



GOVERNMENT OF WEST BENGAL


Barasat Govt. College

Office of the Principal

10 KNC ROAD, BARASAT, KOLKATA - 700124, PHONE No. : (033) 2552-3365, FAX : (033) 2562-5063
WEB SITE : www.bgc.org.in, E-MAIL: principal@bgc.org.in

NOTICE

Department of Political Science in collaboration with Psychological Counselling Cell will be organizing an online talk on **Beyond Orientation: Supporting UG 1 Students Mental Health Virtually and Year-Round** by Dr.Paromita Bhattacharya on 27/01/21 from 11:00 a.m. to 12:00 noon. Link will be provided before the Programme. All the students are directed to join the Programme.


Principal
Barasat Govt. College

Principal

Barasat Government College

Programme outcome

**Psychological Counselling Cell
Barasat Government College**

Session: July 2020 – June 2021

Online programme

Title of the Programme: Beyond Orientation: Supporting UG1 Students' Mental Health Virtually and Year-Round. (with the Political Science Department)

Date of Programme: 27/01/21

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

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

Almost 27 students were presented during the workshop.

The session started by the Head of the Department, of Political Science

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:

- Recognize what's typical and what's not
- Get help when you need it
- Self-care tips
- Take care of your mind
- How to Relax and Recharge.

The students spontaneously participated and interacted throughout the session.

Date: 27/01/2021
Time 11am to 12pm
Department: Political Science
Topic: Beyond Orientation: Supporting UG1 Students'
Mental Health Virtually and Year-Round
Organized by: Psychological Counselling Cell,
Barasat Govt. College

Kashmira Khatun
11:15
Kashmira khatun- 2009057
Swarna Hawlader
11:15
Swarna hawlader 2009067
Souvik Biswas
11:15
Souvik biswas-2009003
Nabambika Biswas
11:15
Nabambika Biswas Roll- 2009086
Alip Biswas
11:15
Alip biswas roll no 2009021
Ananya Sarkar
11:15
Ananya Sarkar Roll no - 2009083
Narayan Biswas
11:15
Narayan Biswas Roll no:-2009079
Bapan Mondal
11:15
Bapan Mondal Roll no:-2009094
Mirajul Islam
11:15
Mirajul Islam Roll- 2009035
SHREYEE MONDAL
11:15
Shreyee Mondal 2009074
Habib Uddin
11:15
Rusia parvin 2009085
Aditi Ghosh
11:15
Aditi Ghosh Roll no - 2009060
Sneha Mondal
11:15
Sneha Mondal 2009073
Sayan Kundu
11:15
Sayan Kundu Roll 2009087
Shubhankar Das
11:15
Shubhankar Das 2009036
Piyali Hari
11:15
Piyali Hari 2009089
Amit Ghosh
11:15
Payel Ghosh roll no -2009061
Sampa Mondal
11:15
Sampa Mondal roll-2009068
Tuhina Parvin
11:15
Tuhina parvin 2009012
Madhabika Hansda
11:16
Madhabika Hansda 2009055

Md Wakif
11:16
Md wakif,R-2009038
Ayan Sutar
11:16
Ayan Kumar sutar roll no. 2009071
Badhan Biswas
11:16
Badhan Biswas Roll no . 2009084
Sumon Das
11:16
Sumon Das Roll no -2009090
Khadija Khatun
11:16
Khadija khatun Roll 1909038 SEM
3
Shambhu Nath Halder
11:16
Shambhu Nath Halder Roll no-
2009008
Rupsha Ghosh
11:16
Rupsa Ghosh 2009058
Moumita Ghosh
11:16
Chaitali Ghosh - 2009032
Sâgôr Sârkâr
11:16
SAGOR SARKAR ROLL NO -
2009091
Poulomi Mondal
11:16
Poulomi Mondal Roll-1909071
Zishan Baidya
11:16
Md Zishan Baidya, Roll-2009039
Sabikun Nahar
11:16
Sabikun nahar 2009062
Samima Parvin
11:17
Samima parvin roll no • 2009069
Tuhina Pervin
11:17
Tuhina pervin ..roll no =2009033
AMRITA ROY
11:18
Amrita Roy Roll-1909084 SEM-3
NILI CHOWDHURY
11:19
Nili Chowdhury roll - 2009025
Sahinul islam
11:23
Achiya khatun roll- 2009015
Susmita Ghosh
11:26
susmitaghosh_1909068
TUHINA PARVIN
12:11
Tuhina parvin Roll no-2009088





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06.06.21

NOTICE

Department of Philosophy in collaboration with Psychological Counselling Cell, Barasat Government College will be organizing an ONLINE Interactive Group Counselling Session on 'THE CHALLENGES OF BEING AT HOME' on 08/06/21 from 11:00 a.m. to 12:00 noon. All the departmental students are directed to attend the Programme.

Ahatterje

Principal

Barasat Government College

Principal
Barasat Govt. College
Govt. of West Bengal



Programme outcome

**Psychological Counselling Cell
Barasat Government College**

Session: July 2020 – June 2021

Online programme(<https://meet.google.com/qbz-jyfm-mav>)

Title of the Programme: Beyond Orientation: Interactive Group Counselling Session on THE CHALLENGES OF BEING AT HOME (with The Department of Philosophy)

Date of Programme: 8 June, 2021

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

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

Almost 27 students were presented during the workshop.

The session started by the Head of the Department, of Philosophy

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

During the online session, Dr Bhattacharyya discussed about:

- Recognize what's typical and what's not
- Get help when you need it
- Self-care tips
- Take care of your mind
- How to Relax and Recharge.

The students spontaneously participated and interacted throughout the session.

Department of Philosophy
An Interactive Group
Counselling Session on
THE CHALLENGES OF BEING
AT HOME
Tuesday, June 8 · 11:00am –
12:00pm 2021
Google Meet joining info
Video call link:
[https://meet.google.com/gbz-
jyfm-mav](https://meet.google.com/gbz-
jyfm-mav)

Payel Mandal
11:20

Payel Mandal 2006070

Pewli Chakraborty
11:20

Pewli chakraborty Roll no -45

Sonali Das
11:20

Sonali Das Roll: 2006086

Payel Halder
11:20

Payel Halder 2006018

CHĀNDĀ BĀRĪBHĀ
11:20

Chanda Sadhukhan Roll no-
2006037

Tania Khaton
11:20

Tania khaton Roll:2006034

Samik Biswas
11:20

Samik Biswas Roll:2006027

Disha Saha
11:20

Disha saha Roll: 2006048

Rimi Ghosh
11:20

Rimi Ghosh Roll no - 2006044

Riya Ghosh
11:20

Name - Riya Ghosh Roll -
2006025

Nima Sultana
11:21

Nima Sultana Roll:2006058

Payel Sadhu
11:21

Payel Sadhu Roll : 2006090

KØYÈL MØNDĀL

11:21

Koyel Mondal Roll : 2006038

Sangita Chakraborty
11:21

Sangita Chakraborty Roll:
2006020

Payel Das
11:21

Name Payel Das Roll no -
2006031

SNEHA BANERJEE
11:21

Name : Sneha Banerjee Roll
no : 2006075

Kusum Ghosh
11:21

Kusum ghosh Roll:2006050

Puja Ghosh
11:21

Puja Ghosh Roll - 2006085

Payel Adhikary
11:21

Payel adhikary. Roll-2006088

Rikhia Mallick
11:21

Afruja khatun,roll_2006042

PAYEL DAS
11:21

Payel Das Roll- 2006023

Srijita Roy
11:21

Srijita Roy Roll no : 2006061

Tina Ghosh
11:21

Tina Ghosh Roll _ 2006063

Debaleena Bhowmick
11:21

Name.Debaleena Bhowmick
Roll.2006043

Sumana Biswas
11:22

Sumana Biswas Roll --
2006036

Avijit Roy
11:22

Name-Avijit Roy Roll-2006078

Tanuka Dey
11:22

Tanuka Dey Roll: 2006008

Ajifa Khatun
11:22

Name- Ajifa khatun Roll-
2006007

Swasti Chanda
11:24

Name-swasti Chanda Roll-
2006033

Sumeer Roy
11:26

Sumeer Roy Roll no - 2006006
debasish das
11:27

Debasish das,roll-2006060
Baisakhi Chakraborty
11:28

Baisakhi Chakraborty, Roll-
2006005

Lipika Mondal
11:29

Lipika Mondal Roll no _
2006068

Arunita Howlader
11:29

Arunita Howlader Roll-
2006076

Pramit Roy
11:30

Promit Kumar roy
Roll:2060010

Piu Das
11:31

Piu Das Roll-2006029

Keerti Mondal
12:07

Na mam

Mane Amar microphone on
hoche na

You
12:07

9433336481

Keerti Mondal
12:11

Khub valo

