



# South Calcutta Girls' College

BEST PRACTICE 1  
2022-23

## ADULT LITERACY PROGRAMME

The Adult Literacy Programme has been undertaken to lend a helping hand to the underprivileged women in the neighbouring slum area.

### THE CONTEXT:

Many women of the Peyarabagan Slum, who belong to the pool of unskilled labour, are illiterate. Hence, it our endeavour to contribute to the development of such women through this programme.

### THE PRACTICE:

- The Adult Literacy programme is being conducted in collaboration with the Basti Welfare Centre since 2015.
- Our student volunteers teach in the Adult Literacy Centre once a week. Here, the women from underprivileged are taught the basics of reading, writing and arithmetic.
- Books are provided for the classes from the College library

### EVIDENCE OF SUCCESS:

- The literacy classes resumed in 2022-23 after the pandemic.
- About 19 women who attended the classes regularly and were benefitted from the guidance and support they received from our student volunteers.
- Our students derived great satisfaction from this voluntary work which is socially beneficial.

### RESOURCES REQUIRED:

- Some women are unable to do classes regularly due to their domestic compulsions hampering their progress.
- Student volunteers often find it difficult to engage in such programmes regularly due to their time constraint in the semester system.



# South Calcutta Girls' College

## BEST PRACTICE

### 7.2.1

## ADULT LITERACY PROGRAMME – 2022-23

### South Calcutta Girls' College

NAAC Accredited

72, Sarat Bose Road  
Kolkata-700 025



Phone : Principal : 2454-2265  
Office : 2475-3785

Ref. No. II/22/ALP.....

Date 23.02.....2017

To  
The Secretary  
Busty Welfare Centre  
Kolkata

23<sup>rd</sup> Feb.2017

Respected Sir/Madam,

This is to inform you that an 'Adult Literacy Programme' is being conducted by the Busty Welfare Centre of Peara Bagan Busty in which the students of the South Calcutta Girls' College have been participating once a week since 10<sup>th</sup> February 2016. Our students like to continue with this programme in the same manner for the coming days.

I shall be highly obliged if you kindly allow the students for the same.

Thanking you.

Yours sincerely,

Principal & Secretary  
South Calcutta Girls' College  
72, Sarat Bose Road, Kolkata-2



ADULT LITERACY PROGRAMME  
FEEDBACK REPORT  
2022-23



e-mail : [bwc.institution@gmail.com](mailto:bwc.institution@gmail.com)  
Telephone No . 033-2486-6820

**BUSTEE WELFARE CENTRE**  
( Registered under W.B. Societies Registration Act. 1961  
(No. SO010288 of 1970-71)  
Office : 1 /2, Love Lock Street , Kolkata – 700019

Ref.No. BWC/C/4884....

Date : 18.7.23

**To Whom It May Concern**

**Feedback Report**

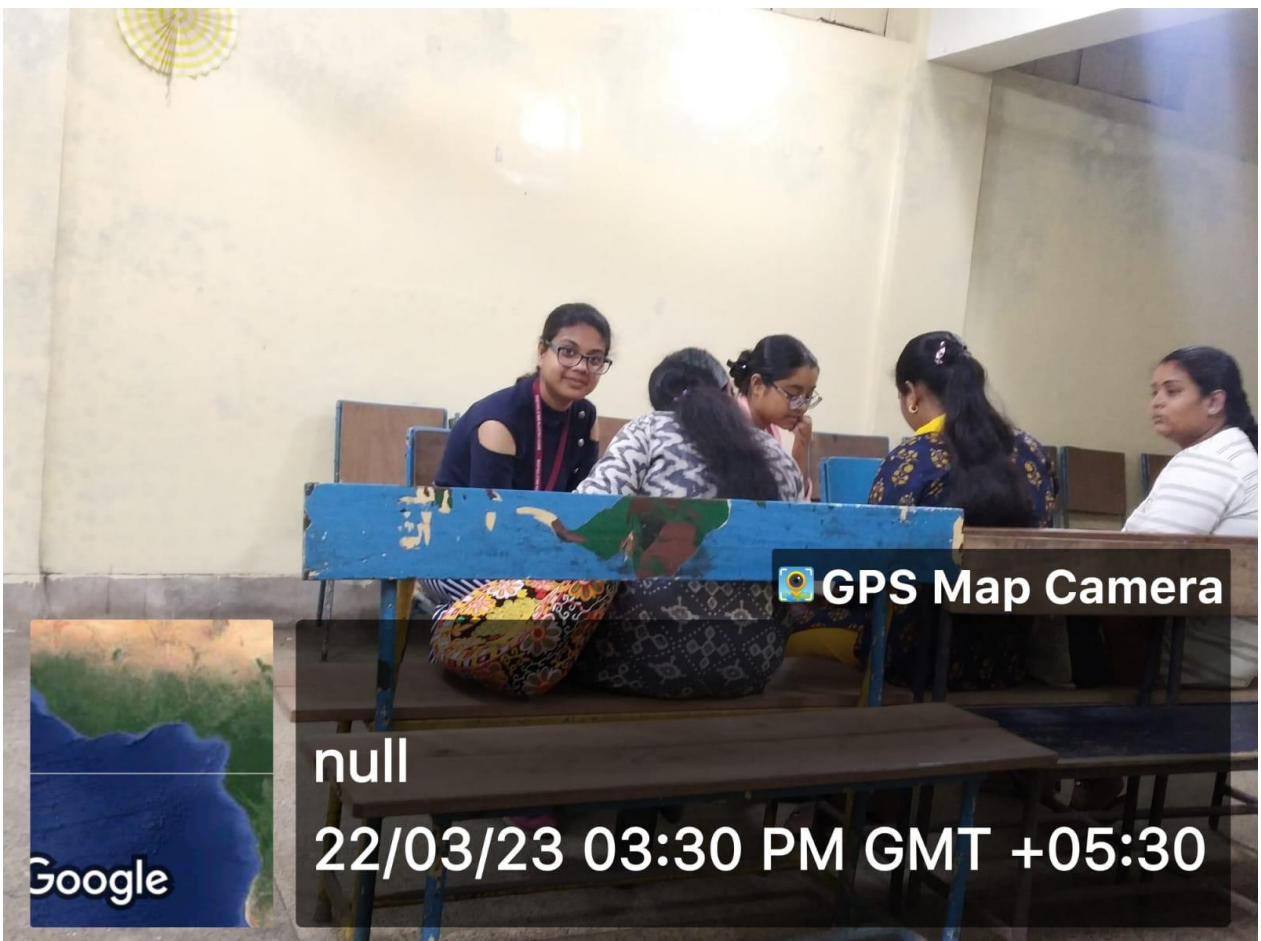
Bustee Welfare Centre operates an Adult Literacy Centre for the adult women from disadvantaged families. The classes are conducted for three days a week. Approximately 20-25 adult women attend the classes. Basic functional literacy is imparted to them. These women either have never been to school, or had to drop out early from school.

Few students from South Calcutta Girls' College have been volunteering in this Adult Literacy Centre. They attend the centre once in a week. They provide guidance to the learners with their lessons and support individual weak learners to improve their literacy skill

The learners of the Adult Literacy Centre have been benefitted by the guidance and support from these volunteers.



ADULT LITERACY  
PHOTOS




**ADULT LITERACY PROGRAMME**  
**LIST OF PARTICIPANTS**

Sl. No	Name	Semester
1.	Priya Das	3 <sup>rd</sup>
2.	Nisha Sarkar	3 <sup>rd</sup>
3.	Madhu Mondal	3 <sup>rd</sup>
4.	Supritty Samaddar	5 <sup>th</sup>
5.	Sagufta Nasrin	3 <sup>rd</sup>
6.	Shibran Mishra	3 <sup>rd</sup>
7.	Ankita Mondal	5 <sup>th</sup>
8.	Annesha Das	5 <sup>th</sup>
9.	Shila Gayen	3 <sup>rd</sup>
10.	Nilanjana Das	3 <sup>rd</sup>
11.	Aparna Das	5 <sup>th</sup>
12.	Sarita Shaw	5 <sup>th</sup>
13.	Kuheli Majhi	5 <sup>th</sup>
14.	Iren Mondal	1 <sup>st</sup>
15.	Usmita Gur	1 <sup>st</sup>
16.	Deepti Pandit	1 <sup>st</sup>
17.	Ankita Singh	1 <sup>st</sup>
18.	Khushi Pramanick	1 <sup>st</sup>
19.	Poushali Bnaerjee	2 <sup>nd</sup>
20.	Rupsha Das	4 <sup>th</sup>
21.	Ritwika Bhattacharjee	2 <sup>nd</sup>
22.	Adrija B. Dutta	4 <sup>th</sup>
23.	Annapurna	6 <sup>th</sup>
24.	Shreyasi Chattopadhyay	2 <sup>nd</sup>
25.	Upasana Das	2 <sup>nd</sup>
26.	Sayani Banerjee	2 <sup>nd</sup>
27.	Vashwati De	2 <sup>nd</sup>
28.	Manisha Pramanick	6 <sup>th</sup>
29.	Payel Rajak	6 <sup>th</sup>
30.	Parveen Ara Khatoon	6 <sup>th</sup>
31.	Moumita Goswami	2 <sup>nd</sup>
32.	Baishakhi Aich	2 <sup>nd</sup>
33.	Diya Das	2 <sup>nd</sup>
34.	Arpita Das	2 <sup>nd</sup>
35.	Sushmita Barik	2 <sup>nd</sup>

M My — 1.  
26.5.2023

23.5.2023



For Bustee Welfare Centre  
Anjana Paissas  
29.5.2023  
Authorised Signatory

B.A. Year - Sem - 2 (2022-23)

24/5/2023

	<u>Name</u>	<u>Sem</u>	<u>Roll.</u>
1.	Mamita Goswami	2nd	22AG713
2.	Baishakhi Aich	2nd	22AG704
3.	Diya Das	2nd	22AG707
4.	Aspita Das	2nd	22AG727
5.	Sushmita Banik	2nd	22AG728
	M.M		

10/5/2023

Dept of Geography.

	<u>Name</u>	<u>Sem</u>	<u>Roll.</u>
1.	Shreyasi Chattopadhyay	2nd Sem	22SH138
2.	Upasana Das	2nd Sem	22SH125
3.	Sayani Banerjee	2nd Sem	22SH137
4.	Vaswati De	2nd Sem	22SH132

22.3.2023. (Buzali)

1. Annapurna 6th Semester 20AH353
2. Ms. Nita Guu 2nd Semester 22AH306
3. Iren Mondal 2nd semester 22AH300
4. Touhali Banerjee 2nd Semester 22AH304

H.M. →  
2/12/22

17/5/2023

B.A. Gen. Sem-6 (2022-23)

	<u>Name</u>	<u>Sem</u>
1.	Manisha Pramanick.	6th
2.	Payal Rajak.	6th.
3.	Pooja Anand Khatun.	6th

H.M. →

ADULT LITERACY PROGRAMME

DATE	SIGNATURE	DEPT.	DETAILS
21.08.22	Ananya Goswami	EDCA, SEM5	6 Books.
1.09.22	Supriya Samaddan	EDCA, SEM5	"
1.09.22	Pooja Das	EDCA, SEM3rd	6 Books.
1.09.22	Madhu Mondal	EDCA, SEM3rd	6 Books.
09.22	Misha Sankar	EDCA, SEM3rd	6 Books.
11.22	Jangutta Navin	JORA, SEM 3rd	15 books.
11.22	Shikhan Mishra	" " "	" "
1.22	Shila Gayen	HISA	8 books
1.22	Nelanjana Das	HISA	8 books
11.22	Chirita Pramanick	Pol. Sci. Hons.	6 books
1-22	Brijanka Pal	POL. Sci HONS.	6 books
11-22	Debolina Saha	PLSA Hons.	6 books.
-22	Proyasha Chakrabonty	PLSA Hons.	6 books.
22	Rhadolhima Mondal	PLSA Hons	6 books.

ADULT LITERACY PROGRAMME

DATE	SIGNATURE	DEPT.	DETAILS
9.11.22	Anmasha Das	JORA HONS.	
9.11.22	Ankita Mondal	JORA HONS.	
<del>11.11.22</del>			
7.12.22	Usmi Talbar	Beng Hons.	6 Books.
7.12.22	Iren Mondal	Beng Hons.	6 Books.
11.01.23	Khusi Pramanick	History Hons	3 Books.
11.01.23	Depti Tandi	History Hons	3 Books
15.03.23	Iren Mondal	Beng Hons	2 Books
15.03.23	Usmi Talbar	Beng Hons	2 Books
15.03.23	Pooshali Banajee	Beng (H)	2 Books.
22.03.23	Arijita B. Dutta	SOCA Hons	4 books
22.03.23	Rupsha Das	SOCA Hons	4 books
22-03-23	Ritwika Bhattacharya	SOLA	"
22-03-23	Shreya Ghil	SOCA	"

Pranay Das  
22/03/23  
North Calcutta Girls' College





# South Calcutta Girls' College

## BEST PRACTICE 2

2022-23

### TITLE OF THE PRACTICE: PSYCHOLOGICAL COUNSELLING CELL

#### OBJECTIVES OF THE PRACTICE:

Psychological Counselling Cell provides support and professional guidance to students for addressing their problems and strategies for coping with them.

#### THE CONTEXT:

Students require a space to express their thoughts and guidance to deal with their academic and social stresses. Inability to get help has a negative impact on their personality and inter-personal relationships.

#### THE PRACTICE:

- The Cell operates once a week under the supervision of the Department of Psychology.
- It conducts both individual and counselling sessions.
- Emphasis is given to the individualistic approach which recognizes that every person is unique.
- The topics of the group sessions are decided according to the requests of the students.

#### EVIDENCE OF SUCCESS:

- Group sessions on motivational counselling with discussion on future career goals were well received with participation of more than 100 students.
- The State-Trait Anxiety Test was conducted to assess their anxiety levels.
- The feedback given by guardians has been very positive.

#### PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

- In cases where family counselling was necessary, guardians were often not willing to attend the counselling session.
- Workshops by psychiatrists are required as also on issues of women's safety and cyber security.

#### NOTES:

- A workshop on Gate Keeper Training and Emotional Well Being was organized on 7.12.2022 with invited resource person.  
World Suicide Prevention Day and World Mental Health Day were observed to create awareness among the students and the staff.



# South Calcutta Girls' College

## 7.2.1 BEST PRACTICE 2 COUNSELING CELL

South Calcutta Girls' College  
Psychological Counselling Cell  
Schedule for Counselling Session for March and April -2023

Notice no: 346/2022-23 Dated: 14.03.23

This is to notify students of Semester VI, IV AND II Hons and General that group counselling session will be held on every Wednesday following the respective schedule at room no 304

TIME	GROUP	SEMESTER
12-12.30 PM	BENGALI,BOTANY ENGLISH,ECONOMICS,EDUCATION,GEOGRAPHY, SANSKRIT AND B.Sc GENERAL	VI & II
12.30-1.00 PM	JOURNALISM, PHILOSOPHY,POL- SCL,PSYCHOLOGY,HISTORY,SOCIOLOGY,ZOOLOGY AND B.A GENERAL	VI & II
1.30-2.00 PM	BENGALI,BOTANY ENGLISH,ECONOMICS,EDUCATION,GEOGRAPHY, SANSKRIT AND B.Sc GENERAL	IV
2.00-2.30 PM	JOURNALISM, PHILOSOPHY,POL- SCL,PSYCHOLOGY,HISTORY,SOCIOLOGY,ZOOLOGY AND B.A GENERAL	IV

All HODs are requested to inform their respective departments' students to attend the group sessions by following the above schedule. All individual session will be held from 2.30 pm onwards at counselling room.

# Due to some avoidable circumstances Counsellor Yasbanti Sreemany will be available on 16.3.2023 in place of 15.3.2023.

*CS* 14.3.23  
Principal & Secretary  
Principal & Secretary  
South Calcutta Girls' College  
72, Sarat Bose Road, Kolkata-21

South Calcutta Girls' College  
Psychological Counselling Cell  
Schedule for Counselling Session 2023

Notice no: 326/2022-23

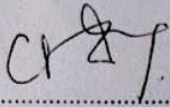
Dated: 25/02/2023

Counselling group session will be held on every Wednesday online mode via Google meet.

TIME	GROUP	SEMESTER
12-12.30 PM	BENGALI, BOTANY ENGLISH,	IV & VI
1-1.30 pm	EDUCATION, GEOGRAPHY, ECONOMICS, B.SC GENERAL	IV & VI
2-2.30PM	JOURNALISM, PHILOSOPHY, POLITICAL SCIENCE, B.A GENERAL	IV & VI
3-3.30PM	PSYCHOLOGY, HISTORY, SOCIOLOGY, ZOOLOGY	IV & VI

3:30- 4:00p.m. STUDENTS CAN AVAIL INDIVIDUAL SESSION.

All HODs are requested to send the link to their respective departmental students.

  
.....  
Principal & Secretary

*Doe*  
25/2/2023

South Calcutta Girls' College

Psychological Counselling Cell

Schedule for Counselling Session for -2023

Notice no: 00236/2022-2023

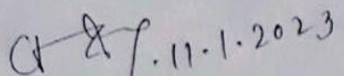
Dated: 11-1-2023

Counselling group session will be held on every Wednesday online mode via Google meet.

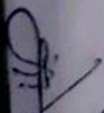
TIME	GROUP	SEMESTER
12-12.30 PM	BENGALI, BOTANY ENGLISH,	I
1-1.30 pm	EDUCATION, GEOGRAPHY, ECONOMICS, B.SC GENERAL	I
2-2.30PM	JOURNALISM, PHILOSOPHY, POLITICAL SCIENCE, B.A GENERAL	I
3-3.30PM	PSYCHOLOGY, HISTORY, SOCIOLOGY, ZOOLOGY	I

3.30-4 PM SEMESTER III & V STUDENTS CAN AVAIL INDIVIDUAL SESSION .

All HODs are requested to send the link to their respective department students .

  
Principal & Secretary

Principal & Secretary  
South Calcutta Girls' College  
72, Sarat Bose Road, Kolkata-21

  
11-1-2023

Office No:- 156/2022-23

Date: 30.11.22



## South Calcutta Girls' College

### NOTICE

#### DEPARTMENT OF PSYCHOLOGY AND PSYCHOLOGICAL COUNSELLING CELL

The Department of Psychology in collaboration with Psychological Counselling Cell is going to organize a **workshop** on "Gatekeeper training and emotional wellness."

- Date of the program- 7<sup>th</sup> December, 2022 (Wednesday)
- Time- 1pm to 2:30pm
- Venue- Room no. 304
- Speaker- Dr. Samadrita Bhattacharya (Ph. D.), Clinical Psychologist of the Health and Family Welfare Department, Government of West Bengal

Heads of the respective departments are requested to provide name of the interested students to Dr. Debanjali Pal Choudhury on 2.12.2022, 5.12.2022 and 6.12.2022 from 10a.m to 2p.m. All are cordially invited to the program.

*WS* 30.11

Principal & Secretary

*Pradip*  
30/11/22

South Calcutta Girls' College

Psychological Counselling Cell

Schedule for Counselling Session for November and December-2022

Notice No : 124/ 2022-23

Dated: 11.2022

This is to notify students of Semester III and V both Hons and General that Counselling Cell will conduct its group session on every Wednesday of each months through this following schedule.

Time	Group	Semester
12-12.30 pm	Bengali, Botany, English, Economics, Education, Geography and B.Sc General	III
12.30-1.00 pm	Journalism, Philosophy, Political Science, Psychology, History, Sociology, Zoology and B.A General	III
1.00-1.30 pm	Bengali, Botany, English, Economics, Education, Geography and B.Sc General	V
1.30-2.00 pm	Journalism, Philosophy, Political Science, Psychology, History, Sociology, Zoology and B.A General	V

*[Signature]*  
11/11/22

*[Signature]* 11/11/22

Principal & Secretary

South Calcutta Girls' College



# South Calcutta Girls' College

## NOTICE

PSYCHOLOGICAL COUNSELLING CELL

NOTICE NO:0110/2022-2023

DATED: 17.09.2022

### Induction Programme -2022

An Induction Programme will be organized on 21.09.2022 Wednesday by Psychological Counselling Cell at the College Auditorium (3rd floor) according to the following schedule.

Subject	Timing
BOTANY, ECONOMICS, JOURNALISM & MASS COMMUNICATION, GEOGRAPHY, PSYCHOLOGY, ZOOLOGY, B.SC GENERAL	2PM
BENGALI, ENGLISH, EDUCATION, HISTORY, POLITICAL SCIENCE, PHILOSOPHY, SOCIOLOGY, B.A GENERAL	3 PM

*CW* 17.09.22

Principal & Secretary



# South Calcutta Girls' College

## PSYCHOLOGICAL COUNSELLING CELL REPORT 2022-2023

The psychological counselling cell of SOUTH CALCUTTA GIRLS' COLLEGE remain open every Wednesday 12 noon to 4 pm. This academic year cell had conducted session both online and offline. The sessions were divided into two segments. Group sessions and individual session. The subject of group session had selected based on student suggestions. Group sessions are to create awareness on different area of mental health.

In light of that Psychological Counselling Cell and Department of psychology together organized World suicide prevention day, Gatekeeper training and observed Students' week.

Individual session number is 20, Group sessions report is given below.

Sl. No.	DATE	TOPIC	MODE	REMARKS	ATTENDANCE
1	19.5.2022	Exam preparation	Offline	The session was on to help students to identify their best possible ways to prepare before exam. A realistic revision should be made and also to follow a revision style that suits you. Avoid using mobile phone during study. Practice writing the studied material. Maintain healthy diet and practice deep breathing.	16
2	7.9.2022	Depression and suicide	Offline	Depression is one of leading mental health issues among young adult. However clinical depression is totally different from sadness. Depression is linked to a greater risk of suicide. If you feel sad, poor sleep, loneliness, for more than 15days then immediate intervention is required.	98
3	10.9.2022	Celebration world suicide prevention day	Offline	The program was organized in collation of both dept of psychology and psychological counselling cell. The program divided into two segments. One poster completion and drama.	106
4	14.9.2022	How to improve self confidence	Offline	Topic was selected based on student request. Selfconfidence can refer to a general sense of trust in your ability to control life or situation. Surround yourself by positive people, be kind to yourself, taking good care (maintain healthy diet, exercise, meditation, habit to finish daily work), encourage into positive self-talk.	58



Sl. No.	DATE	TOPIC	MODE	REMARKS	ATTEND ENCE
5	21.9.2022	On anxiety	Offline	Anxiety is excessive and persistent worry and fear about everyday situation. Few symptoms to identify anxiety feeling are restless easily fatigued, being irritable, unable to concentrate, poor sleep, nausea, stomach, headache etc. However, if this sign persists ask for professional help	27
6	21.9.2022	Induction session to newly admitted students	Offline	The session was about a small introduction about psychological counselling cell and what is counselling.	130
7	29.9.2022	Pre festive session on refresh relation during this time	Offline	Through-out the year there are ups and downs in our relation. It is the best time to focus inward and find a way to solve the issue with mutual respect and trust. However, this is an individualistic approach.	2
8	9.11.2022	A session on motivational talk by the students	Offline	Students had highlighted several points on staying motivated in daily life.	47
9	18.11.2022	How to stop over thinking	Offline	It is very common for everyone to over think situations once in a while. If it is in chronic stage and hampered daily activity then require immediate attention. Because it involves destructive thought pattern that can be a challenge. So focus on the thought pattern, and problem solving issue. Start challenging thought and practice mindfulness skills.	20
10	23.11.2022	Career counselling	Offline	Career is something that based on	23
11	7.12.2022	Gate keeper training by Samadrita Bhattacharya	Offline	Principal madam had delivered welcome note. The program was organized by Dept of Psychology in collaboration with psychological counselling cell. It helps people to identify individuals warning signs of alarming mental health symptoms and suicidal risk. Gatekeeper can be anyone (friends ,teachers, neighbours etc)	118
12	4.1.2023	Observance of students' week celebration	Offline	STATE TRAIT anxiety test administered	106
13	18.1.2023	Anxiety – a disorder and can be normal in stressful situation and prevention	Online	Most people view anxiety and fear as very unpleasant emotions. It is because of associated with uncomfortable bodily sensations. Anxiety may be a warning sign that need to bring awareness to current situation. But it needs professional intervention, if the symptoms persist more than two weeks or 15 days. To	38

Sl. No.	DATE	TOPIC	MODE	REMARKS	ATTEND ENCE
				develop support network, meditation, relaxation exercise, can provide relaxing feeling to a anxious person.	
14	8.2.2023	Preparation of examination	Online	The session was on to help students to identify their best possible ways to prepare before exam. A realistic revision should be made and also to follow a revision style that suits you. Avoid using mobile phone during study. Practice writing the studied material. Maintain healthy diet and practice deep breathing.	20
15	15.2.2023	Emotional wellness	Online	Emotional wellness is the ability to adapt life's changes and difficult times.	15
16	1.3.2023	Dealing with anger	Online	Students were facing 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 behaviour. A guidance had given about assertive communication, comfort body posture followed by 5 count breathing exercise.	37
17	16.3.2023 22.3.2023	Social anxiety	Offline	Anxiety in social situations is one of common difficulty in young adults. This topic was suggested by the students. It is because of unpleasant fear on being teased or criticized, speaking up in a meeting public speaking, performing on stage etc.	
18	19.4.2023	Importance of self-care and self-love	Online	Self-love is an important aspect of overall wellbeing and happiness. It can help to feel more capable, confident, and improve relations with others. Practicing self-care and self-compassion can help to reduce feelings of stress, anxiety and depression. When someone respect themselves, are more likely to make decisions that align with values and goals.	
19	26.4.2023	Importance of self-care and self-love	Offline	Self-love is an important aspect of overall wellbeing and happiness. It can help to feel more capable, confident, and improve relations with others. Practicing self-care and self-compassion can help to reduce feelings of stress, anxiety and depression. When someone respect themselves, are more likely to make decisions that align with values and goals	47
20	10.5.2023	How to deal with over thinking	Offline	It is very common for individual to over think situations once in a while. If it is in chronic stage and hampers daily activity then require immediate attention.	16

Sl. No.	DATE	TOPIC	MODE	REMARKS	ATTENDANCE
				Because it involves destructive thought pattern that can be a challenge. So, focus on the thought pattern, and problem-solving issue. Start challenging thought and practice mind fullness skills.	
21	17.5.2023	Interactive session on daily life stress	Offline	Stress is normal part of life, mostly when too much to do. However, worry about economic condition, relationship issue, can also lead to stressful situations. In response to these strain in body automatically increase blood pressure, heart rate, etc. So, to avoid such situations a structured life schedule is required. Managing own behaviour by focusing things you can control of the situations. Paying attention to entire day feeling and to find out most productive time.	3
22	24.5.2023	Exam preparation	Offline	The session was on to help students to identify their best possible ways to prepare before exam. A realistic revision should be made and also to follow a revision style that suits you. Avoid using mobile phone during study. Practice writing the studied material. Maintain healthy diet and practice deep breathing.	6



# South Calcutta Girls' College

## WORLD SUICIDE PREVENTION DAY PSYCHOLOGICAL COUNSELLING CELL 2022-2023

Notice No. : 0079/2022-23

Date : 25.08.22



## South Calcutta Girls' College NOTICE

### DEPARTMENT OF PSYCHOLOGY

The Department of Psychology in collaboration with Psychological Counselling Cell of South Calcutta Girls' College is going to organise an Inter-Departmental Poster Presentation Competition to celebrate the World Suicide Prevention Day on 10<sup>th</sup> September, 2022 (Saturday) at 10:00a.m in Room No: 304.

- Theme of the poster: **Creating hope through action.**
- The Poster should be original and relevant to the theme.
- The size of the poster: **30 inches x 22 inches.**
- Please mention your Name, Department and Semester at the bottom right corner of the poster.
- Last date of Submission: 8<sup>th</sup> September, 2022 (within 4:00p.m.) to the Department of Psychology, Room no: 507.
- The students should register through the following link:  
<https://forms.gle/6Uvqgwx5ZQPGqVi8>

A **Role-Play** will also be performed by the students of the Department of Psychology.

All are cordially invited to the programme.

*Release*  
25/8/22

*WS 25.8.22*  
Principal & Secretary

**WORLD SUICIDE PREVENTION DAY  
PSYCHOLOGICAL COUNSELLING CELL  
FLYER  
2022-2023**



**South Calcutta Girls' College**

72, Sarat Bose Rd, Garcha, Ballygunge, Kolkata, West Bengal 700025

**CELEBRATION OF  
WORLD SUICIDE  
PREVENTION DAY**



Organised by Department of Psychology,  
in collaboration with Counselling Cell

Date - 10.09.22  
Time - 10 am

• *Inter-departmental Poster Competition*

- Theme of the poster : **Creating hope through action.**
  - The Poster should be original and relevant to the theme.
  - The size of the poster: **30 inches x 22 inches.**
  - Please mention your **Name, Department and Semester** at the bottom right corner of the poster.
  - Last date of Submission: **8th September, 2022 (within 4:00p.m.)** to the Department of Psychology, Room no: 507.
- Registration Link :

<https://forms.gle/6Uvogwxx5ZQPGqVi8>

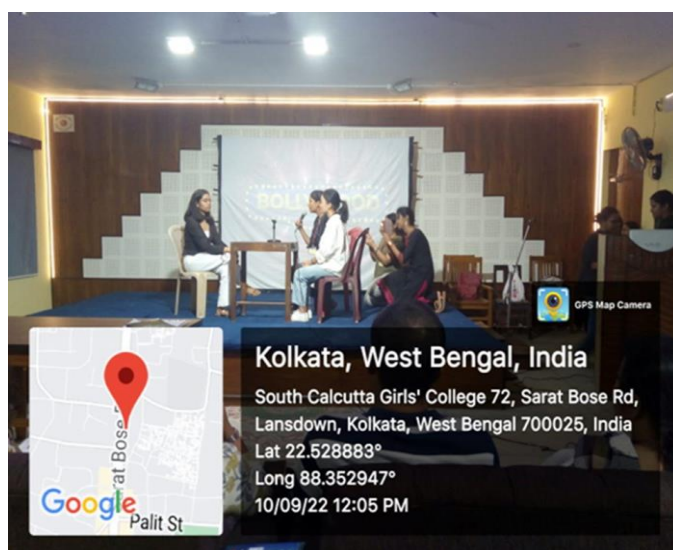
- *A Role-Play to be performed by the students of the Department of Psychology*

All are cordially invited to the programme!

## REPORT

Name of the Activity	Celebration of World Suicide Prevention Day
Organizing Department	Department of Psychology in collaboration with Counselling Cell, South Calcutta Girls' College
Date	10/09/2022
Time	10 A.M
Number of Student participants	61
Number of Teaching and Non-Teaching Staff participated	22
Purpose and Outcome	<p>The aim of the Program was to celebrate the World Suicide Prevention Day for developing awareness and orienting about the various preventive measures which essentially need to be undertaken. Inter-departmental poster presentation competition was organized followed by a Role-Play conducted by the Semester-5 Honours students of the Department of Psychology. Teaching and Non-Teaching staff and students of the various departments of the College have participated in the program. Participants shared that the organization of the program was fabulous and they have gained an enriching-experiences after attending this program.</p>

**WORLD SUICIDE PREVENTION DAY  
PSYCHOLOGICAL COUNSELLING CELL  
PHOTOS  
10-09-2022**



South Calcutta Girls' College

Psychological Counselling Cell

Schedule for Counselling Session for August- September -2022

Notice no: 0077/2022-23

Dated: 24.08.2022

This is to notify students of Semester III and V Hons and General that counselling group session will be held on every Wednesday following the schedule at room no 304

TIME	GROUP	SEMESTER
12-12.30 PM	BENGALI,BOTANY ENGLISH,ECONOMICS,EDUCATION,GEOGRAPHY, AND B.Sc GENERAL	III
12.30-1.00 PM	JOURNALISM, PHILOSOPHY,POL- SCI,PSYCHOLOGY,HISTORY,SOCIOLOGY,ZOOLOGY AND B.A GENERAL	III
1.00-1.30 PM	BENGALI,BOTANY ENGLISH,ECONOMICS,EDUCATION,GEOGRAPHY, AND B.A GENERAL	V
1.30-2.00PM	JOURNALISM, PHILOSOPHY,POL- SCI,PSYCHOLOGY,HISTORY,SOCIOLOGY,ZOOLOGY AND B.Sc GENERAL	V

All HODs are requested to inform their respective departments' students to attend the group sessions by following the above schedule. All individual session will be held from 2 pm onwards at counselling room.

  
24.8.2022

  
24.8.22  
Principal & Secretary





# South Calcutta Girls' College

## GATEKEEPER TRAINING AND EMOTIONAL WELLNESS DEPARTMENT OF PSYCHOLOGY 2022-23

Notice No:- 156/2022-23

Date: 30.11.22



## South Calcutta Girls' College

### NOTICE

#### DEPARTMENT OF PSYCHOLOGY AND PSYCHOLOGICAL COUNSELLING CELL

The Department of Psychology in collaboration with Psychological Counselling Cell is going to organize a workshop on "Gatekeeper training and emotional wellness."

- Date of the program- 7<sup>th</sup> December, 2022 (Wednesday)
- Time- 1pm to 2:30pm
- Venue- Room no. 304
- Speaker- Dr. Samadrita Bhattacharya (Ph. D.), Clinical Psychologist of the Health and Family Welfare Department, Government of West Bengal

Heads of the respective departments are requested to provide name of the interested students to Dr. Debanjali Pal Choudhury on 2.12.2022, 5.12.2022 and 6.12.2022 from 10a.m to 2p.m. All are cordially invited to the program.

*Indelkar  
30/11/22*

*WS 30.11.22*

Principal & Secretary

**GATEKEEPER TRAINING AND EMOTIONAL WELLNESS  
DEPARTMENT OF PSYCHOLOGY  
FLYER  
2022-23**



**South Calcutta Girls' College**

72, Sarat Bose Road, Kolkata, West Bengal 700025

**Workshop  
On**

**GATEKEEPER TRAINING AND  
EMOTIONAL WELLNESS**

*Organised by Department of Psychology in collaboration with  
Psychological Counselling Cell*

**DATE- 07.12.22**

**TIME- 1PM TO 2.30PM**

**VENUE- ROOM NO. 304**

**SPEAKER- Dr. SAMADRITA BHATTACHARYA (Ph. D.)**

**CLINICAL PSYCHOLOGIST**

**HEALTH AND FAMILY WELFARE DEPARTMENT**

**GOVERNMENT OF WEST BENGAL**

All are cordially invited to the program.

## REPORT

Name of the Activity	Gatekeeper Training and Emotional Wellness
Organizing Department	Department of Psychology and Psychological Counselling Cell, South Calcutta Girls' College
Date	07/12/22
Time	1 PM
Purpose and Outcome	The aim of the workshop was to help the students become aware of the various emotions that they usually feel like happiness. Moreover, the workshop was focused on building emotional wellness of each individual present and to prepare them for any circumstance that may arise.

### GATEKEEPER TRAINING AND EMOTIONAL WELLNESS DEPARTMENT OF PSYCHOLOGY PHOTOS 07-12-2022

