



South Calcutta Girls' College

7.2.1

DESCRIBE TWO BEST PRACTICES SUCCESSFULLY IMPLEMENTED BY THE INSTITUTION AS PER NAAC FORMAT PROVIDED IN THE MANUAL

BEST PRACTICE 1

PSYCHOLOGICAL COUNSELLING CELL:

1. TITLE OF THE PRACTICE:

Psychological Counselling Cell

2. OBJECTIVES OF THE PRACTICE:

The Psychological Counselling cell was set up to ensure the mental wellness of the students by guiding them with strategies to cope with stresses and strains.

3. THE CONTEXT:

The focus of the sessions was to help students to adjust to the offline mode after reopening of the College campus and to address their concerns regarding appearing for offline examinations.

4. THE PRACTICE:

The Cell conducts both individual and group sessions. In online mode, the sessions were conducted via Google Meet, and in offline mode, the sessions were conducted once a week. The Cell gave emphasis to creating awareness about various issues of psychological stress encountered by the students and how to resolve them.

5. EVIDENCE OF SUCCESS:

Students have verbally reported improvement in their symptoms after a few sessions. About 30 students attended the individual sessions and 79 participated in the group sessions. Psychological counselling cell has taken the views and suggestions of the students by Google form.

6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

After the resumption of in-person classes, the students are finding it difficult to adjust to the new routine. Attending classes regularly, appearing for offline examinations and adjusting to the post-pandemic life are challenging issues for them. Interactive sessions and workshops are required for the family members of the students.



South Calcutta Girls' College

7.2.1

BEST PRACTICES

ANY OTHER RELEVANT INFORMATION PSYCHOLOGICAL COUNSELLING CELL

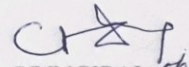
NOTICE

SOUTH CALCUTTA GIRLS' COLLEGE
PSYCHOLOGICAL COUNSELLING CELL
SCHEDULE FOR COUNSELLING SESSION FOR APRIL-2022

NOTICE NO: 0190/2021-22

DATE: 6.04.2022

DATE	12-1PM	1-2PM	2-3PM	3-4PM
13.04.2022	HONS SEMESTER II BENGALI, ENGLISH EDUCATION, ECONOMICS, HISTORY, PHILOSOPHY, POLSCIENCE, SANSKRIT, SOCIOLOGY	INDIVIDUAL SESSION	INDIVIDUAL SESSION	INDIVIDUAL SESSION
20.04.2022	GENERAL SEMESTER VI GROUP-A GROUP-B	INDIVIDUAL SESSION	SEMESTER-II HONS PSYCHOLOGY BOTANY	INDIVIDUAL SESSION
27.04.2022	SEMESTER-IV BA/B.SC GENERAL SEMESTER-II GROUP-A GROUP-B	SEMESTER- IV GROUP B GROUP-C GEOGRAPHY HONS SEMESTER-II JOURNALISM HONS GEOGRAPHY HONS ZOOLOGY HONS	INDIVIDUAL SESSION	INDIVIDUAL SESSION


PRINCIPAL 06.04.2022

SOUTH CALCUTTA GIRLS' COLLEGE

SOUTH CALCUTTA GIRLS' COLLEGE
PSYCHOLOGICAL COUNSELLING CELL
ONLINE SESSION FOR MONTH OF MAY-2022

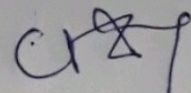
THIS IS TO NOTIFY THAT PSYCHOLOGICAL COUNSELLING CELL WILL CONDUCT ONLINE GROUP SESSION FOR HONOURS AND GENERAL STUDENTS EVERY WEDNESDAY IN THE FOLLOWING SCHEDULE:

NOTICE NO: 0236/2022-2023

DATE: 29.04.2022

DATE	SESSION TIMING 12-1 PM	SESSION TIMING 1-2 PM	SESSION TIMING 2-3 PM	SESSION TIMING 3-4 PM
11.05.2022	SEMESTER- II FOR HONS DEPARTMENTS OF BENGALI, ENGLISH, EDUCATION, ECCONOMICS, HISTORY PHILOSOPHY, POLITICAL SCIENCE, SANSKRIT, SOCIOLOGY	SEMESTER-IV BA/B.SC GENERAL GROUP-B GROUP-C	SEMESTER-II FOR HONS DEPARTMENT OF PSYCHOLOGY	INDIVIDUAL SESSION
18.05.2022	SEMESTER- VI BA/B.SC FOR GENERAL- GROUP -A GROUP-B	SEMESTER- IV FOR HONS DEPARTMENT OF GEOGRAPHY	SEMESTER-II FOR HONS DEPARTMENT OF BOTANY	INDIVIDUAL SESSION
25.05.2022	SEMESTER-IV BA/B.SC FOR GENERAL GROUP -A GROUP-B SEMESTER-II BA/B.SC GENERAL GROUP -A GROUP- B	SEMESTER-II FOR HONS DEPARTMENTS OF JOURNALISM, GEOGRAPHY, ZOOLOGY	SEMESTER-IV FOR HONS DEPARTMENT OF PSYCHOLOGY	INDIVIDUAL SESSION

MEETING LINK WILL BE MAILED TO HODS OF ALL HONS DEPARTMENTS AND TO MENTORS FOR GENERAL SUBJECTS FROM YASBANTI SREEMANY COUNSELLOR TO CIRCULATE AMONG RESPECTIVE STUDENTS. FOR INDIVIDUAL SESSION STUDENTS MUST CONTACT DIRECTLY TO COUNSELLOR AT 9830793793.

 29.4.22

Principal

South Calcutta Girls' College

SOUTH CALCUTTA GIRLS' COLLEGE NOTICE

NOTICE NO. : 044/2021-2022

Date: 24.08.2021

Department of Psychology in collaboration with Counselling Cell is organizing an IQAC promoted Inter-College Poster Competition to celebrate World Suicide Prevention Day.

Event: Celebration of World Suicide Prevention Day

Theme: "...miles to go before I sleep...."

Date: 10.09.21

Time: 3 PM onwards

Last date of submission of Poster: 06.09.21, 12 noon

Platform: Google Meet

Interested students are to enroll their names by filling the Google Form.

Registration link: <https://forms.gle/NVDgjkHAYrMGrbD36>

All are cordially invited.

Sd/-Principal

IQAC

promoted



Inter-college Online Poster Competition

celebrating

World Suicide Prevention Day

organised by

DEPARTMENT OF PSYCHOLOGY

in collaboration with **COUNSELLING CELL**

SOUTH CALCUTTA GIRLS' COLLEGE

THEME: "...miles to go before I sleep..."

SEPTEMBER 10, 2021 | 3:00 PM | GOOGLE MEET



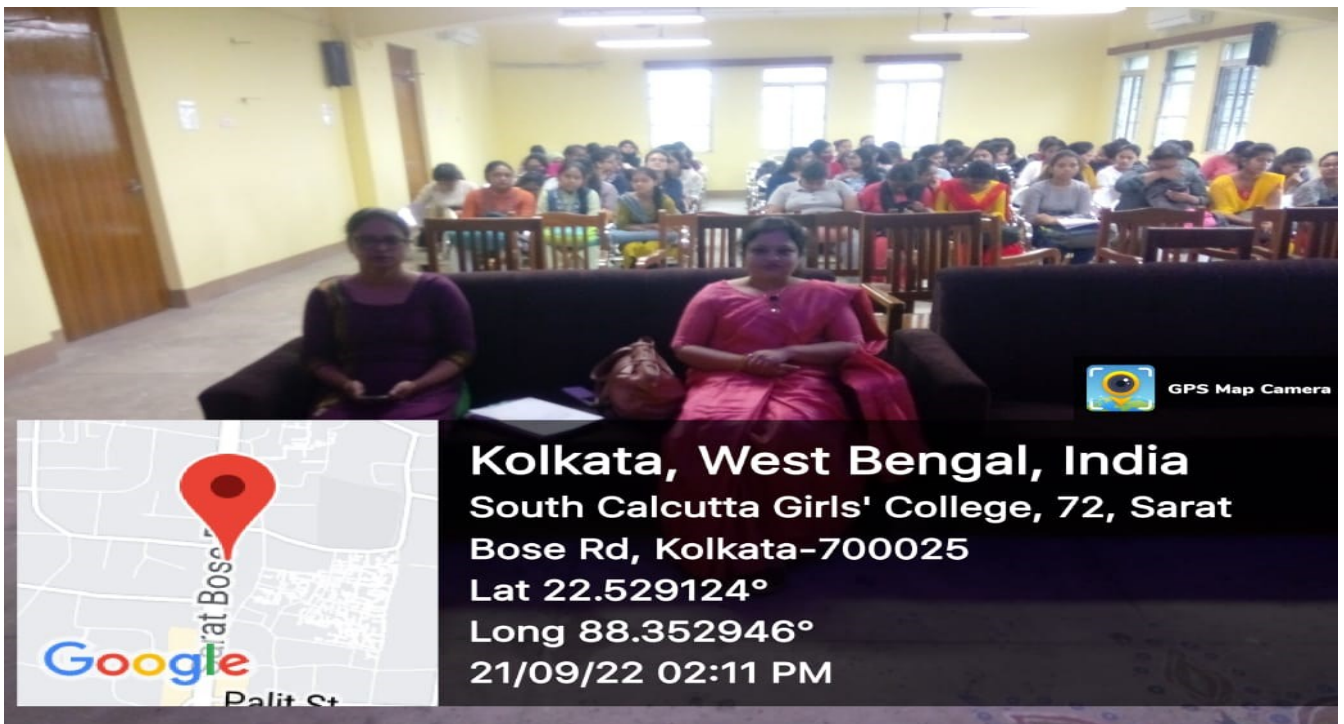
Instructions:

- * Online Registration is free and compulsory.
- * Each participant must register within **06.09.2021** through the registration link.
- * Each participant can submit only one poster.
- * Size of the poster: 30 inch x 22 inch.
- * The poster should be original and relevant to the theme.
- * Name of the participant, Institution, Department and Semester must be written at the bottom right corner of the poster.
- * Copy of the poster in jpg. format is to be sent to psychologydepartment725@gmail.com within 20 MB on or before **6th September, 12 noon**.
- * Scanned copy is applicable only for hand made posters.
- * After preliminary screening selected candidates will get a chance to share their thoughts related to the poster within three minutes.
- * All participants will get the e-certificate after submission of feedback form (feedback form link will be provided during the presentation session).

REGISTRATION LINK:

<https://forms.gle/NVDgjkHAYrMGrbD36>

COUNSELLING GROUP SESSIONS





South Calcutta Girls' College

7.2.1

DESCRIBE TWO BEST PRACTICES SUCCESSFULLY IMPLEMENTED BY THE INSTITUTION AS PER NAAC FORMAT PROVIDED IN THE MANUAL

BEST PRACTICE 2

1. TITLE OF THE PRACTICE:
YOGA CLASSES

2. OBJECTIVES OF THE PRACTICE:

It is our endeavour to provide for well-being of the mind and the body of the students and the staff. Yoga can serve this purpose most efficiently.

3. THE CONTEXT:

A sedentary lifestyle begets many health issues. Practice of Yoga provides many benefits. It helps to improve physical fitness, increase focus and attention, increase the ability to handle stress and enhance energy levels.

4. THE PRACTICE:

Students from all departments of the college could participate in the yoga sessions which were conducted by yoga instructor. Online yoga classes were held on five days a week before the commencement of classes. Students found it very convenient to participate in the online classes from the comfort of their homes in suitable yoga attire.

5. EVIDENCE OF SUCCESS

A six-month Certificate course on Yoga was conducted from July to December 2021. Students who completed 30 hours or more of yoga sessions, appeared for the theory and practical examinations. More than 30 students successfully completed the course and received certificates.

6. PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED:

It was difficult to check if the participants were doing the yoga *asanas* correctly due to the limited view in the online mode. For the same reason, the breathing technique could not be checked.

7. NOTES:

The Physical Activity Club successfully organized "Fit India Freedom Run 2.0". 353 participants covered 815 kms. Teachers and non-teaching staff also participated with enthusiasm.



South Calcutta Girls' College

BEST PRACTICE 2: YOGA CLASSES

NOTICE

South Calcutta Girls' College

PHYSICAL ACTIVITY CLUB

NOTICE FOR 1ST SEMESTER

Notice no. 063/2021-2022

Dt. 06.11.2021

This is to notify that 'Physical Activity Club' will conduct an **Orientation Programme of Yoga** for the students of First semester on **8th November, 2021 from 9 am to 10 am**.

YOGA CLASSES for the students of first semester will commence on **9th November 2021** which will be a weekly event, 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**

A "**WhatsApp group**" will created for Yoga with students' for programme link and instructions, for inclusion in WhatsApp group contact your respective Head of the Department.

sd/-

Principal

South Calcutta Girls' College

CERTIFICATE AWARDED TO THE SUCCESSFUL STUDENTS



South Calcutta Girls' College

72, Sarat Bose Road, Kolkata 700025, West Bengal, India

Certificate of Yoga Course

This is to certify that
.....
of
.....

Has successfully completed the thirty hours **Yoga Course** organized by Physical Activity Club of **South Calcutta Girls' College**, Kolkata held from July to December 2021.

.....
Prof.(Dr.)Aparna De
Principal & Secretary
South Calcutta Girls' College

.....
Dr. Rehana Khatun
Co-Ordinator , IQAC.
South Calcutta Girls' College

.....
Susmita Mandal
Convenor, Physical Activity Club.
South Calcutta Girls' College

ONLINE YOGA CLASSES

