



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.

1. SOFT SKILL

Programmes of Soft skill development :

Year	Events
2020-21	<ul style="list-style-type: none"> ▪ Personal Counselling ▪ Mentoring ▪ Induction Programme ▪ Empathy Building
2019-2020	<ul style="list-style-type: none"> ▪ Personal Counselling <ul style="list-style-type: none"> I. Stress and Coping II. World Mental Health Day III. Pschyosocial Well Being in pandemic Situation ▪ Self Defense and Earn & Learn ▪ Mentoring ▪ Induction Programme
2018-19	<ul style="list-style-type: none"> ▪ Personal Counselling
2017-18	<ul style="list-style-type: none"> ▪ Personal Counselling
2016-17	<ul style="list-style-type: none"> ▪ EDI workshop for 3 days ▪ Beautician and Tailoring 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: 2016 TO 2021

2020-21

INDIVIDUAL SESSION:

Counselling cell 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

- Counselling cell also conducts Group Sessions. In the session 2020-21 Group sessions were started from 17/6/2020. Sessions were conducted on every Wednesday 3pm to 4pm via google meet. The first 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.
- The second 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.

- The third 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 programme .
- A separate session was arranged on **MOTIVATION COUNSELLING** before exam for all students on 25/9/2020 and on 5/03/2021.
- A session was taken with Psychology students on daily stress and how to help others in this difficult time on 6/10/2020 . 9 students attended the program.
- **ORIENTATION PROGRAMME** were conducted with the newly admitted students. The was to guide them what counselling is, benefits, and how it differs 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.
- In the year 2021,the sessions had conducted through Google meet every Wednesday 9 am to 10 am. The session was conducted on Stay safe online, how to overcome from stress, how to overcome from social anxiety (this topic was selected from the requirement of students). Nowadays 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. Approximately 80 students were participated in each group session.

SOME IMPORTANT ACTIVITIES OF COUNSELLING CELL IN 2020-21

- . **SUICIDE PREVENTION DAY** was celebrated by Department of Psychology in collaboration with Counselling Cell. An IQAC promoted Inter College Poster Competition was held to celebrate World Suicide Prevention Day on 10.09.21.The Theme was “....miles to go before I sleep....”
- Department of Psychology along with Counselling Cell organized a program **INTERACTIVE SESSION ON MENTAL HEALTH ISSUES** due to pandemic situation and effect of covid-19 virus” through Google Meet platform. The

program was aimed to discuss the issues of elevated stress and how to cope with this stress during this pandemic situation

- Counselling cell AND Department of Psychology had also conducted and IQAC promoted webinar on **'PSYCHO-SOCIAL WELLBEING IN PANDEMIC CONDITION (COVID-19)'** on 12.05.2020 from 4pm onwards. The speaker was Dr.Rima Mukherji who is Senior Consultant Psychiatrist and Founder Director of Crystal Minds. She is an empanelled Psychiatrist with American consulate and jointly collaborating in doing awareness program with West Bengal Commission for protection of child rights. The Reason behind this webinar was to motivate students and faculties and how to overcome stress during pandemic
- Counselling cell had also initiated a program on **'EXPRESS YOURSELF THROUGH CREATIVITY'** along with Department of Psychology. With the COVID 19 outbreak , our day to day life has become full of stress. In this connection students can express their feeling through creativity in form of creative writing and painting.

2019-2020

INDIVIDUAL SESSION:

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.

GROUP SESSION

- Counselling cell had also conducted interactive session about **'STRESS AND COPING'** for psychology department on 27/9/2019. The session was conducted by college counsellor. The session was all about to give students on stress coping strategies. They were also demonstrated few mindfulness exercises. The number of participants were 50.

- Counselling cell has conducted interactive session about **INTRODUCION TO PSYCHOLOGICAL COUNSELLING** for Psychology department students on 26/9/2019. The session was conducted by college counsellor. The session was about counsellor and counselling.
- According to WHO (World Health Organisation) 10th October of every year has celebrated as **WORLD MENTAL HEALTH DAY**. In our college World Mental Health Day was celebrated on 4th and 18th September 2019 1pm-3pm at our college premises, conducted by Department of Psychology and Counseling Cell to create awareness against mental health stigma. Poster presentation was held on 4.09.2019 and power point presentation was held on 18.9.2019. From this program our motive is to spread awareness and acceptance of mental health. 35 students were participated in this programme to create awareness against mental health stigma. Now a days, it is important to take care of one's own mental health as it affects our emotion, thinking, feeling and physiological health also. Sometimes we find it difficult recognizing our mental disorder. From this program our motive is to spread awareness and acceptance of mental health.

SOME INPORTANT ACTIVITIES OF COUNSELLING CELL IN 2019-20

- Counselling cell had made a power point presentation for students on **IDEAS TO KEEP CALM DURING LOCKDOWN DAYS**. It has already been uploaded to college website. Some suggestions were provided to deal with immediate psychological reactions. Some key points from power point presentation are given below.

MEDITATION –help to focus of present

SELF CARE- eat healthy , sleep well and stay fit.

TIME-SCHEDULING- Prepare a routine to perform daily activities

ACTIVITES IN MORNING& DAY- How to start your morning and to organise day time

ACTIVITIES IN EVENING & NIGHT- How to manage evening and plan for good sleep.

- Counselling cell had also provided power point presentation on how to deal with depressive thoughts during lockdown **WAYS TO FIGHT DEPRESSION AND COUNT YOUR BLESSINGS NOT YOUR PROBLEMS**.

2018-19

- **COUNSELLING CELL** has conducted personal counselling session every Wednesday for the students and help them to overcome their problems successfully.

2017-18

- **COUNSELLING CELL** organised an interactive session on **“STRESS MANAGEMENT”** with the students of different departments on 30th August, 2017 along with the regular sessions of personal counselling.

2016-17

- The **SUICIDE PREVENTION DAY** day was observed followed by a seminar on this topic on 10th September, 2016 along with the regular sessions of personal counselling.

NOTICES REGARDING THE ACTIVITIES OF COUNSELLING CELL FROM 2016-2021

Notice no, 0395/2020,

Dt. 07/05/2020

South Calcutta Girls' College

IQAC promoted Webinar on
Psycho Social Well being in Pandemic condition (COVID-19)

College logo

Organized by
Department of Psychology and Counselling Cell
South Calcutta Girls' College

Speaker: Dr. Rima Mukherjee
Consultant Psychiatrist &
Founder Director, Crystal Minds

Participants: Faculties and Students
Participation in: Hangout Meet, G-suite
Date: 12/05/2020 Time: 4 pm

Thrust Area:

- 1) Guidance about scheduling of activities
- 2) Understanding and guidance about the control of various psychosocial symptoms in pandemic situation
- 3) Guidance about maintenance of personal and social relationships
- 4) Guidance about the management of examination related worries and tension
- 5) Understanding about social media addiction and its impact and also guidance about the restrictive behaviors in this regard
- 6) Management and control of various addictive behaviors

Contact Person: Dr. Partha Malakar (9007977285), meeting link will be intimated to the participants.

Principal

Notice no. 0397/2020.

Dt. 12.5.2020

South Calcutta Girls' College

An Initiative by the Department of Psychology and the Counselling Cell

* Express yourself through Creativity *

Considering this pandemic condition (COVID-19) all are locked down at one's home for a long time. In this situation all are experiencing sometimes happiness or sometimes feeling of depression or sadness. All the examinations are postponed and students are restricted to online classes. With the outbreak of the disease, the world has been becoming full of tension and apprehension. Under such circumstances, the college is making an initiative to explore the potential of creativity of the students under this banner. Students are encouraged to express their feelings through creative writing (1000 words) and painting. All these artistic creations will be collected by the respective departments and displayed in an exhibition after the college reopens. Students, who will participate in this activity, will be provided with certificates.

Principal

South Calcutta Girls' College

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

MENTAL HEALTH DAY PROGRAM

ORGANIZED BY: COUNSELLING CELL & DEPT OF PSYCHOLOGY

According to WHO's World Health Organization (2017) October of every year has celebrated as World Mental Health Day. This year South Calcutta Girls' College is going to celebrate the same on 28th September 2023. As a part of our college program, to create awareness against mental health stigma. Now a days, it is important to take care of one's own mental health as it affects our emotions, thinking, feeling and physiological health also. Sometimes we find it difficult recognizing our mental disorder. From this program we intend to be opened awareness and acceptance of mental health. Department of Psychology and Counselling Cell of South Calcutta Girls' College want to conduct a program regarding this topic to celebrate world mental health day. The planning for this program include:

1. Decision of students and teachers of all the departments of the college.

2. Presentation by students

• **Poster Making Presentation** by the students to explain the various issues.

• **Poster Presentation** from competition among first come first base registered students (maximum 12) on the topic of mental health.

3. All presentation to be completed within 10 mins.

4. Interactive session among students and teachers.

5. This program has been divided into several segments and each will get 10 mins to represent their topic. Representation of students maximum is 5 in each group.

DEPARTMENT	TOPIC
Psychology	Basic characteristics of mental health and differences between Mental and Physical Disorder
Arts, Health, Psychology, Physiology, Psychology	Personalized understanding of mental health
Science, Philosophy, Education, History	Early history and social stigma of mental health
Chemistry, Political Science, Geography	Interdisciplinary approach towards mental health and also state a glimpse of mental health act of India
Education	Mental Impact on our daily mental health
English and foreign	Views of the author about mental health in Literature

6. 100% are required to send at least 2 students from their department as per representation of the program and one student for poster presentation by 28th September, 2023 to host.

7. Student/Teacher's signature

Dr. Shreyasjit prasad, department of psychology



South Calcutta Girls' College

NOTICE

Notice No. 102/ 2020-2021

Date: 22.02.2021

Counseling Cell


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

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

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

CP 22.2.2021

Principal & Secretary
Principal & Secretary
South Calcutta Girls' College

 **South Calcutta Girls' College**
Notice No. 102/2020-2021 **NOTICE** Date: 04.02.2021

This is to inform to all departmental HODs that Coun Cell will conduct their session with respective Hon and General students from 11th July 2021 onwards. Please inform regarding their classes when they are free to attend the session on every Wednesday 2:00-2:30 PM.

Report this to -
1. Dr. Anjali P. Choudhury - hpt of Psychology
2. Jishnu Sanyal, Counsellor

Principal & Secretary
South Calcutta Girls' College
72, Saint Rose Road, Kolkata-700025

TICE NO - 0055/2018

DATE - 29.8.2018



South Calcutta Girls' College

NOTICE

This is to inform that counselling cell will remain open on 5.9.2018 - Wednesday and 6.9.2018 - Thursday only for next week. Interested students may come at for counselling on abovesaid date. Timing is 12pm - 4pm.


29.8.2018


Principal & Secretary
South Calcutta Girls' College
P.O. No. 1234

Principal & Secretary



South Calcutta Girls' College

Notice No - 0022/2017 **NOTICE**

2.8.2017

This is to inform to the departments of English, History, Botany, Sociology, Psychology, Political Science & Education in that counselling cell is going to organize an interactive session on counselling dated 9.8.2017 from 2pm to 2.45pm at Room 304. All the students from above said departments are requested to be present positively.

[Signature]
2/8/2017

[Signature]

Teacher in Charge & Secretary
South Calcutta Girls' College
72, Sarat Bose Road, Kolkata-72





South Calcutta Girls' College

Notice NO: 0038/2017 **NOTICE**

Date: 23.08.2017

This is to inform to you that Canselling cell is going organize an interactive session on Stress with the 1st Year Students of Hons Dept → Geography, History, Mathematics and Journalism & Mass Communication on 30.8.2017 from 1.30pm - 2.40pm at Room NO-304. All of the student's attendance is mandatory.


23.8.2017


Principal & Secretary
Teacher in-charge of Library
South Calcutta Girls' College



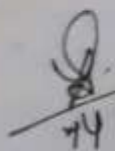
South Calcutta Girls' College

NOTICE

All the teachers and student are requested to attend a seminar conducted by counselling cell on suicide dated 21. 9. 2015. from 2- 245 pm.

Topic: World Suicide Prevention day 10th September '16
Celebration.

All the HOD's of dept are requested to inform their students to join this programme.


24/9/16.

N. Chakrabarti 14
Teacher-in-charge & Secretary
South Calcutta Girls' College
72, Sarat Bose Road, P.O. Box 72

NOTICE OF SUICIDE PREVENTION DAY

SOUTH CALCUTTA GIRLS' COLLEGE NOTICE

NOTICE NO. : 044/2021-2022
Date: 24.08.2021

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

Event: Celebration of World Suicide Prevention Day
Theme: "....miles to go before I sleep...."
Date: 10.09.21
Time: 3 PM onwards

Last date of submission of Poster: 06.09.21, 12 noon
Platform: Google Meet

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

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

All are cordially invited.

Sd/-Principal

NOTICE OF INTERACTIVE SESSION ON MENTAL HEALTH ISSUES

SOUTH CALCUTTA GIRLS' COLLEGE

NOTICE

Notice no:158/2020-2021

Dt. 28.06.2021

INTERACTIVE SESSION ON MENTAL HEALTH ISSUES

Department of Psychology along with Counselling Cell is going to organize a program "Interactive session on mental health issues due to pandemic situation and effect of covid-19 virus" according to the following schedule through Google Meet platform. All **Semester IV** students of our college are instructed to attend the program to discuss the issues of elevated stress and how to cope with this stress during this pandemic situation.

SPEAKER: YASHABANTI SREEMANY

PLATFORM: GOOGLE MEET

DATE	TIME	STUDENTS
1.07.2021	5-6 PM	BENGALI (H), BOTANY(H) , ENGLISH (H) , ECONOMICS(H), PHILOSOPHY(H), SOCIOLOGY(H) , ZOOLOGY(H) , AND B.Sc (G)
5.07.2021	5-6 PM	GEOGRAPHY (H) JOURN & MASS COM (H) , POLITICAL SCIENCE (H) , SANSKRIT (H)
6.07.2021	5-6 PM	EDUCATION (H), HISTORY(H), PSYCHOLOGY(H) AND B.A (G)

Meeting link will be provided through the respective Head/ Mentors of the Departments.

Sd/-

PRINCIPAL



ROOM OF COUNSELLING CELL



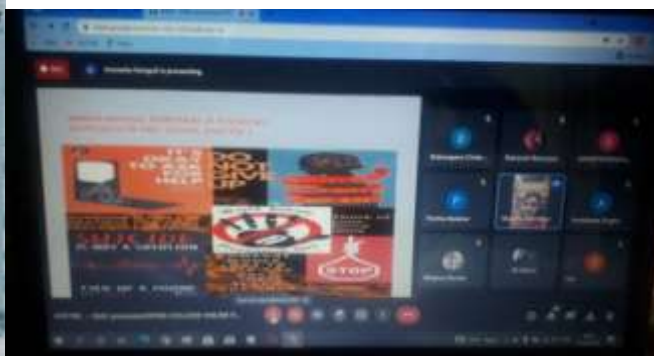
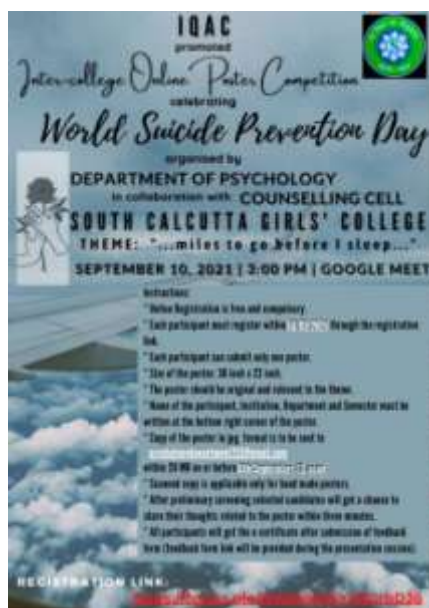
WORLD MENTAL HEALTH DAY
CELEBRATION



PHOTOGRAPH OF THE IQAC PROMOTED WEBINER ON ‘PSYCHO-SOCIAL WELLBEING IN PANDEMIC CONDITION (COVID-19)’



FLYER, PHOTOGRAPH AND CERTIFICATE OF THE CELEBRATION OF WORLD SUICIDE PREVENTION DAY



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. The date of implementation of Mentor- Mentee system was 16.07.2019. 855 students were engaged in this system.

NOTICES FOR MAINTAINING MENTOR-MENTEE SYSTEM IN

2020-21 & 2019-2020



South Calcutta Girls' College

*Accredited by NAAC with B***

72, Sarat Bose Road
Kolkata - 700 025

Phone - (Principal) : 2454-2255
(Office) : 2475-3785

e-mail : southcalcuttagirlscollege@yahoo.com

Reference No.

Date 20

Notice

Dated : 3rd August 2020

Dear Teachers,

Kindly take appropriate measures for the purpose of mentoring in the current Semester and inform the mentees about the same.

The list of mentee remains the same as assigned to the mentors at the beginning of the academic year 2019-20.

The mentors are also requested to maintain every details of their mentees including academic , health, economic background , social status, extracurricular etc.

Rehana Khatun
03.08.2020
Co-ordinator, IQAC
South Calcutta Girls' College

CH 03.08.2020
Principal & Secretary



South Calcutta Girls' College

Accredited by NAAC with B**

72, Sarat Bose Road
Kolkata - 700 025

Phone - (Principal) : 2454-2255

(Office) : 2475-3785

e-mail : southcalcuttagirlscollege@yahoo.com

Reference No.

Date 20

Notice

Mentor - Mentee List for 2019

Dated : 5th July 2019

Dear Teachers,

You are requested to take appropriate measure for the purpose of mentoring and inform your mentees about the same. The mentors are also requested to maintain every details of their mentees including academic, health, economic back ground, extracurricular activities, social status etc.

Rehana Khatun
05.07.2019

Co-ordinator, IQ/7
South Calcutta Girls' College

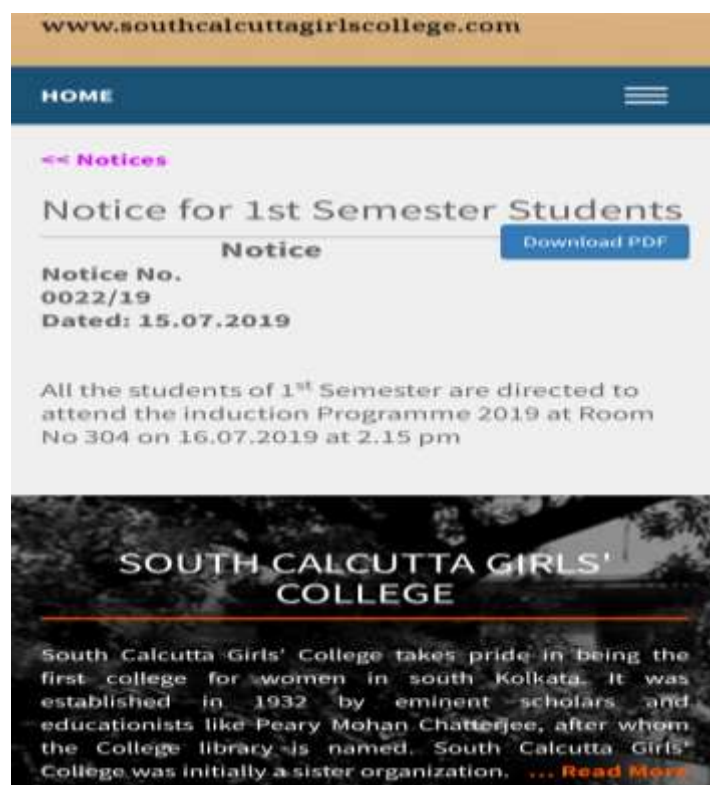
CP & P. 05.7.2019
Principal & Secretary

Induction Programme :

Induction 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.

Induction Programme was held on 16.07.2019 in the academic year 2019-2020. Principal addressed the students of 1st semester with a warm welcome and enlightened them through the Power Point Presentation which was followed by the departmental interactions.

NOTICE OF INDUCTION PROGRAMME IN 2019-2020



PHOTOGRAPHS OF INDUCTION PROGRAMME



Empathy Building:

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 10th May, 2021 to 14th 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.

NOTICE OF EMPATHY BUILDING PROGRAMME

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

PHOTOGRAPHS AND CERTIFICATES OF EMPATHY BUILDING PROGRAMME





Self Defence and Earn & Learn

Self Defence and Earn & Learn Programme was started from 4.03.2020 for the students of second semester and from 5.03.2020 for the students of fourth semester. Total number of students participated from second semester and from fourth semester were 21 and 26 respectively.

NOTICE FOR SELF-DEFENCE CLASSES

<< Notices

Notice for Self- defense classes

South Calcutta Girls' College Notice [Download PDF](#)

Notice no: 340/2020

Date:
28/02/2020

Self- defense classes will commence from **04.03.2020** for students of second semester . Those who have enrolled in the programme should report at 4 pm on the same date in the New room on the second floor.

Classes for fourth semester students shall commence from **05.03.2020**. Students who have enrolled should report at 10 am in the New room on the second floor.

SOUTH CALCUTTA GIRLS' COLLEGE

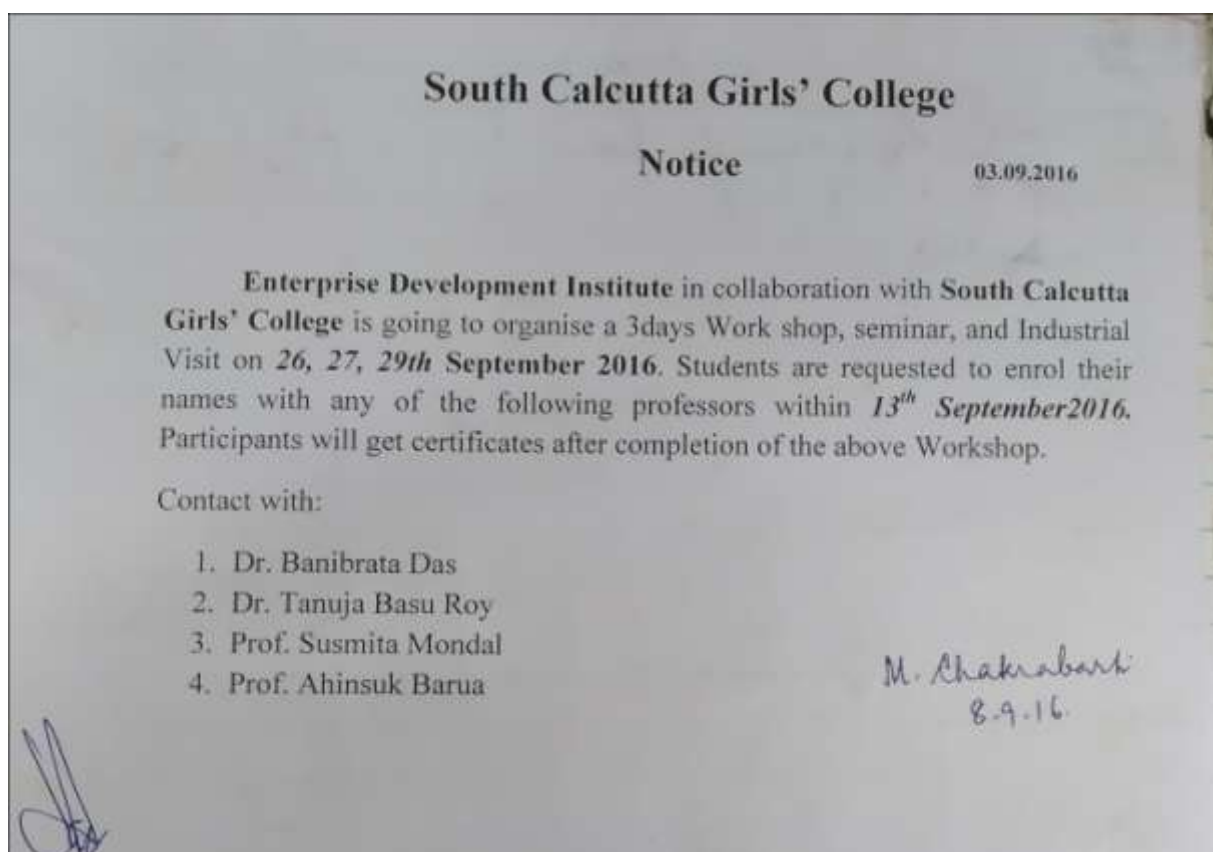
PHOTOGRAPHS SELF DEFENCE CLASS



Three Day Entrepreneurship Awareness Camp:

A Three Day Entrepreneurship Awareness Camp conducted by The National Science & Technology Entrepreneurship Development Board, Dept. of Science & Technology, Govt. of India was held from 26th September, 2016 to 28th September 2016. The total number of students participated in that workshop was 75.

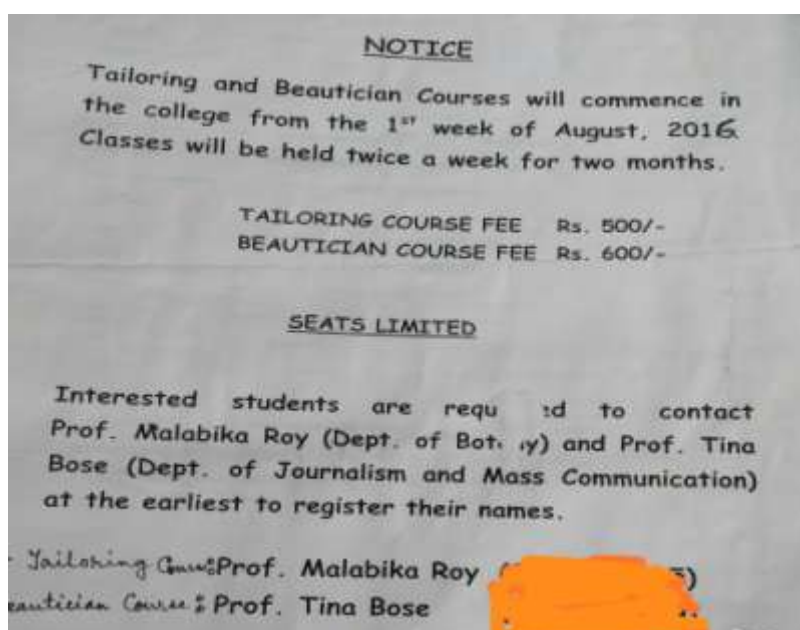
NOTICE FOR ENTREPRENEURSHIP AWARENESS CAMP



Tailoring and Beautician Course

- **The Beautician course** is run by South Calcutta Girls' College in the college premises. The course was first started in May, 2015. In the academic year the course was started in 26th September, 2016. It is a self-financed course and the course fees is Rs 600/-. The duration of the course is 16 weeks and the duration of each class is 1 hr and 30 minutes. Generally two classes are taken per week. Classes are adjusted according to the class routine, examination schedule of the students etc. In the first batch there were six students. In the second batch there were 12 students. Presently the third batch is going on and the number of student is five. Students are given certificates from the college after the successful completion of the course.

NOTICE OF TAILORING AND BEAUTICIAN COURSE



PHOTOGRAPHS AND CERTIFICATE OF BEAUTICIAN COURSE





- **The Tailoring course** is run by South Calcutta Girls' College in the college premises. It is a self-financed course and the course fees is Rs 500/-. In the year 2016-17 the number of students were 10. Students are given certificates from the college after the successful completion of the course.

2. LIFE SKILL

PROGRAMMES OF LIFE SKILL DEVELOPMENT

Year	Events
2020-21	<ul style="list-style-type: none">▪ Yoga & Meditation<ul style="list-style-type: none">I. World Yoga DayII. Fit India Freedom Run 2.0▪ Health and Hygiene
2019-2020	<ul style="list-style-type: none">▪ Yoga & Meditation<ul style="list-style-type: none">I. International Yoga DayII. Fit India Freedom Run 1.0▪ Health and Hygiene
2018-19	<ul style="list-style-type: none">▪ Yoga & Meditation▪ Health and Hygiene
2017-18	<ul style="list-style-type: none">▪ Yoga and Meditation▪ Health and Hygiene
2016-17	<ul style="list-style-type: none">▪ Yoga and Meditation▪ Health and Hygiene

REPORT OF YOGA CLASSES FROM 2016-2021

The college has a **Multi-Gymnasium** with modern equipment. The Gym trainer Smt. Rama Halder trains the students in **yoga** as well. **Meditation** was held in college gymnasium under the supervision of Gym trainer Smt. Rama Halder. It was started on 28.06.2019 and the number of participants were 80. 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 join every day with prior permission. The physical activity club celebrated **World Yoga Day** every year on 21st June. The college is celebrating International Yoga Day from the academic year 2019-2020 onwards. In 2019-2020 the number of participants was 5. In the academic year 2020-21, 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.

To commemorate the 75th year of India's Independence Day "Azadi Ka Mahotsav" Fit India Mission had conceptualized **"THE FIT INDIA FREEDOM RUN 2.0."** Being the part of this movement, Physical Activity Club of South Calcutta Girls' College organized the inaugural program on 13.08.2021 at 9.00 am to 9.45 am through virtual platform where by the guidance of our yoga instructor Rama Nandi students actively participated in different physical activities. In this program our respected principal madam Dr Aparna De and IQAC Coordinator, staff and students attended(57).To fruitful this Physical Activity Club started one week program from 14th to 20th August. Every day around 50 participants performed

different activities like walking, running, jogging, yoga exercise etc. Each participant reported everyday how much distance and time they covered.

FIT INDIA FREEDOM RUN 2.0 REPORTS OF SEVEN CONSECUTIVE DAYS ARE GIVEN BELOW.

DAY	NUMBER OF PARTICIPANTS	WALKING / JOGGING/ RUNNING IN KM
14.08.21	50	102
15.08.21	48	107
16.08.21	51	113
17.08.21	40	92
18.08.21	65	161
19.08.21	49	121
20.08.21	50	119
7 DAYS	353	815

FIT INDIA MOVEMENT was celebrated on 29.08.2019 by the Physical Activity Club of South Calcutta Girls' College. The programme was inaugurated by our respected Principal Prof. Dr. Aparna De followed by Stress Management Activity. Physical Fitness Activity by Yoga was demonstrated in the programme. A glimpse of College Gymnasium was presented in the programme. The Live Tele-Cast of Fit India Movement Launched by Prime Minister Narendra Modi was presented.

NOTICE FOR THE COMMENCEMENT OF YOGA CLASS

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

NOTICE OF YOGA EXAM

SOUTH CALCUTTA GIRLS' COLLEGE

NOTICE

YOGA COURSE

NOTICE NO. 156/2020-2021

Dt: 25.06.2021

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

ORIENTATION PROGRAMME OF THE YOGA STUDENTS

South Calcutta Girls' College

PHYSICAL ACTIVITY CLUB

NOTICE FOR 1st SEMESTER

Notice no. 063/2021-2022

Dt. 06.11.2021

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

YOGA CLASSES for the students of first semester will commence on **9th November 2021** which will be a weekly event, duration of this session will be from **9 am to 9.45 am**, in the following schedule-

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

Class Platform – Google Meet

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

sd/-

Principal

South Calcutta Girls' College

NOTICE OF FIT INDIA FREEDOM RUN2.0

SOUTH CALCUTTA GIRLS' COLLEGE

NOTICE NO. 042/2021-2022

Date.11.08.2021

Fit India Mission has conceptualized **"THE FIT INDIA FREEDOM RUN 2.0"** to commensurate the 75th Year of India's Independence Day – **"Azadi ka Amrit Mahotsav"**. As a part of this initiative, a virtual programme will be organized by Physical Activity Club of South Calcutta Girls' College on **13.08.2021 at 9:00 am to 9.45 am** through **Google Meet**. Students and staff are invited to actively participate in the programme presenting the demonstration of different forms of physical activities by the students.

"THE FIT INDIA FREEDOM RUN 2.0" programme shall further continue for a week **14th to 20th August 2021** each participant can run or jog on a route at a time and pace according to convenience, each daily run can be broken up into small phases, participants shall track the distance covers each day. They should register themselves and give report of the distance (kms) covered daily to the link provided by the physical activity club.

All are cordially welcome in this mission.

sd/-

Principal

NOTICE OF FIT INDIA FREEDOM RUN 1.0

South Calcutta Girls' College


Notice

Notice No.: 0065/2019 **Date:** 28/08/2019

The college is going to celebrate "Fit India Movement" on 29th August 2019 at the college premises. All are requested to actively participate in the programme organized by the Physical Activity Club.

Programme Schedule

Activity	Time	Venue
Live Tele-Cast of Fit India Movement Launched by P.M. Narendra Modi	-	304
Inauguration programme by Dr. Aparna De, Principal	12 noon	Room No. 304
Stress management for All	12.15 pm	Room no. 304
Physical Fitness by Yoga	1.30 pm	Room no. 304
A glimpse of the College Gym	2.30 pm	College Gymnasium


Principal and Secretary

PHOTOGRAPHS OF YOGA CLASSES AND ACTIVITIES IN COLLEGE GYMNASIUM







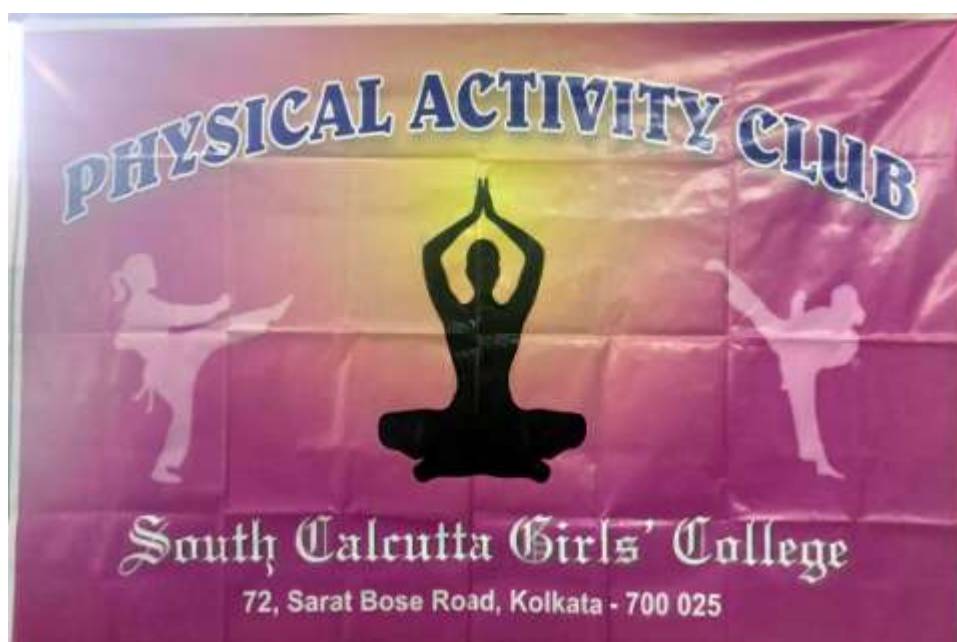
FLYER AND PHOTOGRAPHS OF THE CELEBRATION OF FIT INDIA FREEDOM

RUN2.0





PHOTOGRAPHS OF THE CELEBRATION OF FIT INDIA FREEDOM RUN 1.0





ACTIVITIES REGARDING HEALTH AND HYGIENE FROM 2016-2021

2020-21

- A paddle sanitizer was installed during 2020-2021 as a preventive measure against COVID-19. Before re-opening of the college, the entire building has been sanitized. In order to prevent covid-19 and to maintain general health & hygiene, thermal gun has been used by the college authority. Additionally, hand and surface sanitizers were being distributed among the lab based departments.
- Dengue Awareness Programme was organized by N.S.S. unit, South Calcutta Girls' College on 6TH August, 2020 A webinar (Virtual Meeting) was held through Google Meet for the students to raise awareness regarding Dengue and the necessary measures to be taken for its prevention. There was a presentation by Dr. Roni Sarkar, Assistant Professor, Department of Zoology, South Calcutta Girls' College on the "Spread of Dengue and Various Controlling Measures", which emphasised the necessity to keep our environment clean and mosquito-free. Teachers from various departments and 70 students actively participated in this webinar. Our respected Principal, all teaching and non-teaching faculty members and our beloved students attended this online event under the pandemic circumstances.
- South Calcutta Girls' College has been awarded a certificate by Mahatma Gandhi National Council for Rural Education for improving sanitation, hygiene, waste management facilities, energy conservation and greenery on the campus.

2018-2019

- A health check-up programme was organised by the extension comity for the students of the Hostel of South Calcutta Girls' College was held on 29.03.2019 at 01:00 pm at room no. 304 in collaboration with N.S.S UNIT. DR. Nandita Das from Rotary Club of Calcutta Metro City will be present as the Consultant Physician. This programme was conducted by the Extension Committee. The no. of participant was 20.
- A Door-to door Awareness Campaign on Vector-borne diseases was conducted in the nearby slum area by NSS volunteers on 12.3.2019.

2017-2018

- Diabetes Awareness and Detection programme organised by Extension Committee on 17.11.2017, in collaboration with N.S.S Unit of South Calcutta Girls' College and Diabetes Screening and You (a Social Welfare Organisation).

2016-2017

- A health check-up programme for the students of the Hostel of South Calcutta Girls' College was held on 22.11.2016 at 01:00 pm at room no. 304. Dr. Nandita Das from Rotary Club of Calcutta Metro City will be present as the Consultant Physician. This programme was conducted by the Extension Committee. The number of participants was 24
- The Cultural Club of South Calcutta Girls' College arranged a special programme in collaboration with **Sanjivani** on 27/09/2016, an **NGO** which works for the cancer affected patients. This organisation tries to motivate the patients regarding the positive sides of life. They presented a nice motivational lecture. After that there was a group dance- performance by the students of Cultural Club of our college, which highlighted the colourful sides and positive thoughts of our life
- A Thalassemia Awareness Programme was held on 12.08.2016 at room no. 304 South Calcutta Girls' College at 12 noon in collaboration with Rotary Club of Calcutta Metro City. 90 students of college were present in this awareness camp.
- Sanitary napkin vending machine is a fully automatic dispenser which can run with or without electricity and dispenses sanitary napkins against coins. The vending machine was installed in the financial year 2016-2017.

PROGRAMME CONDUCTED BY ECO – CLUB IN 2016-17

Our college has an **Eco-Club** to spread the environmental awareness among students. The students are members of this club and some teachers of the college are also involved with the club as coordinators.

Name of the Coordinators:

Dr. Banibrata Das(Convener)

Dr. Ahinsuk Barua

Dr. Satabdi Das

Dr. Rajasree Chakraborty

Dr. Salma Ghosh Bose

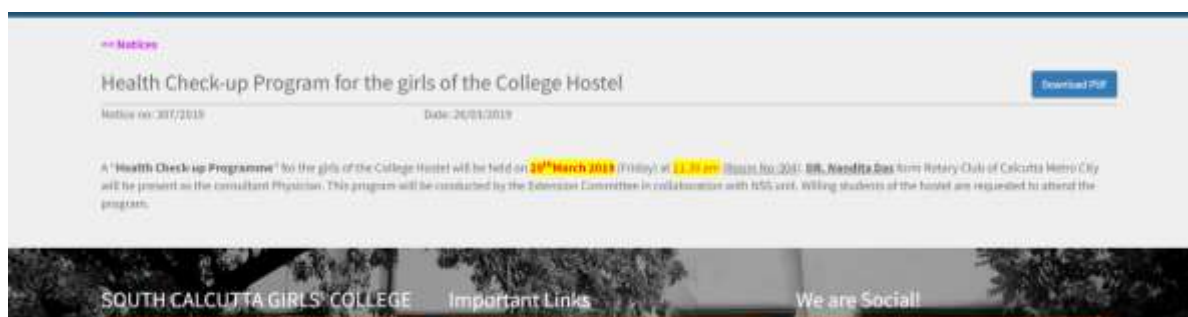
Environmental Programmes Organized By the Eco Club of South Calcutta Girls' College:

- On 21st January 2016 , Dr. Banibrata Das, Dr. Ahinsuk Barua and Dr. Satabdi Das have made three separate power point presentations to enhance awareness among students regarding malaria, dengue andStudents are asked to spread the message to their family and neighbourhood so that a unified battle against disease can be made.
- Members of the Eco Club- the students prepared several placards showing the dos and don'ts to avoid diseases like malaria and dengue occurred by different mosquitoes.

Members also went to the college hostel for campaigning against diseases. The boarders are asked to use mosquito nets, house keepers are directed to remove all the stagnant water from the college premise.

- A rally was organized from college to the Peyarabagan Slum area to aware the slum dwellers about infectious diseases. Leaflets are distributed to them. They are also made aware about the ill-effects of plastic use.
- World Environment day (5th June) was celebrated in the college on 7th June 2016 with medicinal tree plantation programme. The students are asked to water the plants regularly.
- ‘Wall-E’- A Pixar animated movie was screened on ----to show the dangerous effects of industrialization and unscrupulous urbanization to global population.
- As the college area is dengue prone and some students from the hostel suffered from dengue the Teacher-in- charge Prof madhumita Chakraborti and the coordinators of Eco Club continuously asked the Corporation to take steps against it. The corporation took steps accordingly.

NOTICES FOR THE EVENTS REGARDING HEALTH AND HYGIENE





South Calcutta Girls' College

NOTICE

Notice No. 0053/17

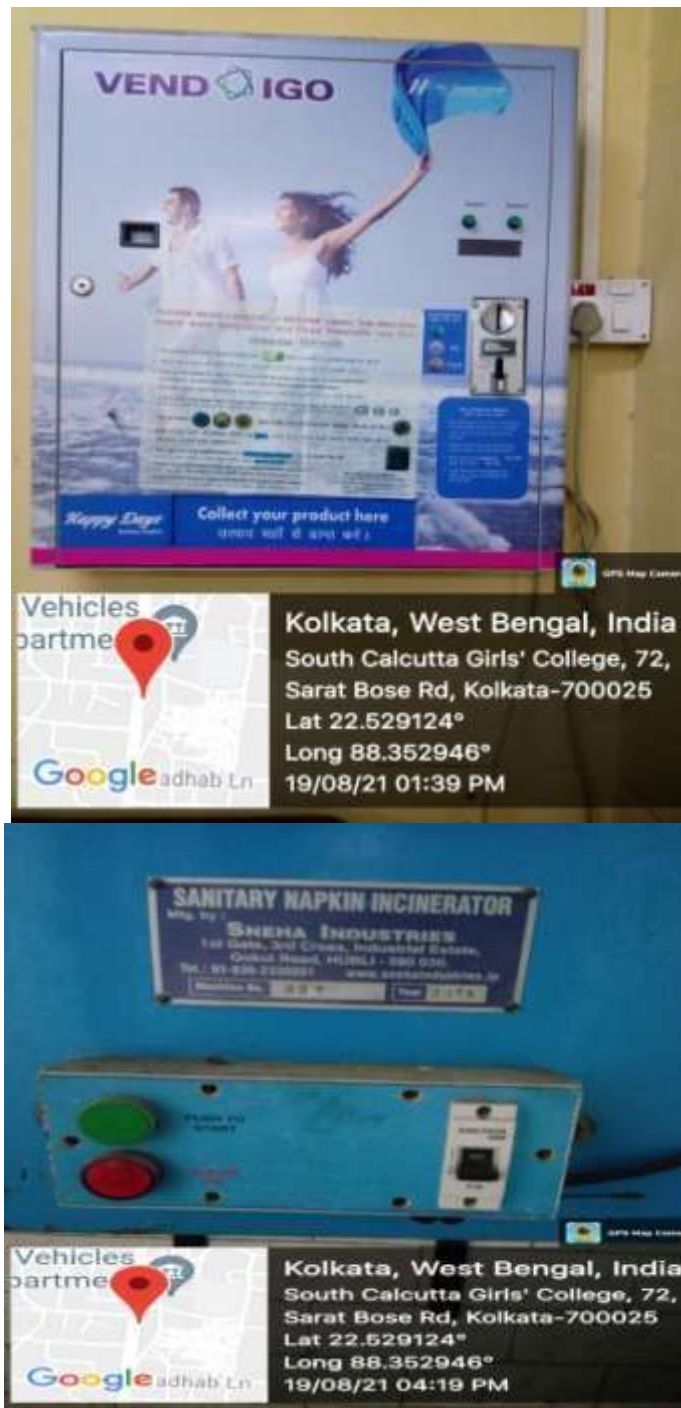
4.9.17

An awareness programme on 'Vector Borne Disease' will be held on 7.9.17 in room no. 304 at 12:45 p.m. All students must be present in the programme organized by the 'Eco Club' of South Calcutta Girls' College.

AS 07.9.17

Teacher-in-charge & Secretary

SANITARY NAPKIN VENDING MACHINE



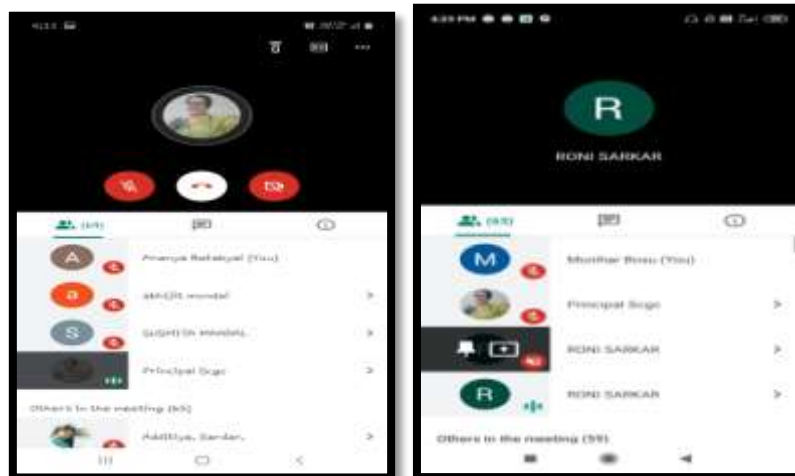
PADDLE SANITIZER AND WATER PURIFIER



PHOTOGRAPHS OF SANITIZATION BEFORE REOPENING THE COLLEGE



PHOTOGRAPHS OF DENGUE AWARENESS PROGRAMME



**PHOTOGRAPHS OF HEALTH CHECK UP PROGRAMME ORGANIZED BY
EXTENSION COMMITTEE IN COLLABORATION WITH NSS UNIT**





SOUTH CALCUTTA GIRLS' COLLEGE

HEALTH CHECK-UP PROGRAMME FOR HOSTEL STUDENTS
BY ROTARY CLUB OF CALCUTTA METRO CITY ON 29.3.19

ORGANISED BY EXTENSION COMMITTEE & NSS

Sl. No.	Name	Year/Sem	Age	Weight	BP	Remarks
1.	Munmun Das	2nd yr	22 Yr	43 Kg	130/70	6 month T.S.H. checked Follow up of Kidney stone every 6 months.
2.	Rupa Mondal	3rd yr	20 Yr	44 Kg	120/80	1
3.	Rini Mondal	3rd yr	20 Yr	47 Kg	120/80	
4.	Rinika Rouh	2nd yr	19 Yr	33 Kg	110/60	Underwt. Anaemia History of R.N. Pain
5.	Tumpa Ghosh	Out of hostel	19 Yr	45 Kg	110/70	Calc. Nuclei Needs Psychiatric support.
6.	Aysha Begum	1st yr	18+	51 Kg	120/80	Migraine.
7.	Neha Kalia	1st yr	19 Yr	46 Kg	120/90	c/o leanness on standing
8.	Debanjali	1st yr	17+	65 Kg	120/70	
9.	Moumita Kishor	1st yr	18+	40 Kg	100/60	Periodic dizziness
10.	Sritika Ray	1st yr	20	52 Kg	125/75	Periods after 3-4 months
11.	Swarni Baral	1st yr	18+	55 Kg	100/65	
12.	Dipti Halder	1st yr	19	56 Kg	120/80	c/o headache
13.	Nivedita Pandey	1st yr	18+	43 Kg	110/70	Poor general health wt. loss to be tested
14.	Mahua Halder	1st yr	18+	45 Kg	120/65	for TB Eye Problem
15.	Dipa Bagani	1st yr	19+	44 Kg	110/75	Periodic Pain Abdomen
16.	Katka Ghosh	1st yr	18	50 Kg	130/70	Loss of Appetite.
17.	Manisha Gana	1st yr	19+	49 Kg	110/65	No Complaint
18.	Sruya Koyal	1st yr	18+	57 Kg	110/80	No complaint
19.	Diparnita Roy	2nd yr	18	45 Kg	120/40	No problem
20.	Prinanka Saha	2nd yr	19	53 Kg	110/70	Pt. alright

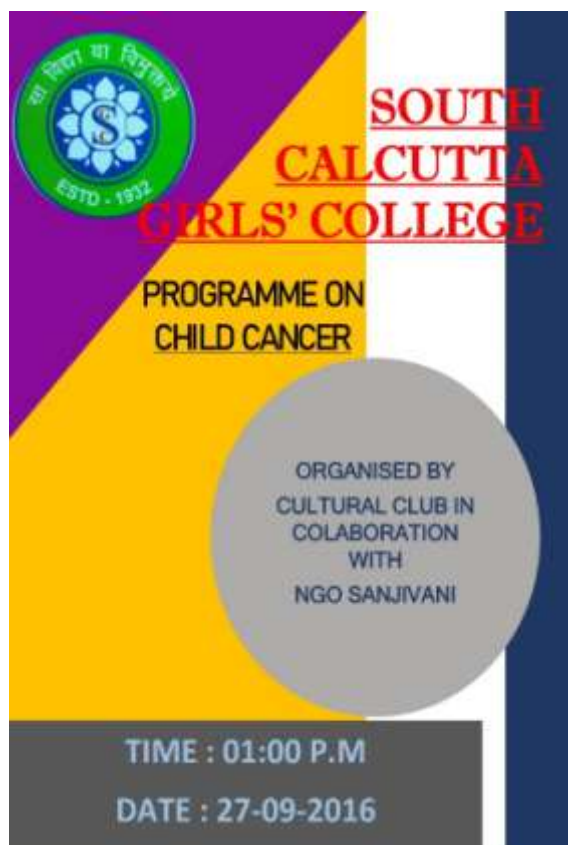
N. N. Das Gupta
Attending Physician 29/3/19

intended

PHOTOGRAPHS OF THALASSEMIA AWARENESS PROGRAMME



PHOTOGRAPHS OF PROGRAMMES ON CHILD CANCER



HEALTH CHECK UP CAMP



PHOTOGRAPHS OF DENGUE AWARENESS PROGRAMME ORGANIZED BY ECO CLUB







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.

RULES AND REGULATIONS FOR MAINTAINING COVID PROTOCOL

DO'S	DON'TS
<ul style="list-style-type: none">▪ Wash your hands often with soap for atleast 20 seconds.	<ul style="list-style-type: none">▪ Do not share mask with others.
<ul style="list-style-type: none">▪ Cover your mouth and nose after coughing or sneezing.	<ul style="list-style-type: none">▪ Avoid touching your eye mouth and nose.
<ul style="list-style-type: none">▪ Maintain physical distance of 1.5m from others.	<ul style="list-style-type: none">▪ Do not share food , drinks cups or utensils with others
<ul style="list-style-type: none">▪ Wear mask in crowded situation.	<ul style="list-style-type: none">▪ Do not spit in public places
<ul style="list-style-type: none">▪ Stay home if you are unwell.	<ul style="list-style-type: none">▪ Do not shake hands

3. ICT/COMPUTING SKILLS

PROGRAMMES OF ICT/COMPUTING SKILLS

Computer Training Course is conducted by WEBEL INFORMATICS LTD. for all first year students. Total number of students took admission in 2016-2017 is 205. In the academic year 2016-17 the course was started on 1.12.2016. In the academic year the students were enrolled from 1st, 2nd and 3rd year. Total number of students took admission in 2017-2018, 2018-2019 and 2019-2020 is 71, 70 and 59 respectively.

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.

NOTICE FOR ONLINE WEBEL CLASSES FOR STUDENTS

SOUTH CALCUTTA GIRLS' COLLEGE

Notice For Webel Computer Class

Notice no. 157/2020-2021

Date: 28.06.2021

All students who enrolled the Webel Computer classes in the session 2018-19 and 2019-20 are hereby advised to attend the upcoming online Webel Computer classes.

For online classes Date and timing, please contact the following no.
9143043087 / 9748182498 / 700380357

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 FROM 2016-2021

SOUTH CALCUTTA GIRL'S COLLEGE COMPUTER CENTRE

72, Sarat Bose Rd, Lansdown, Garcha, Ballygunge, Kolkata, West Bengal 700025
Room No.501

West Bengal Electronics Industry Development Corporation Limited (A Govt. of West Bengal Undertaking)

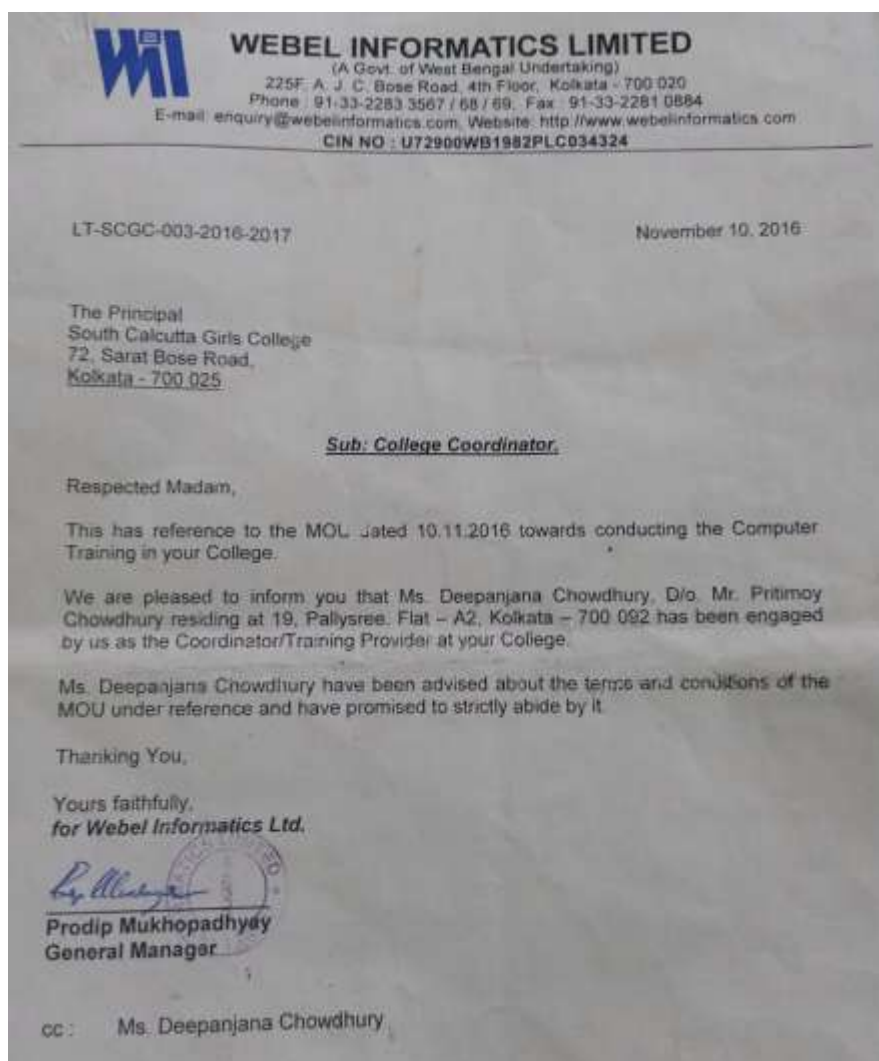
Diploma In Computer Application		
Session	Total No. of Students	Course Duration
2016-17**	205	2 YEARS
2017-18	71	2 YEARS
2018-19	70	2 YEARS
2019-20	59	1 YEAR

**In the session 2016-17, students were enrolled from 1st, 2nd and 3rd year.

Deepanjana Chowdhury

Deepanjana chowdhury
College Coordinator

MOU SIGNED BETWEEN WEBEL AND SOUTH CALCUTTA GIRLS' COLLEGE



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 (155 weeks)
(Learn Computer While Studying in College)

Facilities

- Minimum Course Fees
- Test/Exam Facility
- Rotate on PC/IT and new time payment
- Class Timing within College routine
- 2 classes weekly
- Job facilities

ADMISSION GOING ON

Contact:
Office / Computer Room
(6th Floor, 500)

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°

