

STUDENTS MENTORING UNIT
(Constitute of Psychological Counseling Cell and Students' Support Cell)

Barasat Government College

10 K N C Road, Barasat, North 24 Parganas, Kol-124

Since its inception, the faculty of Barasat Government College, including external members, has consistently supported students through counseling, guidance, and assistance. In 2015, the college established the Psychological Counseling Cell and Students' Monitoring Cell to enhance student support services. These cells aim to foster emotional resilience, conflict management skills, and mental well-being among students, contributing to their personal and professional growth.

The primary mission of these cells is to provide individual counseling, monitoring, and group development activities tailored to students' needs. Faculty members actively assist students in addressing their everyday challenges, guiding them toward improved functioning and mental health. These efforts align with the college's broader objective of promoting mental well-being and career readiness.

Regular workshops, organized by faculty and staff on relevant topics, serve to further enhance students' skills and capacities. Through continuous counseling, mentoring, and developmental initiatives, these cells help students achieve holistic growth, encompassing social, psychological, economic, and physical well-being.

A brief report of the activities regarding Psychological Counseling and Students' Mentoring Cell performed during the Academic Year 2023-24 is given below -

- The faculty of the college actively encouraged students to return to regular in-person classroom and laboratory sessions, fostering a sense of normalcy and rebuilding their confidence.
- Efforts were made to help students adopt more practical, hands-on approaches to address panic, stress, anxiety, and other challenges. Open discussions on various problems and potential solutions played a vital role in alleviating their concerns.
- Physical exercises and yoga sessions were introduced to promote a positive attitude and overall well-being among students.
- The primary focus was to provide comprehensive support in the form of psychological first aid and emotional assistance. Mentoring and counseling sessions were conducted both in person and online to address students' specific needs effectively.
- Seminars, conferences, and workshops were organized by the Student Counseling and Monitoring Cell to cater to students' requirements. Special care was given to those identified with specific challenges. These students were offered individual counseling and monitoring sessions. Various interactive methods, including discussions, role-plays, audio-visual aids, and lectures, were employed to ensure active student participation and engagement.
- During the academic session 2023–2024, mentoring and counseling were provided to 190 students. Of these, 22 students with special needs received targeted support. A total of 67 mentors from different departments, guided by the conveners and members of the Student Counseling Cell and Student Mentoring Cell, participated in these initiatives.
- It has been a privilege to assist students in overcoming a range of issues, including family, personal, financial, and social challenges, with particular emphasis on career development.


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REPORT OF PSYCHOLOGICAL COUNSELING

Faculty members provide aid, counselling and assistance to freshers. In addition, there is a Psychological Counselling Cell which helps students develop their basic skills to manage emotions & Conflicts.

The Psychological 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 one day a week and its hours are adapted to student's needs. The Mental Health Professional 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.

Here is a brief report of the activities of Psychological Counselling Cell done during this academic year 2023-24.

- Encouraging student to return to everyday and routine activities is helpful as it gives a sense of normality and creates a feeling of security and certainty.
- Stress management workshops specially designed to address students' needs are organized by Counselling Cell.
- 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 therapist and makes them comfortable to approach the Cell. The various methodologies used are discussions, role-plays, audio-visuals and lectures.

Our Vision is to provide & ensure mental Well-Being for All students through Positive Fantasy. Positive psychotherapy is one such therapeutic model that has aimed to reorient the therapeutic approach to be more focused on supporting student to use their inner resources to overcome challenges, understand and recognize areas of growth, and focus instead on working toward resilience and a greater sense of wellbeing.

Group counselling sessions are conducted semester-wise and department wise throughout the year.



Photographs of group counselling session on 26/06/2024

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Individual Sessions are held on all on 26/06/2024 (Wednesday) from 1:30 pm to 3:30 pm.

In the Academic Year of 2023-24, 22 students were benefited.

UG SEM 1 to 6 = 14 (Zoology:1 Economics: 1 Mathematics: 2 English: 3 Political Science: 2 Chemistry: 3 Geography: 2)

PG SEM 1 to 4 = 8 (Bengali: 7 Botany: 1)

Common Issues Identified:

The counselling sessions revealed several recurring themes among students, including:

- **Anxiety:** Many students reported experiencing heightened anxiety levels, often linked to academic pressures and personal challenges.
- **Mood Swings:** Fluctuations in mood were frequently noted, affecting students' overall well-being and academic performance.
- **Uncontrolled Emotions:** Some students struggled with managing their emotions, leading to conflicts in personal and academic relationships.
- **Smartphone Addiction:** A significant number of students identified excessive smartphone use as a contributing factor to their mental health concerns.

Benefits of counseling

- developing healthy boundaries
- improving communication
- defining someone's role within the family & improving family dynamics and relationships
- Adding Confidence.
- Enhancing Concentration.
- Instilling Self-Control.
- Time Management

Recommendations:

1. **Workshops and Seminars:** Organize sessions focused on stress management, emotional regulation, and the responsible use of technology.
2. **Peer Support Groups:** Establish peer-led support groups to foster community and shared experiences.
3. **Ongoing Monitoring:** Continue to track student wellbeing and adjust counselling services as necessary to meet evolving needs.
4. **Collaboration with Faculty:** Engage faculty in recognising signs of distress and promoting a supportive academic environment.

Conclusion:

The Psychological Counselling Cell remains committed to providing a safe space for students to express their concerns and seek guidance. We aim to enhance mental health awareness and support initiatives in the coming year to further assist our student community.


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MENTORING REPORT – 2023-24

Following are the details of mentees who have been mentored by several departmental teachers (Mentors). Apart from them, Dr. Paromita Bhattacharyya, as an external member helped in each and every case.

| Class | Subjects | Total no. of Mentees | Mentors |
|--------------------------------|-------------------|----------------------|---|
| UG Sem-2/4/6 | Physics | 21 | Dr. Abhijit De Dr. Madhusudan Ghosh Dr. Ajita Sengupta Sri Sarajit Biswas Dr. Srijit Bhattacharya Dr. Sudip Mukherjee |
| UG Sem- 2/6 | Mathematics | 5 | Dr. Nisith Chandra Das Dr. P. Paul Dr. Indranath Bhattacharyya |
| UG- Sem – 2/4/6 PG- Sem—1/2 | Bengali | 11 | Sandip Kumar Patra Dr. Bhismadeb Mukhopadhyay Dr. Nivedita Chakraborty Dutta Dr. Kosalaya Jana Renuka Adhikary Dr. Shreya Ray Dr. Adrija Chaudhuri Dr. Paramita Bhattacharya Shatabdi Sadhukhan |
| PG SEM - 4 ALL STUDENTS | Zoology | 15 | Dr. Sumana Saha Dr. Jayati Ghosh Dr. Ivy Kundu Dr. Enamul Haque Dr. Srikanta Guria Smt. Indrani Banerjee |
| UG- SEM-3/4 PG- SEM- 3/4 | Botany | 16 | Dr. Narayan Chandra Karmakar Dr. Nirmalendu Das Dr. Dibyendu Sekhar Mahanty Dr. Sonali Dey Sengupta, Dr. Subhra talai Mukhopadhyay Dr. Rituparna Kundu Chowdhury Dr. Gargi Sengupta |
| UG Sem- 1/3/6 | Philosophy | 10 | Dr. Madhuchhanda Bhattacharyya Dr. Mithu Sinha Roy Smt. Debashree Dutta Smt. Soma Sinha |
| UG Sem- 1 | Political Science | 35 | Ganapati Bhattacharya Uttam Adhikary Bidhan Maghi Aniruddha Das Mukut Basu Amrita Bandopadhyay |
| UG- 2/5 | Geography | 3 | Dr. Ruksanara Begam Dr. Sourama Saha Dr. Chandan Suravi Das Dr. Bidyut Pramanik Dr. Shrabana Majumdar Dr. Jaidip Dey |
| UG Sem- 4 | Chemistry | 6 | Dr. Prabir Bhattacharyya Dr. Arup Bandyopadhyay Dr. Samrajnee Dutta Dr. Soma Nath Deoghorla |

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| | | | Dr. Ambarish Ray Dr. Jibanananda Jana Dr. Suparna Basu Chaki Dr. Narayan Ch. Bar Dr. Sk Abdul Gani |
| UG Sem-5 | Sanskrit | 5 | Dr. Antara Chowdhury Dr. Aditi Bhattacharyya Dr. Poulomi Saha |
| UG Sem- 3/5 | History | 10 | Dr. Urmita Ray Dr. Balaram Das Rupak Saha Urmita Ray |
| UG Sem-4 | Economics | 16 | Dr. Dola Chattopadhyay Dr. Koushiki Banerjee Dr. Rongili Biswas Dr. Rajnarayan Gupta |
| UG Sem- 1/2/3 | English | 15 | Pritam Bandyopadhyay Dr. Ambarish Sen Debapratim Chakraborty Anamitra Chatterjee |


Total mentees who needed regular mentoring: 168

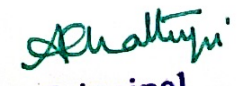
Total 190 Mentees were successfully mentored in the academic session 2023-24 and they all overcame their respective problems.

Total No. of Teacher-Mentors: 67

No. of Professional Psychological Counselor: 01

Signature of Members of Mentoring Cell (Constitute of Psychological Counseling Cell and Students' Support Cell):

1. Debashree Dutta,
2. 
3. Roopmala Saha.
4. RPhandli
5. Bhattachary.
6. K Banerji


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