



# South Calcutta Girls' College

**5.1.3 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.,**

## **1) Soft skill development :**

### **A) Personal Counselling**

Notice no.402/2020

Dt. 15/06/2020

#### **SOUTH CALCUTTA GIRLS' COLLEGE**

##### **Department of Psychology**

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

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

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

Principal  
South Calcutta Girls' College

## SOUTH CALCUTTA GIRLS' COLLEGE

### Department of Psychology

Notice no.036/2020-2021

Dt. 19/09/2020

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

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

Sd/-

Principal

South Calcutta Girls' College

## SOUTH CALCUTTA GIRLS' COLLEGE

### Department of Psychology

Notice no. 080/2020-2021

Dt. 16/12/2020

This is to notify that Counseling cell will conduct group counseling session for Honours and General students of **all semesters** from **23.12.20 on every Wednesday** of each month from **9a.m. to 10a.m.** in the following schedule-

Days of the months	Departments
First Wednesday	English + Psychology + History + Sociology
Second Wednesday	Political Science + Sanskrit + Bengali + Journalism
Third Wednesday	B.Sc. General + Botany + Education + Zoology
Forth Wednesday	B.A. general + Philosophy + Economic + Geography
Fifth Wednesday	No session



# South Calcutta Girls' College

## NOTICE

Notice No. 102/ 2020-2021

Date:22.02.2021

### Counseling Cell

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

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

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

*CS* 22.2.2021  
Principal & Secretary  
Principal & Secretary  
South Calcutta Girls' College

## SOUTH CALCUTTA GIRLS' COLLEGE

### COUNSELLING CELL ACTIVITY REPORT

#### 2020 JUNE TO 2021 MAY

- **INDIVIDUAL SESSION:**

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

- **GROUP SESSION 1:**

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

### **JUNE 3<sup>rd</sup> week 2020 TO JULY 2<sup>nd</sup> 2020**

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

### **JULY 3<sup>RD</sup> WEEK 2020 TO AUGUST 2<sup>ND</sup> WEEK 2020**

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

### **3. AUGUST 3<sup>RD</sup> WEEK TO SEPTEMBER 2<sup>nd</sup> WEEK :**

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

4. A separate session was arranged on **MOTIVIATION COUNSEELING before exam for all students on 25/9/2020.**
5. Counselling cell along with psychology department celebrated world suicide prevention day. Students had presented their power point on the same and 50 students attended the program . date was 21/9/202020
6. A session was taken with Psychology students on daily stress and how to help others in this difficult time. 9 students attended the program. Date was 6/10/2020.

### **GROUP SESSION 2:**

The session had conducted on the basis of notice- 077/2020-2021 dated 10/12/2020

1. Orientation program were conducted with the newly admitted students. The was to guide them what counselling is, benefits, and how its differ from other helping activity. The session had divided into four segments. Two on 12/12/2020 and two on 14/12/2020. 83, 70, 35, 40 students were participated.

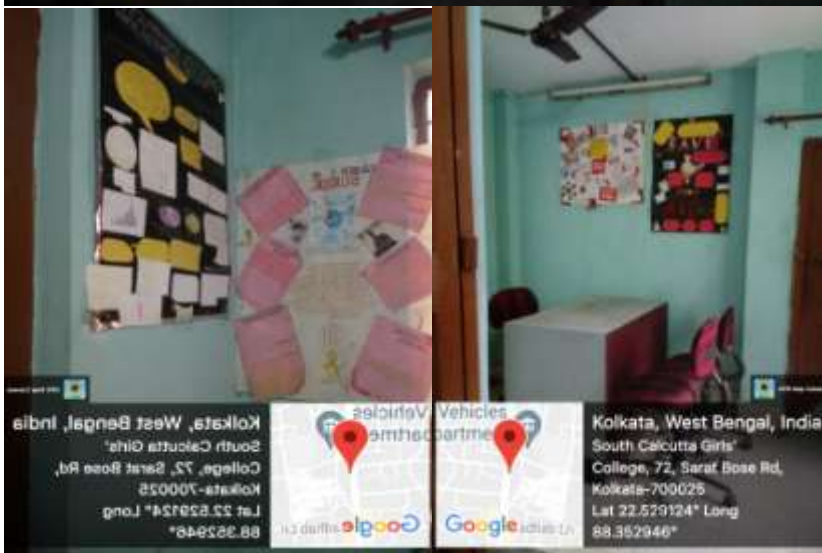
### **GROUP SESSION 3:**

\_The session is continuing as scheduled in the notice.-080/2020-2021 dated 16/12/2020. The sessions had conducted through Google meet every Wednesday 9 am to 10 am.

1. The session had conducted on Stay safe online. Now days all the ongoing activity are on internet. So it is important to know pros and cons about online relation, online

friendship, online addiction , how to reduce screen time etc. Session had conducted December 4<sup>th</sup> week to January 3<sup>rd</sup> week. Approximately 80 students attended the program.

2. The session had conducted on what is stress and how to overcome from the same. January 4<sup>th</sup> week to February 3<sup>rd</sup> week. 74 students attended the program.
3. March 5<sup>th</sup> a session was arranged on motivational counselling before exam and the notice number is 102/2020-2021. This session had divided in three segments.
4. April 3<sup>rd</sup> week to MAY 2<sup>nd</sup> week session was arranged on how to overcome from social anxiety. Actually the topic was selected from the requirement of students. 101 students attended the program.



## **B) 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. At the institutional level study material has been uploaded in the college website, Lecture audio files and study materials have also been uploaded in the LMS on Cloud. 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 Gmeet, 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. Institution is striving to achieve this goal even during pandemic.

## **D) Orientation Programme :**

Orientation programme for the first semester students was held on 16.12.2020 via Google Meet. The number of students attended the programme was 332. 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 Power Point Presentation giving the detailed description of the department, history of the department, student strength, syllabus, examination procedure, result, course outcome etc.

## **E) Empathy Building:**

### **SOUTH CALCUTTA GIRLS' COLLEGE**

Notice No : 131/2020 - 2021

Date :11.05.2021

### **Programme on Empathy Building**

Notice for all the students

Our college is going to organize a program '**Each one, Reach one**' through empathy building in the times of Pandemic of COVID-19, on **12.05.2021 at 12 noon** through Google Meet platform, as a part of the workshop on 'Building Emotional Intelligence and Resilience' by Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India.

The details of the program schedule will be circulated through all the Departmental Heads by 11.05.2021.

Speakers :

Dr. Partha Malakar

Dr. Riya Chakrabarti

sd/-

Principal

## **Report of Empathy Building activity**

Mahatma Gandhi National Council of Rural Education (Department of Higher Education, Ministry of Human Resource Development, Govt. of India, Hyderabad) organized Faculty Development Program on “Building Emotional Intelligence and Resilience case method of experiential Teaching and Learning” from 10<sup>th</sup> May, 2021 to 14<sup>th</sup> May, 2021. The objectives of organizing this program were to orient the students about how to make self reliant decisions and become supportive to others, how to handle and reduce stress, how to develop at least some helper skills and help affected people to cope with COVID-19 situation and how to gain and share professional information. South Calcutta Girls' Collge took part of this FDP. Dr. Partha Malakar, Assistant Professor, Department of Psychology and Dr. Riya Chakrabarti, Assistant Professor, Department of Bengali participated in this program from 10am to 5pm for all the 5days. As a part of this FDP, the respective College organized a Program on 12.05.21 with their students on “Each one, Reach one” through Empathy Building in time of pandemic of COVID-19. This program was organized systematically with notification\* in college website (mentioning the time-slot and Departments). The program link was sent to the H. O. D.s and they provided the link to their departmental student participants. All together 237 participants joined this program. After successfully completion of this FDP and submission of the action research project report these two respective faculties received their certificates.

## Continuation of this Empathy Building Programme

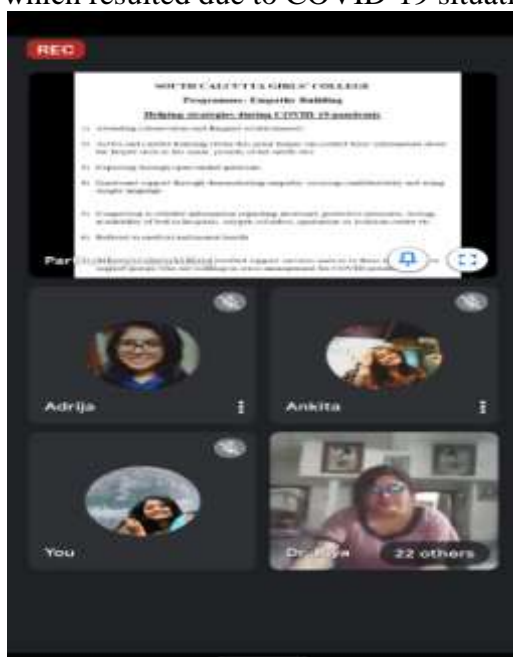
A. Total number of Helper and Helpee students participants: 42

B. Activities performed for conducting this programme:

- This program was further continued with publication of notice in College website for providing the name of the students to participate as helper and helpee by the respective departments and NSS unit. These respective departments and NSS unit were further requested to provide the name of those students to act as helpee who or whose family members were suffering or had previously been suffered by COVID-19.
- Following the criteria, Head of the respective Departments and NSS unit selected and provided the names of the interested students to act as Helper and Helpee.
- A meeting regarding mock helper-helpee demonstration had been conducted by two respective Teachers guide on 14.06.2021 where students were provided with conceptual understanding as well as practical understanding through role play. Students were also guided regarding the process of data collection and preparation of report following a format which included physiological, psychological, financial and social dimensions of disturbances as well as strategies to develop alternative frame of references.
- Helper students collected data from the Helpee students through the Google meet video conference.
- After data collection and analyzing the responses, Helper students submitted project report.

C. Outcome of the programme:

- Helper students developed skills regarding sharing professional information and also learned about how to become emotionally and psychologically supportive.
- After attending sessions with the Helper students, Helpee students developed understanding to cope up with the demands as well as the stress and anxiety which resulted due to COVID-19 situation.







Certificate no. 22

Ministry of Human Resource Development  
Government of India

### Faculty Development Centre

### Mahatma Gandhi National Council of Rural Education

(Department of Higher Education, Ministry of Human Resource Development, Govt. of India, Hyderabad)

### Sponsored by

*Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching*

### Certificate

This is to certify that

**Dr. PARTHA MALAKAR**

**SOUTH CALCUTTA GIRLS' COLLEGE**

has successfully completed Faculty Development Program and submitted Action Research Project Report

on

*'Building Emotional Intelligence and Resilience  
Case Method of Experiential Teaching and Learning'*

May 10 - 14, 2021

**Dr. W G Prasanna Kumar**

Chairman  
Mahatma Gandhi National Council of Rural Education  
Ministry of Human Resource Development  
Government of India



## Certificate of Recognition



MoE/Beat Covid Campaign/June 2021/29

This is to certify that **Dr. Riya Chakrabarti**

**South Calcutta Girls' College**

*Coordinated the formation and functioning of five student volunteer teams in the areas of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members as a part of Beat Covid Campaign initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad.*

**MGNCRE Programme Coordinator  
(Tuti Sandhya)**

Mahatma Gandhi National Council of Rural Education  
Department of Higher Education, Ministry of Education  
Government of India

Made for free with Certify'em

## 2) Life Skills (Yoga, Physical Fitness, Health and Hygiene)

### A) REPORT OF YOGA CLASSES 2020-21

## SOUTH CALCUTTA GIRLS' COLLEGE

Notice no.08/2020-2021

Dt.24.08.2020

### PHYSICAL ACTIVITY

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

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

Class Platform – G.Meet.

We will make a "WhatsApp group" with students where the programme link and instructions will be sent. For inclusion in Whats App group, kindly contact your respective H.O.D.

Principal

South Calcutta Girls' College



Physical activity Club of South Calcutta Girls' College has started online yoga classes from August 2020 the timing is from 9 a.m. to 9:45 a.m. from Monday to Saturday except for Wednesday according to the routine. Our yoga instructor Smt. Rama Nandi guides our students by theory and practical classes. Students from every department of our college can join as per their routine. Interested student can joint every day with prior permission. The physical activity club celebrated World yoga day every year on 21<sup>st</sup> June, this year we celebrated the programme with the NSS Unit of our college. 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 attentive to their study and be strong mentally and physically.



## B) Health and Hygiene





Vehicles partme  

Kolkata, West Bengal, India  
South Calcutta Girls' College, 72,  
Sarat Bose Rd, Kolkata-700025  
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Long 88.352946°  
19/08/21 02:29 PM

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Vehicles partme  

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

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### 3) ICT/Computing skills

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

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**Contact for further enquiry: 9748182498/9143043087/9681172702**

Session 2020-2021 was under pandemic situation when physical presence of students and teachers in college were totally absent .No new admission of students in Webel Computer Training was done, hence the number of students from the previous session was continued in the session of 2020-2021. Total number of students took admission in 2019-2020 is 59. The list is attached herewith.

## South Calcutta Girls College Students Admission List 2019-20

SINo	Students Name	Dept
1	JoyeeChakraborty	Pol Science
2	SukanyaMitra	Pol Science
3	Neha Shaw	Pol Science
4	Priya Das	Geography
5	SrimantikaChatterjee'	Geography
6	Sayani Mondal	Geography
7	Additya Sardar	Geography
8	Jayasree Das	English
9	Rani Naskar	Geography
10	TrishaniSaha	Geography
11	OzamaParveen	History
12	KomalPaswan	English
13	Poulami Das	English
14	AmishraPusti	English
15	SrabantiMahapatra	English
16	SreyaDebnath	
17	NironKhatoon	Pol Science
18	ParomitaKhatoon	English
19	AnushkaMitra	Geography .
20	Twinkle Sharma	English
21	ArpitaSarkar	History
22	UpasanaBiswas	History
23	SaheliChatterjee	Journalism
24	Gangatree Ray	Sociology
25	Bushra Ismail	Botany
26	ShurutiGhosh	Journalism

27	BinitaGhosh	English
28	AhmenNisha	Begun History
29	SaguftaParwaz	Botany
30	NanyaDhanki	Journalism
31	AnkonaSamaddar	Journalism
32	Aditigupta	Journalism
33	AnishaRahmat	History
34	DebratiHazra	Botany
35	BarnaMajumdar	English
36	Rumman Sultan	sociology
37	SnehaMondal	Geography
38	SudiptaSaha	Pshysiology
39	SnehaGhosh	
40	Ankita Pain	English
41	ArsheenAlam	Pol Science
42	SreyaChakraborty	English
43	SupriyaKumari	Journalism
44	Debanjitadhar	Education
45	Mumtahana Islam	Pshysiology
46	Nazifa Ahmed	Zoology
47	MadhuritaChanda	Pshysiology
48	Khadija Haidar	Botany
49	RidhyaniMitra	Geography
50	OindraSamanta	Geography
51	Shura Pal	Geography
52	PeuBhati	English
53	Deya Rajiv Mukherjee	Sociology
54	DebikaBandhyapadyay	Journalism
55	SayaniParveen	English



56	Titan Das	History
57	NabanitaChanda	Zoology
58	Puja Mondal	Zoology
59	MusharatShakil	Zoology

*Deepanjana Chowdhury,*

Deepanjana Chowdhury

College Co-ordinator South Calcutta Girls

College Students Admission List 2019-20

## South Calcutta Girls' College Computer Centre



**South Calcutta Girls' College  
Computer Centre**

Conducted by:  
**Wabel Informatics Ltd.**  
(A Govt. of West Bengal Undertaking)

**DIPLOMA IN COMPUTER APPLICATION**

Duration: 2 years (150 hours)  
(1st year Computer, 2nd year Working in Colleges)

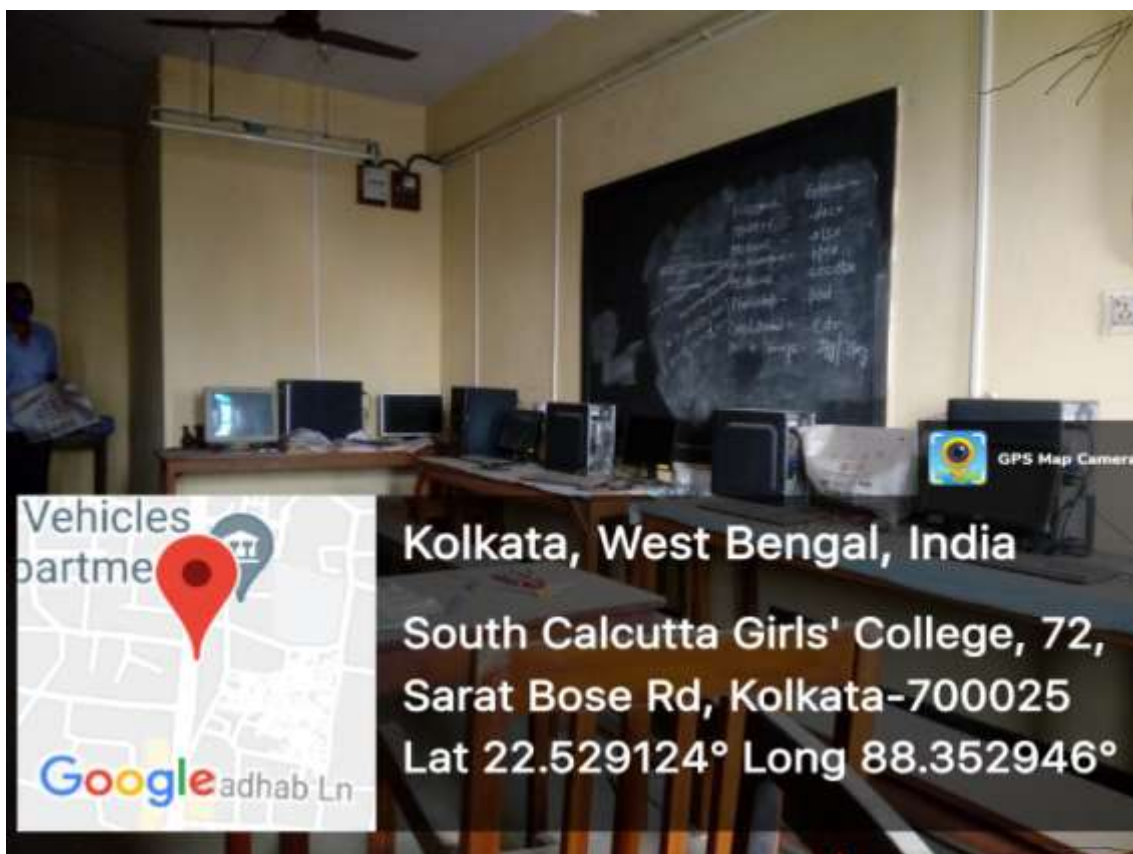
**Facilities:**

- Minimum Course Fees
- Institution Facility
- Bursary on VC - 50 and one term payment
- Class Timing without College routine
- 2 classes weekly
- Job Assistance

**ADMISSION GOING ON**

Contact:  
**Office / Computer Room**  
(5th Floor, 50B)

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



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