



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](http://www.bgc.org.in), E-MAIL: [principal@bgc.org.in](mailto:principal@bgc.org.in)

## NOTICE

Bengali Department in collaboration with Psychological Counselling Cell will be organizing an Awareness Programme on 'Steps of Management of Stress' by Dr. Paromita Bhattacharya on 05/03/18 from 11:00 a.m. to 12:00 noon. All the students are directed to attend the Programme.

  
Principal  
Barasat Govt. College

Principal

Barasat Government College

**Programme outcome**

**Psychological Counselling Cell**

**Session: 2018 –2019**

**Title of the Programme:** Management of stress

**Date of Programme:** 05/03/2018

**Introduction:** The workshop was designed to make the student aware of stress and how it can impact his/her quality of life.

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

Almost 17 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 has discussed about:

1. Nature of stress, the stress response, the causes of stress, the relationship between stress and disease and a holistic approach to stress management.
2. The impact of stress on one's own body, mind, spirit and emotions.
3. Identify, describe and practice research-based coping strategies and relaxation techniques that contribute to managing life's stress.
4. Develop a personal lifestyle plan incorporating coping strategies and relaxation techniques to decrease the impact of stress on one's body, mind, spirit and emotions.

The students enthusiastically participated and interacted throughout the session and were impacted by the new ideas they gained from the session.

# Awareness Programmes: Steps of Management of Stress

Conducted by Bengali Department & Psychological Counselling Cell.

S

Date: 05/03/2018

Roll No.	Dept.	NAME
DA-229	Bengali (H)	Amina Khatun
DA-190	Bengali (H)	Najam Borui
DA-193	Bengali (H)	Biswasit Bain
DA-22	Bengali (H)	Sujan Sarkar.
DA-21	Bengali (HONS.)	Susmita Biswas.
DA-2	Bengali (Hons)	Tutun Kundu
DA-20	Bengali (Hons)	Sushmita Karmakar
DA-1	Bengali (H)	Miladita-Mariamela
PG 3rd sem-02	Bengali (P.G)	Archita Bhowmik
PG 3rd Sem-03	Bengali (P.G)	Saida Khatun
PG 3rd sem-19	Bengali (P.G)	Int. Ghosh.
P.G 3rd Sem-13	Bengali (P.G)	Simi Khanam
P.G 1st Sem-11	Bengali (P.G)	Rakesh Sardar
DA/1st year 90	Bengali (U.G)	Parbasini.
DA/ 3rd sem 30	Bengali (P.G)	<del>P. Ghosh</del>
DA/ 3rd Sem 8	Bengali (P.G)	Sangita Chandra Barman.
DA/ 3rd sem	BENGLALI (PG)	<del>Sangita</del> Kasturi Aosh.







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](http://www.bgc.org.in), E-MAIL: [principal@bgc.org.in](mailto:principal@bgc.org.in)

## NOTICE

Department of English and Philosophy will be organizing a talk on 'What is Mental Health?' by Dr. Paromita Bhattacharya on 12/09/18 from 11:00 a.m. to 12:00 noon. 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: 2018 –2019**

**Title of the Programme:**What is Mental health

**Date of Programme:** 12/09/2018

**Introduction:** The awareness program was designed to make the students aware of Mental Health because the lack of information and stigma associated with mental disorders are major obstacles to the promotion of mental health.

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

Almost 31 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:

- Mental Health Continuum (from general mental wellness to mental illness/disorders)
- Stigma Reduction and Breaking Barriers to Promote Help-Seeking Behaviours
- Emotional Well-being Practices
- Mental Health Awareness Advocacy

The students enthusiastically participated and interacted throughout the session.

Signature of Students'

WHAT IS MENTAL HEALTH  
 Page 12/109/2018

DA-337	Jesmin Nahar	English
DA-209	Prityanka Sanyal	"
DA-33-2nd yr	Kamrun Nahar	"
DA-101-2014 (2nd yr)	Bandana Sirdar	English
DA-222-2nd year	Debdutta Mandal	"
DA-310-2nd year	Tuhina Das	Philosophy
DA-G1-2nd year	Kanika Dey	"
DA-311-2nd year	Priya Mitra	Philosophy
DA-62 2nd year	Piyali Ghosh	Philosophy
DA-319 2nd year	Thoma Banik	Philosophy
DA-57 2nd year	Paumita Mandal	Philosophy
DAF 305 2nd year	Mamita Ghosh	Philosophy
DAF 316 2nd year	Pratya Kundu	Philosophy
DA 303 2nd year	Atreyee Majumder	Philosophy
DA/114 3rd year	Kishore Prady	"
DA-345 2nd year	Moumi Saha	Philosophy
DA-210 2nd year	Jayeeta Ghosh	English
DA-226 2nd year	Puja Saha	"
DA-66 2nd year	Rupali Soddar	English
DA-355 2nd year	Poushmi Saha	English
DA-216 2nd year	Indrita Dutta	English
DA-218 2nd year	Amindita Panda	English
DA-35 2nd year	Samira Molla	Philosophy
DA-32 2nd "	Mimi Das	"
DA-54 2nd yr	Taslima Khatun	Philosophy
DA-322 2nd "	Maleka Khatun	"
DA-372 2nd "	Reshma Khatun	"
DA-79 2nd year	Amir Sohel	English
DA-312 2nd year	Rimi Ghosh	Philosophy
DA-304 2nd year	Poly Dutta	Philosophy
DA-301 2nd year	Aleena Dey	Philosophy
DA-304 2nd year	Souja Das	Philosophy
DA-302 2nd year	Rat Kumar	Philosophy







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](http://www.bgc.org.in), E-MAIL: [principal@bgc.org.in](mailto:principal@bgc.org.in)

## NOTICE

Psychological Counselling Cell, Barasat Government College will be organizing an Awareness Programme on 'Mental Health and Emotional Well-being' by Dr.Paromita Bhattacharya on 18/02/19 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:** Mental Health and Emotional Wellbeing

**Date of Programme:** 18/02/19

**Introduction:** aim to promote and protect students' physical, social, emotional, and mental well-being.

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

Almost 26 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 wellbeing
- Reduce stigma on mental health
- Promote support-seeking behaviors

The students spontaneously participated and interacted throughout the session.



Roll No.	Dept.	Name
DA-226	History (Hons) 2nd year	Md. Anis Mondal
DA-148	History (Hons) 1st year	Benima Parvin
DA-137	History (Hons) 1st year	Soheli Parvin
DA-422	History (Hons) 1st year	Bilkuj Khatun
DA-40	History (Hons) 1st year	Dipika Ghosh
DA-246	Philosophy (Hons) 1st year	Siuli Roy
DA-269	Philosophy (Hons) 1st year	Mousumi Paul
DA-234	Philosophy (Hons) 1st year	Tioza Mondal
DA-24	History (Hons) 1st year	Bairhaki Ghosh
DA-250	History (H) B.A 1st year	Priyanka Mondal
P.G. 20	Bengali M.A 2nd Sem	Susmita Karimkar
DA-52	English (Hons) B.A 1st year	Mitula Parvin
DA-64	History (Hons) B.A 1st year	Swarna Adhikary
DA-67	History (Hons) B.A 1st year	Ram Prasad Biswas
DA-260	History (Hons) B.A 1st	SOURAY MAJUMDER
DA-341	History (Hons) B.A 1st	Hegla Pal
DA-319	History (Hons) B.A 1st	Srisela Majumder
P.G. 21	Bengali 3rd Sem.	Sumita Biswas
DA-290	History (Hons) B.A 1st	Ruhina Sultana
DA-303	Philosophy (Hons) 3rd.	Ahrayee Majumder
02	Bengali (H.A, 1st Sem)	Tanu Roy
03/17	Bengali (P.G. 1st Sem)	Squosree Mondal
04	Bengali (P.G. 3rd Sem)	Sampa Tikadar
04	Bengali (P.G. 1st Sem)	Monicul Baichya
11	Bengali (P.G. 3rd Sem)	Rakesh Sarder

