



GOVERNMENT OF WEST BENGAL

BARASAT GOVERNMENT COLLEGE



NAAC ACCREDITED 'A' GRADE, DST-FIST SPONSORED & ISO 9001:2015, 14001:2015, 50001:2018 CERTIFIED COLLEGE

10, K.N.C. Road, Barasat, Kolkata - 700124, West Bengal, India

Phone: (033) 2552 3365, Fax: (033) 2562 5053, Website: www.bgc.ac.in, E-Mail: principal@bgc.ac.in

Counselling Centre Barasat Government College

About:

The Counselling services at the Barasat Government College began in 2015 and are a part of Student Support Services. The Counselling Centre has been providing services like individual Counselling and developmental group activities for College students. It is open two days a week and its hours are adapted to students needs. The Counsellor helps the students in their day-to-day concerns and also enhances their overall functioning. Workshops on topics relevant to increasing the capacities of the students are regularly conducted by the Counsellor.

Counselling is a process between an individual and the Counsellor that helps the individual to overcome difficulties and change maladaptive or unhealthy emotional, behavioural or cognitive aspects. This leads to a more adaptive pattern of thought and behaviour and a satisfactory change in the individual. Thus, Counselling is an enabling process that provides alternative ways to think, feel and behave in a healthier manner.

Counselling is a process in which the individual and the Counsellor work towards a common goal which is beneficial for the individual. It can enable him/her to cope with unmanageable situations in the best way possible. The process helps to enhance the overall well-being of the individual.

Only the Counselling Centre would be in the know of this. For all those who seek Counselling, confidentiality is maintained regarding their personal information, which is not disclosed to any person, group or authority without his/her consent.

Counsellor uses a range of different counselling and therapeutic approaches and counselling 'modalities' to offer assistance to you such as, Rogerian model of Psychotherapy, Cognitive behavioural therapy.

Timings :

The Counselling Centre services are available from 2pm to 5pm on Friday and Monday
They can be contacted through Head of the Department or personally on e-mail:
psychological@bgc.ac.in for appointment.



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Mental Health Week:

The Counselling Centre observes the Mental Health Week each year.

Workshops :

Stress management workshops specially designed to address students' needs are organized by Counselling Centre. The students who are identified as needing special care are then sent for individual counselling session. The workshops also serve as a medium through which the student interacts with the counsellor and makes them comfortable to approach the Centre. The various methodologies used are discussions, role-plays, audio-visuals and lectures.

What are the kinds of concerns for which students seek Counselling?

Common reasons why students seek out Counselling include:

- Relationship difficulties, e.g. frequent fights, sexual worries, loss of intimacy
- Illness, grief and loss
- Life transition and adjustment issues
- Personal growth and understanding
- Sexuality and gender identity
- Anxiety, stress or depression
- Examination phobia
- Time management
- Peer anxiety.
- Early marriage views on marriage in family
- Loneliness
- Violence and abuse in the relationship & family





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Ref. :

Date :

The Psychological Counselling and Mentoring Cell has been reconstituted with the following members: 23-24

1. Debashree Dutta ,Philosophy ,(7044979605)
2. Dr. Madhuchhanda Bhattacharya ,Philosophy (9830017301)
3. Paromita Bhattacharyya, (Bengali) (9433336481)
4. Rita Ghosh,(Bengali) (9830428680)
5. Roopamala Saha (English) (9831522855)

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Details of the Counsellor:

Dr. PARAMITA BHATTACHARYY

Mental Health Professional, working on Positive Psychology in the field of happiness and wellbeing.

WORK EXPERIENCE

Faculty Member (SACTI) Post Graduate Department of Bengali, Barasat Government college
Work as an intern at The Department of Psychiatry, Nil Ratan Sircar Medical College & Hospital, R. G. Kar Medical College and Hospital.

Resource Person, Centre for Counselling Service & Studies in Self Development, Jadavpur University

Counsellor and Founder Member @ Bhalo Theko, A Holistic Approach to Wellbeing Associate as mental health worker, with Ayash an Effort, Nonprofit Organisation Provides free educational support to needy meritorious students in underprivileged areas of WB, India and rights-skills-building with children and women from marginalised communities.

EDUCATION

Doctor of Philosophy in Arts, Jadavpur University.

TWO Years PG Diploma Course in Counselling & Stress Management, Centre For Counselling Service & Studies In Self Development, Jadavpur University

Training in Psychoanalysis, Indian Psychoanalytical Society

Certificate Course in Geriatric Mental Health and Dementia Care for Caregivers of Elderly,

Certificate Course on Psychosocial Management of Substance Use Disorders National Institute of Mental Health and Neuro Sciences (NIMHANS)

Training in Art Play and Music Therapy.

The process of Counselling:

Counselling is a systematic process involving the following steps:

- Counselling provides a safe and trusting environment.
- It helps the person understand their concerns clearly and resolve them.
- The counsellor listens to students issues/concerns in a non-judgmental manner.
- Counsellor helps clients to generate solutions to their problems.

Thus, counselling helps students to move towards their goals. It also helps them to enhance their overall well being.

