

Showing events until Dec 31, 2024. Look for more





**Pandemic Aadda** সে আবার কী



এখানে আমরা নানা রকম সজীব কল্পনা করবো  
positive fantasy ভাববো...  
রকমারি সব অভিজ্ঞতার গল্প শুনবো...

এই যেমন ধরো আমরা একটা সিনেমার / ওয়েব সিরিজের কিছু অংশ দেখলাম  
তারপর ???  
তাই নিয়ে এলোমেলো কিছু আড্ডায় সবাই মিলে যেতে উঠলাম উ

....আড্ডা আলোচনা চলতে চলতে  
তাহলে তো নতুন নতুন দেখার দৃষ্টি কিছু পেয়েও যেতে পারি!  
আবার আমরা সেসব আমাদের জীবনের অন্য অভিজ্ঞতার সঙ্গে  
মিলিয়েও নিতে পারি!



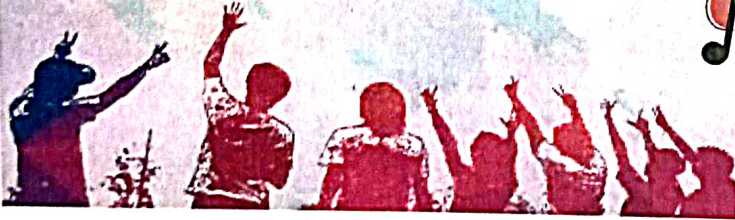
একটু অন্যরকমও লাগতে পারে... উ  
দেখাই যাক কী হয় ...



আমাদের এই লাইভ আনন্দমেলা র অংশ হতে চাও যারা; বুধবার, ৩০ জুন, ২০২১ -এর মধ্যে  
ভরে ফেলো তারা এই ফর্মখানা ....

<https://forms.gle/pUE39yJzaFTBCbjus>

**Organised by : BGC COUNSELLING CELL & IQAC**







**BARASAT GOVERNMENT COLLEGE**

## **PANDEMIC AADDA: আনন্দ মেলা**



লকডাউন... বাড়িতে বন্দী... অনলাইনে ক্লাস ...ভ্যালুগে না একটুও  
আর !!!

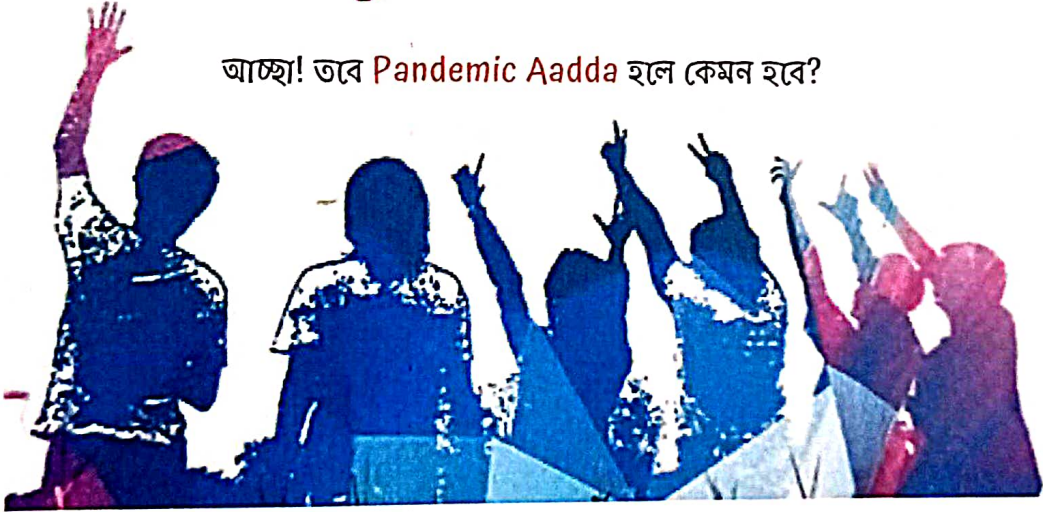
বন্ধুদের দেখি না কত দিন! 😞😞 ভাগ করে খাই নি টিফিন!  
সিনেমা দেখা, এদিক সেদিক ঘুরঘুর  
কে জানে! আবার করে হবে!! ...

পরীক্ষা সব অনলাইনে, স্বপ্নগুলো বন্দী!  
মাথায় অনেক বোঝা!! 😞

দিনগুলো সব এলোমেলো, যাচ্ছে উড়ে এদিক-সেদিক... ➔  
মনটা যে আর বশে থাকে না! বড্ডো ক্লান্ত ভারি লাগে... 😞😞

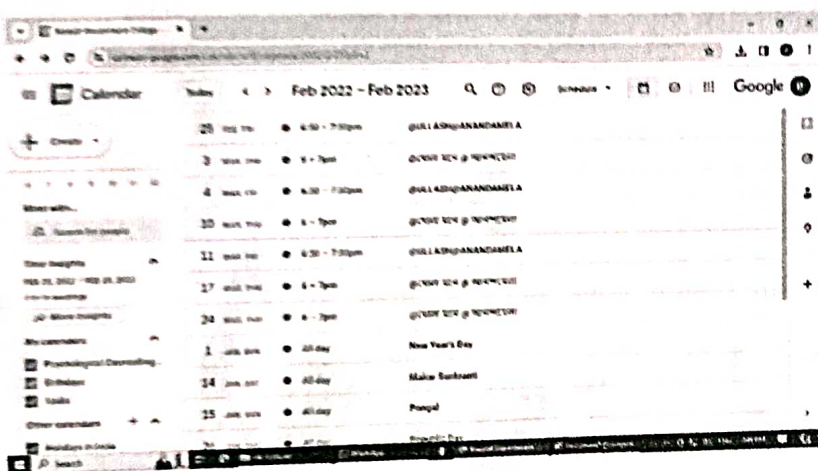
আবোল তাবোল এলোমেলো ভাবনাগুলো ভীড় করে যে  
মনের কোণে...

আচ্ছা! তবে **Pandemic Aadda** হলে কেমন হবে?



- To provide psychological first-aid and emotional support to student during COVID-19 Pandemic, is providing Tele-Counselling. Approximate, more than 30 calls attended, counselled & guided by the Mental Health Professional of the Cell. (Confidentiality is a respected part of psychology's code of ethics.)
- Stress management workshops specially designed to address students' needs are organized by the Counselling Cell. The students identified as needing special care are then sent for individual counselling sessions. 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-visuals and lectures.

60 to 70 students spontaneously participated and interacted through WhatsApp groups and Online meeting



**Programme outcome**  
**Psychological Counselling Cell**  
**Barasat Government College**  
**Session: July 2020 – June 2022**

**Online Activity on COVID Period**

**Introduction:**

The outbreak of the global pandemic COVID-19 understandably presents a challenging time for everyone around the world. Not only is this pandemic a serious medical concern, but it also brings mixed emotions and psycho-social stressors for all. There are emerging mental health concerns with a specific focus on young adults. 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 society. This has provoked the feeling of fear, anxiety and depression among students.

aim to promote and protect students' physical, social, emotional, and mental well-being during Covid period

It is college, but it is online

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

We formed an online forum ANANDAMELA, ULLASH: A creative way to cope with the situation

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

During the AADDA session, we discussed a lot of issues

- Get help when you need it
- Self-care tips
- Take care of your mind
- How to Relax and Recharge.
- Share experiences through the movie

Here is a brief report of the activities of the Psychological Counselling Cell done during this academic year 2020-22.

- Encouraging students to return to everyday and routine activities is helpful as it gives a sense of normality and creates a feeling of security and certainty.
- Discuss facts about COVID-19 gathered from authentic sources including health authorities. Sharing of facts will help in reducing fear and distinguishing them from myths and rumours.
- Find opportunities to relate positive and hopeful stories and images of people who have experienced COVID-19.