



South Calcutta Girls' College

5.1.3

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Number of capability enhancement and development schemes such as Soft skill development, Remedial coaching, Language lab, Bridge courses, Yoga, Meditation, Personal Counselling and Mentoring etc.

SOFT SKILL

Programmes of Soft skill development:

Year	Events
2022-23	<ul style="list-style-type: none">▪ PersonalCounselling▪ Group Counselling▪ Suicide Prevention Day▪ Mentoring▪ Induction Programme▪ Beautician Course

PERSONAL COUNSELLING

COUNSELLING CELL remains open every Wednesday from 12pm to 4pm. There is a separate room for counselling within the college premises. All the information shared by students are remained strictly confidential. Every year nearly about 70-100 students take counselling help with satisfactory result. Counselling cell always help students to set their individual goals and maintain academic standards. It is also important to take one's own mental health as it affects individual's emotion, thinking, feeling, and physiological health also. In individual counselling session, student learns to understand their emotions, deal with anger, clear their doubts and conflict. During individual session students are also trained on how to strategies and take meaningful decisions.

ACTIVITY REPORT OF COUNSELLING CELL: 2022-23

INDIVIDUAL SESSION:

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. Apart from that, Psychological Counseling Cell and Department of Psychology together organized World suicide prevention day, Gatekeeper training and observed Students' week. Individual session number is 20

GROUP SESSION

- Counselling cell also conducts Group Sessions. In the session 2022-23 Group sessions were restarted from 19.5.2022. It was an offline session. The first session was about **EXAM PREPARATION**. 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 students attended this session.
- The second session was held on 7.9.2022 and it was about **DEPRESSION AND SUICIDE**. 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 15 days then immediate intervention is required. It was conducted in offline mode. 98 students attended this session.
- The third session was held on 14.09.2022. in offline mode. The topic was **HOW TO IMPROVE SELF CONFIDENCE**. Topic was selected based on student request. Self-confidence 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 students attended this session.

- Next session was arranged on 21.9.2022. and the topic was **ANXIETY**. 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 students attended this session.

- **INDUCTION PROGRAMME** was conducted with the newly admitted students on 21.09.2022. The session was about a small introduction about psychological counseling cell and what is counseling. 130 students attended this session.
- **PRE FESTIVE SESSION ON REFRESH RELATION DURING THIS TIME** was held on 29.09.2022. Throughout 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 students attended this session.
- **A SESSION ON MOTIVATIONAL TALK BY THE STUDENTS** was held on 9.11.2022. Students had highlighted several points on staying motivated in daily life. 47 students attended this programme.
- The next session was held on 18.11.2022 and the topic was **HOW TO STOP OVER THINKING**.
- 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 students attended this session.
- **CAREER COUNSELLING** session was held on 23.11.2022. 23 students attended that session.
- **GATE KEEPER TRAINING** by Samadrita Bhattacharya was held on 7.12.2022. Principal madam had delivered welcome note. The program was organized by Dept of Psychology in collaboration with psychological counseling 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 students participated in this training.
- Celebration of **STUDENTS' WEEK** was organized on 4.01.2023. 106 students participated in this programme. STATE TRAIT anxiety test was administered.
- A session was held on the topic **ANXIETY – A DISORDER AND CAN BE NORMAL IN STRESSFUL SITUATION AND PREVENTION** on 18.01.2023. 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 develop support network, meditation, relaxation exercise, can provide relaxing feeling to an anxious person. 38 students have attended this programme.
- A session was organized on 8.02.2023 on Preparation of examination. 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 students attended that session.

- A session on **EMOTIONAL WELLNESS** was held on 15.02.2023. 15 students attended the session. It has been discussed that Emotional wellness is the ability to adapt life's changes and difficult times.
- A session was held on 1.03.2023 emphasizing on the topic **DEALING WITH ANGER**. Students are 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 behavior. A guidance had given about assertive communication, comfort body posture followed by 5 count breathing exercise. 37 students attended the session.
- Two sessions on **SOCIAL ANXIETY** were held on 16.3.2023 and 22.3.2023. 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.
- Two sessions on **IMPORTANCE OF SELF-CARE AND SELF-LOVE** were held on 16.3.2023 and 22.3.2023. 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 students attended the session.
- The next session was held on 10.05.2023 and the topic was **HOW TO DEAL OVER THINKING**. 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. 16 students attended this session.
- An Interactive session on **DAILY LIFE STRESS** was held on 17.05.2023. 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 behavior by focusing things you can control of the situations. Paying attention to entire day feeling and to find out most productive time. 3 students participated in the session.
- A session was organized on 24.05.2023 on Preparation of examination. 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 students attended that session.

NOTICES REGARDING THE ACTIVITIES OF COUNSELLING CELL

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

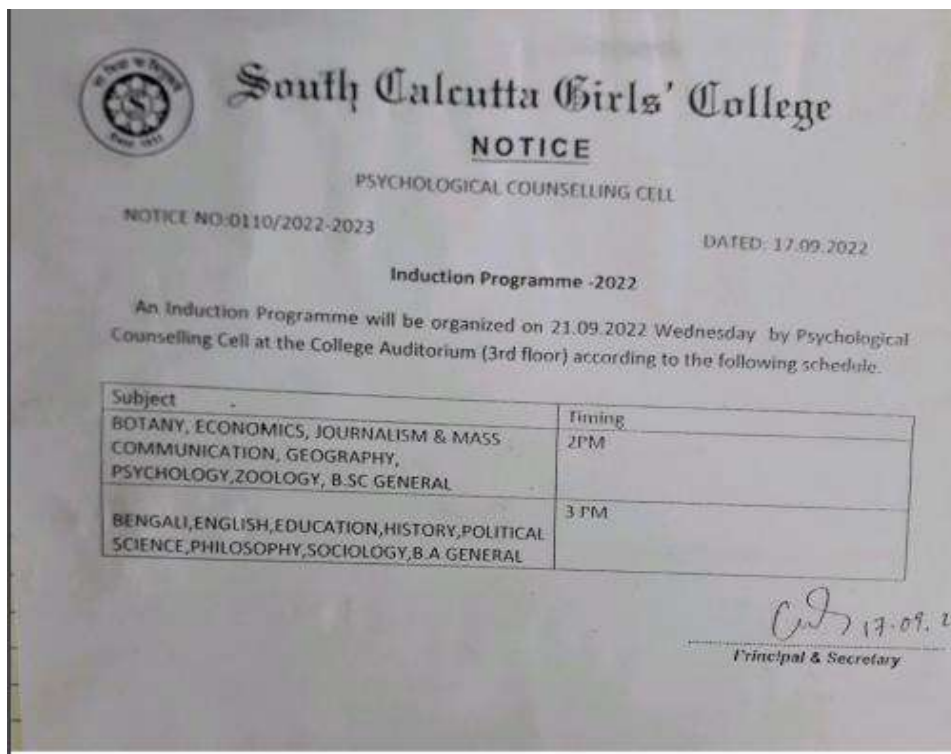
TIME	GROUP	SEMESTER
12-12.30 PM	BENGALI, BOTANY ENGLISH, ECONOMICS, EDUCATION, GEOGRAPHY, AND B.Sc GENERAL	III
12.30-1.00 PM	JOURNALISM, PHILOSOPHY, POL- SCI, PSYCHOLOGY, HISTORY, SOCIOLOGY, ZOOLOGY AND B.A GENERAL	III
1.00-1.30 PM	BENGALI, BOTANY ENGLISH, ECONOMICS, EDUCATION, GEOGRAPHY, AND B.A GENERAL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

J.
24.8.2022

[Signature]
24.8.22
Principal & Secretary

Notice of Group counselling Session



Notice of Induction Programme by Psychological Counselling Cell

South Calcutta Girls' College

Psychological Counselling Cell

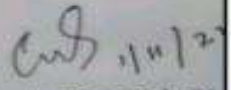
Schedule for Counselling Session for November and December-2022

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


Principal & Secretary

Notice of Group counselling session

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

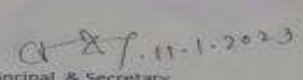
Notice no: 00936/2022-2023 Dated: 11-1-2023

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.5C GENERAL	I
2-2.30PM	JOURNALISM, PHILOSOPHY, POLITICAL SCIENCE, B.A. GENERAL	I
3-3.30PM	PSYCHOLOGY, HISTORY, SOCIOLOGY, ZOOLOGY	I

3.30-9 PM SEMESTER III & V STUDENTS CAN AVAIL INDIVIDUAL SESSION.

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


 11-1-2023
 Principal & Secretary
 South Calcutta Girls' College
 42, Sand Road Road, Kolkata-20

Notice of Group counselling session

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.

CR
Principal & Secretary

*Dive
25/2/2023*

Notice of Group counselling session

South Calcutta Girls' College
Psychological Counselling Cell

Schedule for Counselling Session for March and April -2023

Notice no: 344/z/22-23

Dated: 14.3.23

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	BENGAL, BOTANY ENGLISH, ECONOMICS, EDUCATION, GEOGRAPHY, SANSKRIT AND B.Sc. GENERAL	VI & II
12.30-1.00 PM	JOURNALISM, PHILOSOPHY, POL- SOL, PSYCHOLOGY, HISTORY, SOCIOLOGY, ZOOLOGY AND B.A. GENERAL	VI & II
1.30-2.00 PM	BENGAL, BOTANY ENGLISH, ECONOMICS, EDUCATION, GEOGRAPHY, SANSKRIT AND B.Sc. GENERAL	IV
2.00-2.30 PM	JOURNALISM, PHILOSOPHY, POL- SOL, 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.


Principal & Secretary
Principal & Secretary

Notice of Group counselling session

Sl. 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- 7th 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.

Handwritten:
30/11/22

Handwritten signature: WS 30/11/22

Principal & Secretary

Notice of Gatekeeper Training and Emotional Wellness



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

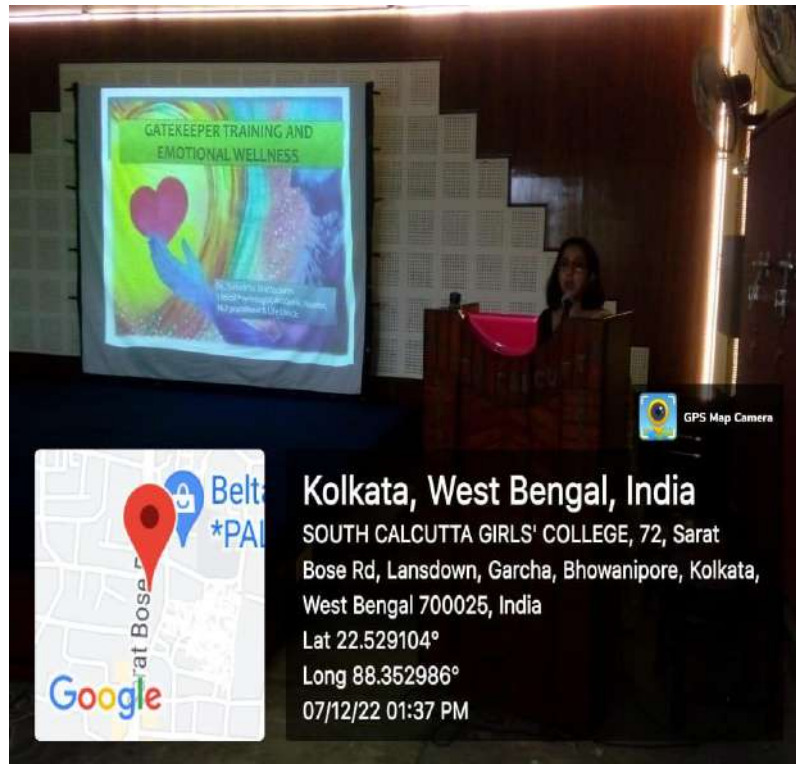
HEALTH AND FAMILY WELFARE DEPARTMENT

GOVERNMENT OF WEST BENGAL

All are cordially invited to the program.

Flyer of the event

PHOTOGRAPHS AND ATTENDANCE SHEET OF GATEKEEPER TRAINING AND EMOTIONAL WELLNESS



Dr. Samadrita Bhattacharya is delivering speech



Students and teachers attending the workshop

Attendance Sheet

SOUTH CALCUTTA GIRLS' COLLEGE

DEPARTMENT OF PSYCHOLOGY

WORKSHOP

ON

GATEKEEPER TRAINING AND EMOTIONAL WELLNESS.

ORGANISED BY DEPARTMENT OF PSYCHOLOGY IN COLLABORATION WITH PSYCHOLOGICAL
COUNSELLING CELL

DATED: 7.12.2022

SL. NO	NAME OF STUDENTS PARTICIPATED	SIGNATURE
30	Arishkita Naskar	Arishkita Naskar Dec 7, 2022
31	Rupanjana Das	Rupanjana Das 7/12/22
32	Seemanta Roy	Seemanta Roy 7/12/22
33	Sumita Mondal	Sumita Mondal 7/12/22
34	NIKKAN DAS	Nikkan Das 7/12/2022
35	ANKITA SHAW	Ankita Shaw 7/12/2022
36	Jayita Mondal	Jayita 7/12/2022
37	Tamanna Khatoon	Tamanna Khatoon 7/12/2022
38	Moumita Das	Moumita Das 7.12.2022
39	Kritika Chatterjee	Kritika 7.12.22
40	Usmifa Guin	Usmifa Guin 7.12.22
41	Sagarika Naskar	Sagarika Naskar 7.12.22
42	Iren Mondal	Iren Mondal 7.12.22
43	Rimi Dey	Rimi Dey 7.12.22

SOUTH CALCUTTA GIRLS' COLLEGE

DEPARTMENT OF PSYCHOLOGY

WORKSHOP

ON

GATEKEEPER TRAINING AND EMOTIONAL WELLNESS.

ORGANISED BY DEPARTMENT OF PSYCHOLOGY IN COLLABORATION WITH PSYCHOLOGICAL
COUNSELLING CELL

DATED: 7.12.2022

SL NO	NAME OF STUDENTS PARTICIPATED	SIGNATURE
01	FRAM ABIF	FRAM ABIF 07/12/22
02	Nemal Khatun	Nemal Khatun 7/12/22
03	Nandini Tiwari	Nandini Tiwari 7/12/22
04	Shanija Parveen	Shanija Parveen 7/12/22
05	Shruti Kayal	Shruti Kayal 07/12/2022
06	Supriya Mondal	Supriya Mondal 7/12/22
07	Zaana Khanter	Zaana Khanter 7/12/22
08	Jandatta Bhattacharjee	Jandatta Bhattacharjee 7/12/22
09	Zeba Baksh	Zeba Baksh 7/12/22
10	Drishiti Gael	Drishiti Gael 7/12/22
11	Shreyasi Mandal	Shreyasi Mandal 7/12/22
12	Arushi Sen	Arushi Sen 7/12/22
13	Aratika Basuman	Aratika Basuman 7/12/22
14	Unnatti Upadhaya	Unnatti Upadhaya 7.12.22
15	Shruti Jain	Shruti Jain 7.12.22
16	Nasiba Zarin	Nasiba Zarin 07.12.22
17	Warisha Anam	Warisha Anam 07/12/22
18	Srishti Ghosh	Srishti Ghosh 07/12/21
19	Anuska Chatterjee	Anuska Chatterjee 7/12/22
20	Sreemayee Das	Sreemayee Das 7/12/22
21	Sumona Mallah	Sumona Mallah 7/12/22
22	Ichika Chandhury	Ichika Chandhury 7/12/22
23	Trisha Jain	Trisha Jain 7.12.22
24	Sanjuti Maity	Sanjuti Maity 7.12.22
25	Elizabeth Lepcha	Elizabeth Lepcha 7.12.22
26	Debarati Banerjee	Debarati Banerjee 7.12.22
27	Trisha Biswas	Trisha Biswas 7.12.22
28	Suparna Roy	Suparna Roy 7.12.22
29	Reetocheta Bha	Reetocheta Bela 7.12.22

SOUTH CALCUTTA GIRLS' COLLEGE

DEPARTMENT OF PSYCHOLOGY

WORKSHOP

ON

GATEKEEPER TRAINING AND EMOTIONAL WELLNESS.

ORGANISED BY DEPARTMENT OF PSYCHOLOGY IN COLLABORATION WITH PSYCHOLOGICAL COUNSELLING CELL

DATED: 7.12.2022

SL. NO	NAME OF STUDENTS PARTICIPATED	SIGNATURE
1.	Kosina Paswin.	Kosina Paswin.
2.	Shaigua Siba Ahmed	Shaigua Siba Ahmed
3.	Medha Mukherjee	Medha Mukherjee
4.	Anandita Jatua	Anandita Jatua
5.	Sabeen Parveen	Sabeen Parveen
6.	Sana Ali	Sana Ali
7.	Madhusree Sen.	Madhusree Sen.
8.	Priyanka Naskar	Priyanka Naskar
9.	Rakhi Das	Rakhi Das
10.	Diya Halder	Diya Halder
11.	Mili Yadav.	Mili Yadav.
12.	Smita Biswas	Smita Biswas.
13.	Anisha Bag.	Anisha Bag.
14.	Barsha Das	Barsha Das
15.	Manalisa Prasad	Manalisa Prasad
16.	Banlana Manna	Banlana Manna
17.	Jayita Rani Mahapatra	Jayita Rani Mahapatra
18.	Rani Mal	Rani Mal
19.	Agnes Meghna Mondal	Agnes Meghna Mondal
20.	Sprijita Mitra	Sprijita Mitra
21.	KUMUD BANERJEE	K. Banerjee
22.	Nilufar Tasveer	Nilufar Tasveer
23.	Pranita Bose	Pranita Bose
24.	Piyasa Koley	Piyasa Koley.
25.	Debatree Banerjee	Debatree Banerjee
26.	Sanskriti Das.	Sanskriti Das.
27.	Florina Bag	Florina Bag
28.	Piyasa Bhow	Piyasa Bhow
29.	Yashveer Faraz	Yashveer Faraz
30.	Sreerathi Senha	Sreerathi Senha
31.	Sharmistha Das.	Sharmistha Das.
32.	Jumpa Goswami	Jumpa Goswami
33.	Riya Mondal	Riya Mondal

SOUTH CALCUTTA GIRLS' COLLEGE

DEPARTMENT OF PSYCHOLOGY

WORKSHOP

ON

GATEKEEPER TRAINING AND EMOTIONAL WELLNESS.

ORGANISED BY DEPARTMENT OF PSYCHOLOGY IN COLLABORATION WITH PSYCHOLOGICAL COUNSELLING CELL

DATED: 7.12.2022

SL. NO	NAME OF PARTICIPANTS (GUESTS AND FACULTIES)	SIGNATURE
1.	Uparna De	U De 07.12.2022
2.	Rohana Khatun	R Khatun 07/12/2022
3.	Tanvir Baran Roy	TBR 07/12/2022
4.	Madhumitha Chakraborty	M C 07/12/22
5.	Momi Majumdar	M M -1 07/12/22
6.	Namali Wama	N W 7/12/22
7.	Nayana Sharma Mukherjee	N S 7.12.2022
8.	Debarshi Pal Choudhury	DPC 7/12/2022
9.	Yashika Sreemany	Y S 7.12.2022
10.	Partha Mukherjee	P M 7.12.22
11.	Sibangana Chakraborty	S C 7.12.22
12.	Samanti Nandi	S Nandi 7-12-2022
13.	Tapana Mukherjee	T M 7.12.22



South Calcutta Girls' College NOTICE

Psychology Department and Psychological Counselling Cell

Notice No: 226/2022-2023

Dated: 02.01.2023

To observe the students' week 2023, Psychological Counselling Cell and Department of Psychology will conduct a Psychological Test (Anxiety Assessment) on students of Semester I both Hons and General at room no 304 in the following schedule.

SUBJECTS	TIMING	DATE
JOURNALISM, PHILOSOPHY, POLITICAL SCIENCE, SANSKRIT PSYCHOLOGY, HISTORY, SOCIOLOGY, ZOOLOGY AND B.A GENERAL	12- 12.30PM	04.1.2023
BENGALI, BOTANY ENGLISH, ECONOMICS, EDUCATION, GEOGRAPHY, AND B.Sc GENERAL	12. 30- 1PM	04.1.2023

COUNSELLOR: YASHABANTI SREEMANY

Partha Mukherjee
2/01/2023

CS 02.1.23
Principal & Secretary

Notice of Observance of Students' Week



South Calcutta Girls' College

72, Sarat Bose Road, Kolkata, West Bengal 700025

Observance of Students' Week ,2023

**Conduction of Psychological
Test -Anxiety Assessment on
Students**

Organised by Psychological Counseling Cell and Department of Psychology

DATE- 04.01.23

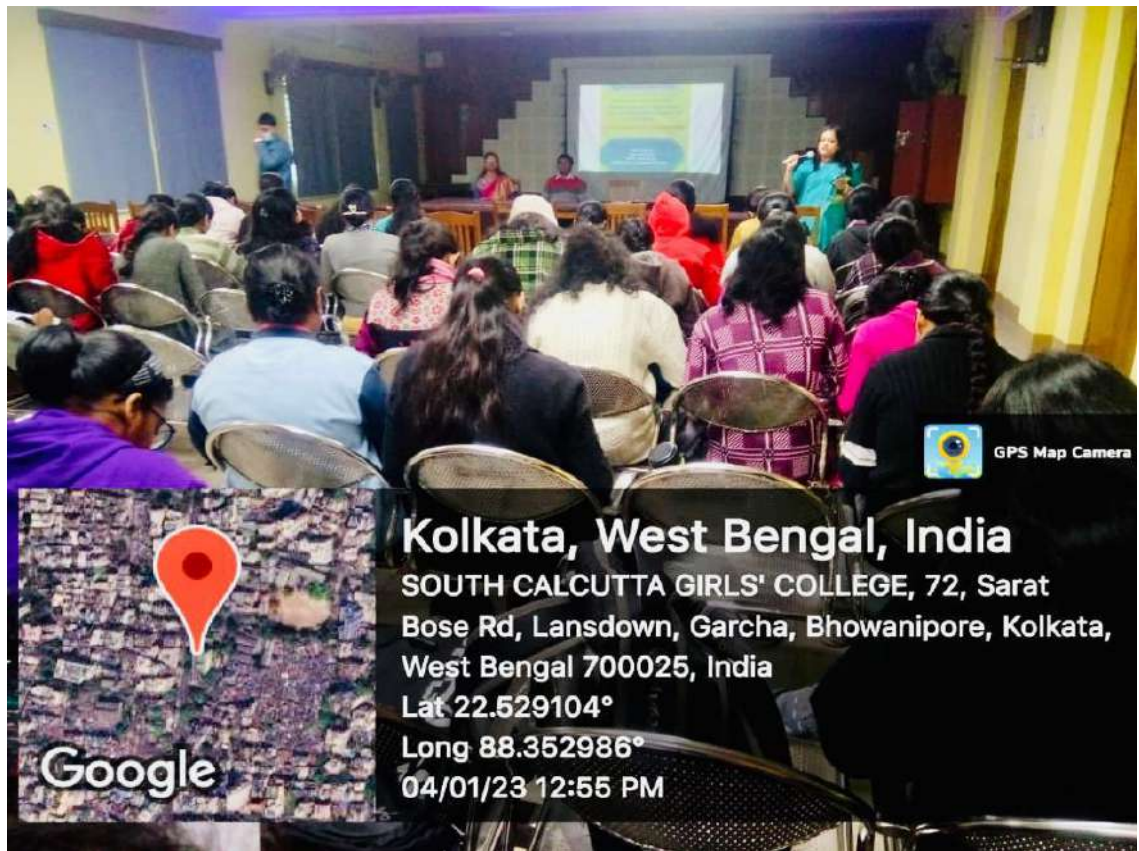
TIME- 12PM TO 1PM

VENUE- ROOM NO. 304

CONDUCTED BY- YASHABANTI SREEMANY

Flyer of the event

PHOTOGRAPHS AND ATTENDANCE SHEET OF OBSERVANCE OF STUDENTS' WEEK



Students attending the event

Attendance Sheet

4.1.2023⁵² South Calcutta Girls' College
 Observance of Students' Week - 2023
 Conducting of Psychological test - ^{Psychology Seminar} Assessment on students ^{4.1.2023}
 Organised by Psychological Counselling Cell & Department of Psychology
 Group - II

0

Institution: 4/01/2023
 Debajyoti Pal Choudhury 4/1/2023

Name of the Students	Department	Whatsapp/e-mail
1. Ananya Das	English	8832160537
2. Ashmita Saha	English	8017175060
3. Megha Bagchi	English	8910979054
4. Ishika Jindal	English Hons.	8327088121
5. Srisuta Banerjee	English Hons.	8695775345
6. Barshita Das	English Hons	9932682937
7. Keshari Shari	English Hon	9492025428
8. Pooja Barik	English Hons	9874588009
9. Sanjana Mondal	English Hons	8583980060
10. Surupa Mondal	English Hons	9882103179
11. Sohini Naskar	English Hons	9051150688
12. Pooja Chattopadhyay	English Hons	9831461406
13. Eram Afif	Education Hons	8740349188
14. Salina Parveen	Education Hons	7439638787
15. Bibhanka Naskar	Education Hons	7044079161
16. Mili Yadav	Education Hons	7044760569
17. Tara Das	Education Hons	9748143813
18. Chandrabati Mondal	English Hons.	7001876026
19. Snigdha Mishra	English Hons	8293850669
20. Manjisha Das	Botany Hons	7439384130
21. Soumita Biswas	Geography Hons	7003823087
22. Upasoma Das	Geography Hons	8617780055
23. Tina Sardar	B.Sc. GEN.	8910356785
24. Srutika Sengupta	B.Sc. Hons Botany	8296396243

- 25) Ayantika Bhattachaya English Hons 8100391787
- 26) Soumi Powali Geography Hons 7439474448
- 27) Ridhi Chakraborty Geography Hons 7439663263
- 28) Sayami Bamejle Geography Hons 9476357515
- 29) Snaha Halder Geography Hons. 9875623965
- 30) Soumya Sandilya Botany Hons. 9051444540
- 31) Shraboni Shaikh Botany Hons 6294195868
- 32) Pimta Mukherjee Botany Hons. 8902535989
- 33) Sukanti Malik Geography Hons. 9382552862
- 34) Snaha Biswas Geography Hons 9748287580
- 35) Basnali Dey Geography Hons. 7439503378
- 36) Abhipsa Choudhury Geography Hons 9874559507
- 37) Susmita Bhuti Botany Hons. 7001233676
- 38) Sohini Mondal Botany HONS 6244947640
- 39) Shireen Naaz Geography Hons 7044814746
- 40) Sandhya Prasad Geography HONS 7430681073
- 41) Shobana Halder Geography Hons 7094428252
- 42) Anjima Ghosh Choudhury Geography Hons. 9831210330
- 43) Rpi Sardan Geography Hons. 7884984861
- 44) Phiti Ghosal B.Sc Geography Hons 9007048468
- 45) Pijasa Koley B.Sc Economics Hons 9874613086
- 46) Banhali Das B-A Journalism Hons. 6291857073

150
4/1/2023

South Calcutta Girls' College

Observance of Students' Week - 2023

Conducting of Psychological Test - ^{Psychological} Assessment on students
4-1-2023

Organised by Psychological Counselling Cell and Department of Psychology
Group - I

Prerna Mishra 4/01/2023

Sobhita Pal Choudhury 4/1/2023

Name of Students	Department of Sci/Bien	Whatsapp no/e-mail
1. Sara Ali	Zoology (Hons.)	8017587532
2. Nuljfar Tanveer	Zoology (Hons)	9903965013
3. Sacha Das	Zoology Hons.	8481892217
4. Flouina Bag	Zoology Hons.	9874945855
5. P. Srijani Banerjee	Pol. Sc. (Hons)	9051395089
6. Megha Ghosh	pol. Sci (Hons)	7501793632
7. Muralisa Basud	Pol. Sc (Hons)	6289749677
8. Bandana Manna	Philosophy Hons.	9836262841
9. Shikharaj Majumdar	JORA Hons	7797681467
10. Anantika Acharya	JORA Hons	9051143729
11. Susmita Dey	JORA Hons	8961960932
12. Pallavi Maity	JORA Hons	8391816461
13. Manasi Saha	JORA Hons	91903825810
14. Samira Shajique	JORA Hons	8017938162
15. Ashin Parween	JORA (HONS)	8597095088
16. Disha shau	Geography (HONS)	7439260831
17. Sheikh Sunaina	Geography (Hons)	7718562817
18. Chandrima Das	Geography (Hons)	9874209417
19. Saheli Kundu	Geography (HONS)	6289451618
20. Shreyasi Chattopadhyay	Geography (Hons)	9883407493
21. Shreli Koyal	Education (Hons)	8240262794
22. Joyita Rani Mahapatra	Education (Hons)	8697099521
23. Miza Khatoon	B.A General	8961133033
24. Sukanya Mitra	B.A General	7439844978
25. Suparna Roy	B.A Psychology Hons.	7601976662
26. Reetocheta Basu	BA. Psychology Hons	7439441370
27. Suankita Roy	BA Psychology Hons	970776001
28. Sanjokta Ghosh	BA Psychology Hons	7439521026


Name of student	Department	Whatsapp no/em
Urmatti Upadhyaya	B.A Psychology Hons	9331901263
Nishu Das	B.Sc Psychology Hons	8777522556
Nasiba Zarin	B.Sc. Psyc. Hons.	8617882687
Wasirsha Anan	B.A. Psyc Hons	7439137876
Shreya Shil	B.A Sociology	8902713321
Sadequa Shakil	B.A Genrl	91639808795
Jyoti Mahapatra	B.A General	9163553552
Zoara Islam	BA (English Hons)	6290837550
Tamanna Khatoon	BA General	8910488452
Sana Hossain	B.A (Eng. Hons)	8910136338
Suli Mukherjee	B.A JORA Hons	9883834661
Chayanika Karar	B.A Hons (Eng)	9903265607
Madenika Basak	B.A Hons (JORA)	8981929812
Somika Paul	B.A Hons (Sociology)	8470332810
Ritwika Bhattachary	B.A Hons (SOCA)	7008971072
Soniga Langal	B.A Hons (SOCA)	9432434178
Shababhat Jahan	B.A Hons (SOCA)	9439467272
Anamita Das	B.A Hons (SOCA)	900858390889
Trisha Sen	B.A Hons (SOCA)	9933706644
Meedashree Mukherjee	B.A Hons (SOCA)	9500014590
Sissha Banerjee	B.A Hons (SOCA)	9332521873
Rupsha Ghosh	B.A Hons (SOCA)	90085409210
Taniya Ghosh	B.A Hons (SOCA)	8910050249
Dipika Biswas	B.A Gen	6290443380
Ky Khushi Thakur	BA Hons (Pol Sc)	8410405802
Diya Das	BA Gen	8585885920
Baishalini Aich	B.A Gen	7439990744
Anusha Pal	BSC (Geography)	7439613693
Rupsi Ghosh	B.A (JORA)	9804599135
Amrita Kumari	B.A (JORA)	8100448617
Unika Ray	B.A (JORA)	7998974353
AFRANISHA MAJUMDAR	B.A Polsci Hons	9330375717
Shonja Parveen	B.A Education Hons	882084276
Nemat Khatoon	B.A Education Hons	9330872621

Suicide Prevention Day

IQAC promoted Inter-Departmental Online Poster Competition celebrating World Suicide Prevention Day was held on 10/09/2022 at 10 A.M organized by the Department of Psychology in collaboration with Counselling Cell of South Calcutta Girls' College. The Number of participants was 61. The aim of the programme 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 programme. Participants shared that the organization of the programme was fabulous and they have gained enriching experiences after attending this programme.

NOTICE OF SUICIDE PREVENTION DAY

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 10th 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: 8th 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/6Uv0gwx5ZQPGqVi8>

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

Relieved 25/8/22 All are cordially invited to the programme. *[Signature]* 25.8.22

Principal & Secretary

Notice for a Poster Presentation Competition on World Suicide Prevention Day



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 :

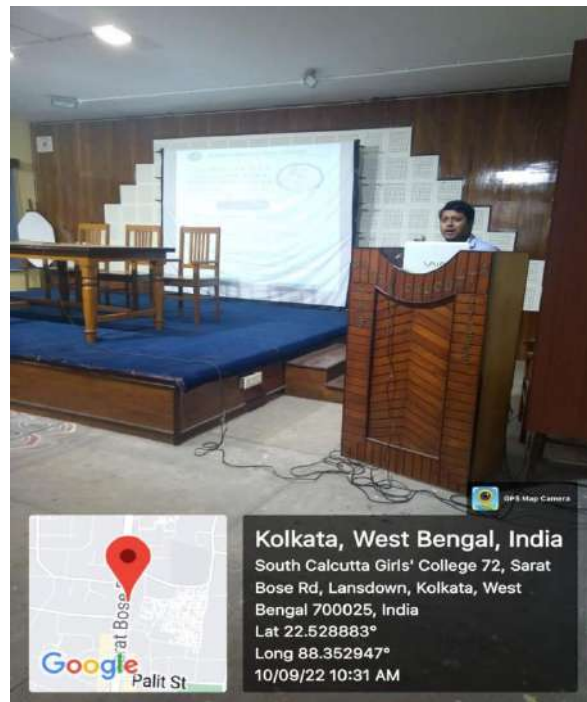
<https://forms.gle/6Uvvgwxx5ZQPGqVi8>

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

All are cordially invited to the programme!

Flyer of the event

PHOTOGRAPHS OF CELEBRATION OF SUICIDE PREVENTION DAY



Inauguration of the programme



Students participating in the Poster Competition



Room of Counselling Cell

Mentoring:

A strong student mentoring system is available in the institution. At the beginning of the session, an induction program is organized by the institution where the Principal delivered lectures to make the students familiar about the vision and mission of the college, the facilities available, rules and regulations of the College and the affiliating University. Department level orientation programs have also been arranged. Mentor-Mentee system has been introduced by the institution since 2019-20. In this system each mentor is very much aware about all the details of the mentees. A database of students containing the name, date of birth, address, Aadhar No, email ID, caste, course, club memberships, first generation learner or not, financial condition, medical issues if any etc. is prepared and maintained by the mentor. The mentor prepares the database using admission data and by direct conversation with each mentee. The mentee can approach her mentor with any problem whatsoever. The mentor maintains records of the mentee's performance in all the examinations. Continuous assessments of mentees are done at regular intervals through class tests, tutorials and student presentations. The mentor keeps a record of the mentee's academic performance, regular attendance and guides her on how to improve her scores. Faculty members takes initiatives for the improvements of slow learners. The library is well stocked with books and journals even for advanced readings. The college has a counselling cell for all the students. The counsellor provides personal counselling if needed also. Special lectures are arranged by the cell for

Improving the mental health of the students. Special guidance is given to the hostel students for their academic and overall activities. Several clubs and cells pertaining to environmental, socio-cultural concerns are formed to enhance the awareness of the students by organizing different Programmes. Almost all the departments take initiative to involve students in different activities like student seminar, debate, quiz Wall magazine, poster presentation etc. to motivate them to express their special skill and creativity. Different clubs have also encouraged students to participate in activities for their all-round developments. The Physical activity club has organized regular online yoga classes through google meet platform. • Apart from traditional teaching - learning method, ICT tools are used by the teachers for effective teaching. Due to Covid-19 pandemic condition almost all the teachers are taking online classes using various platforms. The college has introduced “G-Suite for Education” for effective online teaching-learning process. Through Google classroom made for each semester, every faculty member uploads audio and video lectures, and through Google meet, online classes have been scheduled. Students are assigned to class works which are evaluated online. Our moto is to monitor all round development of the student. The date of implementation of Mentor-Mentee system was 16.07.2019. 817 students were engaged in this system in 2022-23.

Induction Programme:

Induction programme for the first semester students was held on 19.09.2022. The number of students attended the programme was 269. Principal addressed the students of 1st semester with a warm welcome and enlightened them through the PowerPoint Presentation which was followed by the departmental interactions. All departments of the college conducted the programme separately. There was a brief introduction of each of the departments given by the departmental heads. Each department showed PowerPoint Presentation giving the detailed description of the department, history of the department, students strength, syllabus, examination procedure, result, course outcome etc.

NOTICE OF INDUCTION PROGRAMME IN 2022-2023

SOUTH CALCUTTA GIRLS' COLLEGE

Notice No. 0101/2022-23

Date: 14.9.2022

Induction Programme-2022

1st Semester classes for the academic session 2022-2023 will commence on and from 19th September 2022.

An Induction Programme will be organized on 19.09.2022 at the College Auditorium (3rd floor) according to the following schedule:

Subject	Time
Bengali, English, Education, History, Political Science, Philosophy, Sociology, B. A. General	11.00 A.M
Botany, Economics, Journalism & Mass Communications, Geography, Psychology, Zoology, B.Sc. General	1:30 P.M

Every student must produce the challan or money receipt of Admission for entry to the College.

 14.9.2022
Principal & Secretary

Principal & Secretary
South Calcutta Girls' College
72, Seetal Baste Road, Kolkata-22

Notice for induction programme on 19/09/2022

PHOTOGRAPHS OF INDUCTION PROGRAMME



Principal Madam Dr. Aparna De addressing to first semester students in Induction Programme



First semester students in Induction Programme

Beautician Course

- **The Beautician course** is run by South Calcutta Girls' College in the college premises. The course was first started in May, 2015. It is a self-financed course and the course fees is Rs 600/-. Generally, two classes are taken per week. Classes are adjusted according to the class routine, examination schedule of the students etc. The course was started in May, 2015. In 2022-23, the course was started in March. 9 students took admission and 6 of them appeared in an exam held after the completion of the course. Certificates were given to them.

NOTICE OF BEAUTICIAN COURSE



South Calcutta Girls' College **NOTICE**

Notice No. 345 /2022-23

Date:10.03.2023

Students are hereby informed that Beautician Course will commence in the college from the 3rd week of March, 2023. Classes will be held twice a week for two months.

BEAUTICIAN COURSE FEE: Rs 600/-

Interested students are requested to mail their application giving their details in the following mail id at the earliest to register their names.

Mail id: scgcbeauticiancourse@gmail.com

For any query, contact Prof. Tina Bose (Dept., of Journalism and Mass Communication)

Tina Bose: 9831407789

T. B
10.3.23

 10.3.23.

Principal & Secretary

Notice for Beautician Course

SOUTH CALCUTTAGIRLS' COLLEGE

BEAUTICIAN COURSE 2022-23

SL NO	NAME	SUBJECT	SEMESTER	PHONE NO
1.	Pratyusa Kundu	Zoology (Hons.)	Sem - I	8420585104
2.	Sana Ali	Zoology (Hons.)	Sem - I	801758755
3.	Ayushi Lodh	Journalism (Hons)	Sem - V	629699871
4.	Monalisa Prasad	Political Sc (Hons)	Sem - I	629976963
5.	Salina Pasveen	Education (Hons)	Sem - II	74296382
6.	Bhagyanka Naskar	Education (Hons)	Sem - II	987966656
7.	Titli Pandey	Journalism (H)	Sem - VI	891809913
8.	Zahidah Khan	Education (H)	Sem - IV	877773748

List of students enrolled in Beautician Course

PHOTOGRAPHS AND CERTIFICATE OF BEAUTICIAN COURSE



Students in the class of Beautician Course.



Certificate of Beautician Course

LIFE SKILL

PROGRAMMES OF LIFE SKILL DEVELOPMENT

Year	Events
2022-23	<ul style="list-style-type: none">▪ Yoga & Meditation▪ Fit India Freedom Run 3.0▪ Health and Hygiene

REPORT OF YOGA CLASSES IN 2022-2023

The college has a **Multi-Gymnasium** with modern equipment. The Gym trainer Smt. Sutapa Ghosh trains the students in **Yoga** as well. **Meditation** was held in college gymnasium under the supervision of Gym trainer Smt. Sutapa Ghosh. Physical activity Club of South Calcutta Girls' College has started Yoga classes from 5.12.2022. The timing is from 11.30 a.m. to 5 p.m. on Monday, Thursday and Saturday according to the routine. Our Yoga instructor Smt. Sutapa Ghosh guides our students by theory and practical classes. Students from every department of our college can join as per their routine. Interested student can join every day with prior permission. We also inform the student about various Yoga competitions and workshop. The students who have completed 30 hours or more in a yoga session of six months can get a certificate after the theory and practical examination. Member of physical activity club and yoga instructor are continuously working to make the students free from any stress so that our students in the pandemic situation can be attentive to their study and be strong mentally and physically.

THE FIT INDIA FREEDOM RUN 3.0

To commemorate the 75th year of India's Independence Day "Azadi Ka Mahotsav" Fit India Mission had conceptualized "**THE FIT INDIA FREEDOM RUN**" This year, Fit India Mission has decided to organize the 3rd edition i.e. Fit India Freedom Run 3.0 from 2nd October to 31stOctober 2022 under Azadi Ka Amrit Mahotsav (AKAM) initiative. Being the part of this movement, Physical Activity Club of South Calcutta Girls' College organized the programme on and from 22.08.2022 to 28 .08.2022 students, teachers and staffs are actively participated in different physical activities. Every day around 40 participants performed different activities like walking, running, jogging, yoga exercise etc. Each participant reported everyday how much distance and time they covered.

DETAILS OF THE PROGRAMME

	Date	Participants	Distance covered
Day 1	22.10.22	54	112 km
Day 2	23.10.22	48	101 km
Day 3	24.10.22	41	92 km
Day 4	25.10.22	37	80 km
Day 5	26.10.22	35	83 km
Day 6	27.10.22	38	90 km
Day 7	28.10.22	47	108km
	7 DAYS	300 PARTICIPANTS	667 KM
	Total students' participants		

NOTICE FOR THE COMMENCEMENT OF YOGA CLASS



South Calcutta Girls' College **NOTICE**

Notice no. 0165/2022-23

Date: 01.12.2022

It is hereby notified that the Yoga Class will start from 05.12.2022. Classes will be held according to the following schedule. All the students should attend the classes.

Day: Monday, Thursday and Saturday

Time: 11.30 am to 5 pm

Venue: Room no. 306

Pm
11/12/2022
Bansal
11/12/22
01-12-22


01.12.22

Principal & Secretary
South Calcutta Girls' College
72, Sarat Bose Road, Kolkata-7

ORIENTATION PROGRAMME OF THE YOGA STUDENTS



South Calcutta Girls' College NOTICE

Notice no. 0164/2022-23

Date: 01.12.2022

An orientation programme on Yoga Course will be held on 05.12.2022 in room no. 304. All the students of 1st, 3rd and 5th semester should attend the programme according to the following schedule:

5th semester: 11.30 am

3rd semester: 11.50 am

1st semester: 12.15 pm

Pw
11/12/2022
Ways
11/12/22
01.12.22

01.12.22

Principal & Secretary
South Calcutta Girls' College
72, Serat Bose Road, Kallin-

Orientation Programme of Yoga Class

NOTICE OF FIT INDIA FREEDOM RUN 3.0



SOUTH CALCUTTA GIRLS' COLLEGE



NOTICE NO. 0121/2022-23

Date. 20.10.2022

Fit India Mission has decided to organize the 3rd edition – “**The Fit India Freedom Run 3.0**” from 2nd October to 31st October 2022 under **Azadi Ka Amrit Mahotsav (AKAM)** initiative. On account of this, a virtual programme will be organized by Physical Activity Club of South Calcutta Girls' College on **22.10.2022 from 10 am to 10.45 am in Google Meet**. Students and staff are requested to actively participate in the programme.

“**The Fit India Freedom Run 3.0**” programme shall further be continued from **22nd to 28th October 2022**. Each participant can run or jog as per his /her convenient time and pace. Participants need to keep track the distance covered each day. They should register themselves and give report the distance (kms) covered daily to the link provide by the physical activity club. All are cordially welcome in this mission.

GOOGLE MEET LINK: <https://meet.google.com/eot-rjql-jic?hs=224>

Sd/-

Principal

Notice for Fit India Freedom Run 3.0

PHOTOGRAPHS OF YOGA CLASSES AND ACTIVITIES IN COLLEGE GYMNASSIUM



Students attending Yoga class



Students in college gymnasium



Students in college gymnasium



Students with the members of Gym committee and gym trainer

PHOTOGRAPHS OF FIT INDIA FREEDOM RUN 3.0



Participants in Fit India Freedom Run 3.0



Certificate of the Fit India Freedom Run 3.0

LIST OF PARTICIPANTS 22-10.2022 to 28.10.2022

Day -1, 22.10.2022			
NAME	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
Priyanka Pal	Student	Running	2km
Sayani Banerjee	Student	Walking	3km
Mornika Basak	Student	Walking	2km
Upasana Das	Student	Walking	2 Km
Chandrima Banerjee	Student	Walking	2.1 Km
Shaiqua Siba Ahmed	Student	Walking	2km.
Urmika Mitra	Student	Running	1 Km
Triparna Pal	Student	Jogging	2
Anjali Karmakar	Student	Jogging	20KM
Ananya Bhuia	Student	Walking	1km
Priyanka Ray	Student	Walking	2.5 Km
Sneha Halder	Student	Walking	6 Km
Eva Mondal	Student	Jogging	2
Rupsa Ghosh	Student	Jogging	2km.
Diyotimaa Roy	Student	Walking	1.5 KMS
Pratiksha Basak	Student	Walking	2.8 Km

Sweta Upadhyay	Student	Jogging	900 M
Pritha Majumder	Student	Walking	1 KM
Rupsha Sarkar	Student	Walking	1 KM
Puja Dey	Student	Jogging	5km
Iren Mondal	Student	Walking	3KM
Anika Khatoon	Student	Walking	2 Km
Piyali Ray Sarkar	Student	Walking	2
Akash Sahara Khatun	Student	Running	200m
JEENIA GUHA	Student	Walking	1KM
Ankita Sadhukhan	Student	Walking	2km
Snigdha Acharya	Student	Walking	1.96 Km
Shreebarna Sen	Student	Walking	3km
Riddhi Chakraborty	Student	Walking	3 Km
SHEIKH SUNAINA	Student	Walking	1.4 Km
Afrin	Student	Jogging	2 KM
Priti Ghosal	Student	Walking	2km
Srobona Halder	Student	Walking	2 Km
Soumi Powali	Student	Walking	2km
Sk Suhana	Student	Walking	0.5 Km
Antara Banerjee	Student	Jogging	2 Km
Tanushree Pal	Student	Walking	1.0 Km
Sampriti Ghosh	Student	Walking	2 Km
Paromita Samanta	Student	Walking	1 KM
Srijita Das	Student	Walking	1KM
Sahona Das	Student	Running	2 Km
Martina Dutta	Student	Walking	2KM
Sulekha Hembram	Student	Walking	2.7km
Sagarika Darjee	Student	Walking	1 Km
Diksha Mahato	Student	Jogging	1 Km
Hritwika Dey	Student	Walking	1KM
Jannabi Kansa Banik	Student	Walking	6 (Six) KM
Ananya Pal	Student	Walking	2km
Madhumita Mondal.	Student	Running	2KM
Shital Burman	Student	Walking	3
Pataur Jaman	Teacher	Walking	3km
Nilina Ghose	Teacher	Walking	2kms
Kamalika Banerjee	Teacher	Walking	1 Km
Susmita Mandal	Teacher	Walking	2.2km
Dr. Partha Malakar	Teacher	Walking	3 Km.
Nayana Sharma Mukherjee	Teacher	Walking	1.2

Day – 2 , 23.10.2022

NAME	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
SHEIKH SUNAINA	Student	Walking	1.1 Km
Sweta Upadhyay	Student	Running	1km
Urmika Mitra	Student	Running	1.5km
Hritwika Dey	Student	Walking	1KM

Hritwika Dey	Student	Walking	1KM
Akash Sahara Khatun	Student	Walking	3km
Hritwika Dey	Student	Walking	1Km
Mornika Basak	Student	Walking	2.2kms
SUPRITTY SAMADDAR	Student	Walking	2 KMS
Rupsha Sarkar	Student	Running	1Km
Shreebarna Sen	Student	Walking	3 KM
Sneha Halder	Student	Walking	3km
JEENIA GUHA	Student	Walking	6km
Priyanka Ray	Student	Walking	1.5 KM
Sahona Das	Student	Running	3 Km
Madhumita Mondal.	Student	Running	2 Km
Rupsa Ghosh	Student	Walking	2KM
Sayani Banerjee	Student	Walking	4km
Riddhi Chakraborty	Student	Walking	3km
Priti Ghosal	Student	Walking	2km
Priyanka Pal	Student	Running	4 Km
Anika Khatoon	Student	Walking	2KM
PRITHA MAJUMDER	Student	Jogging	2.2km
Sulekha Hembram	Student	Walking	2 KM
Paromita Samanta	Student	Running	0.5km
Ananya Bhuia	Student	Walking	1.6
Tista Mukherjee	Student	Walking	1KM
Soumi Powali	Student	Walking	1km
Srobona Halder	Student	Walking	3 Km
Diyotimaa Roy	Student	Walking	3km
Antara Banerjee	Student	Running	3 Km
Srijita Das	Student	Walking	0.8
Martina Dutta	Student	Walking	1.5 KMS
Shital Burman	Student	Walking	3 Km
Upasana Das	Student	Running	1.5 Km
Shaiqua Siba Ahmed	Student	Walking	1.5 Km
Sk Suhana	Student	Walking	1.5km
Jannabi Kansa Banik	Student	Walking	2
Tanushree Pal	Student	Walking	1 Km
Shreya Mondal	Student	Walking	2km
Pallavi Hazra	Student	Walking	4km
Chandrima Banerjee	Student	Walking	0.5 Km
Nilina Ghose	Teacher	Walking	6.2 Km
Pataur Jaman	Teacher	Walking	3 Km.
Nayana Sharma Mukherjee	Teacher	Walking	4km
Kamalika Banerjee	Teacher	Walking	1km
Abhijit Mondal	Teacher	Walking	2 Km
Dr. Partha Malakar	TEACHER	WALKING	1.6

DAY -3. 23.10.2022

NAME	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
Sneha Halder	Student	Walking	6km
Urmika Mitra	Student	Jogging	1km
Ritaja Bandyopadhyay	Student	Running	2.30 Km
Samira Shafique	Student	Walking	2km
Sayani Banerjee	Student	Walking	3km
Hritwika Dey	Student	Walking	1km
JEENIA GUHA	Student	Running	1 KM
Priti Ghosal	Student	Walking	2KM
Soumi Powali	Student	Running	1 Km
Jannabi Kansa Banik	Student	Walking	6.2 Km
Shreebarna Sen	Student	Walking	1km
Priyanka Ray	Student	Walking	2 Km
Rupsa Ghosh	Student	Walking	1km.
Anika Khatoon	Student	Walking	1.5 Km
Priyanka Pal	Student	Walking	8km
Ananya Pal	Student	Walking	2km
Riddhi Chakraborty	Student	Walking	4 Km
Sayani Banerjee	Student	Walking	3km
Ananya Bhuia	Student	Walking	1km
SHEIKH SUNAINA	Student	Walking	1.3 Km
Diyotimaa Roy	Student	Walking	1 KM
Mornika Basak	Student	Walking	2.2km
Urmika Mitra	Student	Running	2km
Shaiqua Siba Ahmed	Student	Walking	2km
Hritwika Dey	Student	Walking	1km
Antara Banerjee	Student	Walking	2
Pallavi Hazra	Student	Walking	1 Km
Rupsha Sarkar	Student	Walking	2 KM
Shreya Mondal	Student	Walking	3km
Eva Mondal	Student	Running	1 Km
Ankita Sadhukhan	Student	Walking	2 Km
Snigdha Acharya	Student	Walking	2.45 Km
Shreya Mondal	Student	Walking	2km
Madhumita Mondal.	Student	Walking	3KM
Srijita Das	Student	Walking	1.5km
Upasana Das	Student	Running	1.5 Km
Abhijit Mondal	Teacher	Walking	1km
Kamalika Banerjee	Teacher	Walking	2 Km
Nilina Ghose	Teacher	Walking	2kms
Pataur Jaman	Teacher	Walking	3km
Dr. Partha Malakar	Teacher	Walking	3 Km.

DAY -4 , 25.10.2022

NAME	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
Sayani Banerjee	Student	Walking	3km
Sulekha Hembram	Student	Walking	2.0km
Antara Banerjee	Student	Walking	2 Km
Upasana Das	Student	Walking	2.5km
Sweta Upadhyay	Student	Running	1km
Tista Mukherjee	Student	Running	2 Km
Ritaja Bandyopadhyay	Student	Running	2.30 Km
Ritaja Bandyopadhyay	Student	Running	2.30 Km
Akash Sahara Khatun	Student	Walking	2km
Shreya Mondal	Student	Jogging	2km
Sneha Halder	Student	Walking	5km
Priyanka Ray	Student	Walking	1 Km
Riddhi Chakraborty	Student	Walking	3 Km
Jannabi Kansa Banik	Student	Walking	6 KM
Eva Mondal	Student	Running	1 Km
Ananya Bhuia	Student	Walking	1km
Sk Suhana	Student	Jogging	0.5 Km
Chandrima Banerjee	Student	Jogging	2.6
JEENIA GUHA	Student	Walking	2 KM
Urmika Mitra	Student	Walking	2.5 Km
Rupsha Sarkar	Student	Walking	3KM
Triparna Pal	Student	Walking	1km
Ananya Dutta	Student	Walking	3.22km.
Anika Khatoon	Student	Walking	2 Km
Priti Ghosal	Student	Walking	2km
Shreebarna Sen	Student	Walking	2km
Priyanka Pal	Student	Running	1.5km
Diyotimaa Roy	Student	Walking	1.5 KMS
Martina Dutta	Student	Walking	1 Km
Hritwika Dey	Student	Walking	2KM
Pataur Jaman	Teacher	Walking	5km
Dr. Partha Malakar	Teacher	Walking	3 Km.
Nilina Ghose	Teacher	Walking	3kms
Abhijit Mondal	Teacher	Walking	2km
Kamalika Banerjee	Teacher	Walking	1.5 Km
Susmita Mandal	Teacher	Walking	2.3
Nayana Sharma Mukherjee	Teacher	Walking	2KM

DAY -5 27.05.2022

NAME	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
Sayani Banerjee	Student	Walking	3km
Sukriti Chakraborty	Student	Walking	3km
Soumi Powali	Student	Walking	3km
Tista Mukherjee	Student	Jogging	3 Km
Ritaja Bandyopadhyay	Student	Running	2.30 Km
Urmika Mitra	Student	Jogging	2km
Upasana Das	Student	Running	2km
Ananya Pal	Student	Walking	2km
Sampriti Ghosh	Student	Walking	3 Km
Sneha Halder	Student	Walking	3km
Jannabi Kansa Banik	Student	Walking	6 Km
Srobona Halder	Student	Walking	2 Km
Priti Ghosal	Student	Walking	2KM
Hritwika Dey	Student	Walking	1KM
Eva Mondal	Student	Running	2km
JEENIA GUHA	Student	Walking	2 KM
Ananya Bhuia	Student	Walking	1.5 Km
Riddhi Chakraborty	Student	Walking	4 Km
Iren Mondal	Student	Walking	1/2 KM.
Anika Khatoon	Student	Walking	2 Km
Srijita Das	Student	Walking	1.5km
SUPRITTY SAMADDAR	Student	Walking	1km
Rupsha Sarkar	Student	Walking	2 KM
Ananya Dutta	Student	Walking	3.5 Km
Priyanka Ray	Student	Walking	3km
Shaiqua Siba Ahmed	Student	Walking	6km
Snigdha Acharya	Student	Running	1.23
Sk Suhana	Student	Jogging	0.5 Km
Priyanka Pal	Student	Running	1km
Susmita Mandal	Teacher	Walking	2.5
Nilina Ghose	Teacher	Walking	1km
Nayana Sharma Mukherjee	Teacher	Walking	2
Dr. Partha Malakar	Teacher	Walking	3 Km.
Pataur Jaman	Teacher	Walking	3km
Abhijit Mondal	Teacher	Walking	1.5km

Name	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
Sneha Halder	Student	Walking	1
Martina Dutta	Student	Walking	1.5km
Tista Mukherjee	Student	Walking	2 Km
Priyanka Pal	Student	Walking	2
Jannabi Kansa Banik	Student	Walking	6.1 KM
Ritaja Bandyopadhyay	Student	Running	2.30 Km
Hritwika Dey	Student	Walking	1KM
Urmika Mitra	Student	Jogging	3km
Upasana Das	Student	Walking	2.5km
Ananya Pal	Student	Walking	2km
Afrin	Student	Walking	2km
Ankita Sadhukhan	Student	Walking	1.5km
Ananya Bhuia	Student	Walking	1km
Riddhi Chakraborty	Student	Walking	3km
JEENIA GUHA	Student	Jogging	1 KM
Ruma Basak	Student	Walking	2.4km
Soumi Powali	Student	Running	3km
Priti Ghosal	Student	Walking	2KM
Hritwika Dey	Student	Walking	2KM
Eva Mondal	Student	Jogging	1km
Anika Khatoon	Student	Walking	2 Km
Srobona Halder	Student	Walking	2 Km
Rupsha Sarkar	Student	Walking	2 KM
Sayani Banerjee	Student	Walking	3km
SUPRITTY SAMADDAR	Student	Walking	1km
Priyanka Pal	Student	Walking	3.2km
Hritwika Dey	Student	Walking	250KM
Ananya Dutta	Student	Walking	3.4km
Abhijit Mondal	Teacher	Walking	1.5 KM
Nilina Ghose	Teacher	Walking	Two Kms
Susmita Mandal	Teacher	Walking	2
Banibrata Das	Teacher	Jogging	1.5 Km
Banibrata Das	Teacher	Jogging	1.5
Pataur Jaman	Teacher	Walking	3
Pataur Jaman	Teacher	Walking	3
Nayana Sharma Mukherjee	Teacher	Walking	1.2
Dr. Partha Malakar	Teacher	Walking	3 Km.
Banibrata Das	Teacher	Jogging	2 Km

Day -7 , 28.10.2022

Name	DESIGNATION	MODE OF ACTIVITY	DISTANCE COVERED IN KM
Sayani	Student	Walking	2km
Sweta Upadhyay	Student	Running	1.2km
Ananya Pal	Student	Walking	2km
Shreya Mondal	Student	Walking	3km
Upasana Das	Student	Walking	2 Km
Snigdha Acharya	Student	Walking	2.3
Priyanka Pal	Student	Running	2km
Jannabi Kansa Banik	Student	Walking	6 Km
SHEIKH SUNAINA	Student	Walking	1km
Sneha Halder	Student	Walking	6km
Riddhi Chakraborty	Student	Walking	5 Km
Akash Sahara Khatun	Student	Running	3km
Sagarika Darjee	Student	Walking	1km
Piyali Ray Sarkar	Student	Walking	1.5
Srijita Das	Student	Walking	2km
Urmika Mitra	Student	Running	3 Km
Priti Ghosal	Student	Walking	2KM
Srobona Halder	Student	Walking	2 Km
Mornika Basak	Student	Walking	2.6kms
SUPRITTY SAMADDAR	Student	Walking	1KM
Sampriti Ghosh	Student	Walking	3
Ananya Bhuia	Student	Walking	1.5km
Ananya Bhuia	Student	Walking	1.5 Km
Hritwika Dey	Student	Walking	1KM
Diyotimaa Roy	Student	Walking	1.5 KMS
Ritaja Bandyopadhyay	Student	Jogging	2 Km
JEENIA GUHA	Student	Running	2 KM
Ankita Sadhukhan	Student	Walking	2km
Tista Mukherjee	Student	Walking	2 Km
Pratiksha Basak	Student	Walking	3 Km
Ananya Dutta	Student	Walking	3.9km
Rupsha Sarkar	Student	Walking	3 KM
Anika Khatoon	Student	Walking	2 Km
Eva Mondal	Student	Running	2 Km
Priyanka Ray	Student	Walking	2 Km
Martina Dutta	Student	Walking	1km
Sk Suhana	Student	Walking	0.5 Km
Chandrima Banerjee	Student	Walking	3
Antara Banerjee	Student	Running	3 Km
Priyanka Pal	Student	Running	3.2km
KAMALIKA BANERJEE	Teacher	Walking	2 KM
Pataur Jaman	Teacher	Walking	4
Abhijit Mondal	Teacher	Walking	2km
Dr. Partha Malakar	Teacher	Walking	3 Km.

Nilina Ghose	Teacher	Walking	One And Half Kms
Nayana Sharma Mukherjee	Teacher	Walking	1.5

ACTIVITIES REGARDING HEALTH AND HYGIENE IN 2022-2023

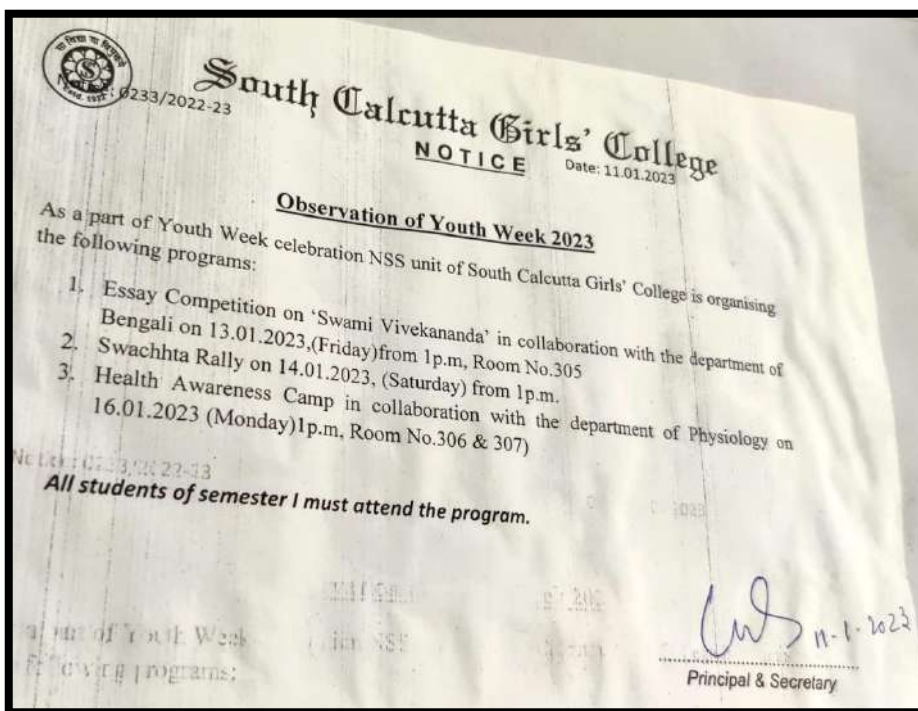
2022-23

ACTIVITIES OF N.S.S UNIT REGARDING HEALTH AND HYGIENE

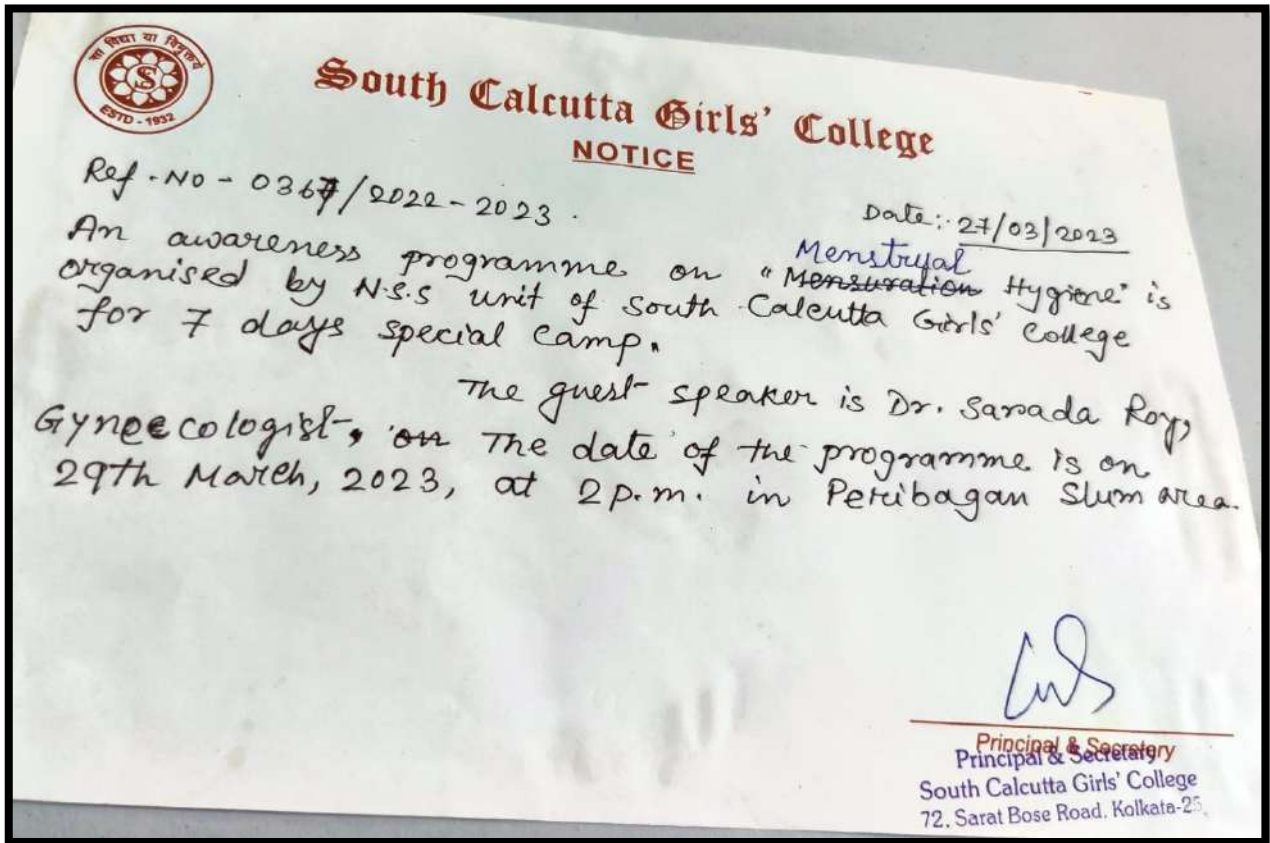
- On the 14th January,2023 Swachhta Rally was organized from 1 p.m. in Lansdowne and adjoining areas. On that event twelve participants, 6 teachers along with NSS volunteers participated in the rally.
- On 16th January,2023, a health checkup camp was held in collaboration with Department of Physiology at 1 p.m. In Room No. - 306 and 307. The numbers of participants were twenty six. In this camp measurement of weight, height, Blood Pressure check up was done.
- On 29th March,2023 an Awareness Programme on Menstrual Hygiene was organized. Dr. Sarda Roy, Gynecologist was the guest speaker of the event. At 2 p.m. in Peyara bagan slum area. She described about the various issues if menstrual hygiene is not properly maintained. She also prescribed medicine to those who were suffering from the issues. Twelve women of Peyara Bagan slum area discussed their problems with her and got benefitted. Prof. Tanima Niyogi along with the NSS members and volunteers assisted Dr. S Roy.
- On 30th March,2023, an Eye Check Up was held on at 12 p.m. -3 p.m. in Peyara Baagan Slum Area. Dr. Srivastav was the resource person on that day. Forty nine patients of Peyara Bagan including members and volunteers of NSS unit had done their eye check up in the Batam Club, of the slum area. The members of that area were very satisfied for conducting such programme by NSS unit. Prof. Nilina Ghose and Prof. Patralekha Mitra were present to conduct the programme.
- On 31st March,2023, an Awareness Programme on CPR was organized. A team of 4 doctors (Dr. K Poddar, Dr. A Roy, Dr. D Chakraborty and Dr. S Soni from Kolkata Society of Anesthesiology were present as resource person. The programme was held in Room No. 304, at 12 p.m. for the staffs and students of the college. As many as 91 participants were benefitted by such wonderful programme. The team of doctors demonstrated how to give CPR during emergency. They gave hands on training to each and every participant.
- NSS Unit of South Calcutta Girls' College have observed "No Tobacco Day" on 16th May, 2023 by conducting a rally at 12 noon in the Peyara Bagan slum area and Lands down market areas. The theme was Say no to plastic and reuse of plastic. In the rally about thirteen students along with teachers and volunteers were participated.

- A rally is organized on 24.5.2023 at 12 noon in college premise and Lansdown area to create awareness about Environmental hazards in different awareness placards were displayed by NSS volunteers in the Rally. The number of participants was 15. And teachers were three in number. Please of the surrounding area saw the rally and asked relevant questions to the students enquiring about the purpose of the Rally.

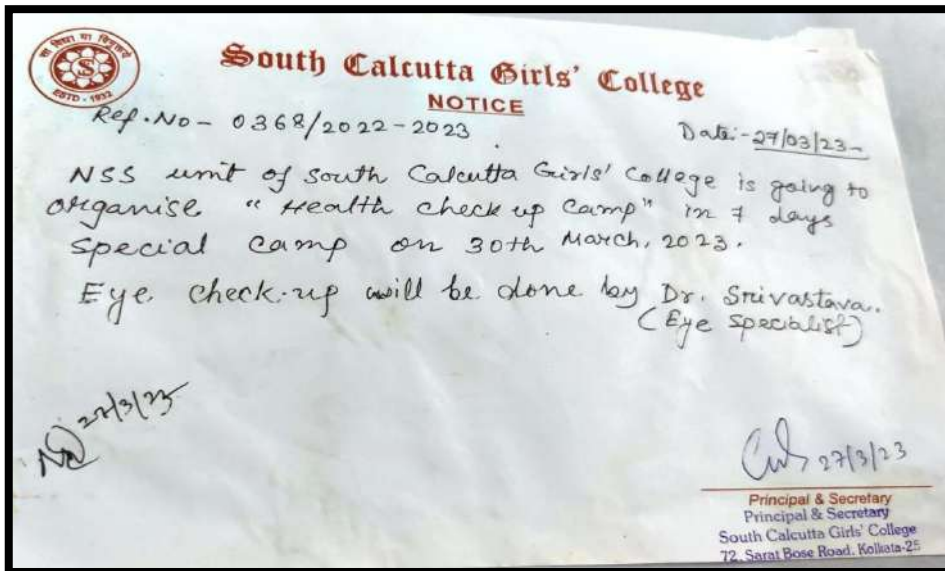
NOTICES FOR THE EVENTS REGARDING HEALTH AND HYGIENE



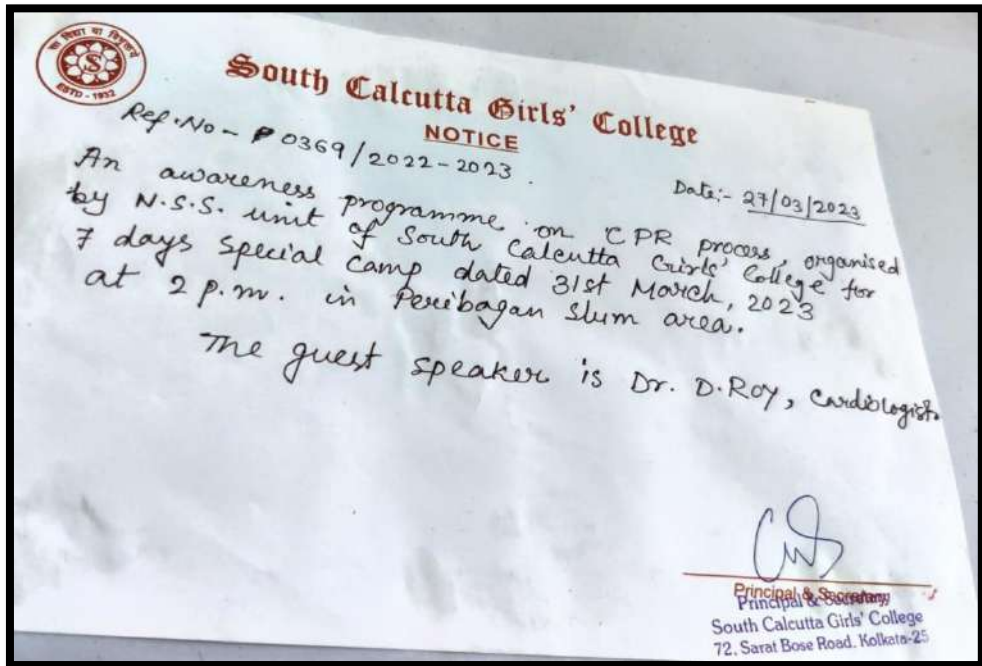
Notice for Swachha Rally and Health Awareness Camp



Notice for Awareness Programme on Menstrual Hygiene



Notice for eye check up



Notice for Awareness Programme on CPR process

PHOTOGRAPHS AND ATTENDANCE SHEET OF THE EVENTS REGARDING HEALTH AND HYGIENE



Swachha Rally

③
NSS SWACHHITA RALLY
ATTENDANCE SHEET FOR THE TEACHERS

Date: 14.01.2023

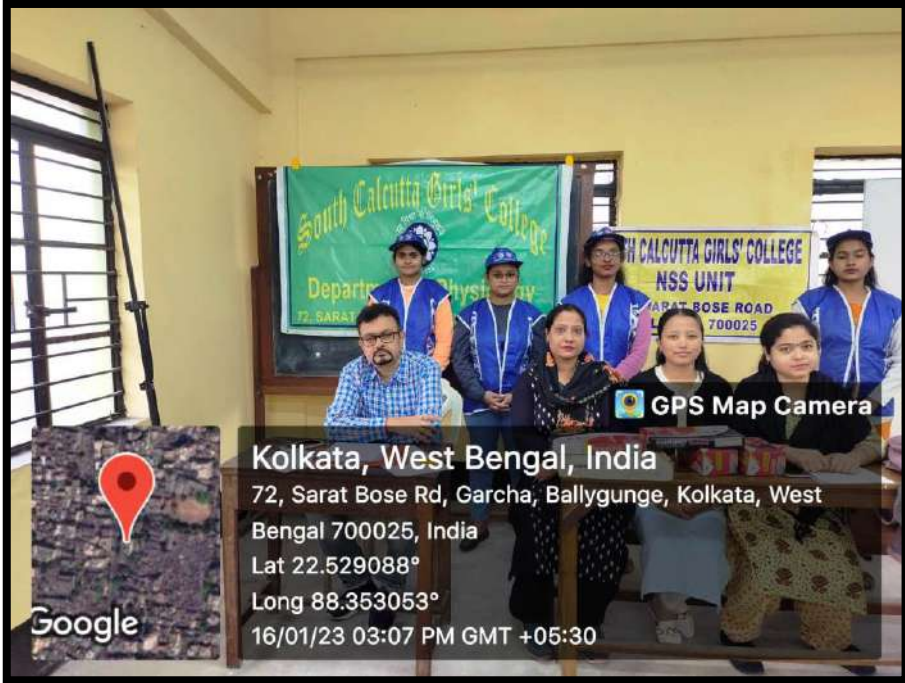
Sl.No	Name of the Teacher	Designation	Subject	Signature
1.	Aparna De	Principal	Chemistry	14.1.23
2.	Namrata De	Debt. Physiolgy	Physiology	14.1.23
3.	Namrata Urmari	Asst. Prof.	Political Science	14.1.23
4.	Soma Chanda	Asst. Prof.	Botany	14.1.23
5.	Abhijit Mandal	Asst. Prof.	Education	14.1.23
6.	Maatrayee Mishra	CACT-91	Journalism	14.1.23

③
NSS SWACHHITA RALLY
ATTENDANCE SHEET FOR THE STUDENTS

Date: 14.01.2023

Sl.No	Name of the student	Roll no	Caste	Parent's name	Subject	Semester	Contact no
1	Shreeta Koyal	22AH452	SC	Tanushree Koyal	Education	1st	9702629971
2	Bejyanka Nashan	22AH380	SC	Pranotosh Nashan	Education	1st	999979161
3	Milo Yadav	22AH387	General	Tapas Yadav	Education	1st	914780584
4	Diya Haldar	22AH316	General	Shampa Halder	Education	1st	829551462
5	Abinnisha Mondal	22AH399	ORC-A	Abanindia Mondal	PolSci	1st	0130375776
6	Rozogee Jahan	22AH902	General	Tabriz Alam	PolSci	1st	909864164
7	Siddhi Meher	22AH517	General	Liyakat Meher	Education	1st	816567754
8	Palak Dubey	22AH451	General	Apurva Dubey	Education	1st	80805261
9	Soumya Sandhya	22SH111	General	R.K. Mishra	BOTANY	1st	909160237
10	Rimta Mukherjee	22SH108	General	Shyamal Mukherjee	BOTANY	1st	830235927
11	Parvina Hossain	22AH309	General	Zahida Begum	Edu Home	1st	916367111
12	Demati Khanan	22AH318	General	Salma Khanan	Education	1st	9252871621

Attendance Sheet : Swachha Rally



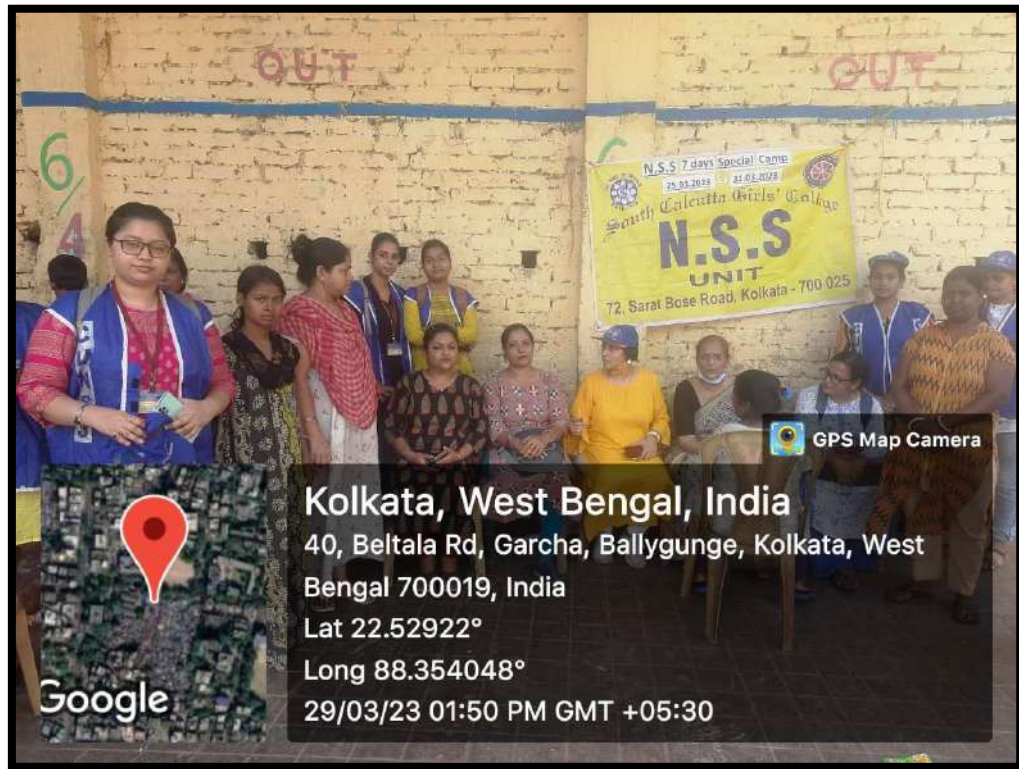
Health Awareness Camp

South Calcutta Girls' College
 Observation of Youth Week 2023
 Department of Physiology in collaboration with NSS
 Health Check-up Camp

Attendance Sheet

Sl no.	Name	Department	Designation	Date	Signature
1	Dr. Senlu Kumar Dey	Botany	SACT-I	16.01.23	[Signature] 16/1/23
2	Dr. Shivankar Mandal	Chemistry	SACT-I	16/1/23	[Signature] 16/1/23
3	Tarakamoy Banerjee	Chemistry	Asst. professor	16/1/23	[Signature] 16/1/23
4	Caroline Lepha	Education	Asst. professor	16.1.23	[Signature] 16.1.23
5	Soma Chanda	Botany	Asst. Prof.	16.1.23	[Signature] 16.1.23
6	Partha Mukherjee	Psychology	Asst. Prof.	16.1.23	[Signature] 16.1.23
7	Sujata Koley	Education	SACT	16.01.23	[Signature] 16.01.23
8	Sudipa Dey	Sociology	SACT	16/1/23	[Signature] 16/1/23
9	Dr. Sabina Ghosh	BOT	SACT I	16/1/23	[Signature] 16/1/23
10	Rupa Mitra	BOT	SACT I	16/1/23	[Signature] 16/1/23
11	Abhinav Halder	Zoology	SKB	16/01/2023	[Signature] 16/1/2023
12	Satavadi Das	Pol. Sc	Asst Prof	16/1/23	[Signature] 16/1/23
13	Debasina Haldar	Journalism	SACT II	16/1/23	[Signature] 16/1/23
14	Swarnali Deb Nath	Sociology	SACT-II	16/1/23	[Signature] 16/1/23
15	Sucheta Bose	Zoology	SACT II	16.1.23	[Signature] 16.1.23
16	Tanya Banerjee	Journalism	Associate Prof	16.1.23	[Signature] 16.1.23
17	Rehana Khatun	Philosophy	Associate Prof	16.1.23	[Signature] 16/1/2023
18	Sowmi Roy Chowdhury	Journalism	Associate Prof	16.01.23	[Signature] 16/1
19	Tina Bose	Journalism	SACT II	16.1.23	[Signature] 16.1.23

Attendance Sheet: Health Awareness Camp



N.S.S unit in the programme of Menstrual Hygiene

NSS 7 DAYS SPECIAL CAMP 25.03.2023- 31.03.2023

ATTENDANCE SHEET FOR THE VOLUNTEERS

Date: 29.3.23

Sl.No	Name of the student	Roll no	Caste	Parent's name	Subject	Semester	Contact no
1	Deepshikha Banerjee	20AH431	General	D.K. Banerjee	PHIA	VI	9555481721
2	Supriya Samaddar	20AH536	General	S.P. K. Samaddar	EDCA	VI	8439034107
3	Shruti Kalyan	22AH498	SC	Gautam Kalyan	EDCA	VI	8268262744
4	Tsha Lal Roy	20AH329	General	Mittalal	EDCA	VI	8290991627
5	Shobham	20AH377	General	Md. Yousuf	B.A (Gen)	VI	7439573820
6	Shriya Dasgupta	22AH513	General	Gol. Jem	EDCA	VI	8100606594
7	Alekhya Priya Patra	21AH465			USA	4th	9439924991
8	Chitrisha Prannanik	21AH459			PISA	4th	8538493848

NSS 7 DAYS SPECIAL CAMP 25.03.2023- 31.03.2023
ATTENDANCE SHEET FOR THE TEACHERS AND GUESTS

Date: 29/3/23

Sl. No	NAME	Contact no	Department	signature
1	Tanish Niggi Saha	98303 17512	Economics	[Signature]
2	Maichoujee Nishu	92782 39346	Journalism	[Signature]
2	Nandini Kumar	9682065857	Religion	[Signature]
4	Dr Sharada Das	98310 95396	Gynecology	[Signature]
5	Soma Chandra	9832201269	Botany	[Signature]

Attendance Sheet: Programme of Menstrual Hygiene



Eye check up

NSS 7 DAYS SPECIAL CAMP 25.03.2023- 31.03.2023

ATTENDANCE SHEET FOR THE TEACHERS AND GUESTS

EYE CHECK-UP

Date: 30/3/2023

Sl. No	NAME	Contact no	Department	signature
1.	DR. PATRALEKHA MITRA	9432332652	Philosophy	Patralekha Mitra
2.	Dr. Nilima Ghose	8910712390	Philosophy	Nilima Ghose 30/3/2023 30.3.2023
3.	Maibangya Niba	7278939344	Journalism	M. Niba 20/03/23
4.	Causthya Latha	7602801689	Education	L. Causthya 30.3.23
5.	Nannala Latha	9883405887	Pol. Sc	N. Latha 30/3/23
6.	Soma Chanda	9832201269	Botany	S. Chanda 30/3/23

NSS 7 DAYS SPECIAL CAMP 25.03.2023- 31.03.2023

ATTENDANCE SHEET FOR THE VOLUNTEERS

Eye check-up

Date: 30/3/23

Sl.No	Name of the student	Roll no	Caste	Parent's name	Subject	Semester	Contact no
1	Deepshikha Banerjee	421	General	D.K. Banerjee	PHIA	VI	7555481721
2	Ayana Naskar	4304	SC	Anoop Naskar	EDCA	VI	6191239430
3	Bhansha Mukherjee	498	General	T. Bhatkukhtee	HISA	IV	9748806704
4	Ananya Goswami	210	General	N.B. Goswami	EDCA	VI	8910757950
5	Eva Mondal	364	SC	Prasanna Mondal	EDCA	VI	8016288483
6	Tisha Lal Roy	329	General	Mithalal Roy	EDCA	VI	6290091627
7	Shabnam	227	General	Indrajit	GA (Gen)	VI	7439573820
8	Chhita Prasad	459	General	A.K. Prasad	PLSA	IV	8334839192
9	Abhaptiya Patra	465			PLSA	4th	9683324791

Attendance Sheet: Eye Check up



Awareness Programme on CPR process

7 days special camp
 NSS PROGRAM ON CONSTITUTIONAL DAY
 ATTENDANCE SHEET FOR THE STUDENTS

31/3/2023
 Date: 23.11.2022

Sl.no	Name of the student	Roll no	Caste	Parent's name	subject	Semester	Contact no
1	Riteeka Prasad	711	Hindu	Subhas Prasad	GE	IV	8100183179
2	Shivani Singh	716	Hindu	Maharaj Singh	GE	IV	7439615817
3	Shikha Jasmin	394	Muslim	SK Md Ali	Hng	VI	7890103202
4	Mouli Dutta	312	Hindu	Sona Dutta	EDPA (Hons)	II	6291525024
5	Faheen Hassan	309	Muslim	Shayel Hassan	Edu (Hons)	II	7163449111
6	Indori Mullick	317	Muslim	Litakat Ali mullick	Edu (Hons)	II	8101567754
7	Adarsha Naskar	310	Hindu	Pramatosh Naskar	Edu (Hons)	II	9875665115
8	Mili Yadav	307	Hindu	Tapas Yadav	Edu (Hons)	II	7044760564
9	Adina Pasveen	438	Muslim	SK. Reva	Edu (Hons)	II	7430632782
10	Anurupa Roy	455	Hindu	Sipra Harna	Edu (Hons)	II	9674244802
11	Diya Halder	316	Hindu	Shampa Halder	Edu (Hons)	II	6289551462
12	Priyanka Chakraborty	357	Hindu	Debashis Chakraborty	Edu (Hons)	VI	877239862
13	Esha Prasad	268	Hindu	Rajendra Prasad	Edu (H)	VI	8697318986
14	Surbam Mondal	225	Hindu	Mamta Mondal	Edu (H)	VI	7439612091
15	Sushmita Dutta	219	Hindu	Narayan Dutta	Edu (H)	VI	7686800875
16	Rinki Halder	244	Hindu	Jayanta Halder	Edu (H)	VI	9051549302
17	Syomita Adhikary	206	Hindu	Sugan Adhikary	EDCA	VI	6290843819
18	Susela Saha	286	Hindu	Anil Saha	EDCA	VI	6290851136
19	Sneha Bhagat	320	Hindu	Sanku Bhagat	EDCA	VI	8334014414
20	Pooja Kabas	335	Hindu	Santana Kabas	EDCA	VI	7439988280
21	Rumpa Mondal	319	Hindu	Gouram Mondal	EDCA	IV	7432040165
22	Priyanka Ghosh	333	Hindu	Subrata Ghosh	EDCA	IV	877676352
23	Ankita Chosh	337	Hindu	Biswanath Ghosh	EDCA	IV	8902058342
24	Sangdipa Saha	326	Hindu	Dipak Saha	EDCA	IV	9101600704
25	Charukma Sengupta	324	General	Shandana nanda	EDCA	IV	7459317121
26	Chandrima Chakraborty	317	General	Anur Chakraborty	EDCA	IV	6003350629
27	Devi S.C. Gilky	336	General	Mishell Gilky	EDCA	IV	9123797712
28	Tuishi Biswas	176	SC	Maya Devi Biswas	PSYA	VI	9234124844
29	Sanjay Maity	151	General	Tapas Maity	PSYA	VI	6282495839
30	Simona Mollah	332	OBC	Gioleddin Mollah	PSYA	VI	8918208260
31	Ishika Chowdhury	105	General	Hriday Chowdhury	PSYA	VI	6297942754
32	Tarisa Paul	418	General	Mamata Paul	JORA	IV	6291016616
33	Suparna Jana	447	General	Sujan K. Jana	JORA	IV	8280139707
34	Nilanjan Das	424	General	Sanjay Das	JORA	IV	8250393866
35	Pragya Das	446	General	Binod Das	PSYA	IV	8910382652
36	Samanta Bhattacharye	182	General	Sanjay Bhattacharye	PSYA	IV	8001574760
37	Anushka Sarkar	184	General	Arup Kumar Sarkar	PSYA	IV	6296411431
38	Martina Dutta	153	General	Rabin Dutta	GEOA	IV	9874976654
39	Ahama Das	186	OBC B	Paromita Das	PSYA	IV	8620064918
40	Tapas Yeamin	160	General	Rahul Islam	ZOOA	IV	7679907091
41	Supriya Roy	376	General	Subhanshu Roy	JORA	II	8961960932

7 days special Camp.
NSS PROGRAM ON CONSTITUTIONAL DAY

ATTENDANCE SHEET FOR THE STUDENTS

31/3/2023
Date: 23.11.2022

Sl.No	Name of the student	Roll no	Caste	Parent's name	Subject	Semester	Contact no
43	Manasi Saha	386	General	Kalpana Saha	JORA	2nd sem	6290211500
44	Deepmala Kumari	381	OBC	Vinay kumar	JORA	II	9576584969
45	Balaji Maity	383	General	Pratik Maity	JORA	II	8301816461
46	Rupochita Beza	412	General	Dr. T. K. Beza	PSYA	II	7439441370
47	Suparna Ray	413	General	Mitala Ray	PSYA	II	7601976662
48	Supriya Ray	414	General	Subrata Ray	PSYA	II	9707766008
49	Pranjana Mondal	312	General	Shyamal Mondal	PLSA	6th sem	7939575778
50	Joyita Rani Mahapatra	311	General	Rabi Mahapatra	EDCA	II	8697099521
51	Shravya Mondal	308	General	Bo. Shu Mondal	EDCA	II	8297443008
52	Arnuvaha Talai	349	SC	Roka Talai	ENGA	IV	6289137307
53	Shreya Ghosh	340	OBCB	Shyamal Ghosh	ENGA	IV	9434106361
54	Aishika Sinha	502	General	Kolan Sinha	ENGA	IV	9903572461
55	Suastika Chatterjee	372	General	Koushik Chatterjee	ENGA	IV	807153005
56	Sohini Ghosh	365	General	Tarun Kautik Ghosh	ENGA	IV	8274887918
57	Drishi Noll	297	General	Vinay Noll	PSYA	W	9836019236
58	Ritaja Bandyopadhyay	478	General	Rajanku Bandyopadhyay	PSYA	IV	9433826328
59	Aratika Barman	481	General	Debi Kumar Barman	PSYA	IV	810570676
60	Zeba Baskh	274	General	Arifal Baskh	PSYA	IV	8335985501
61	Shaniya Dey	507	General	Mithu Dey	ENGA	IV	8017241752
62	Tanishka Chatterjee	504	General	Susmita Chatterjee	ENGA	IV	9836120514
63	Rima Das	256	General	Ashim Das	EDCA	IV	9831999293
64	Pranjita Ghosh	214	General	Ajoy Ghosh	EDCA	6th sem	9674448577
65	Barnisha Mukherjee	498	General	I. Partha Mukherjee	HISA	21st Sem	9748806704
66	Manisha Sarker	408	General	A. K. Nandi	HISA	4th sem	7439300241

Attendance Sheet: Awareness Programme on CPR process

NO TOBACCO DAY

ATTENDANCE SHEET FOR THE PARTICIPANTS

Date: 16.05.2023

SL NO	NAME	CONTACT NO	SEX	AGE	ADDRESS	SIGNATURE
1	Namruti Uthai					
2	Sansa Chanda					
3	Sunil K. Mankojia					
4	Jaya Mondal	8999709059	F			Jaya Mondal
5	Phiyamka Mondal	7439575778	F	21+	Mamapur	Phiyamka Mondal
6	Souya Paul	9163219825	F	20+	Tollygunj	Souya Paul
7	Smriti Deb Nath	9564110378	F	20+	Kandukur	Smriti Deb Nath
8	Aratika Nagindas	8240272626	F	22+	Greenfield City	Aratika Nagindas
9	Solanki Sias	9902622911	F	20+	Garia	Solanki Sias
10	Mano Biswas	9907771511	F	20+	Pokhri	Mano Biswas
11	Apantika Haldar	9433288593	F	21+	Rajpur	Apantika Haldar
12	Arun Vishu Muru	9330375757	F	19+	Gurga	Arun Vishu Muru
13	CAROLINE Lepun					

Attendance Sheet: No Tobacco Day



Celebration of world Environment Day under Mission Life

CELEBRATION OF WORLD ENVIRONMENT DAY UNDER MISSION LIFE
RALLY

ATTENDANCE SHEET FOR THE TEACHERS/STUDENTS/NSS VOLUNTEERS

Date: 24.05.2023

Sl.No	Name of the student / Teacher	Roll no	Caste	Parent's name	Subject	Semester	Contact no
1	Namrata Kothari				Pol. &		
2	Soma Chanda				Botany		983221169
3	Abhishek Mishra				JORA		
5	Rupsa Ghosh	389	Hindu	Birab Ghosh	JORA	II	950450015
6	Hridika Banak	293	General	Priyanka Banak	JORA	II	898191081
7	Anshika Kumari	385	General	K.N. Jha	JORA	II	910090011
8	Prity Rana	474	General	Nitika Kumari	JORA	II	955090018
9	Alisha Siddiqui	394	General	Abdul Haseeb	JORA	II	748940016
10	Samiha Shaikh	462	General	Md. Sharique	JORA	II	807230015
11	Arushi Bhowmik	467	General	Dr. Anuraj Bhowmik	JORA	II	798830018
12	Maharaj Jaha	386	General	Abhinav Jaha	JORA	II	990900010
13	Raunaguz Jahan	402	Hindu	Tejendra Jahan	PLSA	II	746990014
14	Tushra Biswas	403	Honorary	Faraz Ahmed	PLSA	II	789000019
15	Tanisha Biswas	444	"	D.S. Biswas	JORA	IV	827200006
16	Shreya Sarkar	446	"	S. Sarkar	"	IV	877740028
17	Arushi Ghosh	415	"	K. U. D.	"	II	891700018
18	Shreyas Ghosh	439	"	Pranab Ghosh	"	IV	200700011
19	Jurika Bhowmik	432	"	Gurjit Singh	"	II	704200011

Attendance Sheet: Celebration of world Environment Day under Mission Life

RULES AND REGULATIONS RELATED TO HEALTH AND HYGIENE

DO'S	DON'TS
<ul style="list-style-type: none">▪ Use the vending machine for requirement of sanitary napkins.	<ul style="list-style-type: none">▪ Do not throw and flush sanitary napkins in toilet.
<ul style="list-style-type: none">▪ Dispose used sanitary napkins in well covered bins.	<ul style="list-style-type: none">▪ Do not keep the tap running in toilet after use.
<ul style="list-style-type: none">▪ Keep the washroom clean by flushing the toilet after use.	<ul style="list-style-type: none">▪ Wash your hand properly after using washroom.
	<ul style="list-style-type: none">▪ Keep your nails trimmed and clean for personal hygiene.

ICT/COMPUTING SKILLS

PROGRAMMES OF ICT/COMPUTING SKILLS

Computer Training Course is conducted by WEBEL INFORMATICS LTD. for all students. Total number of students took admission in 2022-2023 is 48. The course was started on 15.12.2022.

NOTICE FOR WEBELCLASSES FOR STUDENTS

South Calcutta Girls' College Webel Computer Centre
(Conducted by Webel A Govt. of West Bengal Undertaking)

Notice No 134/2022-23

Date: 11.11.2022

Notice

On behalf of webel, This is to inform all the students that WEBEL (West Bengal Govt. Undertaking) with the collaboration of college conducting 1 year / 2 years Computer Diploma Course within college hours (Off period, weakly 2 days)

All the 1st & 3rd semester students are hereby strongly advised to get admission in computer lab (Room No. 509).

Any further queries, contact: Room no. 509 (11 AM - 3 PM)

Sripriyanka Choudhury
11.11.2022
Webel co-ordinator

[Signature] 11.11.2022
Principal & Secretary
South Calcutta Girls' College
Principal & Secretary
South Calcutta Girls' College
72, Sarat Bose Road, Kolkata-25

WELCOME TO SOUTH CALCUTTA GIRLS' COLLEGE
COMPUTER CENTRE
conducted by
West Bengal Electronics Industry Development Corporation Limited
(WEBEL)
A GOVT. OF WEST BENGAL UNDERTAKING

Webel produces around 20,000 industry ready professionals every year having 126 franchise locations and 28 college centers all over West Bengal. Webel IT Education and Training division conducts Different certificate courses along with Diploma courses within college during college hours to help make college students industry ready professionals after their graduation.

DIPLOMA COURSE DETAILS
COURSE NAME: Diploma PC Application
COURSE DURATION: 2 years /1 year

2 YEARS COURSE FEES: Rs. 1800/- (Onetime Payment) / Rs 2000/-(In 4 Installments)

1 YEAR COURSE FEES: Rs. 1000/- (Onetime Payment) / Rs 1200/-(In 2 Installments)

COURSE DETAILS ARTS:

Basic Computer Fundamental, MS word, MS Excel, MS Power point, Adobe Photoshop, CorelDraw, Adobe Flash, Web Design (HTML, Dreamweaver, Java Script) Internet & Email etc.

COURSE DETAILS SCIENCE:

Basic Computer Fundamental, MS Word, MS Excel, MS Power point, MS Access, Adobe Flash, Adobe Photoshop, C Programming, Visual Basic, VB. NET, Networking, PC Trouble Shooting, Internet & Email etc.

BENEFITS OF COURSES

- *West Bengal Govt. Computer Certificate from WEBEL.*
- *Certificate will be granted all over the India.*
- *Installment facility available in course fees payment.*
- *No other Extra Study for this Course, Only attend 2 classes (Online/Offline) Weekly within the college Routine.*

JOB OPPORTUNITY

- *Computer certificate is now becomes very much mandatory for any Sector Job. This Certificate will complete the criteria of any Govt. & Private sector Job In future.*
- *Job Guaranteed at end of course completion in various Govt. & Private Limited concern from Webel.*

NOTICE & CONTACT US

On behalf of webel, all the 1st year students are hereby strongly advice to take admission in any one of Diploma or Certificate courses in the coming New Year 2021.

The admission Form will be available on or after 10th July 2021 in the College Website. Fill up the Google form and submit the filled form.

Any further related queries about course content & course fees, contact in the followings:

Mob: 9681172702/ 7003803572/ 9748182498/ 9143043087

PROCEDURE TO PAY IN THE WEBEL COMPUTER COURSE

1. Go to the website **SBI COLLECT**, then click **STATE BANK COLLECT** or ctrl + click the link below:
<https://www.onlinesbi.com/sbicollect/icollecthome.htm>
2. Tick the Terms & Conditions box,
 I have read and accepted the terms and conditions stated above
Then, Click PROCEED.
3. Choose the State of Corporate / Institution: **WEST BENGAL**
Choose the Type of Corporate / Institution: **EDUCATIONAL INSTITUTIONS**
Then, Click GO.
4. Choose the Educational Institutions Name: **SOUTH CALCUTTA GIRLS COLLEGE**
Then, Click SUBMIT.
5. Select payment category : **CAREER ORIENTED COURSES**
6. Fill up simple form with your **Name, Roll, Subject, year, Mobile No., Course (WEBEL COMPUTER TRAINING COURSE), Webel fees (Rs. 1800/ Rs. 1000/ Rs. 500/ Rs. 600/), Date Of Birth, E-mail** etc then click SUBMIT.
7. Choose your payment option (**DEBIT / CREDIT cards**), fill up your card payment credentials, and complete the payment.

Notice for Admission in WEBEL

PHOTOGRAPHS OF COURSE CONTENT OF SOUTH CALCUTTA GIRLS' COLLEGE COMPUTER CENTRE

WEBEL COMPUTER CENTRE

Conducted by:

WEBEL

(A Govt. of West Bengal Undertaking)

Introduces

DIPLOMA IN PC APPLICATION

LEARN COMPUTER WHILE STUDYING IN COLLEGE

Course:

Duration: 1 years (120 hours)		Duration: 2 years (160 hours)	
Science	Humanities	Science	Humanities
<ul style="list-style-type: none"> • Fundamental & OS (Win XP/Win10) • MS Office (Word , Excel, PowerPoint , Access) • Photo Editing Tool(Photoshop) • Structured Programming Language –"C" • Internet email 	<ul style="list-style-type: none"> • Fundamental & OS (Win XP/Win10) • MS Office (Word , Excel, PowerPoint ,) • Graphic Design Software(CorelDraw) • Photo Editing Tool(Photoshop) • Internet email 	<ul style="list-style-type: none"> • Fundamental & OS (Win XP/Win10) • MS Office (Word , Excel, PowerPoint , Access) • Data Base Programming using Visual Basic • Photo Editing(Photoshop) • Structured Programming Language –"C" • Internet email • 2D Animation(Flash) • ASP.NET • Visual Basic.NET • PC Troubleshooting • Concept in Networking(LAN/WAN/MAN) 	<ul style="list-style-type: none"> • Fundamental & OS (Win XP/Win10) • MS Office (Word , Excel, PowerPoint ,) • Graphic Design Software(CorelDraw) • Photo Editing Tool(Photoshop) • Internet email • Graphics editing Tools (Illustrator) • Regional Font (Bangla/Hindi) • 2D Animation (Flash) • Web Designing Tool (Dreamweaver) • Web-Scripting Tool HTML, CSS, Java Script

Contact for further enquiry: 9748182498/9143043087/9681172702

Course Content:

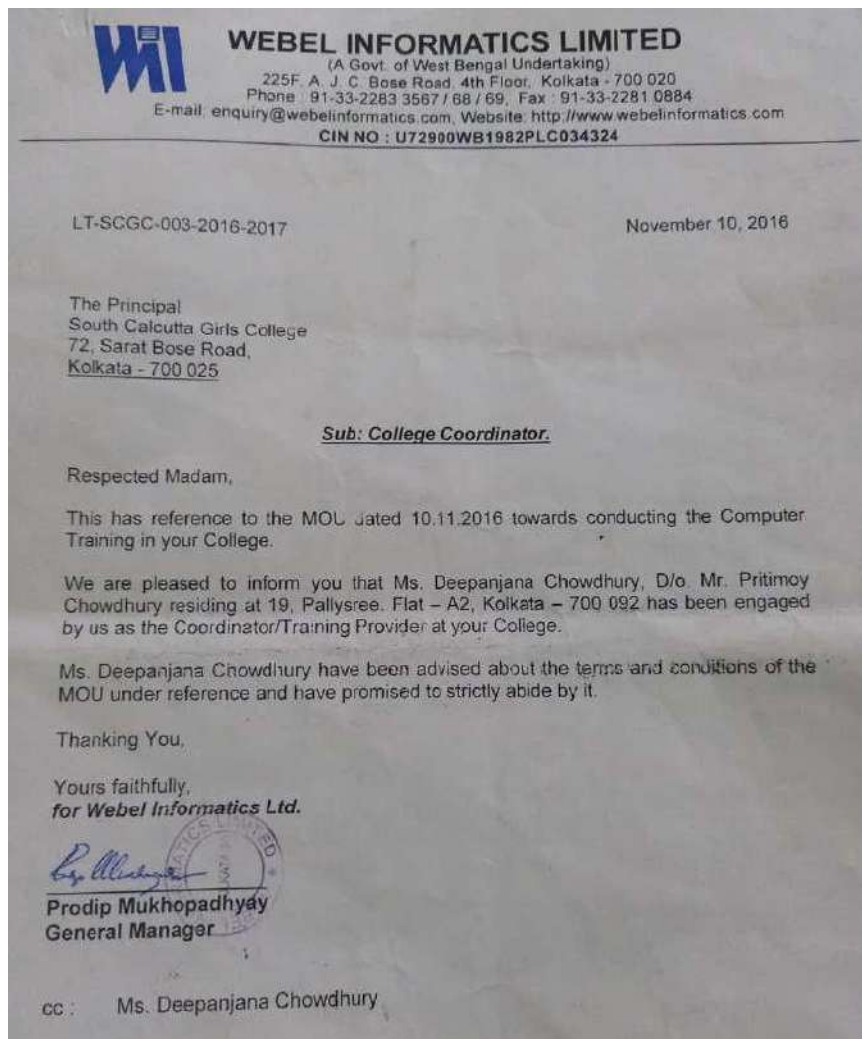
Arts	Science
Computer Fundamental & Operating System.	Computer Fundamental & Operating System.
MS Office 2007	MS Office 2007
Photoshop, Corel Draw, Illustrator	Photoshop
Bengali Word	C Programming, V.B., V.B. Net
Flash, Dreamweaver, Freehand	Flash, PC Troubleshooting, ASP.Net
Java Script & Internet	LAN, MAN, WAN & Internet

NUMBER OF STUDENTS TOOK ADMISSION IN 2022-23

ADMISSION LIST 2022-23/24

SLNO	ROLL NO	NAME	DEPT	SEMISTER	COURSE DURATION
1	22AH385	AMRITA KUMARI	JOURNALISM	1ST SEM	2YEAR
2	22SH157	RUPANJANA DAS	Psychology	1ST SEM	2YEAR
3	22AH361	Umarah Zafar	GEOGRAPHY	1ST SEM	2 YEAR
4	22AH389	RUPSA GHOSH	JOURNALISM	1ST SEM	2YEAR
5	21SH175	SAYANTANI PODDAR	ZOOLOGY	3RD SEM	2YEAR
6	21SH189	BITHI CHATTERJEE	ZOOLOGY	3RD SEM	2YEAR
7	22AH393	MOUNIKA BASAK	JOURNALISM	1ST SEM	2YEAR
8	22AH413	SUPARNA ROY	PSYCHOLOGY	1ST SEM	2YEAR
9	22AH412	REETOCHOTETA BERA	PSYCHOLOGY	1ST SEM	2YEAR
10	22AH362	AGRIMA GHOSH CHOWDHURY	GEOGRAPHY	1ST SEM	2YEAR
11	22AH354	SHIREEN NAAZ	GEOGRAPHY	1ST SEM	2YEAR
12	22AH358	POHSARDAR	GEOGRAPHY	1ST SEM	2YEAR
13	21AH484	RUPSHA DAS	SOCIOLOGY	3RD SEM	2YEAR
14	21AH483	SHRETA MONDAL	SOCIOLOGY	3RD SEM	2YEAR
15	20AH409	SAHINA YEASMIN	ENGLISH	5TH SEM	1YEAR
16	22AH414	SUANKITA ROY	PSYCHOLOGY	1ST SEM	2YEAR
17	22AH280	SALI MUKHERJEE	JOURNALISM	1ST SEM	2YEAR
18	22SH160	AVISIKTA NASKAR	PSYCHOLOGY	1ST SEM	2YEAR
19	22AH326	FIZA BARIK	ENGLISH	1ST SEM	2YEAR
20	22AH332	KESHAR SHAW	ENGLISH	1ST SEM	2YEAR
21	22AH388	SUTAPA ROY	ENGLISH	1ST SEM	2YEAR
22	22AH392	HRIWIKA DEY	JOURNALISM	1ST SEM	2YEAR
23	22AH140	SHEIKH SUNAINA	GEOGRAPHY	1ST SEM	2YEAR
24	22AH340	SANCHITA DAS	ENGLISH	1ST SEM	2YEAR
25	22SH133	SROBONA HALDER	GEOGRAPHY	1ST SEM	2YEAR
26	22AH355	MUSTAKIMA KHATUN	GEOGRAPHY	1ST SEM	2YEAR
27	22AH363	PRERONA CHAKRABORTY	HISTORY	1ST SEM	2YEAR
28	22AH330	JUMPA GOSWAMI	ENGLISH	1ST SEM	2YEAR
29	22AH713	MOUMITA GOSWAMI	BA	1ST SEM	2YEAR
30	22SH124	SQUMI POWALI	GEOGRAPHY	1ST SEM	2YEAR
31	22SH117	SQUMITA BISWAS	GEOGRAPHY	1ST SEM	2YEAR
32	22AH319	AAHELI BHAUMIK	ENGLISH	1ST SEM	2YEAR
33	22AH331	KAUSHANI BANERJEE	ENGLISH	1ST SEM	2YEAR
34	22SH159	NASIHA ZARIN	Psychology	1ST SEM	2YEAR
35	22SH130	SNEHA BISWAS	GEOGRAPHY	1ST SEM	2YEAR
36	22SH137	SAYANI BANERJEE	GEOGRAPHY	1ST SEM	2YEAR
37	22AH470	CHAMPA HEMBRAM	GEOGRAPHY	1ST SEM	2YEAR
38	22SH132	VASWATI DE	GEOGRAPHY	1ST SEM	2YEAR
39	21SH174	SHRAYA MONDAL	ZOOLOGY	1ST SEM	2YEAR
40	22AH317	FIRDOUS MULLICK	EDUCATION	1ST SEM	2YEAR
41	22AH419	RITWIKA BHATTACHARYA	SOCIOLOGY	1ST SEM	2YEAR

MOU SIGNED BETWEEN WEBEL AND SOUTH CALCUTTA GIRLS' COLLEGE



SOUTH CALCUTTA GIRLS' COLLEGE COMPUTER CENTRE

**South Calcutta Girls' College
Computer Centre**
Conducted by
Wabai Informatics Ltd.
(A Govt of West Bengal Undertaking)
Diploma in
DIPLOMA IN COMPUTER APPLICATION
Duration: 2 years (150 weeks)
1 hour Computer Work including in College

FACILITIES

- Minimum Course Fees
- Internet Facility
- Robots on SC/IT and one free support
- Class Timing within College routine
- 2 classes weekly
- Lab Assistance

ADMISSION GOING ON
Contact:
Office / Computer Room
72B Floor, 72B
Sarat Bose College, Kolkata-700025

Vehicles partme
Google adhab Ln

Kolkata, West Bengal, India
South Calcutta Girls' College, 72, Sarat Bose Rd, Kolkata-700025
Lat 22.529124° Long 88.352946°

Vehicles partme
Google adhab Ln

Kolkata, West Bengal, India
South Calcutta Girls' College, 72, Sarat Bose Rd, Kolkata-700025
Lat 22.529124° Long 88.352946°