

Key Indicator - 7.2 Best Practices

BEST PRACTICE 1

Title of the practice: Counselling Cell

The Counselling Cell of the South Calcutta Girls' College has been very active during the academic session 2020-21 and has conducted several sessions in the virtual mode during the pandemic. These sessions were held according to a schedule beyond the College hours. The Cell is monitored by the Department of Psychology and the sessions are conducted by Ms. Yashabanty Sreemany.

Objective of the practice

- The pandemic has mostly left us all depressed at times or all the time. There were interactive sessions on **Depression** in which several causes and symptoms of depression were discussed. Remedial measures were explained.
- On special demand from the students, **Anger Management** sessions has been conducted as they were facing several issues related to anger.
- During pandemic, students faced difficulty in **concentration** or to pay attention in study. **Time management** was also a big issue for them.
- Few tips were given to help them in examination and discussion on future, career goals.
- To create **awareness among students on Suicide** and how treatment can help them.
- To create awareness on to manage daily hassles and stress from the same.
- To create **awareness on cyber addiction and cyber bullying**
- Interactive session on causes and remedial measures of social interactions and anxiety.

The context

- Counselling is confidential and recognizes that each person is unique.
- Difference between depression and sadness is explained to students as depression is a clinical condition and can be diagnosed by mental health professionals.
- Anger is a basic emotion, difference between reaction and response, to concentrate on assertive communications.
- For Time management, it is necessary to follow daily routine.
- General discussion on potential, aptitude and interest are undertaken. Steps are outlined to sustain attention during counselling.
- Through Power-point presentations, students share their ideas on suicide in different context.
- Discussions are held on how to improve everyday functioning and lead a balanced life.
- Management of Internet fixation is also dealt with. .

- Discussion on that social anxiety can experience in different ways and in addition to that somatic symptoms .

The practice

- First an overview of the counselling session is given. The introductory sessions specifically conducted with the newly admitted students to provide them a basic knowledge about counselling.
- New individual sessions and the follow up sessions are conducted as and when required.
- Students are taught how to accept own emotions
- Deep breathing exercises
- Mindfulness exercises.
- Assertive communication skill training
- To focus on the present and follow daily routine.
- To reduce screen time
- To write a journal
- To concentrate on individual strength
- To ignore critical comment
- To engage in a hobby
- To seek professional help any time
- Motivational counselling sessions are held prior to examination.
- Referred to psychiatrist if required.
- World Suicide Prevention Day observed on 25.9.2020.

Limitations:

- Non projective tests (paper pen) may be included to assess immediate mental state.
- Due to financial condition, many students unable to attend online sessions.
- Network glitches.
- Where family counselling is necessary, parents are often not willing to attend the counselling session.

Evidence of success:

- On the basis of verbal report students feels better after few session and they referred to other students also.
- Group sessions are found also to be helpful. They eagerly participated in those sessions.
- Students participated in power-point presentation sessions.

Problems encountered

- Internet addiction
- Adjustment difficulty
- Poor concentration in study
- Low self esteem
- Low self confidence level
- Career counselling
- Self -harm and suicidal thoughts
- Frequent mood swings
- Sleep disturbances
- Changed in appetite

Resources required:

- Better net connectivity and more personal interactions.

Notice no.402/2020

Dt. 15/06/2020

South Calcutta Girls' College
Department of Psychology

This is to notify that Counseling cell will conduct group counseling session for Honours students from 17.06.20 on every Wednesday of each month in the following schedule-

Days of the months	Departments
First Wednesday	English + Psychology + History + Philosophy
Second Wednesday	Political Science + Sanskrit + Botany + Journalism
Third Wednesday	Sociology + Zoology + Education + Economics
Forth Wednesday	Bengali + Geography
Fifth Wednesday	No session

H.O.D. of the respective departments will receive the program link to their individual whats' up number and they are requested to forward the link to their honours students group. Duration of this weekly session will be from 3p.m. to 4p.m. Students are instructed to download G-meet app to their mobile phone and their request to enter into the session will be admitted till 3:15 p.m.

Principal

South Calcutta Girls' College

SOUTH CALCUTTA GIRLS' COLLEGE

Notice no. 016/2020-2021

Dt. 03/09/2020

Department of Psychology

This is to notify that Department of Psychology will conduct Students' seminar in Google meet on **14.09.20 and 15.09.20 at 12 p.m.** and along with the Counselling cell will also conduct interdisciplinary students' seminar on **21.09.20 at 11 a.m.** to observe the world suicide prevention day.

All Teachers and students of the College are cordially invited to these programs. H.O.D. of the respective departments will receive the program link and they are requested to forward the link to their teachers and students' group.

Sd/-

Principal

South Calcutta Girls' College

SOUTH CALCUTTA GIRLS' COLLEGE

Notice no.036/2020-2021

Dt. 19/09/2020

Department of Psychology

This is to notify that Department of Psychology along with the Counselling cell is going to organize "**Motivational counselling Program**" for the Part-III honours and general outgoing students on **25.09.20 at 12 p.m.**

This program will be conducted in Google meet. The programme link will be sent to the HoD of each department and they are requested to forward the link to their students' group.

Sd/-

Principal

South Calcutta Girls' College



South Calcutta Girls' College NOTICE

Notice No. 102/2020-2021

Date: 22.02.2021

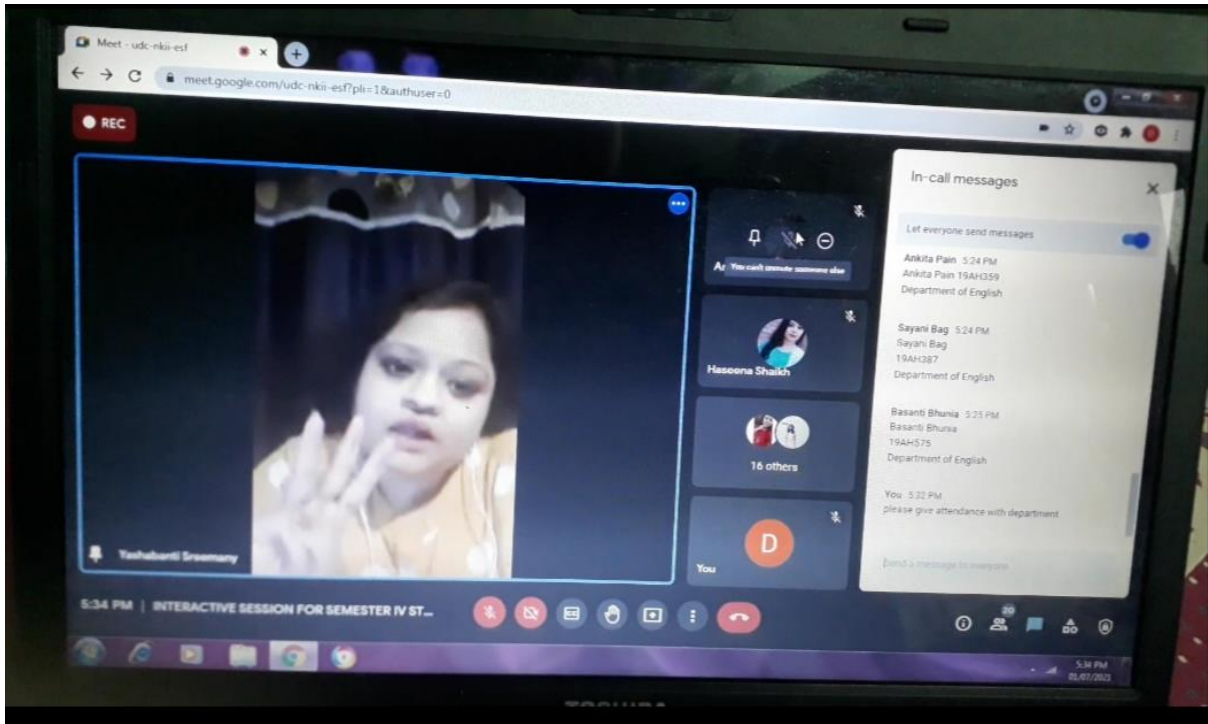
Counseling Cell

This is to inform to all the Teachers and students that Counselling Cell is going to organize online sessions on **Motivational Counselling for examination** for the students who are going to appear for semester 5, semester 3 and semester 1 examination.

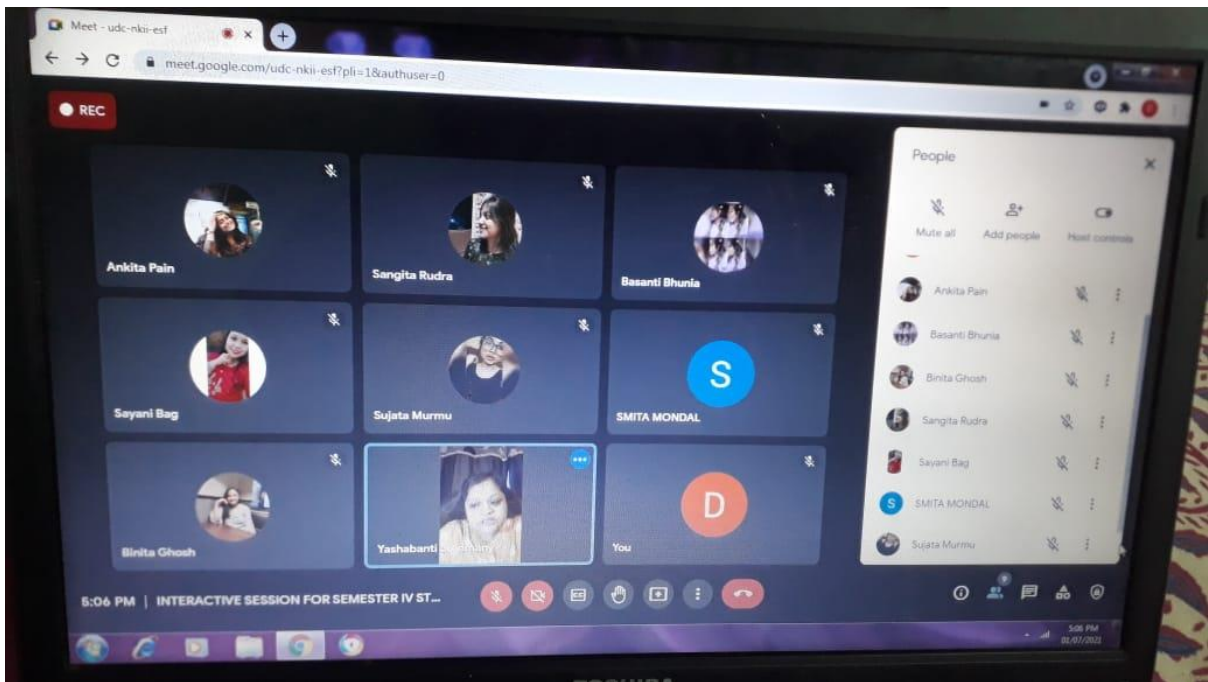
Semester - 1	05.03.2021	5:00 P.M. to 5:45 P.M.
Semester - 3	05.03.2021	6:00 P.M. to 6:45 P.M.
Semester - 5	05.03.2021	6:00 P.M. to 6:45 P.M.

HODs of the respective departments are requested to forward the programme link to their Honours and General students group.

CRS 22.2.2021
Principal & Secretary
Principal & Secretary
South Calcutta Girls' College



Counselling session in progress



Interactive Session

SOUTH CALCUTTA GIRLS' COLLEGE
COUNSELLING CELL ACTIVITY REPORT
2020 JUNE TO 2021 MAY

- **INDIVIDUAL SESSION:**

Counselling cell was and is for tele counselling only with the students of college. Near about 40 individual sessions has been done. It was found that during this difficult COVID period students were anxious about the virus , lockdown period, isolation etc. However, these terms are entirely new to us. In addition with that they were also anxious about future , study, increasing irritability , anger, feeling depressed , sudden deteriorating economic condition in family. Every case was individually intervened and counselled.

- **GROUP SESSION 1:**

Group session were started from 17/6/2020 as scheduled in the notice-402/2020 dated 15/06/2020. Session were conducted on every Wednesday 3pm to 4pm via google meet.

1. **JUNE 3rd week 2020 TO JULY 2nd 2020-**

The session was about DEPRESSION. In this difficult time , it was obvious to feel sad. However there is a difference between Depression and feeling sad or feeling depressed. At times feeling sad in normal and the acceptance of the same also necessary. But Depression is a clinical term and which should diagnosed by mental health professional . In addition with sadness, disturbed sleep, change in appetite must be present for at least 15 days. 77 students attended the program.

2. **JULY 3rd WEEK 2020 TO AUGUST 2nd WEEK 2020-**

The session was about Anger management. Students were facing increased irritability and anger. They must know how to control Anger. The session was commenced with the difference Anger and Aggression. Anger is very basic emotion for every human being however aggression is resulting hostile or violent behavior. A guidance had given about assertive communication, comfort body posture followed by 5 count breathing exercise. 43 students attended the program.

3. **AUGUST 3rd WEEK TO SEPTEMBER 2nd WEEK :**

The session was about how to stay engaged at home. It's an interactive session about balance between study, hobby, and other necessary work at home. This was also about how to overcome daily hassel 61 students attended the program .

4. **A separate session was arranged on MOTIVIATION COUNSEELING before exam for all students on 25/9/2020.**

Best Practice 2 **YOGA COURSE**

1. *Title of the practice: Yoga Course*

Yoga classes are held under the supervision of the Physical activity Club of south Calcutta Girls' College.

2. *Objectives of the Practice*

Yoga is a group of physical mental and spiritual practices that improve physical and mental health. It is an ideal way to build up psycho-physiological health and maintain physical and mental discipline. It also helps to manage daily stress and its consequences. Yoga sessions were conducted in the College regularly before the onset of the pandemic. When physical presence was disallowed in the College, online Yoga classes was the best alternative.

3. *The Context*

During the pandemic, most students had little scope of engaging in physical activity as they were homebound. This was taking a toll on the physical and mental health of the students. The Physical Activity Club of South Calcutta Girls' College, therefore, took the decision of starting online yoga classes. Students would be able to join the classes from their homes. It does not require much space. Yoga is an excellent way of building a strong physical and mental health system. It also helps to build immunity and relieve tension. Classes began from August 2020 and were conducted from 9.00-9-45 am five days a week. Smt. Rama Nandi, the gym instructor, conducted the classes.

4. *The Practice*

Yoga classes in the virtual medium was a novel experience for the students. The course covered not only *asanas* but also stretching exercises, *pranayama* and meditation. It included theory classes as well. As some students showed enthusiasm for the practice and were regular, it was decided to convert it into a certificate course for those who completed 30 hours. These students also taught their family members to do stretching and breathing exercises that were particularly helpful to build immunity. They also participated in the programme on World Yoga Day.

5. *Evidence of Success*

Students have benefitted from the classes and are very satisfied. The exercises helped in weight loss and in building discipline. Some students found it difficult to attend regularly due to constraints at home or due to poor internet connectivity. On the whole, the course has been beneficial.

6. *Problems Encountered and Resources Required*

In the virtual mode it is not easy to see if the students are doing the postures correctly, as the camera can give only one view. It is difficult to check the postures and the breathing rhythm of all students at the same time. Besides, due to unsteady internet connectivity, students are not able to maintain continuity of classes.

In all, 59 students completed 30 hours of classes. Of them, 35 students appeared for the theory and practical examinations and were successful. They were awarded certificates on successful completion of the Yoga course.

SOUTH CALCUTTA GIRLS' COLLEGE

Notice no.08/2020-2021

Dt.24.08.2020

PHYSICAL ACTIVITY

This is to notify that 'Physical Activity Club' will conduct YOGA CLASSES for all the students from **28th August 2020** (every week). Duration of this session will be from **9 am to 9.45 am**. in the following schedule-

Name of the Group	Day	Departments
A-Group	Monday	English + Psychology + History + Philosophy
B- Group	Tuesday	Political Science + Sanskrit + Botany + Journalism & Mass Com
C- Group	Thursday	Sociology + Zoology + Education + Economics
D- Group	Friday	Bengali + Geography
E- Group	Saturday	Pure General (B.A & B.Sc)

Class Platform – G.Meet.

We will make a "WhatsApp group" with students where the programme link and instructions will be sent.

For inclusion in Whats App group, kindly contact your respective H.O.D.

Principal

South Calcutta Girls' College

SOUTH CALCUTTA GIRLS' COLLEGE

PHYSICAL ACTIVITY CLUB

NOTICE FOR 1ST SEMESTER

Notice no. 079/2020-2021

Dt. 16.12.2020

This is to notify that 'Physical Activity Club' will conduct YOGA CLASSES for students of first semester from 18th December 2020 every week, duration of this session will be from 9 am to 9.45 am. in the following schedule-

Name of the Group	Day	Departments
A-Group	Monday	English + Psychology + History + Philosophy
B- Group	Tuesday	Political Science + Sanskrit + Botany + Journalism & Mass Com
C- Group	Thursday	Sociology + Zoology + Education + Economics
D- Group	Friday	Bengali + Geography
E- Group	Saturday	Pure General (B.A & B.Sc)

Class Platform – Google Meet We will make a "WhatsApp group" with students' where we send programme link and instructions, for inclusion in WhatsApp group kindly contact your respective H.O.D.

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Principal

South Calcutta Girls' College

SOUTH CALCUTTA GIRLS' COLLEGE

NOTICE

YOGA COURSE

NOTICE NO. 156/2020-2021

Dt. 25.06.2021

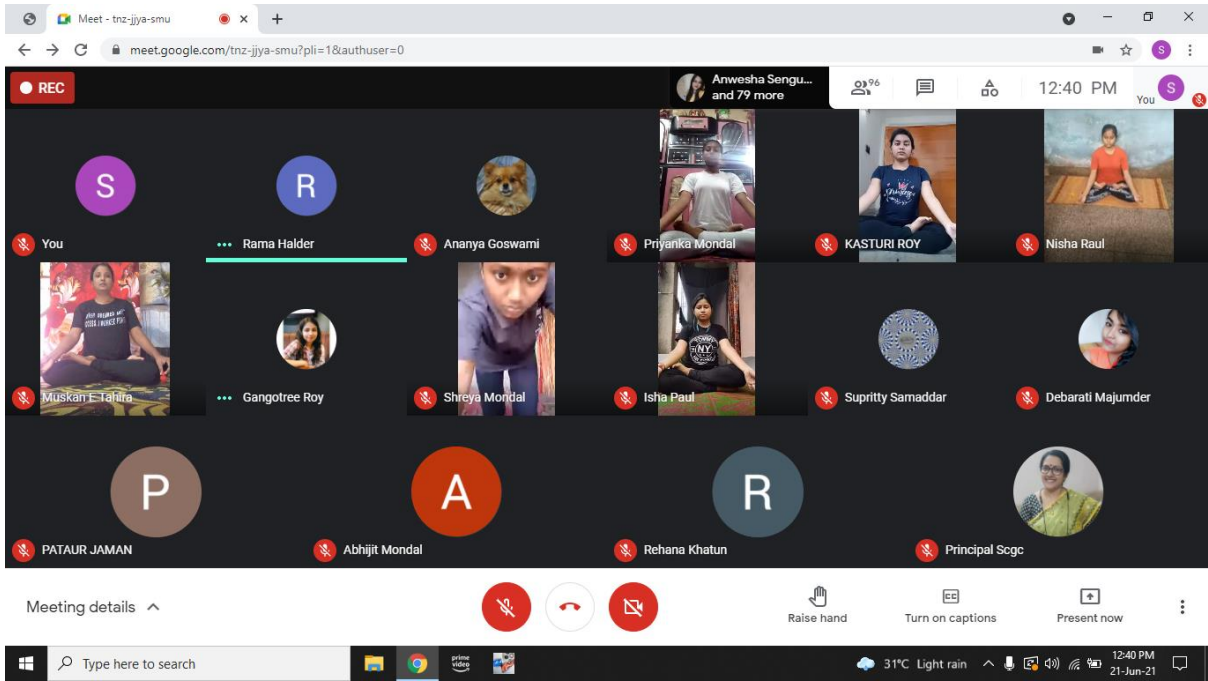
Students, who have completed 30 hours of Yoga training, are eligible to appear for the Yoga theory and practical examinations. The theory examination will be held on **30.6.2021** through Google Forms. The following students are hereby requested to follow the new WhatsApp group 'EXAMINATIONS OF YOGA COURSE-2021' for the above-mentioned examination details.

Sl no.	NAME OF THE STUDENTS	SEMESTER	DEPARTMENT
1	PRIYANKA MONDAL	2	PLSA
2	SHREYA MONDAL	2	GEOA
3	KASTURI ROY	4	ZOOA
4	MUSKAN-E TAHIRA	6	ZOOA
5	SUPRITY SAMADDAR	2	EDCA
6	EVA MONDAL	2	EDCA
7	BARSHA DAS	2	JORA
8	DEBARATI MAJUMDER	2	EDCA
9	PRATYUSHA REJA	2	JORA
10	ANNESHA HAZRA	2	JORA
11	ISHA PAUL	2	B.A.(GEN)
12	JYOTI SHOW	2	B.A.(GEN)
13	SUTAPA MONDAL	2	EDCA
14	SHILPA SARKEL	2	SANA
15	ISHIKA CHOWDHURY	2	PSYA
16	AFRIN JAMAL	2	ENGA
17	SENJUTI MAITY	2	PSYA
18	AFROJA KHATUN	2	ZOOA
19	SHAIQUQ SIBA AHMED	2	B.A.(GEN)
20	ESHA BAIRAGI	2	HISA
21	TITHI PANDEY	2	JORA
22	ARPITA MONDAL	2	JORA
23	APARNA DAS	2	BNGA

24	ARNNAPURNA HOR	2	BNGA
25	SOUMITA ROY	2	BNGA
26	PRATYUSHA JANA	2	JORA
27	MEGHA MONDAL	2	JORA
28	KUHELI MAJHI	2	BNGA
29	AYUSHI LODH	2	JORA
30	SAHEEN PARVEEN	2	B.A.(GEN)
31	ARTI KUMARI	2	SOCA
32	TRISHA BISWAS	2	PSYA
33	RUSHA CHOWDHURY	2	HISA
34	DURBA DAS	2	GEOA
35	TUHINA POREL	2	JORA
36	SREEJEETA SAHA	2	JORA
37	TANUSHREE PAL	2	B.A.(GEN)
38	SRUJITA PAL	2	JORA
39	PIYALI HALDER	2	JORA
40	TITIR CHOWDHURY	2	ZOOA
41	SOUMONA MOLLAH	2	PSYA
42	DIPANWITA ROY SARKAR	2	JORA
43	SHREEANTA SAHA	2	PSYA
44	DRITHIKA JANA	2	JORA
45	PIYALI KARJEE	2	PSYA
46	SWASTIKA SHOW	2	ZOOA
47	PRIYANKA SARDAR	2	ENGA
48	TANUSRI CHOWDHURY	2	GEOA
49	SUKANYA DEY	2	SOCA
50	ANNESHA DAS	2	JORA
51	SISITA ROY	2	JORA
52	ANJELA NASKAR	2	ENGA
53	ADITI BISWAS	2	SOCA
54	MONISHA PARAMANIK	2	B.A.(GEN)
55	REMELA DEY	2	JORA
56	SHEHA BHAGAT	2	EDCA
57	NISHA ROUL	4	EDCA
58	ANKITA MONDAL	2	JORA
59	NAMRATA GHOSH	4	EDCA

Sd/-

Principal



Students in Yoga sessions