



GOVERNMENT OF WEST BENGAL

# Barasat Govt. College

*Office of the Principal*

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## NOTICE

Psychological Counselling Cell, Barasat Government College will be organizing an Awareness Programme on 'How to control Anger by Dr.Paromita Bhattacharya on 21/08/19 from 2:00 p.m. to 3:00 p.m.. All the students are directed to attend the Programme.

  
Principal  
Barasat Govt. College

Principal

Barasat Government College

## **Programme outcome**

### **Psychological Counselling Cell Barasat Government College**

**Session: July 2019 – June 2020**

**Title of the Programme:**How to control anger

**Date of Programme:** 21/08/2019

**Introduction:** Anger management session aims to help students minimize their stressful or anger-evoking situations, improve self-control, and help healthily express their feelings,

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

Almost 68 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 worker and member of our Psychological Counselling Cell

During the session, Dr Bhattacharyya discussed about:

- What is Anger
- The Nature of Anger
- Expressing Anger
- The Goal of Anger Management
- Why are some people angrier than others?
- Other Causes of Chronic Anger
- Relaxation Techniques

The students spontaneously participated and interacted throughout the session.

# HOW to Control Anger

21 Aug, 2019

conducted by: Psychological counselling cell, BGC

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Roll No.	Dept.	Name
PG 1st Sem 28	BNGA (M.A - 1st Sem)	Trijali Ghosh
PG 1st Sem - 29	Bengali (M.A 1st Sem)	Priyali Biswas
DA-111	Philosophy (B.A(H) 1st yr)	Jammona Das
DA-130	Philosophy (B.A (H) 1st year)	Sikha Sen
DA-107	Philosophy (B.A(H) 1st year)	Jhili Roy
DA-155	<del>Philosophy</del> (B.A(H) 1st year)	Partha Barua
DA-243	HISTORY (B.A(H) 1st year)	Deep Saha
DA-151	HISTORY B.A.(H) 1st year	Bipra Mondal
DA-185	History BA(H) 1st year	Suman Sanjan
DA-304	Philosophy BA(H) 1st year	Tuhina Patra
DA-272	Philosophy BA(H) 1st year	Mousumi Konar
DA-123	Philosophy. BA(H) 1st year	Samapti Debnath
DA-107	Philosophy. BA(H) 1st year	Tobeda Khater
DA-315	Philosophy BA(H) 1st year	Tanusree Mukherjee
DA-223	Philosophy BA(H) 1st year	Kaushik Bhattachary
DA-100	Philosophy BA(H) 1st year	Subhasit Jana
DA-383	Philosophy BA(H) 1st year	Suman Samui
DA-230	Sanskrit BA(H) 1st year	Keya Paul
DA-102	Sanskrit BA(H) 1st year	Arpita Mondal
DA-353	Sanskrit BA(H) 1st year	Roupar Marj
DA-113	Sanskrit BA(H) 1st year	Tithi Biswas
DA-115	Philosophy BA(H) 1st year	Tapas Sarda
DA-152	Philosophy BA(H) 1st year	Soupar Ghosh
DA-103	Sanskrit BA(H) 1st year	Jyoti Paul
DA-244	Sanskrit BA(H) 1st year	Mintu Paul
DA-119	Sanskrit BA(H) 1st year	Soma Ray
DA-356	Sanskrit BA(H) 1st year	Susmita Sarda
DA-81	Sanskrit BA(H) 1st year	Madhumita Paul
DA-358	Sanskrit BA(H) 1st year	Sothi Roy
DA-138	Sanskrit B.A(H) 1st	Shampa Mondal
DA-285	<del>Philosophy</del> History (BA(H) 1st year)	Azharuddin Monir
DA-318	Bengali B.A (H) 1st year	Barnali Ghosh
DA-114	Sanskrit B.A(H) 1st year	Diya Biswas
DA-70	History (Hons) 1st year	Anay Sarkar



Roll No.	Dept.	Name
A-88	Sanskrit (H) B.A. 1st Year	Anushree Ghosh.
A-359	Sanskrit (H) B.A. 1st Year	Babita Singh
DA-330	History (H) B.A. 1st Year	Sanlara Ghosh
DA-338	History (H) B.A. 1st Year	Subhojit Mandal.
DA-360	Sanskrit (H) B.A. 1st Year	Rakesh Das
DA-255	History (H) B.A. 1st Year	Soumi Mandal
DA-295	History (H) B.A. 1st Year	Sathi Roy
DA-279	Sanskrit (Hons) B.A. 1st Year	Sampa Mandal.
DA-231	Bengali (Hons) B.A. 1st Year	Tuhina Parvin
DA-36	Bengali (Hons) B.A. 1st Year	Piyasa Samanta
A-370	Fin. Bengali (Hons) B.A. 1st Year	Rima Khatun
A-407	Bengali (Hons) B.A. 1st Year	Ranita Mandal
A-379	English (Hons) B.A. 1st Year	Sreeparna Paul
A-392	English (Hons) B.A. 1st Year	Ujjayinee Hallick
A-394	English (Hons) B.A. 1st Year	Saptarshi Majumdar.
A-44	English (Hons) B.A. 1st Year	Souvar Sarkar
A-83	English (Hons) B.A. 1st Year	Srija Majumdar
A-210	Mod. English (Hons) B.A. 1st Year	Ms. Mansur Habib.
A-371	English (Hons) B.A. 1st Year	Sewar Mishra
DA-9	English (Hons) B.A. 1st Year	Intiaj Golden
DA-252	History (Hons) B.A. 1st Year	Manorama Biswas
DA-294	Philosophy (Hons) B.A. 1st Year	Jaya Sankar.
DA-69	English (Hons) B.A. 1st Year	Smaiti Mondal.
DA-306	English (Hons) B.A. 1st Year	Arijit Saha
A-92	English (Hons) B.A. 1st Year	Suraj Mondal
DA-191	English (Hons) B.A. 1st Year	Anindya Sarkar.
DA-303	History (Hons) B.A. 1st Year	Tuhina Khatun
DA-321	History (Hons) B.A. 1st Year	Tili Das
DA-262	English (Hons) B.A. 1st Year	Popy Mandal
DA-30	English (Hons) B.A. 1st Year	Tuhina Biswas.
DA-390	English (Hons) B.A. 1st Year	Maimanti Ghosh
DA-22	English (Hons) B.A. 1st Year	Bikish Biswas
DA-408	History (Hons) B.A. 1st Year	Susmita Biswas
DA-147	Monjuara Khatun	History (Hons) B.A. 1st Year

