

ONLINE PROGRAMME

Beyond Orientation: SUPPORTING UG1 STUDENTS' MENTAL HEALTH VIRTUALLY AND YEAR-ROUND.

Wednesday, 27 January, 2021 * Time 11am-12pm

Platform : Google meet

Join with Google Meet: <https://meet.google.com/xfc-ezix-wqm>

Interactive Group Counselling Session on THE CHALLENGES OF BEING AT HOME

Tuesday, 8 June, 2021 • 11:00 AM – 12:00 PM

Google Meet joining info

Video call link: <https://meet.google.com/qbz-jyfm-mav>

Awareness Programme

Interactive Group Counselling Session on CONTROLLING ANGER BEFORE IT CONTROLS YOU

Wednesday, 10 November 2021 · 10:30 – 11:30am

Google Meet joining info

Video call link: <https://meet.google.com/bmj-tygo-zqh>

Or dial: (US) +1 662-762-0439 PIN: 754 156 683#

WELLBEING & POSITIVE PSYCHOLOGY

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

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#

ANANDAMELA: An ONLINE PLATFORM (2022)

This platform offers basic psychological support to help student through positive fantasy better cope with the psychosocial reactions you might experience while facing difficult circumstances during Covid19.



3	MAR, THU	● 6 - 7pm	@খোলা মন @ আনন্দমলা
4	MAR, FRI	● 6:30 - 7:30pm	@ULLASH@ANANDAMELA
10	MAR, THU	● 6 - 7pm	@খোলা মন @ আনন্দমেলা
11	MAR, FRI	● 6:30 - 7:30pm	@ULLASH@ANANDAMELA
17	MAR, THU	● 6 - 7pm	@খোলা মন @ আনন্দমেলা
24	MAR, THU	● 6 - 7pm	@খোলা মন @ আনন্দ মেলা

Offline

RESILIENCE AND WELL BEING: MANAGING STRESS AND HOW TO RELAX

DEPARTMENT OF GEOGRAPHY BARASAT GOVERNMENT COLLEGE

SEM VI: 25 APRIL 2022 | 2.00 PM

SEM II: 27 APRIL 2022 | 2.30 PM

SEM IV: 29 APRIL 2022 | 2.30 PM

THROUGH ART: KNOW YOURSELF OPEN YOUR INNER-WORLD

Monday 27 June, 2022

Department of English & Psychological Counselling Centre Barasat Government College

MENTAL HEALTH & EMOTIONAL WELL-BEING

June 10, 2022

PSYCHOLOGICAL COUNSELLING CELL, Barasat Govt. College



WELLBEING & POSITIVE PSYCHOLOGY

Political Science Department & Psychological Counselling Cell, Barasat Govt. College
23 November, 2022

UNDERSTANDING DEPRESSIONS

6 January, 2023

STUDENTS' WEEK PROGRAMME

(2nd January – 7th January' 2023)

WELLBEING & POSITIVE PSYCHOLOGY

Chemistry Department & Psychological Counselling Cell, Barasat Govt. College
26 May, 2023

POSITIVE PSYCHOLOGY & COOKING (VAC)

16 June, 2023

Department of Bengali & Psychological Counselling Cell, Barasat Govt. College

ONE DAY WORKSHOP ON LIFE SKILL (VAC)

Emotion and its significance in Human life How to Cope up in Odds-

Counselling- A remedy (1st Half)

Personality Building with hands on Training (2nd Half)

23 June, 2023

Philosophy Department & Psychological Counselling Cell, Barasat Govt. College

MENTAL HEALTH & EMOTIONAL WELL-BEING PERSONALITY BUILDING

16 November, 2023

Morning Section & Psychological Counselling Cell, Barasat Govt. College

