



# South Calcutta Girls' College

METRIC 7.2.1b  
ANY OTHER RELEVANT

BOOKS ISSUED FROM THE COLLEGE LIBRARY FOR

ADULT

ADULT LITERACY PROGRAMME			
DATE	FULL SIGNATURE	DEPARTMENT	DETAILS
17.5.23	Manisha Pramanik	B.A. general	2 Books
17.5.23	Anindita Jalua	B.A. general	2 Books
17.5.23	Porveen Ana Khatoon	B.A. general	2 Books
17.5.23	Nayaz Khatoon	B.A. general	2 Books
17.5.23	Payal Roujak	B.A. general	2 Books
24.5.23	Sushmita Basuik	B.A. general	2 Books
24.5.23	Marmita Ghoshgami	B.A. general	3 Books
24.5.23	Diya Das	B.A. general	2 Books
24.5.23	Baishakhi Aich	B.A. general	2 Books
24.5.23	Aspita Das	B.A. Gen.	2 Books
20.9.23	Soumi Das	B.A. History Hons	3 Book
20.9.23	Mashubani Sankar	B.A. History Hons	3 Books
20.9.23	Tanisha Bose	B.A. History Hons	3 Books
22.11.23	Soumi Das	B.A. History Hons	2 Books
22.11.23	Tanisha Bose	B.A. History Hons	2 Books
22.11.23	Mashubani Sankar	B.A. History Hons	2 Books
02.01.2024	Shreeya Ghil	SOCA (HONS)	2 Books
03.01.2024	Marmita Ghoshgami	B.A. (G)	3 books
10.1.2024	Prerana Mandal	Zoology (H)	2 Books
10.1.2024	Rakha Majumdar	Zoology (H)	2 Books
10.1.2024	Tania Nayak	Zoology (H)	2 Books

LITERACY PROGRAMME

**SOUTH CALCUTTA GIRLS' COLLEGE  
PSYCHOLOGICAL COUNSELLING CELL  
REPORT: 2023-2024**

SL/NO	DATE	PROGRAMME TITLE	PROGRAMME DETAILS	NO. OF PARTICIPANTS
1	2.8.2023	INDUCTION PROGRAMME	The program was on functional information of psychological counselling cell and importance of counselling and it's daily life needs.	100
2	5.8.2023	DEALING WITH ANXIETY	Anxiety or feeling nervous is very normal emotion or natural response to any crisis situation. However sometimes it's makes difficult our days. Excessive worry, restlessness, palpitation , sweating, nausea etc may hamper daily routine. With these symptoms it's difficult for someone to sustain attention. Session is all about discussing all these and how to organized thoughts, during those difficult times.	44
3	18.8.2023	HOW TO IMPROVE CONCENTRATION LEVEL	Focus refers to the ability to direct one's attention towards a specific task and Concentration refers to the ability to continue that ability for longer time. In short sustained attention called concentration. To improve it one should indentify and eliminate distractions. Proper sleep, reduce multiasking , make short goal may improve concentration level.	6
4	23.8.2023	CAREER COUNSELLING	Pursuing career utmost important is to continue discipline life, time management, priorities your goal. Being focus on present will help to identify and overcome from obstacles.	21
5	10.9.2023	WORLD SUICIDE PREVENTION DAY	Dept of psychology and Psychological counseling cell had jointly organized a poster competition to create mass awareness.	53
6.	11.10.2023	Community development program on – A mothers' role on her child's mental development by Extentson committee	Community mother's from localities attended the session. The session is about to promote education to stop child marriage. ,	21

7	6.12.2023	INTERNET ADDICTION	Internet is an essential part of our daily life. But excessive use it will increase behavioural dependency. In modern language it's called activity addiction.	13
8	3.1.2024	Students' stress management to observe students' week	Stress is inevitable in daily life. Stress is normal human response that prompts to address challenges and threats in daily life. Taking alcohol, smoking are negative response to the stress. Try to incorporate balanced diet, , enough sleep, practice relaxation may help to deal with stress. Ask for counseling and medication if needed.	48
9	13.1.2024	How to face interview	Interview is basically to on to see confidence, attitude, communication skills. Session was on how to those skills.	9
10	7.3.2024	Psychological counselling on social stigma ,it's impact and coping	Stigma to mental still prominent to our society. As a social being it's our duty to protest against such stigmatization and promote or aware to take care of mental health , ask for professional help is needed.	15
11.	3.4.2024	Anger Management	Anger management id one of difficult task in present scenario. Often we tend to be in denial and blame others. Self - acceptance and self-developing task may improve to control anger.	6
12.	5.4.2024	Review session	Taking review from students and what topic they want in future to discuss	12
13.	24.4.2024	Deal with relationship, feelings, challenges to it	Interpersonal relationship difficulty, acceptance of each other, show gratitude,	25



**South Calcutta Girls' College**  
Grade 'A' Accredited by NAAC, Recipient of RUSA 2.0 Grant  
ISO 9001 : 2015 Certified

**NOTICE**

2

Notice No. 0236 /2023-24

Dated: 09.10.2023

The Extension Committee of South Calcutta Girls' College is organising Lecture on "A Mother's Role on Her Child's Mental Development" on 11.10.2023 at 3 P.M. at Room no-207. All are cordially invited to attend this Programme.

*Ruchira Sengupta*  
09.10.2023

*(NS) 09.10.23*

Principal & Secretary



**South Calcutta Girls' College**

**Extension Committee**

*is organising*

**A Community Development Programme**

**A Mother's  
Role On Her  
Child's  
Mental  
Development**



**Speaker: Sm.Yashabanti Sreemany**  
(Psychological Counsellor)

**11 October 2023**  
3pm

**Room no.**  
207

PROGRAMME ORGANISED WITH EXTENSION CELL

A Community Development Programme was organized by Extension Committee on 11.10.2023. It was a counselling session. Topic— A mother's role on her child's mental development. Some women of Pearabagan slum area were invited in this programme. The speaker explained the matter very sensitively. The invited women asked various questions to know more about this matter.

No. of participants: Invited women- 21, Teachers- 7.

### Photos



**Attendance Sheet of The Audiences**

Extension Committee  
A Community Development Programme

classmate  
Date \_\_\_\_\_  
Page \_\_\_\_\_

11.10.2023 at 3pm  
A mother's role on her child's mental development  
Speaker - Yashabanti Sreenany  
(Psychological Counsellor)

Participants' Signature :

1.	Name	Signature with date
1.	Sipa Mondal	
2.	Dipali Rana	
3.	Tanoti Chowdhuri	
4.	Renubala Jana	
5.	Sumitra Mondal	Sumitra Mondal, 11.10.23
6.	Maya Bhagat	
7.	Sandhya Mondal	
8.	Shakuntala Jana	
9.	Purnima Barik	
10.	Bela Mondal	Bela Mondal
11.	Mangala Naskar	
12.	Kalpama Mondal	
13.	Jyotsna Mondal	
14.	Shikha Das	
15.	Bono Singh	
16.	Rakhi Shaw	Rakhi Shaw
17.	Kalpama Mondal	
18.	Tula Jana	Tula Jana 11.3.23
19.	Balaram Mondal	Balaram Mondal 11/10/23
20.	Deepa Mondal	
21.	Bela Mondal	

### Attendance Sheet of The Teachers

Extension Committee  
A Community Development Programme

classmate  
Date \_\_\_\_\_  
Page \_\_\_\_\_

A Mother's Role on her child Mental Development  
11.10.2023

Teachers' Signature :-

1.	Name	Department	Signature with Date
1.	Aparna De	Chemistry	11.10.23
2.	Ruchira Sen Gupta	Bengali	11.10.2023
3.	Yashabanti Sreenany	Psychological Counselling Cell	11.10.2023
4.	Anuja Basu	Library	11.10.2023
5.	Momi Majumdar	Bengali	11.10.2023
6.	Spita Chakrabarti	Sociology	11-10-23
7.	Prianka Dalal	Sanskrit	P. Dalal 11.10.23