



RAJA PEARY MOHAN COLLEGE

ESTD: 1887

UTTARPARA, HOOGHLY, WEST BENGAL PIN- 712 258

ISO 21001:2018

Website: www.rpmcollege.edu.in , e-mail: rajapearymohancollege@gmail.com

5.1.2

Capacity Development and Skill Enhancement Activities

Life Skill: Mental Health

5.1.2.3: Mental Health

The College also has a Psychological Counseling Cell which, in collaboration with other units and also independently works in taking care of the mental health of the students throughout the year. During the period of lockdown due to COVID-19 pandemic the cell operated on the virtual plane to boost up the drooping spirits of the staff and students of the College through webinars, lectures and counseling session for those who were in need of the same. It regularly organizes on-campus seminars, workshops and activities to take care of the mental health of the people concerned. These seminars, programmes related to mental well-being help the students by providing them with a good ambience in the campus so that they do not feel harassed and get depressed due to various issues that they might face. The students are helped to facilitate positive behavior, establish and improve their relationship with comrades and enhance social responsibility to take care of each other's mental need. Regular workshops and interactions with experts in the field help them to realize their potential and help them to overcome their dilemma and take up positive decisions in life. The College also promotes a balance between students of different genders and also helps students accept the third gender on an equal plain helping to create a balance in the environment of the college.

Year	Name of the capacity development and skills enhancement program	"Period (from date - to date)"	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2018-2019	Individual Counselling Session-1	01.04.19	16	Mrs.Anindita Mukherjee
2018-2019	Individual Counselling Session-2	08.04.19	6	Mrs.Anindita Mukherjee
2018-2019	Individual Counselling Session-3	16.04.19	8	Mrs.Anindita Mukherjee
2018-2019	Individual Counselling Session-4	22.04.19	14	Mrs.Anindita Mukherjee
2019-2020	Individual Counselling Session-5	13.08.19	5	Mrs.Anindita Mukherjee
2019-2020	Individual Counselling Session-6	26.08.19	6	Mrs.Anindita Mukherjee
2019-2020	Individual Counselling Session-7	09.09.19	7	Mrs.Anindita Mukherjee
2019-2020	Individual Counselling Session-8	16.09.19	7	Mrs.Anindita Mukherjee
2019-2020	Individual Counselling Session-9	19.09.19	10	Mrs.Anindita Mukherjee
2019-2020	Individual Counselling Session-10	23.09.19	10	Mrs.Anindita Mukherjee
2020-2021	Group Counselling for Mental Well-Being (Online)	23.01.21	Teacher: 11 Student: 153	Mrs. Anindita Mukherjee
2020-2021	Individual Counselling Session-1 (Online)	22.02.21	6	Mrs. Anindita Mukherjee
2020-2021	Individual Counselling Session-2 (Online)	22.04.21	6	Mrs. Anindita Mukherjee
2020-2021	Individual Counselling Session-3(Online)	29.04.21	7	Mrs. Anindita Mukherjee
2020-2021	Individual Counselling Session-4(Online)	06.05.21	5	Mrs. Anindita Mukherjee

2020-2021	Individual Counselling Session-5(Online)	10.06.21	5	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-6(Online)	24.06.21	6	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-7(Online)	01.07.21	4	Mrs. Anindita Mukherjee
2021-2022	Group Counselling for Mental Well-Being(Online)	23.01.21	Teacher Participants – 11 Student Participants – 153	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-1(Online)	22.02.21	6	Mrs. Anindita Mukherjee
2021-2022	Seminar Mental Well-Being A Key to happiness	28.03.22	Teacher Participants – 39 Student Participants – 282	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-1	11.04.22	8	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-2	18.04.22	8	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-3	25.04.22	7	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-4	10.05.22	7	Mrs. Anindita Mukherjee
2021-2022	Individual Counselling Session-5	24.05.22	6	Mrs. Anindita Mukherjee
2022-2023	FDP on Understanding Mental Health	13.06.22 – 20.06.22	Faculty: 55	MON Foundation, Kolkata
2022-2023	Individual Counselling Session-1	26.09.22	7	Mrs. Anindita Mukherjee
2022-2023	Individual Counselling Session-2	02.11.22	7	Mrs. Anindita Mukherjee
2022-2023	Individual Counselling Session-3	09.11.22	5	Mrs. Anindita Mukherjee
2022-2023	Individual Counselling Session-4	11.11.22	6	Mrs. Anindita Mukherjee
2022-2023	Group Counselling Session – 1 – Personal Space and Boundaries	16.12.22	Teacher Participants – 11 Student Participants – 176	Mrs. Anindita Mukherjee
2022-2023	Seminar – ‘Tryst with Music Therapy’	18.03.23	Teacher Participants – 36 Student Participants – 107	Ms. Ritwika Basu and Mr. Nilansuk Dutta
2022-2023	Guidance and Counselling Skill Practise for Mentors	20.03.23	Teacher Participants – 43	Mrs. Anindita Mukherjee

2022-2023	Individual Counselling Session-5	06.04.23	6	Mrs. Anindita Mukherjee
2022-2023	Individual Counselling Session-6	10.04.23	4	Mrs. Anindita Mukherjee
2022-2023	Individual Counselling Session-7	27.04.23	5	Mrs. Anindita Mukherjee
2022-2023	Individual Counselling Session-8	16.05.23	5	Mrs. Anindita Mukherjee

Summative Report

A psychiatric counselling cell was established in 2018 under the leadership of IQAC Coordinator Dr.Sanjukta Bhatacharyya. Since its inception, the Psychological Counselling Cell has been available to help students work through their problems, develop as people, and realise their full potential.

The Primary aim of the Psychological Counselling Cell is to cater to the mental health and well-being of the fraternity of our college: students, teachers and non-teaching staffs all alike. The cell deals with an array of emotional, cognitive, behavioural and operational problems like anxiety, attention, low confidence, relational management, anger management, abuse, trauma, addiction and various other issues for the welfare of the students.

The counselling services are provided by Mrs.Anindita Mukherjee, Consultant Psychologist. She has helped many of our students overcome many mental health issues.

Objectives of the Psychological Counselling Cell:

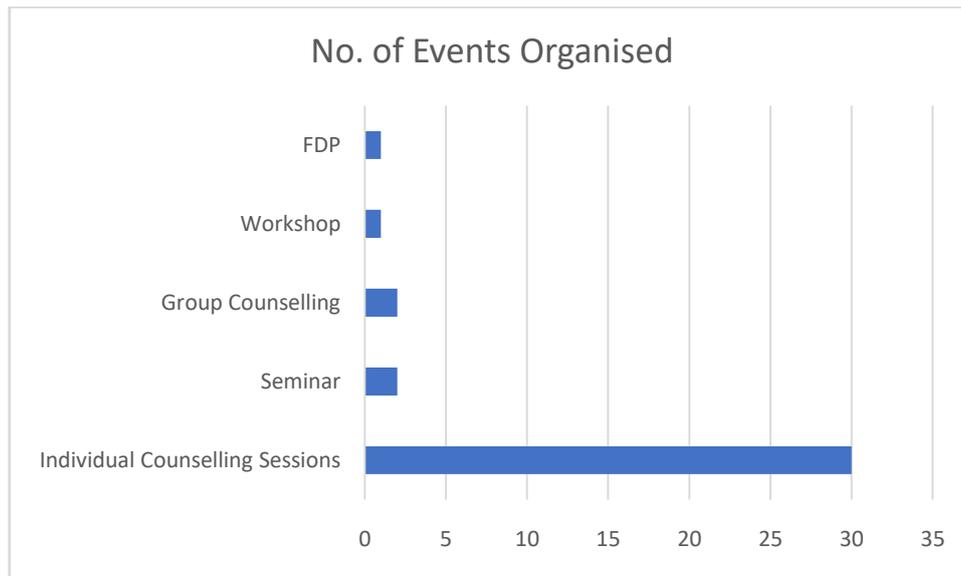
- To provide a safe and confidential space for students to discuss and address their mental health concerns.
- To promote resilience and well-being of students, teachers and non-teaching staffs of our college
- To foster self-confidence, self-esteem and interpersonal skills.
- To offer immediate support during emergencies.

The Psychological Counselling Cell has organised the following events since its inception.

Events	No. of Events Organised
Individual Counselling Sessions	30
Seminar	2
Group Counselling	2
Workshop	1
FDP	1

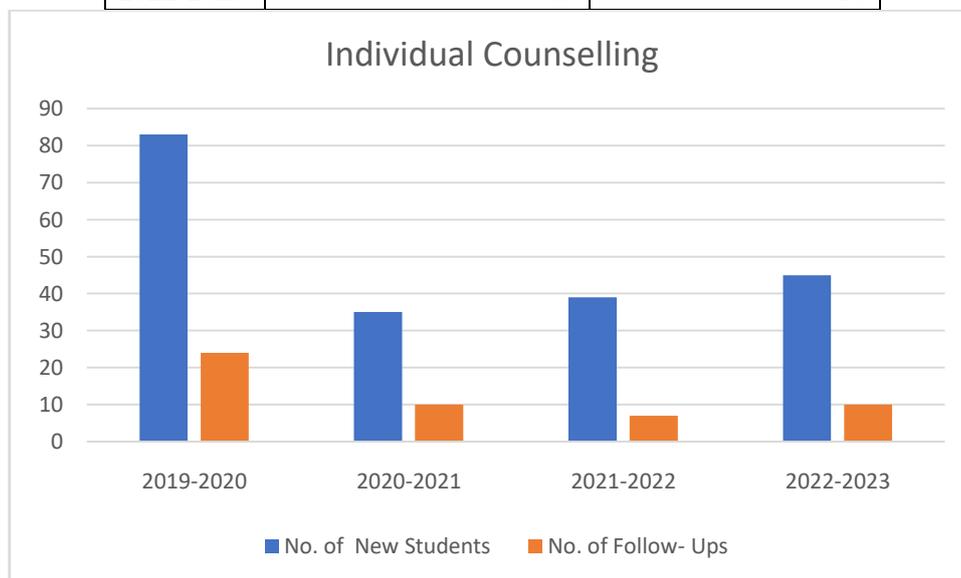



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The Psychological Counselling Cell has facilitated 30 Individual Counselling Sessions for a total of 202 students. Fifty are followed up with regularly to make sure they are keeping their improvements and meeting their psychiatric health objectives.

Individual Counselling Report		
Year	No. of New Students	No. of Follow- Ups
2019-2020	83	24
2020-2021	35	10
2021-2022	39	7
2022-2023	45	10

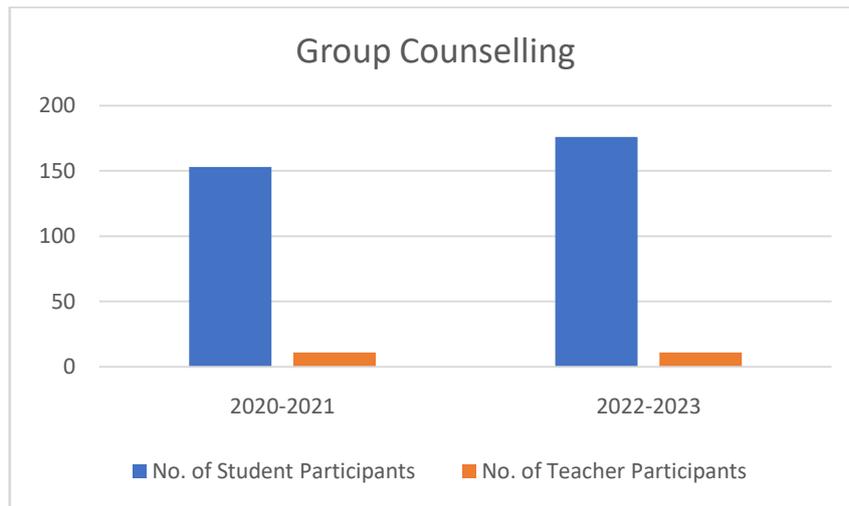


The Psychological Counseling Cell's two lectures and two rounds of Group Counselling were very well attended, bringing in 389 and 329 students, respectively.

Group Counselling Report		
Year	No. of Student Participants	No. of Teacher Participants
2020-2021	153	11
2022-2023	176	11



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The Counselling Cell hosted a session on "Counselling Skills for Mentors" on 20.03.23 to aid the college's mentors in the college's Mentor-Mentee programme. There were 43 Mentors present.

From June 13th to June 20th, the Cell hosted 55 teachers from all throughout the state for a weeklong professional development programme focused on mental health. Prominent figures in their respective fields attended the FDP from all throughout the state.



[Handwritten Signature]
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UTTARPARA, HOOGLY

DATA SHEET FOR METRIC 7.1.1

LIST OF PROGRAMS CELEBRATED FOR THE SESSION MARCH 2019 TO MARCH 2020

Name Of the Committee : Psychological Counselling Cell

Name of the Co-ordinator/Convenor for the following session :Dr.Sanjukta Bhattacharyya

Representative member (if required to be contacted): 90512 84339

Sl. No.	Name of National/International Commerative Day Celebrated	Date of Celebration (dd-mm-yyyy)	Special Guest of Honour if Any	Venue of Celebration
1.	Individual Counselling Session-1	01.04.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
2.	Individual Counselling Session-2	08.04.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
3.	Individual Counselling Session-3	16.04.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
4.	Individual Counselling Session-4	22.04.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
5.	Individual Counselling Session-5	13.08.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
6.	Individual Counselling Session-6	26.08.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
7.	Individual Counselling Session-7	09.09.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
8.	Individual Counselling Session-8	16.09.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
9.	Individual Counselling Session-9	19.09.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell
10.	Individual Counselling Session-10	23.09.19	Mrs.Anindita Mukherjee	Psychological Counselling Cell

Description of above mentioned programs in the table:

Description of 1st Counselling session

Organised by

Psychological Counselling Cell on 01.04.19



Dr. Sanjukta Bhattacharyya
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Date–01.04.19

Venue–Psychological Counselling Cell

Time– 12:30 p.m. – 3:30 p.m.

No. of students participated in the session–16

Name of the students who were counselled:

1. RishikaHalder
2. RatnaSarkar
3. BijoyKetan Das
4. DebjaniDey
5. Poulomi Thakur
6. PriyaHaldar
7. Sutapa Das
8. KankanaGhosh
9. Pallab Khan
10. MeghaModak
11. Rini Das
12. Oindrila Das
13. Kankana Das
14. MoumitaBera
15. Pradip Das
16. Jatinmoy Roy

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The primary issues identified included self-doubt, demotivation, career confusion, obsessive patterns, Dissociative Identity Disorder (DID), negative self-perception, forced adjustment, lack of patience, and perceived low IQ levels.

One of the students had a history of experiencing Dissociative Identity Disorder since class 9, indicating a complex dissociative condition that requires specialized therapeutic attention. Another student exhibited symptoms of Obsessive-Compulsive Disorder (OCD), characterized by repetitive and distressing thoughts or behaviours. Furthermore, one student had a traumatic past, having lost a grandmother at the age of 2.5 and experiencing the suicide of a cousin, which contributed to her emotional distress.

Mrs. Mukherjee, the consultant psychologist, recommended a tailored approach for each student. For those struggling with self-doubt, demotivation, and career confusion, cognitive-behavioural therapy (CBT) techniques were advised to identify and challenge negative thought patterns. The

student with OCD symptoms was encouraged to participate in exposure and response prevention therapy to manage their obsessive behaviours effectively.

Trauma-focused therapy was recommended for the student with a traumatic past, aimed at processing and healing from the emotional scars left by these events.

Additionally, mindfulness exercises and stress management techniques were provided to all students to enhance patience and emotional resilience. Group therapy sessions were proposed to create a supportive environment where students could share their experiences and learn from each other.

Perspectives on the Session:



**RAJA PEARY MOHAN COLLEGE, UTTARPARA,
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Phone No.: 2663 0881, Fax 26634155 website: www.rpmcollege.org
e-mail: rajapearymohancollege@gmail.com,
Dated 28/3/2019

Ref No.

NOTICE

It is notified for all concerned that a **Psychological Counselling Programme** will be held on **1st April 2019 from 12:30pm-3:30pm in The Counselling Room**. all Students who have registered their name for Counselling are requested to contact **Dr Anindita Majhi Mondal and Dr Apurba Kr De** as soon as possible.

[Handwritten Signature]
Principal
Raja Peary Mohan College
PRINCIPAL
Raja Peary Mohan College
Uttarpara, Hooghly

Members of the Counselling Cell:

1. Dr Hrishita Gupta Bakshi
2. Dr Apurba Kr De
3. Dr Maitri Bose Biswas
4. Dr Anindita Majhi Mondal (Majee)
5. Prof Saumi Mikherjee
6. Dr Pinaki De
7. Dr Santanu Rana
8. Dr Monalisha Biswas
9. Prof Jyoti Das
10. Prof Chakita Mukherjee
11. TC Sec
12. G S Sec Students Union
13. Dr Sanjukta Bhattacharayya (Coordinator)
14. *Raghuwath Sarker*

Description of 2nd Counselling session

Organised by

Psychological Counselling Cell on 8.04.19

Date–8.04.10

Venue – Psychological Counselling Cell

Time– 12:30 p.m. – 3:30 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

1. Rekha Banerjee
2. SayaniDutta
3. Halen Soren
4. PiyaliParamanik
5. SathiSarkar
6. SnehaBarua

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

During the individual psychological consultation, the student's current problems are assessed and complex emotional situations are revealed. Students were diagnosed with low self-esteem, dominant father, abusive father, lack of self-confidence and anger issues

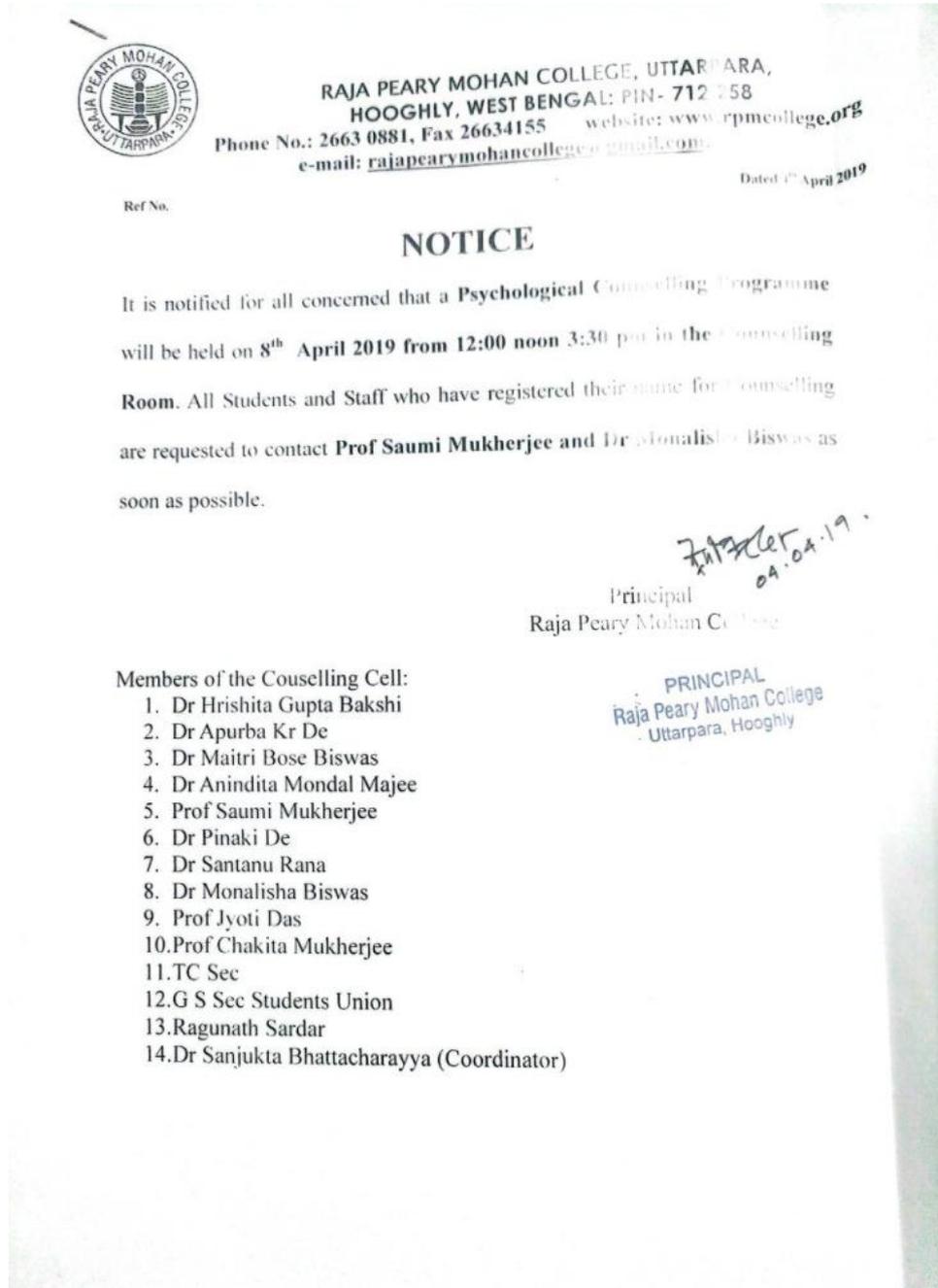
Psychologists recommend a comprehensive treatment plan to address these issues. Initially, cognitive behavioral therapy (CBT) was recommended to restore self-esteem and improve anger management. The student with abusive father will benefit from assertiveness training to counteract the influence of a dominant father. Additionally, trauma-focused therapy can help the student to process past abuse.

To improve emotional regulation, mindfulness and relaxation techniques were recommended. The students were encouraged to self-express through creative outlets such as writing to help with emotional catharsis. It was also recommended to develop support systems, including group therapy or peer support, to address feelings of isolation.



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RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY

Picture:



Description of 3rd Counselling session

Organised by

Psychological Counselling Cell on 16.04.19

Date–16.04.19

Venue – Psychological Counselling Cell.

Time– 12:00 p.m. – 3:30 p.m.

No. of students participated in the session—8

Name of the students who were counselled:

1. PayelChatterjee
2. Sutapa Das
3. Shilpa Singh
4. RupkathaBandyopadhyay
5. ShilpaGhosh
6. Dipika Roy
7. RishikaHaldar
8. Rini Das

About the Counselling Session:

Two students in this session were follow-up cases

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief –

In the individual psychological counseling session led by Mrs.Anindita Mukherjee, several diverse student cases were addressed.

One student struggled with inhibition and lacked confidence. Mrs. Mukherjee recommended confidence-building exercises and setting achievable goals with measurable progress markers.

A student dealing with Obsessive-Compulsive Disorder was encouraged to undergo Cognitive Behavioral Therapy (CBT) to manage obsessions and compulsions effectively.

For a student grappling with anger issues, Mrs. Mukherjee suggested anger management techniques, including deep breathing and anger journaling.

Another student addicted to mobile usage was advised to gradually reduce screen time, set daily limits, and engage in offline activities. The student with a tendency to consume raw salt was advised to consult a nutritionist and explore healthier dietary habits.

For the follow-up cases, Mrs. Mukherjee monitored progress and offered ongoing support. Additionally, for the student prone to overthinking and catastrophic thoughts, mindfulness exercises and reframing techniques were recommended.



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Glimpses:



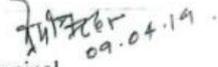
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Dated 11th April 2019

Ref No.

NOTICE

It is notified for all concerned that a **Psychological Counselling Programme** will be held on 16th April 2019 from 12:00 noon 3:30 pm in the **Counselling Room**. All Students and Staff who have registered their name for Counselling are requested to contact **Prof/DrPinaki De.....** and **Dr/ProfJyoti Das.....** as soon as possible.


Principal
Raja Peary Mohan College

PRINCIPAL
Raja Peary Mohan College
Uttarpara, Hooghly

Members of the Counselling Cell:

1. Dr Hrishita Gupta Bakshi
2. Dr Apurba Kr De
3. Dr Maitri Bose Biswas
4. Dr Anindita Mondal Majee
5. Prof Saumi Mukherjee
6. Dr Pinaki De
7. Dr Santanu Rana
8. Dr Monalisha Biswas
9. Prof Jyoti Das
10. Prof Chakita Mukherjee
11. TC Sec
12. G S Sec Students Union
13. Ragnath Sardar
14. Dr Sanjukta Bhattacharaya (Coordinator)

Description of 4th Counselling session

Organised by

Psychological Counselling Cell on 22.04.2019

Date–22.04.19

Venue – Psychological Counselling Cell

Time– 12:30 p.m. – 3:30 p.m.

No. of students participated in the session–14

Name of the students who were counselled:

1. SnahaDey
2. Rama Gayen
3. SayanSarkar
4. SudiptaHaldar
5. SahelySaha
6. MadhurimaGhosh
7. SuchismitaKoley
8. AninditaKoley
9. Tamal Das
10. Gargie Roy
11. Rekha Banerjee
12. RupkathaBandyopadhyay
13. PiyaliPramanik
14. RishikaHalder

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session. Three of the cases were follow up cases.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Several students presented with a range of issues including Performance anxiety, high tension, restlessness, relationship problems, low tolerance, rigidity, stubbornness, low concentration, and distraction were among the primary concerns. One of the student from a single-parent family exhibited anger issues and occasional loneliness. Three of the cases in the session were follow-ups from previous sessions.



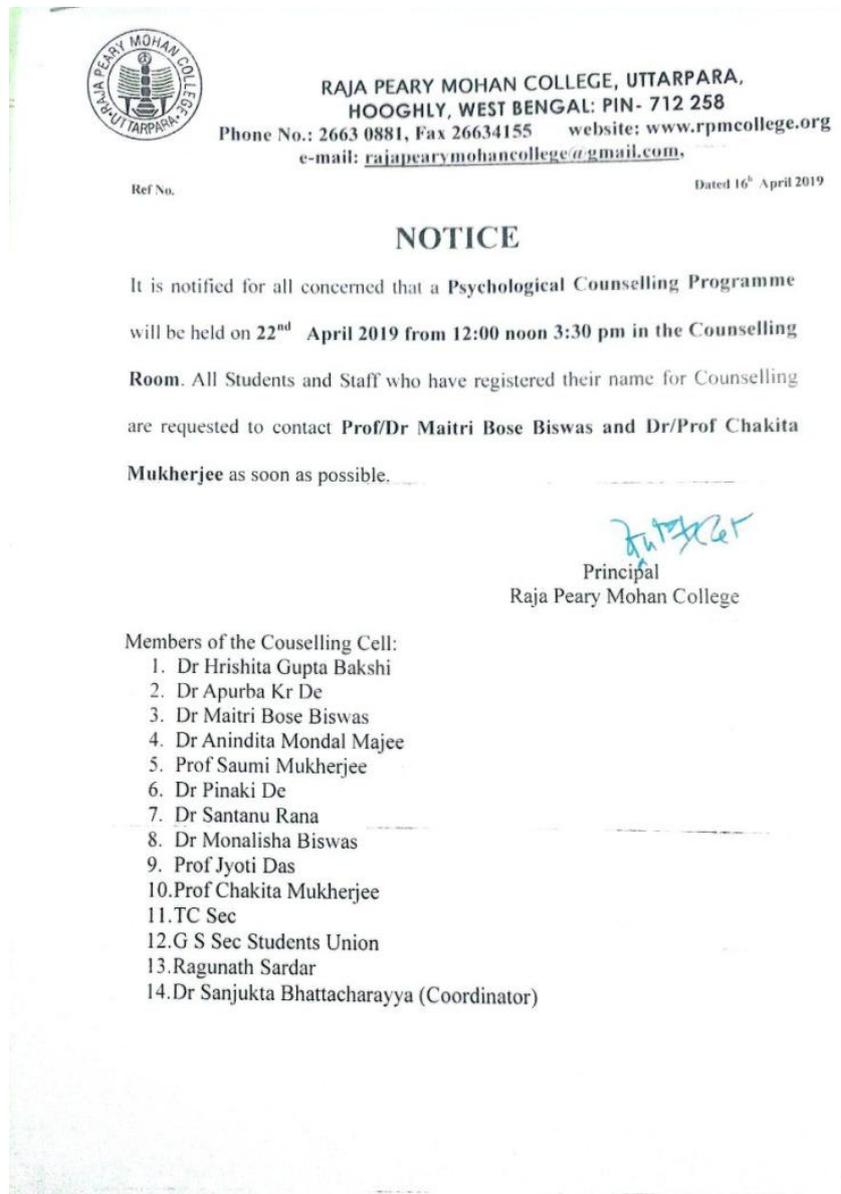
Raja Peary Mohan
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UTTARPARA, HOOGLY

To address these issues, Mrs. Mukherjee employed a holistic approach. For the student with performance anxiety, she recommended relaxation techniques such as deep breathing and mindfulness exercises. High tension and restlessness were tackled by her through stress management strategies, including time management and physical activity. Relationship issues were addressed by promoting effective communication and empathy. Low tolerance and rigidity were countered with cognitive-behavioral techniques aimed at promoting flexibility and resilience.

For the student with anger issues and loneliness, Mrs. Mukherjee emphasized the importance of expressing emotions in a healthy manner and provided resources for building a support network. In cases of low concentration and distraction, strategies to enhance focus and attention were prescribed.

Follow-up sessions were scheduled to track progress and make necessary adjustments to the counselling approach. Mrs. Mukherjee emphasized the importance of consistent self-care practices, fostering a nurturing environment, and seeking social support aiming to empower the students to manage their challenges effectively and enhance their overall well-being.

Glimpses:



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Ref No. _____ Dated 16th April 2019

NOTICE

It is notified for all concerned that a **Psychological Counselling Programme** will be held on **22nd April 2019 from 12:00 noon 3:30 pm in the Counselling Room**. All Students and Staff who have registered their name for Counselling are requested to contact **Prof/Dr Maitri Bose Biswas and Dr/Prof Chakita Mukherjee** as soon as possible.


Principal
Raja Peary Mohan College

Members of the Counselling Cell:

1. Dr Hrishita Gupta Bakshi
2. Dr Apurba Kr De
3. Dr Maitri Bose Biswas
4. Dr Anindita Mondal Majee
5. Prof Saumi Mukherjee
6. Dr Pinaki De
7. Dr Santanu Rana
8. Dr Monalisha Biswas
9. Prof Jyoti Das
10. Prof Chakita Mukherjee
11. TC Sec
12. G S Sec Students Union
13. Ragnath Sardar
14. Dr Sanjukta Bhattacharayya (Coordinator)

Report on 5th Counselling session

Organised by

Psychological Counselling Cell 13.08.19

Date–13.08.19

Venue – Psychological Counselling Cell

Time– 12:30 p.m.

No. of students participated in the session–5

Name of the students who were counselled:

1. Ayantika Nag Choudhury
2. Rinki Biswas
3. Damini Dey
4. Ramita Mallick
5. Trisha Chatterjee

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Various students were diagnosed with a range of psychological challenges, some include trust issues, emotional problems, low confidence, traumatic past experiences, abusive household environments, a lack of personal space at home, absence of self-clarity, and poor memory were prevalent concerns among these students. One particular student exhibited anger issues, attributed to her father's abandonment and her mother's physical abuse, resulting in a tormented home environment.

Several constructive measures were advised by the psychologist to address these issues. First and foremost, fostering a safe and empathetic space for students to express their emotions and thoughts was recommended. Building trust through open communication was identified as crucial. Psychotherapy sessions, tailored to each student's specific needs, were prescribed to help them address emotional trauma, improve self-esteem, and develop coping strategies.

Additionally, Mrs. Anindita Mukherjee emphasized the importance of self-reflection and self-awareness to attain personal clarity. Techniques for enhancing memory were suggested, such as mnemonic devices and regular practice. Moreover, the psychologist recommended seeking external support systems, like support groups or counseling services, to navigate abusive households effectively.

Glimpses:



Anindita Mukherjee
PRINCIPAL
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UTTARPARA, HOOGHLY



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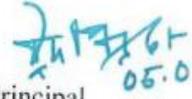
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Dated 06/08/2019

NOTICE

It is notified for all concerned that a the **Psychological Counselling Programme (Group Counselling and Individual Counselling)** will be held on **13th August 2019 from 12:30pm in Hall 2**. All interested Students are requested to register their names for the Programme to the Following Teachers:

Dr Hrishita Gupta Bakshi and Dr Anindita Majhi Mondal as soon as possible.


05.08.19

Principal

Raja Peary Mohan College

PRINCIPAL

Raja Peary Mohan College
Uttarpara, Hooghly

Members of the Counselling Cell:

1. Dr-Hrishita Gupta Bakshi
2. Dr Apurba Kr De
3. Dr Maitri Bose Biswas
4. Dr Anindita Majhi Mondal
5. Prof Saumi Mikherjee
6. Dr Pinaki De
7. Dr Santanu Rana
8. Dr Monalisha Biswas
9. Prof Jyoti Das
10. Prof Chakita Mukherjee
11. TC Sec
12. G S Sec Students Union
13. Dr Sanjukta Bhattacharaya (Coordinator)

Report on 6th Counselling session

Organised by

Psychological Counselling Cell 26.08.19

Date–26.08.19

Venue – Psychological Counselling Cell

Time– 12:30 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

1. Rekha Banerjee
2. Ram Roy
3. RathinBanik
4. SayaniDutta
5. Tania Ghosh
6. SudiptaHalder

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session. Three of the students were follow-up cases.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Three of these students were follow-up cases, while two presented with specific issues. The identified problems encompassed low self-esteem, difficulties in maintaining personal boundaries, feelings of guilt related to past actions, and paranoia.

Low self-esteem was observed in one student, contributing to self-doubt and diminished self-worth. Additionally, another student exhibited a recurring inability to uphold confidentiality and respect personal boundaries. Furthermore, guilt stemming from past experiences hindered the emotional well-being of one individual. Lastly, a student displayed symptoms of paranoia, characterized by heightened mistrust and suspicion of others.

Mrs.Anindita Mukherjee, the consultant psychologist, provided tailored suggestions to address these issues. Measures included cognitive-behavioral therapy (CBT) to enhance self-esteem, assertiveness training to establish and maintain boundaries, and guided discussions to process and alleviate guilt feelings. For the student with paranoid tendencies, therapeutic interventions aimed at building trust and managing anxious thoughts were recommended.



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Report on 7th Counselling session

Organised by

Psychological Counselling Cell 09.09.19

Date–09.09.19

Venue – Psychological Counselling Cell

Time–12:30 p.m.

No. of students participated in the session–7

Name of the faculties who were counselled:

1. Sova Nandi
2. Mamta Gupta
3. Rakhi Bag
4. Tania Ghosh
5. Shilpa Ghosh
6. Barsha Mukherjee
7. Dipika Roy

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session. Three of the cases were follow up cases.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the client,
- To help the clients attain a positive mental health,
- To help the clients work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief –

In the individual psychological counseling sessions conducted by Mrs. Anindita Mukherjee, various students were diagnosed with a range of psychological concerns. Among these, lack of confidence, lack of self-clarity, depression, low anger control, mobile addiction, self-dissatisfaction, and difficulties in controlling behavior at home were identified as prominent issues. One student specifically struggled with a lack of self-control and an addiction to mobile devices. Notably, three of the students were follow-up cases, indicating the persistence of their issues.

Suggestive measures were recommended by the psychologist to address these concerns. These included implementing cognitive-behavioral therapy techniques to enhance self-confidence and clarity, developing emotion regulation strategies for depression and anger management, and establishing healthy boundaries for mobile addiction. Additionally, personalized counseling sessions were advised to address individual needs.



Anindita Mukherjee
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UTTARPARA, HOOGHLY

Report on 8th Counselling session

Organised by

Psychological Counselling Cell

16.09.19

Date–16.09.19

Venue – Psychological Counselling Cell

Time–12:30 p.m.

No. of students participated in the session–7

Name of the faculties who were counselled:

1. PriyankaDutta
2. MoumitaBera
3. DaminiDey
4. Trisha Chatterjee
5. RamitaMallick
6. Anup Kumar Sil
7. Barsha Mukherjee

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session. Six out of Seven cases today were follow up cases.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the client,
- To help the clients attain a positive mental health,
- To help the clients work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief –

In individual psychological counseling sessions conducted by Mrs.Anindita Mukherjee, seven students were assessed and diagnosed with various psychological issues. Among them, six were follow-up cases. High anxiety levels were identified in two students, while another student exhibited anger control issues. Two students reported relationship issues, with one of them dealing with a controlling partner. Additionally, one student was diagnosed with a learning disability, and another had a low IQ.

Suggestive measures advised by the psychologist included tailored cognitive-behavioral therapy (CBT) sessions to address anxiety and anger control problems. Relationship counseling was recommended for the students facing relationship issues, with an emphasis on fostering healthy communication. For the student with a controlling partner, assertiveness training was suggested. Specialized learning support and accommodations were advised for the student with a learning disability. IQ improvement strategies were outlined for the student with a low IQ, focusing on enhancing cognitive skills.



Anindita Mukherjee
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Report on 9th Counselling session

Organised by

Psychological Counselling Cell

19.09.19

Date–19.09.19

Venue – Psychological Counselling Cell

Time–12:30 p.m.

No. of students participated in the session–10

Name of the faculties who were counselled:

1. Gargie Roy
2. Sayantika Bag
3. DaminiDey
4. Trisha Chatterjee
5. RinkiBiswas
6. Puja Roy
7. BiswajitBanik
8. PriyankaDutta
9. Tania Ghosh
10. Oindrilla Das

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session. Four of the cases were follow up cases.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the client,
- To help the clients attain a positive mental health,
- To help the clients work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief –

Among the students, emotional imbalance, social anxiety, forgetfulness, post-breakup distress, depression, suicidal ideations, social pressure, and poor anger control were identified as prevalent issues.

Depression and suicidal tendencies were particularly concerning in one student. The severity of their condition prompted immediate attention and intervention. The identified students were provided with a safe and empathetic environment to express their feelings and concerns.

Suggested measures encompassed a holistic approach to addressing these mental health issues. Counseling and therapy sessions were recommended to assist students in better understanding and managing their emotions. Cognitive-behavioral techniques were introduced to tackle social anxiety and poor anger control.

For the student experiencing depression and suicidal ideations, a referral to a specialized mental health professional was made to ensure immediate and intensive care. Additionally, regular follow-up sessions were proposed to monitor their progress and provide ongoing support.



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UTTARPARA, HOOSUR

Furthermore, Mrs. Anindita Mukherjee advised these students to build a robust support system by confiding in trusted friends and family members. Techniques for stress management and relaxation exercises were also recommended to alleviate social pressure.

Report on 10th Counselling session

Organised by

Psychological Counselling Cell

23.09.19

Date–23.09.19

Venue – Psychological Counselling Cell

Time–12:30 p.m.

No. of students participated in the session–10

Name of the faculties who were counselled:

1. Gargie Roy
2. Taniya Ghosh
3. Sudipto Haldar
4. Biswajit Banik
5. Ranita Malick

About the Counselling Session:

All of the cases were follow-up cases.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the client,
- To help the clients attain a positive mental health,
- To help the clients work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief –

In individual psychological counseling sessions conducted by Mrs. Anindita Mukherjee, various students were diagnosed with distinct psychological challenges. Emotional imbalance, social anxiety, forgetfulness, obsession, lack of impulse control, and poor respect for personal boundaries were identified as prevalent issues.

One student exhibited adjustment difficulties in their romantic relationship, while another grappled with parents who held misogynistic beliefs. Additionally, a student displayed possessiveness towards their crush.

Suggested measures encompassed cognitive-behavioral therapy (CBT) to address emotional imbalance and social anxiety. For forgetfulness, memory-enhancement exercises were recommended. Obsession management techniques included mindfulness meditation. To tackle impulse control issues, strategies involving self-monitoring and impulse-delaying were advised. Moreover, fostering empathy and interpersonal skills was suggested for enhancing respect for personal boundaries.



Anindita Mukherjee
PRINCIPAL
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UTTARPARA, HOOGLY

Regarding the student with relationship adjustment concerns, relationship counseling was advocated, emphasizing effective communication and conflict resolution. For the student with misogynistic parents, establishing personal boundaries and seeking external support were encouraged. Lastly, assisting the possessive student in understanding healthy boundaries in relationships was a key focus.




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LIST OF PROGRAMS CELEBRATED FOR THE SESSION 1st JANUARY 2021 to
MARCH 2022

Name Of the Committee : Psychological Counselling Cell

Name of the Co-ordinator/Convenor for the following session : Prof. SandipanSarkar

Representative member (if required to be contacted): 94327 90733

Sl. No.	Name of National/International Commerative Day Celebrated	Date of Celebration (dd-mm-yyyy)	Special Guest of Honour if Any	Venue of Celebration
1.	Group Counselling for Mental Well-Being	23.01.21	Mrs.Anindita Mukherjee	MS Teams
2.	Individual Counselling Session-1	22.02.21	Mrs.Anindita Mukherjee	MS Teams
3.	Individual Counselling Session-2	22.04.21	Mrs.Anindita Mukherjee	MS Teams
4.	Individual Counselling Session-3	29.04.21	Mrs.Anindita Mukherjee	MS Teams
5.	Individual Counselling Session-4	06.05.21	Mrs.Anindita Mukherjee	MS Teams
8.	Individual Counselling Session-5	10.06.21	Mrs.Anindita Mukherjee	MS Teams
9.	Individual Counselling Session-6	24.06.21	Mrs.Anindita Mukherjee	MS Teams
10.	Individual Counselling Session-7	01.07.21	Mrs.Anindita Mukherjee	MS Teams

Description of above mentioned programs in the table:

Description of the Group counselling “Mental Well Being”

No. of Participants in the Group counselling –

Teacher Participants – 11

Student Participants – 153

Details of the Group counselling

Venue – MS Teams

Date – 23.01.21

Time – 2:30 p.m.

Duration – 3 Hours



ABOUT GROUP COUNSELLING

Respect is that great spirit of goodness that creates a beautiful space for all souls to breathe. - The group counselling on 'respecting personal space' and 'respecting personal boundaries' were led by the Psychological Counselling Cell. The group counselling's goal was to teach students how to respect and establish physical, social, and emotional boundaries. They felt even more empowered to reach out and

share their stories. Students enthusiastically participated in the group counselling and shared their perspectives.

Objectives of the Group counselling:

- To raise awareness about mental well-being and its significance in our daily lives.
- To foster a deeper understanding of common mental health challenges

Discussion Themes:

The central theme of the group counseling session was "Nurturing Mental Resilience." The discussion revolved around identifying stressors, recognizing one's emotional responses, and learning adaptive coping mechanisms..

Summary -

The group counselling was organised by the Psychological Counselling Cell on 23.01.21 at 2:30 p.m. on MS Teams of Raja Peary Mohan College in collaboration with IQAC.

The Psychological Counselling Cell Convenor, Prof. Sandipan Sarkar inaugurated the group counselling and highlighted the relevance of Personal space and boundaries. She also felicitated the Guest Psychologist, Mrs. Anindita Mukherjee.

Mrs. Anindita Mukherjee's group counseling on mental well-being proved insightful and empowering. The participants engaged in a candid dialogue about their mental health concerns, normalizing the discussion around these issues. The session focused on practical strategies, including mindfulness exercises, deep breathing techniques, and time management tips, to enhance mental resilience.

Participants gained a better understanding of how to navigate life's challenges while maintaining their emotional equilibrium. The session emphasized the importance of seeking support and reaching out to mental health professionals when needed, fostering a supportive and empathetic atmosphere within the group.

Mrs. Mukherjee's expertise and compassionate approach resonated with the participants, providing them with valuable tools to prioritize their mental health. Ultimately, the session served as a stepping stone towards a more mentally resilient and well-balanced life for all involved.



Anindita Mukherjee
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Glimpses of the Session:



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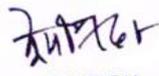
Date : 19.01.2021

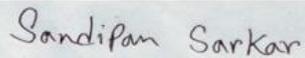
Notice

It is hereby notified that **Psychological Counselling Cell** is going to organize a Webinar on “**Group Counselling for Mental Wellbeing**” in association with **IQAC** of Raja Peary Mohan College on 23rd January, 2021 at 2.30 pm. Our Counsellor and Psychologist **Mrs. Anindita Mukherjee** will address the session and will share her experience with us.

All are requested to attend the said programme.

The joining link for Webinar will be provided later on.


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Uttarpara, Hooghly



Convenor
Psychological Counselling Cell

Description of 1st Counselling session

Organised by

Psychological Counselling Cell on 22.02.21

Date–22.02.21

Venue–MS Teams

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

17. Abhradita Paul
18. DikshaChatterjee
19. MoulinaBhowmik
20. Nandini Das
21. SonuMalakar
22. Tushar Nandi

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students mostly presented the problems of anxiety related disorders, anger control, lack of self confidence, lack of the understanding of self concept, worrying and emotional disturbances.

One of the student was overwhelmed with negative emotions about self , lacked self-worth and the concept of self was greatly disoriented, another student was suffering from social anxiety(F40.10) and had trouble speaking even in classroom environment.

Mrs. AninditaMukherjee, advised the students on how to increase their confidence, overcome stress, and find solutions to their educational and familial problems.

In addition, the counsellor recommended therapeutic exercises, such as yoga, to maintain their physical and mental strength and overcome their problems.

Perspectives on the Session:



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY



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Ref.: _____

Date : 19.02.2021

Notice

It is notified for all concerned that the 1st session of online **Individual Psychological Counselling Programme** will be held on 22nd February, 2021 from 11 am to 1.30 pm through MS Team portal . The group of students, whose counselling schedule 22nd February, Psychological Counselling Cell will contact with them personally.

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Uttarpara, Hooghly

Convenor

Psychological Counselling Cell

Description of 2nd Counselling session

Organised by

Psychological Counselling Cell on 22.04.21

Date–22.04.21

Venue – MS Teams

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

7. Arkoprabho Das
8. AvijitGuchait
9. Ayantika Das
10. Mousumi Mukherjee
11. NehaGuha
12. PapriKoley

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Among the students in Mrs.Anindita Mukherjee's session, various concerns surfaced. These included a pervasive sense of demotivation, anxiety, compromised self-concept, and lack of motivation. An individual student also shared feeling unsupported by her family, causing a deepening of her emotional distress.

Fostering self-awareness and self-esteem was a key aspect of Mrs. Mukherjee's approach, which involved a thorough evaluation of the distinctive obstacles faced by each student. She found that setting measurable objectives and keeping tabs on progress was helpful in tackling the issue of low motivation,"upping" self-efficacy. Managing anxiety was also addressed through the introduction of techniques such as mindfulness and deep breathing that helped ease students' stress.

Mrs. Mukherjee suggested that one fosters a nurturing home environment through transparent communication with parents/guardians. In addition, she recommended seeking camaraderie amongst peers via extracurricular involvements and support groups.

Glimpses of the Session:



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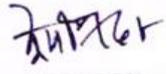
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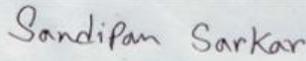
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Date : 15.04.2021

Notice

It is notified for all concerned that the 2nd session of online **Individual Psychological Counselling Programme** will be held on 22nd April, 2021 from 11 am to 1.30 pm through MS Team portal . The group of students, whose counselling schedule 22nd April, Psychological Counselling Cell will contact with them personally.


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Raja Peary Mohan College
Uttarpara, Hooghly



Convenor

Psychological Counselling Cell

Description of 3rd Counselling session

Organised by

Psychological Counselling Cell on 29.04.21

Date–29.04.21

Venue – MS Teams.

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–7

Name of the students who were counselled:

9. Abhradita Paul
10. Arkoprabha Das
11. Diksha Chatterjee
12. Moulina Bhowmik
13. Mousumi Mukherjee
14. Nandini Das
15. Neha Guha

About the Counselling Session:

The students in this session were follow-up cases

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief –

The significance of ongoing support and intervention was indicated by the range of emotional and psychological challenges addressed during the session. Panic, hearing problems, insomnia, depression, and anxiety were all tackled in follow-up cases.

Under the watch of Mrs. Mukherjee, one pupil struggled with an 80% hearing issue, worsening her mental anguish. Adding to her woes were her melancholy over her father's struggle with cancer, which bred sensations of segregation and desolation. The other scholar evinced a proclivity for overanalyzing and hesitancy towards unveiling private troubles, indicating frail defenses.

To tackle the multifaceted problems, Mrs. Mukherjee utilized a holistic method during her counseling sessions. In order to help the student who suffered from emotional distress and hearing loss, she suggested discovering methods such as mindfulness meditation and relaxation techniques to counteract insomnia and anxiety.

Mrs. Mukherjee emphasised the significance of cognitive-behavioral therapy (CBT) to reframe negative thought patterns and improve coping abilities for the student who struggled with overthinking and poor problem-sharing skills. It was also suggested that the student engage in open communication with dependable individuals.

In both instances, the psychologist emphasised the importance of ongoing counselling sessions to track progress and modify strategies as necessary. Mrs. Mukherjee's compassionate and evidence-based approach is intended to empower these students in their pursuit of improved

mental health and well-being.

Glimpses of the Session:



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Ref.: _____

Date : 25.04.2021

Notice

It is notified for all concerned that the 3rd session of online **Individual Psychological Counselling Programme** will be held on 29th April, 2021 from 11 am to 1.30 pm through MS Teams portal . This is actually a follow up session for those selected candidates (selection made by Counsellor), who already attended 1st and 2nd session of **Individual Psychological Counselling Programme**. Psychological Counselling Cell will contact with them personally.

Sandipam Sarkar

Convenor

Psychological Counselling Cell

Jyoti
PRINCIPAL
Raja Peary Mohan College
Uttarpara, Hooghly



Description of 4th Counselling session

Organised by

Psychological Counselling Cell on 06.05.2021

Date-06.05.21

Venue – MS Teams

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–5

Name of the students who were counselled:

15. Jay Khan
16. MouniChatterjee
17. MousumiGhosh
18. SathiBiswas
19. SriparnaGayen



Jyoti
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Mrs. Anindita Mukherjee led individual psychological counseling sessions where two students were diagnosed with significant mental health challenges. One student had severe depression, including suicidal thoughts. Another was struggling with anxiety, negativity, demotivation and concerns about her future.

For the student with severe depression, immediate action was required. Mrs. Mukherjee recommended an urgent referral for medication evaluation alongside consistent therapy. She also took safety measures by informing close friends and family about the student's condition.

The anxious and demotivated student got a different treatment. Mrs. Mukherjee used cognitive-behavioral therapy (CBT) techniques to address negative thought patterns and anxiety. She also encouraged them to set goals and develop skills that would increase motivation and confidence.

Both students were told to keep up with their counseling sessions so Mrs. Mukherjee can monitor progress while providing a supportive environment. Her approach uses crisis intervention and long-term therapeutic strategies which aligns with practices backed by evidence for addressing depression and anxiety

Glimpses of the Session:



Anindita Mukherjee
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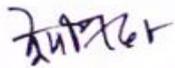
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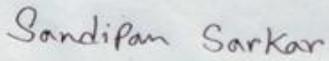
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Date : 15.04.2021

Notice

It is notified for all concerned that the 4th session of online **Individual Psychological Counselling Programme** will be held on 6th May, 2021 from 11 am to 1.30 pm through MS Team portal . The group of students, whose counselling schedule 6th May, 2021, Psychological Counselling Cell will contact with them personally.


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Raja Peary Mohan College
Uttarpara, Hooghly



Convenor
Psychological Counselling Cell

Report on 5th Counselling session

Organised by

Psychological Counselling Cell 10.06.21

Date–10.06.21

Venue – MS Teams

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–5

Name of the students who were counselled:

6. Soumyadeep Das
7. Soumyadeep Ghosh
8. Subhodeep Dutta
9. Suparna Ghosh
10. Supriya Man

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Depression, anxiety, demotivation, and worry about the future were some of the diagnoses made in counseling sessions. The psychologist recommended evidence-based interventions such as cognitive-behavioral therapy (CBT) to disrupt thought patterns. Techniques in mindfulness were advised to manage anxiety and relaxation exercises were given as a way to combat demotivation. The psychologist also made it clear that building a strong support network and asking for help when needed is important in conquering this issue. These measures aim to supply students with tools to eliminate their symptoms, regain purpose, and restore hope for the future.



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UTTARPARA, HOOGHLY

Glimpses of the Session:



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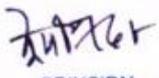
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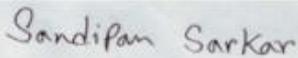
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Date : 07.06.2021

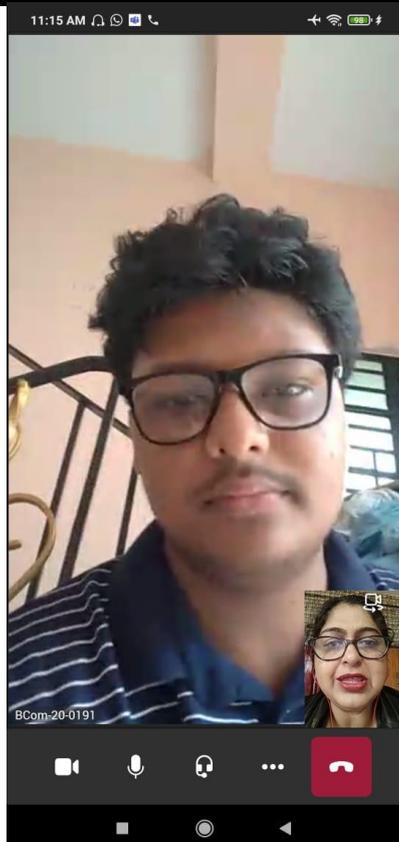
Notice

It is notified for all concerned that the 5th session of online **Individual Psychological Counselling Programme** will be held on 10th June, 2021 from 11 am to 1.30 pm through MS Team portal . The group of students, whose counselling schedule 10th June, Psychological Counselling Cell will contact with them personally.


PRINCIPAL
Raja Peary Mohan College
Uttarpara, Hooghly



Convenor
Psychological Counselling Cell



স্বাধীনতা
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY

Report on 6th Counselling session

Organised by

Psychological Counselling Cell 24.06.21

Date–24.06.21

Venue – MS Teams

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

7. MoumiChatterjee
8. RiniGoswami
9. SriparnaGayen
10. TanushreeBhandari
11. Trisha Pramanik
12. Vivek Singh

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

In this session, Mrs. Mukherjee employed a compassionate and evidence-based approach. For the severely depressed student, immediate intervention was prioritized. Safety measures were put in place, and a referral to a psychiatrist for medication evaluation was advised. Concurrently, cognitive-behavioral therapy (CBT) was initiated to address negative thought patterns and cultivate motivation.

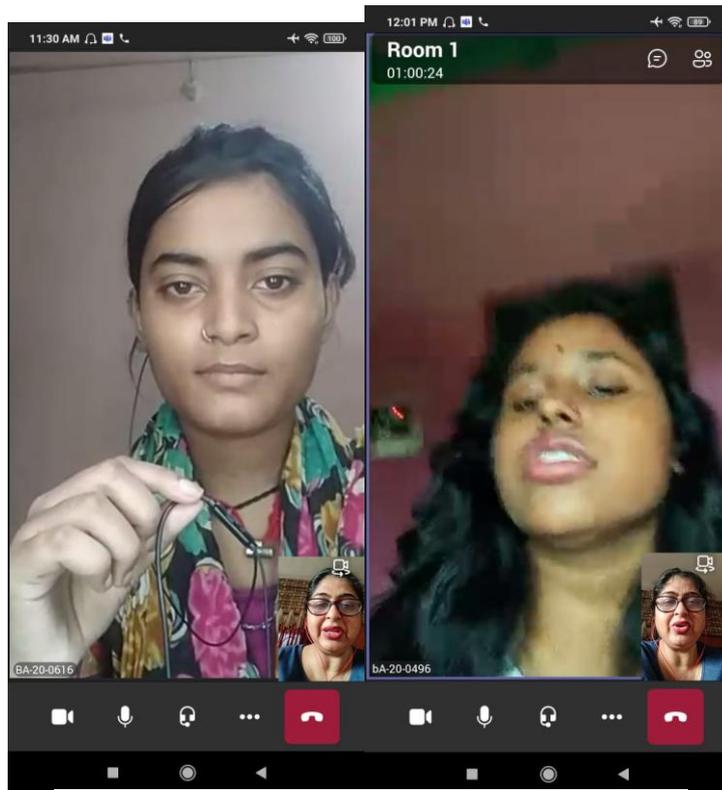
For the anxious student, Mrs. Mukherjee recommended relaxation techniques, mindfulness practices, and structured goal-setting to alleviate anxiety about the future. Additionally, exploring career counselling and guidance was suggested to provide clarity and direction.

It is vital to note that the severely depressed student's safety and well-being remained the primary focus. Regular follow-up sessions and collaboration with a mental health team were initiated to ensure a comprehensive and supportive approach to recovery. Both students were encouraged to maintain open communication and build a strong support network.



Principal's Signature
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Glimpses of the Session:



RAJA PEARY MOHAN COLLEGE

1, Acharya Dhruva Pal Road,
Uttarpara, Hooghly, West Bengal, Pin- 712 258.
Ph (033)2663-0191, Fax (033) 26634155

Website : www.rpmcollege.org, e-mail : rjapearymohancollege@gmail.com

Ref.: _____

Date : 21.06.2021

Notice

It is notified for all concerned that the 6th session of online **Individual Psychological Counselling Programme** will be held on 24th June, 2021 from 11 am to 1.30 pm through MS Team portal . The group of students, whose counselling schedule 24th June, Psychological Counselling Cell will contact with them personally.

Sandipam Sarkar

Convenor
Psychological Counselling Cell

[Signature]
PRINCIPAL
Raja Peary Mohan College
Uttarpara, Hooghly

Report on 7th Counselling session

Organised by

Psychological Counselling Cell

01.07.22

Date–01.07.22

Venue – MS Teams

Time– 11:00 a.m. – 1:30 p.m.

No. of students participated in the session–4

Name of the faculties who were counselled:

1. AninditaMnadalMajee
2. KrishnankaShekharGayen

Name of the students who were counselled:

3. SubhodeepDutta
4. SuparnaGhosh

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the client,
- To help the clients attain a positive mental health,
- To help the clients work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Students were diagnosed with a complex combination of depression, anxiety, demotivation, and self-esteem and confidence issues. Mrs. Mukherjee employed a holistic approach to address these multifaceted concerns.

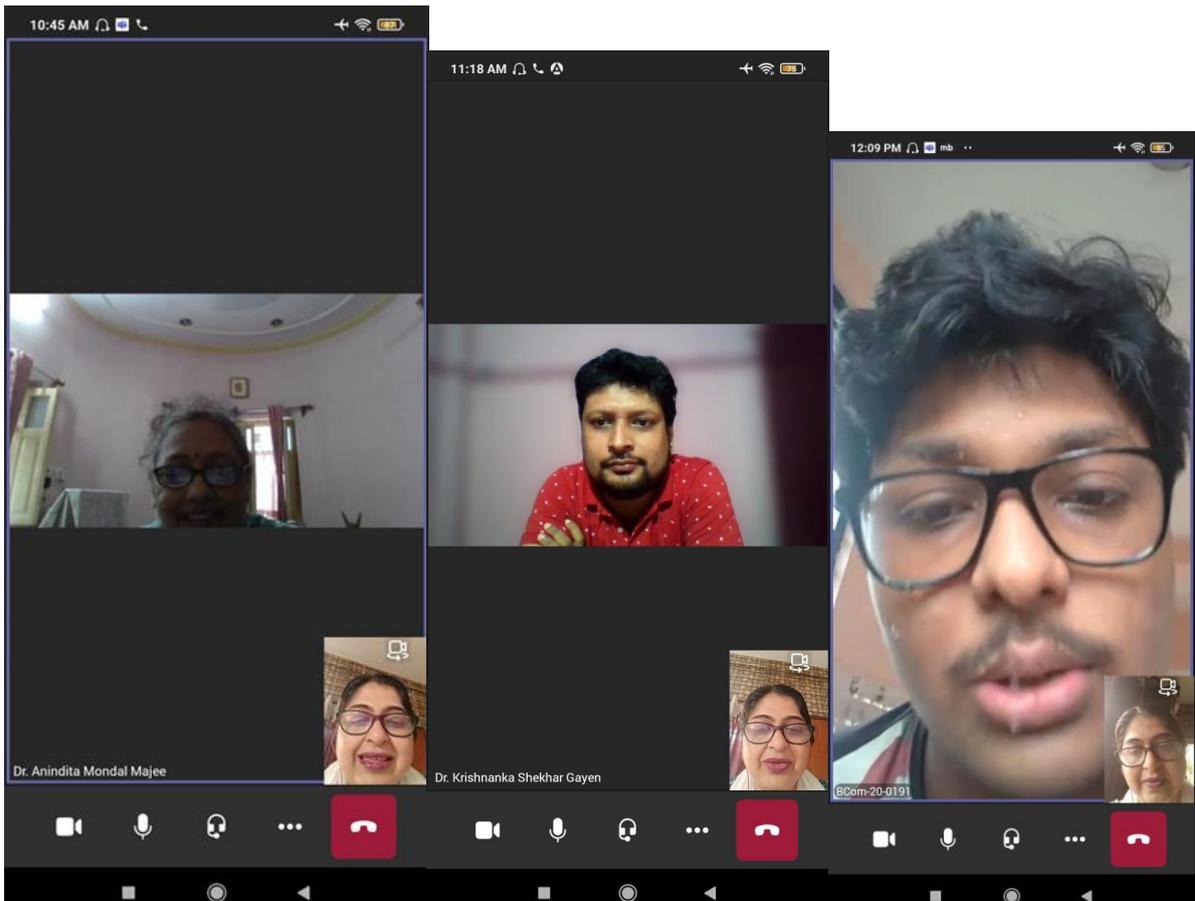
During the sessions, Mrs. Mukherjee emphasized the importance of cognitive-behavioral therapy (CBT) to reframe negative thought patterns and manage anxiety. She also encouraged the students to engage in self-reflective exercises to identify their strengths and achievements, thereby boosting self-esteem and confidence.

Additionally, motivational techniques were integrated into the counseling process to reignite the students' drive and enthusiasm for their academic and personal pursuits. Mrs. Mukherjee stressed the significance of setting achievable goals and breaking them down into manageable steps.

Glimpses of the Session:



Signature
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RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY



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Website : www.rpmcollege.org, e-mail : rajapearymohancollege@gmail.com

Ref.: _____

Date : 29.06.2021]

Notice

It is notified for all concerned that the 7th session of online **Individual Psychological Counselling Programme** will be held on 1st July, 2021 from 10.30 am to 1.00 pm through MS Team portal . Teachers and students, whose counselling schedule 1st July, Psychological Counselling Cell will contact with them personally.

Sandipan Sarkar

Convenor

Psychological Counselling Cell


PRINCIPAL
Raja Peary Mohan College
Uttarpara, Hooghly

LIST OF PROGRAMS CELEBRATED FOR THE SESSION March 2022 to June 2022

Name Of the Committee : Psychological Counselling Cell

Name of the Co-ordinator/Convenor for the following session : Dr. Anindita Mandal Majee, Prof. Jyoti Das

Representative member (if required to be contacted): 94339 10161, 89612 92856

Sl. No.	Name of National/International Commerative Day Celebrated	Date of Celebration (dd-mm-yyyy)	Special Guest of Honour if Any	Venue of Celebration
1.	Seminar Mental Well-Being A Key to happiness	28.03.22	Mrs. Anindita Mukherjee	Centenary Hall
2.	Individual Counselling Session-1	11.04.22	Mrs. Anindita Mukherjee	Psychological Counselling Cell
3.	Individual Counselling Session-2	18.04.22	Mrs. Anindita Mukherjee	Psychological Counselling Cell
4.	Individual Counselling Session-3	25.04.22	Mrs. Anindita Mukherjee	Psychological Counselling Cell
5.	Individual Counselling Session-4	10.05.22	Mrs. Anindita Mukherjee	Psychological Counselling Cell
6.	Individual Counselling Session-5	24.05.22	Mrs. Anindita Mukherjee	Psychological Counselling Cell
7.	FDP on Understanding Mental Health	13.06.22 – 20.06.22	MON Foundation, Kolkata	Centenary Hall

Description of above mentioned programs in the table:

Report on the Seminar “Mental Well-being – A key to happiness.”

No. of Participants in the Seminar –

Teacher Participants – 39

Student Participants – 282

Details of the Seminar

Venue – Centenary Hall

Time – 28.03.22

Duration – 2 Hours



Anindita Mandal Majee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY

ABOUT SEMINAR

The aim of the seminar is to make understand the participants about mental health, the need for maintaining proper mental health of the individual, to understand wellbeing and to learn some strategies how to cope up with stress and maintain one's mental state to gain happiness in life.

OBJECTIVES OF SEMINAR WERE

- To understand the basics of mental health,
- To understand the different types of stress and stressors in day-to-day life.
- To learn some coping strategies and practices to help combat different mental issues.
- To generate awareness about mental illness among students and to help them become compassionate about fellow others.
- To understand the effective conditions of management of mental health problems.

DISCUSSION THEMES

- Understanding the key indicator of stress in daily lives.
- An insight into the helps available for mental health problems.
- Introducing the students to the Psychological Counselling cell of our college,
- Learn certain practices of mental well-being.

Summary -

The seminar was organised by the Psychological Counselling Cell on 28.3.2022 at 12:30 p.m. at Centenary Hall of Raja Peary Mohan College in collaboration with IQAC.

The IQAC coordinator, Dr. SanjuktaBhattachajee inaugurated the seminar and highlighted the purpose of physical and mental health awareness.

The convenor, DR. AninditaMandal (Majee) focused on the role of counselling as a step of mental health care. Joint Convenor, Prof. Jyoti Das gave an introduction to the Guest Psychologist, Mrs. Anindita Mukherjee and felicitated her through the IQAC coordinator.

Prof. SandipanSarkar, ex-convenor discussed about the difficulties he faced in conducting Individual Counselling during the Pandemic period.

Mrs. Anindita Mukherjee, the Guest Counsellor of the seminar discussed about the role of counselling with different examples and direct interaction with the students. The students participated freely and actively with the speaker and wanted to discuss their problems individually.



Anindita Mukherjee
PRINCIPAL,
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

From the overall discussion in the seminar, the Psychological Counselling Cell along with the IQAC coordinator decided of taking consent from the Principal, Dr. Sudip Kumar Chakraborty and to organise Individual Counselling session per week for the students, teaching staffs and non-teaching staffs of the college. Counselling for the Teaching and non-Teaching staffs will be paid at Rs. 250/- per session and the counselling sessions will be free for the students.

The Counselling cell discussed to form a students' group who are interested in Individual counselling by taking names from the different departments by the different members of this cell.

The counselling cell also deliberated on creating a google form for students to collect their demographic and mental state information to analyse and screen students in the risks and need of the student for counselling helping the cell to set the priorities for the students. The cell also decided on organising group counselling session after observing the problems of the students for a couple of Individual students to deliver mental aid to a large group of students at once.

Organising Committee

1. Dr. Anindita Mandal Majee
2. Prof. Jyoti Das
3. Dr. Hrishita Gupta Bakshi
4. Dr. Sudhin Kumar Bera
5. Dr. Rajrupa Mitra
6. Prof. Sandipan Sarkar.
7. Dr. Swagata Pal
8. Prof. Animesh Das
9. Prof. Amrita Sen
10. Prof. Anindita Banerjee
11. Prof. Smita Pal
12. IQAC Co-ordinator
13. Assistant IQAC Co-ordinator



Sudip Kumar Chakraborty
PRINCIPAL
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UTTARPARA, HOOGLY



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১, আচার্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,

দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

List of Participants in the Seminar:

28.3.22

Page - 1

Mental Well-being: Key to Happiness

List of attendees- Faculties

S.No.	Name	Department
1	Anindita Mandal (Majumdar)	
2	Jyoti Das	Zoology
3	Sudhir Kumar Bera	Commerce
4	Rajrupa Mitra 28.03.22	Economics
5	Maibee Bose 28.02.22	Zoology
6	Sandipan Sarkar, 28.03.22	History
7	Smrita Paul 28.03.22	Sanskrit
8	Animesh Das 28.03.22	History
9	Anindita Banerjee 28.03.22	Physiology
10	Sanni Mukherjee 28.03.22	Philosophy
11	Chakira Mukhopadhyay 28.3.22	Philosophy
12	Aloke Bhunia 28.3.22	Philosophy
13	Suranta Chandra 28.3.22	Philosophy
14	Hinila Gupta Baski 28.3.22	Bangali
15	Santosh Ghosh	Botany
16	Nilu Halder 28/3/22	Botany
17	Nilu Halder 28/3/22	Botany
18	Sudeshna Kellick	History
19	Monalisa Dasgupta	History
20	Niladri Bhattacharya	Political Science
21	Pranshu Mukherjee	Education
22	Shruti Chatterjee 28/03/2022	Zoology
23	Mounita Mitra 28/03/2022	Economics
24	Prandana Mondal 28.03.2022	Economics
25	Sanjukta Bhattacharya 28/3/22	Philosophy



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Date - 28.3.22

Mental Well-being: Key to Happiness

List of attendees

Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
Swati Banerjee	Sanskrit(H)	6th	B.A/19/0032	9831758636
Smriti Koley	Sanskrit(H)	6th	B.A/19/0222	9748872145
priya pal	sanskrit(H)	6th	B.A/19/0586	9332280828
Ranita sur	Sanskrit(H)	6th	B.A/19/0058	8250050369
Sangita Patra	Sanskrit(H)	2nd	B.A/21/0215	7044053580
Neha Das	sanskrit(H)	2nd	B.A/21/0212	8582832027
Ankita Saha	B.Sc(Bio)Gen	2nd	B.Sc(Bio)/21/005	9748092886
Debolina Paul	B.Sc(Bio)Gen	2nd	B.Sc(Bio)/21/0097	6289814215
Darshali saha	B.Sc(Bio)Gen	2nd	B.Sc(Bio)/21/0114	9703106371
Ankita Saha	B.Sc(Bio)Gen	2nd	B.Sc(Bio)/21/007	7044344391
Shubha Kapat	B.Sc(Bio)Gen	2nd	B.Sc(Bio)/21/0076	7044368812
Apekha Chakraborty	B.Sc(Bio)Gen	2nd	B.Sc(Bio)/21/0029	9088285673
Simona Dhal	B.A(History)H	2nd	B.A/21/0294	9330453991
Nishasree Achikary	B.A(History)H	2nd	BA/21/0452	6290926884
Bultti Singh	B.A(History)	2nd	B.A/21/0591	6290756946
Prinyangshi Roy Choudhury	B.A(History)	2nd	B.A/21/0770	9129602060
Anpita Dewali	B.A Sanskrit	6th	B.A/19/0490	8582819045
Anpita khamara	B.A Sanskrit (H)	6th	B.A/19/0219	7605840336
Aditi Delmath	BA Sanskrit	6th	B.A/19/0648	9051662118
Tousha Naskar	B.A Sanskrit	4th	B.A/20/0359	7439815366
Kimkom Banerjee	B.A SANA(H)	4th	B.A/20/0521	9239466929
Anuskapuria	B.A BENGAL(H)	6th	BA/19/0184	8339814326
Sava Mondal	B.A BENGAL	6th	B.A/19/0274	7044856233
Subhas Sharma	B.N.A	6th	B.A/11/0953	6290117076

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প্রিন্সিপাল
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UTTARPARA, HOOGHLY



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Date : 28.3.22

2

Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
25.	Payel Dey	B.A. Honours	2	B.A/21/0274	7439475476
26.	Sayan Sengupta	B.Sc(Bio) Gen	2	B.Sc(Bio)/21/043	9330144344
27.	Debolina Mukherjee	B.Sc(Bio) Gen	2	B.Sc(Bio)/21/0071	930450844
28.	Tisha Doley	B.A. Sanskrit	2	B.A/21/0131	7605859273
29.	Ayanika Pakirah	B.A.H Sanskrit	2	B.A/21/0181	8276049192
30.	Paurna Das	B.A.H Sanskrit	2	B.A/21/0197	7044871857
31.	Trisha Sinha	B.A.H Sanskrit	2	B.A/21/0134	7439752033
32.	Muskan Khatun	B.A.H Sanskrit	2	B.A/21/0195	7980721035
33.	Chourjodip Das	B.Sc(Bio) Gen	4	B.Sc(Bio)/20/002	8972137737
34.	Shumeha Guha	B.A(G)	4	B.A/20/0848	6289572351
35.	Riya Das	B.A(G)	4	B.A/20/0536	8439406492
36.	Subana Maity	B.A(G)	4	B.A/20/0574	6290779871
37.	Shruti Majumdar	B.A(G)	4	B.A/20/0671	8335948877
38.	Seelipa Sathikany	B.A(G)	4	B.A/20/0557	7356903568
39.	Sondli Biswas	B.Sc ZOOA	2	B.Sc/21/0240	6289545175
40.	Anusha Binwar	B.Sc ZOOA	2	B.Sc/21/0172	8100258711
41.	Smriti Ghosh	B.Sc ZOOA	2	B.Sc/21/0288	9143626401
42.	Aishiki Sarkar	B.Sc ZOOA	2	B.Sc/21/0207	7980341561
43.	Kasturi Sarkar	B.Sc ZOOA	2	B.Sc/21/0203	9432505640
44.	Sudheerha Baxshi	B.Sc ZOOA	2	B.Sc/21/0033	6289864181
45.	Akash Biswas	B.A(H)	2	B.A/21/0450	8420584442
46.	Keheli Samra	B.A(G)	4	B.A/20/0625	7439567255
47.	Momami Khelo	B.A(G)	4	B.A/20/0358	7980844460
48.	Tania Barua	B.A(H)	4	B.A/20/0088	8482036008

P.T.O



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Date : 28.3.22

3

Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
49	Sirshak Chy	History	2nd	B.A/21/0160	8697958596
50	Avishkek Dutta	History	2nd	B.A/21/0024	9883856489
51	Rupsa Ghosh	History	2nd	B.A/21/0027	6289570315
52	Sneha Majhi	Bio (Gen)	2nd	B.Sc/21/0105	9163337996
53	Ankita Patra	SANA (H)	2nd	B.A/21/0111	9051815317
54	Ankita Jana	SANA (H)	2nd	B.A/21/0103	8478896109
55	Bidit Maity	Sanskrit (H)	2nd	B.A/21/0199	9163212351
56	Ayanika Datta	Sanskrit (Hons)	4th	B.A/20/0057	8159018616
57	Priya Ghara	Sanskrit (H)	4th	B.A/20/0255	8420552856
58	Ranita Kundu	Sanskrit (H)	4th	B.A/20/0419	9062718269
59	Aparna Das	Bengali (H)	2nd	B.A/21/0553	7489616542
60	Tanisha Malakar	Bengali (H)	2nd	B.A/21/0861	8637634803
61	Mou Bairagi	Bengali (H)	2nd	B.A/21/0188	8250724520
62	Sangita Madhu	Bengali (H)	2nd	B.A/21/0180	9892536024
63	Rounak Bakti	B.Com (G)	2nd	B.Com/21/0169	8910083412
64	Sawan Das	B.Com (G)	2nd	B.Com/21/0118	9123002754
65	Nandini Shaw	B.A (Hons)	4th	B.A/20/0328	9748636382
66	Priya Bakchi	B.A (Hons)	4th	B.A/20/0261	7890825923
67	Bama Roy	B.A (Hons)	4th	B.A/20/0163	6296810103
68	Rupsa Ghosue	B.Com (Hons)	2nd	B.Com/21/0086	8582878565
69	Deep Samanta	B.Com (Gen)	2nd	B.Com/21/0102	6291954173
70	Sk Shubdin Ali	B.Com (Gen)	2nd	B.Com/21/0291	6289469782
71	Rahul Biswas	B.Com (Gen)	2nd	B.Com/21/0062	9432651029 (G)
72	Rohit Paul	B.Com (Gen)	2nd	B.Com/21/0112	9123382075

P.T.O



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Date: 28.3.22

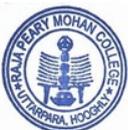
5

Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
96	Bhaskar Pal.	B.Sc (Bio) Hons	6 th	B.Sc/19/0275	9330304632
97	ADIT K. PAUL	B.Sc (Bio) Hons	4 th	B.Sc/20/0173	9820653062
98	Aditya Pal.	B.Sc (Bio) Hons	6 th	B.Sc/19/0271	9748340812
99	Smita Biswas	B.Sc (Bio) Hons	5 th	B.Sc/19/0135	6290676353
100	Sandipti Ghosh	B.Sc (Bio) Hons	4 th	B.Sc/20/0274	7003179360
101	Sukriti Das.	B.Sc (Bio) Hons	4 th	B.Sc/20/0213	9432092164
102	Rikta Malik	B.Sc (Bio) Hons	4 th	B.Sc/20/0167	6291653379
103	Rahul Bhadna	B.Sc (Bio) Hons	4 th	B.Sc/20/0252	9007565066
104	Jay Khan	B.Sc (Bio) H	4 th	B.Sc/20/063	6291127247
105	Tushar Patra	B.A (H) H	2 nd	B.A/21/0009	6297844100
106	Ananya Nandy	B.A (H)	2 nd	B.A/21/000	8509253933
107	Pritynka Goswami	B.A (H)	2 nd	B.A/21/000	9359006950
108	Zeul R. Mondal	B.N.G A	6 th	B.A/19/061	9903193232
109	Tanusree Das	B.A (G)	4 th	B.A/20/000	9073570982
110	Priti Sikdar	B.A (G)	4 th	B.A/20/025	9007748195
111	Susmita Khan	B.A (G)	2 nd	B.A/21/080	9477360098
112	Rity Kukri.	B.A (G)	4 th	B.A/20/067	9883441582
113	Paritika Manna	B.A (G)	4 th	B.A/20/0580	8582802581
114	Nibedita Mondal	B.A (G)	4 th	B.A/20/048	8583888179
115	Rutlan Alankar	B.Com (G)	1 st	B.A/2025	7278177622
116	P Abi - Day	B.Com (G)	1 st	B.A/2025	7930670938
117	Aranyak Das	B.Com (G)	1 st	B.Com/21/0030	98911522757
118	Animesh. Sanyal	B.Sc (Bio) Hons	2 nd	B.Sc/21/0200	9123617961
119	Subhankar Ghosh	B.Sc (Bio) Hons	2 nd	B.Sc/21/0200	8584917896

P.T.O



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Date: 28.3.22

Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
73	Ankita Singh	BA (General)	4th	B.A/20/6381	9874754544
74	Rakhe Sarda	B.A (General)	4th	B.A/20/0626	9163743309
75	Trisha Dey	B.A (General)	2nd	B.A/21/0714	8240930533
76	Riya Dey	B.A (General)	2nd	B.A/21/0420	8977536237
77	Moon Chatterjee	B.A (Gen)	2nd	B.A/21/638	8100585682
78	Bratati Mukherjee	B.Com (Gen)	2nd	B.Com/21/0232	759694 3041
79	Kakabi Mandal	BA (Hons)	6th	B.A/19/0706	7029997896
80	Pallabi Mandal	B.A (Hons)	4th	B.A/20/0031	8927743508
81	Subhankha Nath	B.Sc (Hons)	2nd	B.Sc/21/0171	9932356783
82	Banani Ghosh	B.Sc (Hons)	2nd	B.Sc/21/0277	9933605624
83	Amindita Gope	B.Sc (Hons)	2nd	B.Sc/21/0040	6291115165
84	Sukanya Banerjee	B.A (Gen)	6th	B.A/19/0538	9723707902
85	Barnha Mukherjee	B.Com (Hons)	6th	B.Com/19/0086	6290072191
86	Subhasi Das	B.Com (Hons)	6th	B.Com/19/0025	8477253546
87	Ria Patra	B.Com (Hons)	6th	B.Com/19/0025	6291621175
88	Jayanti Santra	B.Com (Gen)	6th	B.Com/19/0019	8584912109
89	Susmita Majhi	B.A (H)	2nd	B.A/21/0020	9062633883
90	Archita Majhi	B.A (Gen)	4th	B.A/20/0129	6289213743
91	Alsha Ghose	B.A (HONS)	4th	BA-20-0105	8421776561
92	Amika Malik	BA (Hons)	4th	BA-20-0309	9163752564
93	Arceja Guha Mallick	BA (HONS)	2nd	BA/21/0825	9903850118
94	Smita Parina Ghosh	B.A (HONS)	2nd	BA/21/0289	9239344189
95	Jaya Sui	BA (HONS)	2nd	BA/21/0286	6291161201



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Date : 28.3.22

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Mental Well-being: Key to Happiness

List of attendees

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120	1	Ripak Sarkar	IV	B	8882971493
121	2	Amkita Sadhukhan Beng (H)	IV	B.A/20/0161	9231521954
122	3	Pima Sen Beng (H)	IV	B.A/20/0298	9883984935
123	4	Mrinmoy Borker Bengali (H)	IV	B.A/20/0093	9883772854
124	5	Poulami Patra Bengali (H)	IV	BA/20/0383	7596878776
125	6	Abhijit Guha Bengali (H)	IV	BA/20/0053	6290027617
126	7	Tushar Shaw Bengali (H)	IV	BA/20/0987	6291742710
127	8	Henanta Kumar Ghosh B.A(H) Sanskrit	IV	B.A/20/0573	7029472506
128	9	Rameli Pandit B.A(H) Phil	VI	BA/19/0067	9330935390
129	10	Rimeta Khan B.A(H) Phil	VI	B.A/19/0489	7595813609
130	11	Sudipta Bhandari B.A(H) Beng	IV	B.A/20/0143	8018044312
131	12	Sarawati Adhikari B.A(H) Beng	IV	B.A/20/0013	9062641592
132	13	SK Alim Uddin B.A(H) Beng	IV	BA/20/0559	9123032136
133	14	Soubhagya Banti B.A (G)	IV	B.A/20/0598	7526022526
134	15	Pratima Ghosh B.A (G)	IV	B.A/20/0779	6289164643
135	16	Sanchita Patra B.A (H)	IV	B.A/20/0766	9051222065
136	17	Puja Som	"	B.A/20/0164	7439896656
137	18	Suastika Banerjee	"	BA/20/0064	6290939918
138	19	Mandira Ghosh B.A (G)	VI	BA/19/0219	7049113056
139	20	Katha Mondal B.A (H)	VI	BA/19/0143	6290435945
140	21	Charobra Das B.A (H)	VI	BA/19/0069	7439895909
141	22	Arun Mondal B.A (H)	VI	BA/19/0677	7595033535
142	23	Tamika Bhattacharya B.A (H)	II	BA/21/0826	9902978704
143	24	Disha Dutta B.A (H)	II	B.A/21/0464	6289181221

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Uttarpada, Hooghly



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Date : 28.3.22

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Mental Well-being: Key to Happiness

List of attendees

S.No	Name	Stream (For Hons. mention the Department and for General mention either B.A/ B.Com/ B.Sc (Pure)/ B.Sc (Bio))	Semester	College ID	Ph. No.
144	Kaberi Chowdhury	B.A. General	4th	B.A. 20.0774	9875355020
145	Suhora Mondal	B.A. General	4th	B.A/20/0707	7439554851
146	Sumantra Pal	B.A. Honours	2nd	B.A/21/0218	98756792018
147	Mousumi Patra	B.A. Honours	2nd	B.A/21/0842	8593978380
148	Sumantra Pal	B.A. Honours	2nd	B.A/21/0218	98756792018
149	Dumana Das	B.A. Honours	2nd	B.A/21/0058	7605875334
150	Poulami Ghosh	B.Com HONS	2nd	B.Com/21/0070	9903153634
151	Mitali Mondal	B.A GEN -	2nd	B.A/21/0078	9123964104
152	Simra Bag	B.COM HONS	2nd	B.COM/21/0041	9339963957
153	Simran Khat	B.Com Hons.	2nd	B.com/21/0010	8583876300
154	Nayana Das	B.Com hons	2nd	B.Com/21/0054	9433327721
155	Suparna Karmakar	B.Com(H)	2nd	B.Com/21/0025	9903890106
156	Tanuja Maitty	B.Com (H)	2nd	B.Com/21/0051	8100692103
157	Soma Ram	B.Com(H)	2nd	B.com/21/0182	9007926595
158	Ayantika Das	B.A. Hons.	2nd	B.A/21/0488	8240496309
159	Pallabi Koley	B.A Hons.	2nd	B.A/21/0268	6291468302
160	Animesh Naskar	B.A(H)	6th	B.A/19/0005	9007830780
161	Priyanka Dutta	B.A (H)	6th	B.A/19/0029	8240339357
162	Medhumita Ghosh	B.A (H)	6th	B.A/19/0714	9382081193
163	Trisa Ghosh	B.A (H)	2nd	B.A/21/0267	6290792905
164	Shiya Ghali	B.A(H)	2nd	B.A/21/0011	7439602949
165	Siti Mondal	B.A (H)	6th	B.A/19/0135	8981416925
166	Rakhi Bag	B.A (H)	6th	B.A/19/0288	8420094328
167	Abhinadeep Roy Chowdhury	B.A (H)	2nd	B.A/21/0418	8981433431

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Date : 28.3.22

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Mental Well-being: Key to Happiness

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168	Rohul Pang	B.A General	4th	B.A/20/0372	6291953306
169	Charan Roy	B.A General	4th	B.A/20/0910	6290989076
170	Utpal Mondal	B.A General	4th	B.A/20/0098	6291953054
171	Santib Koyal	B.A General	4th	B.A/20/0640	6291163298
172	Pranab Saha	B.A General	4th	B.A/20/0590	7439663948
173	Raktim Chakrabarti	B. Com (H)	6th	B. Com/19/0004	9330927035
174	Rohit Sahu	B. Com (H)	6th	B. Com/19/0033	7003819661
175	Abhishek Roy	B.A (H)	4th	B.A/20/0052	6290950402
176	Anil Kp Prakash	B.A (H)	4th	B.A/20/0633	7596974592
177	Ankita Dey	B.A (H)	4th	B.A/20/0122	9903530281
178	Sonija Singha Ray	B.A (H)	4th	B.A/20/0208	6291854074
179	Pannali Chakrabarty	B.A (H)	4th	B.A/20/0026	8240607870
180	Paulomi Mondal	B.A (H)	6th	B.A/19/0038	8777634860
181	Ashrita Saha	B.A (H)	6th	B.A/19/0025	8670326108
182	Jayita Mondal	B.A (H)	6th	B.A/19/0009	6289834393
183	Sathi Patra	B.A (H)	4th	B.A/20/0032	9547505099
184	Madhumita Datta	B.A (H)	4th	B.A/20/0540	8509899394
185	Babsha Mukherjee	B.A (H)	6th	B.A/19/0925	9051475779
186	Selby Naman	B.A (Gen)	4th	B.A/20/0327	9874072584
187	Abhishek Saha	B.A (Gen)	2nd	B.A/21/0925	967300905
188	Trisachatterjee	B.A (H)	6th	B.A/19/0719	877546635
189	Rayanka Malakar	B.A (H)	6th	B.A/19/0688	8585810632
190	Ajiti Mondal	B.A (H)	6th	B.A/17/0167	9163037640

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Date : 28.3.22

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191	Rijonika Bhattacharya	B.A Hons	2nd sem	B.A/21/0687	
192	Pina Paul	B.A Hons	2nd sem	B.A/21/0425	
193	Laboni Santra	B.A Hons	2nd sem	B.A/21/0512	
194	Penki Das	B.A Hons	2nd sem	B.A/21/0413	
195	Ankita Patra	B.A Hons	2nd sem	B.A/21/0533	
196	Subhadra Chatterjee	B.Com Hons	2nd sem	B.Com/21/0116	
197	Bisnu Das	B.Com Hons	2nd sem	B.Com/21/0119	
198	Akash Das	B.Com Hons	2nd sem	B.Com/21/0110	
199	Arjit Das	B.Com Hons	2nd sem	B.Com/21/0115	
200	Samiya Das	B.Com Hons	2nd sem	B.Com/21/0061	
201	Adarsh Ghosh	B.A Gen	2nd sem	BA/21/0054	
202	Rima Nath	B.A Hons	2nd sem	B.A/21/0041	
203	Trisha Das	B.A Hons	2nd sem	B.A/21/0052	
204	Rupsa Ghosh	B.A Hons	2nd sem	B.A/21/0278	
205	Kamolika Ghosh	B.A Gen	4th sem	B.A/20/1028	
206	Priyanka Chatterjee	B.A Gen	4th sem	BA/20/0556	
207	Priyanka Das	B.A HONS	2nd sem	B.A/21/0176	
208	Rusmita Das	B.A HONS	2nd sem	B.A/21/0083	
209	Annesha Das	B.A HONS	2nd sem	B.A/21/0012	
210	Ariti Rudra	B.A HONS	6th sem	BA/19/1008	
211	Souvik Lakshya	B.A HONS	6th sem	BA/19/1780	
212	Sangita Bodak	B.A HONS	6th sem	B.A/19/1928	
213	Rinki Biswas	B.A HONS	6th sem	B.A/19/0114	
214	Fard Ghosh	B.Sc HONS	2nd sem	B.Sc/21/0028	

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215	Memorice Das	B.A	2nd	B.A/21/0112	8478036534
216	Damishi Dey	B.A(H)	6th	B.A/19/0163	8777789529
217	Koyel Mondal	B.A(H)	2nd	B.A/21/0040	6289671514
218	Oliva Chakraborty	B.A(H)	2nd	B.A/21/0024	9051545240
219	Magna Panda	B.A(H)	2nd	B.A/21/0107	8585812892
220	Deba Shastri	B.A(H)	2nd	B.A/21/0013	9088991733
221	Kastuni Chakraborty	B.A(H)	2nd	B.A/21/0303	9748070509
222	Ananya Das	B.A(H)	2nd	B.A/21/0142	9674226848
223	Rahul Mele	B.Com(H)	2nd	B.Com/21/0044	7439453271
224	Swarup Manna	B.Com(H)	2nd	B.Com/21/0272	8902775961
225	Jyoti Nag	B.A (H)	6th	B.A/19/0608	9831579150
226	Sweeti Bose	B.A (H)	6th	B.A/19/6000	6289229421
227	Monalisa Paul	B.Com(H)	2nd	B.Com/21/0002	8481071447
228	Shiya Bhandari	B.Com (H)	2nd	B.Com/21/0020	9423050160
229	Anisha Pal	B.com(w)	2nd	B.Com/21/0008	9748993680
230	Debnath Ghosh	B.Sc(Bio)	4th	B.Sc(Bio)/20/0077	9422920218
231	Kumar Debnath	B.Com (H)	6th	B.Com/19/0082	8420165739
232	Ankita Raj Bhan	B.Sc(H) Maths	4th	B.Sc	
233	Sutopa Das	B.A(H)	4th	B.A/20/0073	9883622017
234	Sukniti Ghosh	B.A(H)	4th	B.A/20/0041	7439480316
235	Rohom DEY	B.com	2nd	B.com/21/0023	7990242814
236	Sayan Ghosh	B.Com	2nd	B.Com/21/20	8583831118



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Glimpses of the Seminar:



The convenor of the Psychological Counselling Cell, Dr.AninditaMandal (Majee) delivering speech on the role of counselling as a step for mental help.OtherAttrraction: Dr.Hrishita Gupta Bakshi (Centre), MRs.Anindita Mukherjee (Right).

The IQAC Coordinator, Dr.SanjuktaBhattacharjee felicitating the speaker, Mrs.Anindita Mukherjee



The audience strength



The Speaker, Mrs.Anindita Mukherjee delivering her speech.



সত্যমেব জয়তে
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 UTTARPARA, HOOGHLY

Report on 1st Counselling session

Organised by

Psychological Counselling Cell

11.4.2022

Date–11.04.2022

Venue–Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–8

Name of the students who were counselled:

23. SayanKundu
24. Poulomi Das
25. SoumyojyotiBhakta
26. HiaSamanta
27. DaminiDey
28. Soma Sarkar
29. AbhijitPatra
30. KaushikChoudhury

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students mostly suffer from anxiety in their daily life mostly involving education and its future. Low confidence level is another problem among most of the students. Overthinking, indecisiveness produces stress among a large group of students.

One of the female students suffers from familial problems which creates insecurity in her life related to education and future planning. One of them is a known case of OCD. Two of the students in this session requires follow-up at regular interval, according to the counsellor.

Our psychologist and Counsellor, Mrs. Anindita Mukherjee suggested our students ways to boost their confidence, overcome stress and how they can solve their problems related to education and family related issues that actually boosts our students to overcome their problems and their mental health can be promoted.



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE

The counselor also suggested certain therapeutic exercises, yoga therapy to the students depending on the need that must be beneficial to maintain their physical and mental strength and overcome their problems.

Glimpses of the session –



Report on 2nd Counselling session

Organised by

Psychological Counselling Cell on 18.4. 2022

Date–18.04.2022

Venue–Psychological Counselling Cell.

Time– 01:00 p.m. -4 p.m.

No. of students participated in the session–8

Name of the students who participated in the seminar:

1. Adit Kumar Pal
2. Diksha Chatterjee
3. Kaushik Choudhury
4. Bhaskar Pal
5. Abhijit Ruidas
6. Smita Biswas
7. Soudipti Ghosh
8. Banani Dhang

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Participant students in this session mainly suffered from lack of concentration, low self-esteem, performance anxiety, personal and social relationship problems. Some of the students are physiologically weak like suffering from anaemia, breathing problem (asthma), sleep disturbance (insomnia), stammering, etc.

Few students have economic problems along with high aspiration, failure of reaching their desired goals are leading to anger outbreak, emotional outburst. Depression and performance anxiety are very common among the participants.

Counsellor, Mrs. Anindita Mukherjee motivated them, helped them to try and solve their own problems by putting forth some example and suggested alternative ways to enhance their mental strength that will perhaps be helpful to increase their ability to solve their own problems. Some students need follow up to keep track of their mental health condition.



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Glimpses of the session–



Report on 3rd Counselling session

Organised by

Psychological Counselling Cell on 25.4. 2022

Date–25.04.2022

Venue–Psychological Counselling Cell.

Time– 01:00 p.m. -4 p.m.

No. of students participated in the session–7

Name of the students who participated in the seminar:

1. Damini Dey
2. Sayantani Koley
3. Sneha Ghosh
4. Puja Talukdar
5. Abhijit Guchhait
6. Suhel Adak
7. Amartya Roy

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Participant students in this session face various family related problems, involving feeling, verbal and emotional abuse by family members. Few of them has lack of confidence and lack of self-esteem that creates depression, anxiety and frustration, .Family related issues also lead to depression and lack of self-confidence.

Mrs. Anindita Mukherjee, Psychologist and counsellor was trying to solve these problems by suggesting them ways that can help boost their confidence and alleviate depression, and suggested various exercises and techniques to develop their mental strength. Some students need follow up sessions to monitor their problems.

Students participated freely with the counsellor regarding their problem; few of them need more than one follow up session and students felt happy upon discussing their problems with the counsellor.



Anindita Mukherjee
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RAJABHAI PRADYUMAN COLLEGE
UTTARPARA, HOOGLY



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UT, ARPARA, HOOGHLY

Report on 4th Counselling session
Organized by Psychological Counselling Cell on 10.5.22

Date – 10.5.2022

Venue – Psychological Counselling Cell.

Time – 12:30 p.m. - 4 p.m.

No. of students participated in the session – 7

Name of the students who participated in counselling:

- 1. Akash Ghosh**
- 2. Tushar Shaw**
- 3. Sanhita Chakraborty**
- 4. Debasish Kangshabanik**
- 5. Anusree Karmakar**
- 6. Subhecha Naskar**
- 7. Anindita Gope**

The students in the session had problems varying from anxiety, stress, lack of confidence and anger management issues. One of the student had unsolved traumatic issues and also had trust issues with family members. Another student had episodes of emotional outbursts because of the unsolved past family history and she was given certain exercises to practice at home, dialogue between the student and the parents was required and so a follow up was suggested.

Another student was suffering from mobile addiction which was hampering their day-to-day activities like inability to decide and feeling restless all the time.

Counsellors Notes: Follow up required for one of the candidate.

Report on 5th Counselling session
Organized by Psychological Counselling Cell on 24.5.22

Date – 24.5.2022

Venue – Psychological Counselling Cell.

Time – 12:30 p.m. - 4 p.m.

No. of students participated in the session – 6




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UTTARPARA, HOOGHLY

Name of the students who participated in counseling:

1. Anuradha Saha
2. Shilpi Koley
3. Monosree Das
4. Damini Dey
5. Lisa Ghosh
6. Aditya Pal

The students in the session had problems varying from anxiety, stress, lack of confidence, lack of motivation and family issues.

One of the student had unsolved traumatic issues and had troubled mother, and lives in a disharmonic situation with mother.

Another student had developed family issues, after her parents lost jobs during the lockdown and they had to take up all the responsibility of the household

Another student was having difficulty with personal relations leading to lack of concentration, poor mental health thereby leading to psychological disturbances.

Counsellors Notes: Follow up required for two of the candidate.



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UTTARPARA, HOOGHLY

LIST OF PROGRAMS CELEBRATED FOR THE SESSION 1st JULY 2022 to 31st

DECEMBER 2022

Name Of the Committee : Psychological Counselling Cell

Name of the Co-ordinator/Convenor for the following session :Dr.AninditaMandalMajee,
Prof. Jyoti Das

Representative member (if required to be contacted): 94339 10161, 89612 92856

Sl. No.	Name of National/International Commerative Day Celebrated	Date of Celebration (dd-mm-yyyy)	Special Guest of Honour if Any	Venue of Celebration
1.	Individual Counselling Session-1	26.09.22	Mrs.Anindita Mukherjee	Psychological Counselling Cell
2.	Individual Counselling Session-2	02.11.22	Mrs.Anindita Mukherjee	Psychological Counselling Cell
3.	Individual Counselling Session-3	09.11.22	Mrs.Anindita Mukherjee	Psychological Counselling Cell
4.	Individual Counselling Session-4	11.11.22	Mrs.Anindita Mukherjee	Psychological Counselling Cell
5.	Group Counselling Session – 1 – Personal Space and Boundaries	16.12.22	Mrs.Anindita Mukherjee	Room No. 401
6.	Seminar – ‘Tryst with Music Therapy’	18.03.23	Ms.RitwikaBasu and Mr.NilansukDutta	Centenary Hall
7.	Guidance and Counselling Skill Practise for Mentors	20.03.23	Mrs.Anindita Mukherjee	Room No. 401
8.	Individual Counselling Session-5	06.04.23	Mrs.Anindita Mukherjee	Psychological Counselling Cell
9.	Individual Counselling Session-6	10.04.23	Mrs.Anindita Mukherjee	Psychological Counselling Cell
10.	Individual Counselling Session-7	27.04.23	Mrs.Anindita Mukherjee	Psychological Counselling Cell
11.	Individual Counselling Session-8	16.05.23	Mrs.Anindita Mukherjee	Psychological Counselling Cell

Description of above mentioned programs in the table:



Anindita Majee
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UTTARPARA, HOOGLY

Description of 1st Counselling session

Organised by

Psychological Counselling Cell

26.9.2022

Date–26.09.22

Venue–Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–7

Name of the students who were counselled:

31. Disha Dhole
32. Sukriti Ghosh
33. Argha Ghosh
34. Chayan Pandit
35. Deb Kumar Biswas
36. Soumyojyoti Bhakta
37. Angshuman Mukherjee

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students mostly presented the problems of exam anxiety, anger control, emotion control, lack of sense of boundary, time management, lack of interest, poor attention span and self-clarity.

One of the female students suffers from familial problems which creates insecurity in her life related to education and future planning. She fears going home and thus spends most of her time at her maternal uncle's home. One of them is a known case of Anger Management. She has a tendency to harm the person nearest to her as well as self-harm. Two of the students in this session requires follow-up at regular interval, according to the counsellor.



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Mrs. Anindita Mukherjee, psychologist and Counsellor, suggested the students ways to boost their confidence, overcome stress and how they can solve their problems related to education and family related issues.

The counselor also suggested certain therapeutic exercises, yoga to maintain their physical and mental strength and overcome their problems.

Glimpses of the Session:



Description of 2nd Counselling session

Organised by

Psychological Counselling Cell

on 2.11.2022

Date–02.11.22

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–7

Name of the students who were counselled:

13. Priyanshi Roy Choudhury
14. Sourojit Roy
15. Sukriti Das
16. BananiDhang
17. AninditaGope
18. NishashriAdhikari
19. ArunimaCHakraborty

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students presented varied chief complaints of poor mental health, OCD, uncontrolled anger, exam stress, indecisiveness, conflict and trauma.

One of the female students has estranged and fearful relation with her father, she also suffers from obsessive compulsive disorder that needs follow up immediately, Another students is delusional, indecisive and faces conflict in everyday situation which is hampering the quality of her day-to-day life. Another student suffers from anaemia which is causing her disturbing her adjustment. Yet another student is suffering from depression as her father has extra-marital affair and is abusive at home.



[Handwritten Signature]
PRINCIPAL
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ITANAGAR, HOOPERA

Mrs. Anindita Mukherjee, psychologist and Counsellor, aided the student by suggesting different helpline to report domestic violence, she directed the student with OCD to a psychiatrist. The counsellor also advised breathing and relaxation technique to help the child suffering from anger management issues.

Glimpses of the Session:



Description of 3rd Counselling session

Organised by

Psychological Counselling Cell on 9.11.2022

Date–09.11.22

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–5

Name of the students who were counselled:

16. Tandrima Das
17. SnehaHijli
18. PritamBera
19. SumanaPalit
20. Priyankla Bose

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment.



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students presented varied chief complaints of grief, lack of concentration, exam anxiety, mobile addiction, suicidal ideation.

One of the student is processing grief as well as the uncertainty in life after the demise of her father, as her mother is functionally literate and they have no one to earn at home. She is suffering becoming delusional and feels that someone is touching her in her sleep. Another student has suicidal ideation; Another student is self-doubting, lacks motivation and has trust issues. Yet another female student suffers from Mobile Addiction.

Mrs. Anindita Mukherjee, psychologist and Counsellor, suggested measures to reduce the reliance and/or dependence on mobile and how to become de-addicted. She suggested the student with suicidal ideation to ring up suicide helpline, the student suffering from grief was suggested measures to process and overcome grief.

Glimpses of the Session:



Description of 4th Counselling session

Organised by

Psychological Counselling Cell

11.11.2022



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RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Date–11.11.22

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

20. Rikta Mal
21. Adit Pal
22. Mrinmoy Gupta
23. Swapnil Bhattacharya
24. Pritam Roy
25. Mayank Mishra

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students presented varied chief complaints including but not limited to substance abuse disorder, lack of concentration, vulnerability, anger issues, time management.

One of the male students suffers OCD, he is trying hard to manage it but cannot seem to stay on medication, he always slips up. Another male student is a Substance Abuser, he has taken up smoking and abusing alcohol, he has developed into a chain smoker. Yet, another student suffers from sever case of anger issue, however hard he tries it bursts up. Follow up is required by four of the six students counseled in the session.

Mrs. Anindita Mukherjee, psychologist and Counsellor, directed the substance abuser to helpline and motivated the student with psychiatric problem to stay put on his medication. The counsellor also advised breathing and relaxation technique to help the child suffering from anger management issues.

Glimpses of the Session:



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY



Description of the Group counselling “Personal Space and Boundaries”

No. of Participants in the Group counselling –

Teacher Participants – 11

Student Participants – 176

Details of the Group counselling

Venue – Room No. 401

Date – 16.12.2022

Time – 11 a.m.

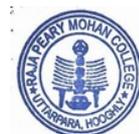
Duration – 3 Hours

ABOUT GROUP COUNSELLING

Respect is that great spirit of goodness that creates a beautiful space for all souls to breathe. - The group counselling on 'respecting personal space' and 'respecting personal boundaries' were led by the Psychological Counselling Cell. The group counselling's goal was to teach students how to respect and establish physical, social, and emotional boundaries. They felt even more empowered to reach out and share their stories. Students enthusiastically participated in the group counselling and shared their perspectives.

Objectives of the Group counselling:

- To help students develop an insight into the concept of personal space and boundaries



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- To empower them to reach out and share in case of boundary violations.

Discussion Themes:

- Understanding the key indicator of personal space,
- Understanding the key indicator of personal boundaries,
- Exploring '*The Hidden Curriculum.*'
- Respecting personal space and personal boundaries.

Summary -

The group counselling was organised by the Psychological Counselling Cell on 16.12.22 at 11:00 a.m. at Room No. 401 of Raja Peary Mohan College in collaboration with IQAC.

The Psychological Counselling Cell Convenor, Dr.AninditaMandalMajee inaugurated the group counselling and highlighted the relevance of Personal space and boundaries. She also felicitated the Guest Psychologist, Mrs.Anindita Mukherjee.

Mrs.Anindita Mukherjee, the Guest Counsellor of the group counselling discussed about the concept of personal space –its temporal distribution, its entity and nature. She also discussed the concept of personal boundaries, how it varies across relations. The students actively shared their opinions and perspectives. The students participated freely and actively with the speaker and wanted to discuss their problems individually.

From the overall discussion in the group counselling, the Psychological Counselling Cell along with the IQAC coordinator decided of taking consent from the Principal, Dr.Sudip Kumar Chakraborty and to organise another session on workshop of personal space and boundaries in the coming months to help the students understand when they are violating someone's personal space or boundaries. The workshop will also aim at training the students how to say No when they feel threatened.

The Counselling cell disseminated the West Bengal Mental Health Helpline to the students in the form of flyer and also suggested the students to ring up the helpline should they encounter any mental health or psychological problem.

Prof. Jyoti Das, Convenor of the Psychological Counselling Cell gave the vote of thanks and disseminated the information regarding the West Bengal Mental Health Helpline. He also directed the students to the various faculties who can be approached in case the students encounter any mental health emergency.



Jyoti Das
 PRINCIPAL
 RAJA PEARY MOHAN COLLEGE
 UTTARPARA, HOOGHLY

Organising Committee:

1. Dr.AninditaMandalMajee
2. Prof. Jyoti Das
3. Dr.Hrishita Gupta Bakshi
4. Dr.Sudhin Kumar Bera
5. Dr.RajrupaMitra
6. Prof. SandipanSarkar.
7. Dr.Swagata Pal
8. Prof. Animesh Das
9. Prof Amrita Sen
- 10.10.Prof. Anindita Banerjee
- 11.11.Prof. Smita Pal
- 12.12.IQAC Co-ordinator
- 13.13.Assistant IQAC Co-ordinator

Suggestions For Improvement Next Time This Activity Takes Place:

More activities can be incorporated.



Rajrupa Mitra
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Glimpses of the Group counselling:



The Speaker, Mrs. Anindita Mukherjee delivering her speech



Students presenting their opinions and perspectives.



Students participating in the group counselling

Report on the Seminar “Tryst with Music Therapy”

No. of Participants in the Seminar–

Teacher Participants – 36

Student Participants – 107

Details of the Seminar

Venue – Centenary Hall

Date – 18.03.2023

Time – 1:30 p.m.

Duration – 4 Hours

ABOUT THE SEMINAR

Music therapy is an increasingly recognized and valuable approach to promoting psychological well-being and addressing mental health concerns. It harnesses the transformative power of music to facilitate emotional expression, relaxation, and healing. The need to organize the seminar on "Tryst with Music Therapy" arose from the growing interest in exploring alternative therapeutic modalities and their integration into traditional counseling practices. The seminar aimed to raise awareness about music therapy, providing insights into its origin, significance, and practical applications. By inviting experts in the field to share their knowledge and experiences, the seminar sought to equip participants with a deeper understanding of music therapy and its potential to enhance mental health and overall well-being.

Objectives of the Seminar:

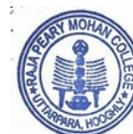
The event aimed to provide insights into the origin, importance, and practical application of music therapy, highlighting its therapeutic benefits for individuals facing various mental health challenges.

Discussion Themes:

- Historical evolution of Music therapy,
- The significance of music therapy in well being,
- Practical applications of Music therapy, and,
- Questions and Future Directions in Music Therapy

Summary -

The seminar began with a warm welcome from the IQAC Co-ordinator, followed by an introduction to the significance of music therapy in psychological well-being by both the convenors of the cell. The event aimed to provide insights into the origin, importance, and practical application of music




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therapy, highlighting its therapeutic benefits for individuals facing various mental health challenges.

Key Speakers:

1. RitwikaBasu - Lecture on the Origin of Music Therapy and the Importance of the Sound 'OM': RitwikaBasu, a highly regarded PhD scholar in music therapy, delivered a captivating lecture on the origin and evolution of music therapy. She traced the history of music therapy from ancient civilizations to its recognition as a legitimate therapeutic intervention today. Basu emphasized the profound impact of music on human emotions and its ability to connect with individuals on a deep level.

Furthermore, Basu delved into the significance of the sound 'OM' in music therapy. She explained how the sound 'OM,' often associated with spiritual practices such as meditation and yoga, can induce a state of relaxation, harmony, and transcendence. Basu presented scientific evidence supporting the therapeutic effects of chanting 'OM' and its ability to reduce stress, anxiety, and promote overall well-being.

2. NilansukDutta - Practical Exposure to Music Therapy through Instrument Playing: NilansukDutta, an accomplished musician and practitioner of music therapy, provided a practical demonstration of how music and specific instruments can be used as therapeutic tools. Dutta showcased various instruments, such as the flute, harp, and singing bowls, and illustrated their role in inducing relaxation, reducing anxiety, and improving mood.

During the interactive session, Dutta encouraged participants to experience the soothing effects of the instruments firsthand. Attendees had the opportunity to engage in sound meditation exercises, guided by Dutta, which aimed to promote mindfulness and enhance self-awareness. Dutta's session served as an experiential learning opportunity, enabling attendees to witness the therapeutic power of music firsthand.

Question and Answer Session: Following the presentations by RitwikaBasu and NilansukDutta, a question and answer session was conducted to address queries from the audience. Participants actively participated in the discussion, seeking clarification on various aspects of music therapy, its applications, and further resources for exploring the field. Both speakers provided comprehensive



Ritwika Basu
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
WYTHENGA, HOOGLY

responses, showcasing their expertise and enriching the overall learning experience.

The seminar on "Tryst with Music Therapy" organized by the Psychological Counselling Cell at Raja Peary Mohan College was a resounding success. The event provided valuable insights into the origin and significance of music therapy, with Ritwika Basu enlightening the audience about the history and importance of the sound 'OM.' Nilansuk Dutta's practical exposure to music therapy through instrument playing provided attendees with a memorable experience.

The seminar successfully achieved its objective of familiarizing participants with the therapeutic benefits of music and its potential to promote mental well-being. The event undoubtedly contributed to raising awareness and generating interest in music therapy among the attendees.

Organising Committee:

14. Dr. Anindita Mandal Majee
15. Prof. Jyoti Das
16. Dr. Hrishita Gupta Bakshi
17. Dr. Sudhin Kumar Bera
18. Dr. Rajrupa Mitra
19. Prof. Sandipan Sarkar.
20. Dr. Swagata Pal
21. Prof. Animesh Das
22. Prof. Amrita Sen
23. Prof. Anindita Banerjee
24. Prof. Smita Pal
25. IQAC Co-ordinator
26. Assistant IQAC Co-ordinator

Suggestions For Improvement Next Time This Activity Takes Place:

More activities can be incorporated.

List of Participants in the Seminar:



Ritwika Basu
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY



RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

1, ACHARYA DHRUBA PAL ROAD, UTTARPARA, HOOGHLY, WEST BENGAL, PIN - 712 258

Tel No. : 033-2663-0191 & 7074292263

E-mail : rajapearymohancollege@gmail.com Website : www.rpmcollege.edu.in

১, আচার্য্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,

দূরভাষ : ০৩৩-২৬৬৩-০১৯১ & ৭০৭৪২৯২২৬৩

NAAC Accredited with B grade (2.7); ISO 9001 : 2015

Ref. No. /সূচক সংখ্যা _____

Date /তারিখ _____

NOTICE

This is for the information of all concerned that Psychological Counseling cell and IQAC of Raja Peary Mohan College shall organize a Seminar on 'Tryst with Music Therapy' on 18th March 2023 at Centenary Hall of RPMC at 1.30 pm. All are cordially invited to attend this Programme.

রাজা প্যারীমোহন

Principal 14.03.23

PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY



RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

1, ACHARYA DHRUBA PAL ROAD, UTTARPARA, HOOGHLY, WEST BENGAL, PIN - 712 258

TEL NO. : 033-2663-0881/2663-0191, FAX NO. : 033-2663-4155

১, আচার্য্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,

দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Seminar on
TRYST WITH MUSIC THERAPY

Organized by

Psychological Counseling Cell and Internal Quality Assurance Cell

Attendance Sheet

Sl. No.	Name	Department	Semester	Contact No.	Signature
1	BRISHTI MODAK	Philosophy	2nd	8100699972	Brishti Modak
2	Moumita Chakraborty	Philosophy	2nd	9830427173	Moumita Chakraborty
3	Sumona Das	Philosophy	2nd	9330925427	Sumona Das
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Principal
Raja Peary Mohan College
Uttarpara, Hooghly



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১, আচার্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,

দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Seminar on
TRYST WITH MUSIC THERAPY

Organized by

Psychological Counseling Cell and Internal Quality Assurance Cell

Attendance Sheet

Sl. No.	Name	Department	Semester	Contact No.	Signature
1	Tanina Das	HISA	6th	9163908246	Tanina Das
2	Sonali Manna	HISA	6th	9123694601	Sonali Manna
3	Lisa Ghosh	HISA	6th	7890593267	L. Ghosh
4	Kisha Ghosh	HISA	6th	8421776541	Kisha Ghosh
5	Subhanyama Sil	HISA	6th	6290992532	Subhanyama Sil
6	Mousmi Das	HISA	6th	8697277550	Mousmi Das
7	Mosmelina Khatun	HISA	6th	0382629516	Mosmelina Khatun
8	Rochona Dasgupta	HISA	6th	8910346041	Rochona Dasg
9	Suparna Malik	PHIA	6th	7439323129	Suparna Mali
10	Barnali Chakraborty	PHIA	6th	8240697810	Barnali Chakrat
11	Sonita Singha Roy	PHIA	6th	6991854074	Sonita Singha Roy
12	Sushmita Saha	PHIA	6th	7439547661	Sushmita Saha
13	Arkita Manna	PHIA	2nd	8392031359	Arkita Manna
14	Ananta Karab	PHIA	2nd	9883279212	Ananta Karab
15	Sneha Das	PHIA	2nd	7811911023	Sneha Das
16	Shreya Sheet	PHIA	2nd	8918930910	Shreya Sheet
17	Anushka Kampsabanik	PHIA	6th	7489497842	Anushka Kampsab
18	Suchandra Chatterjee	PHIA	6th	9330029599	Suchandra Chatter.
19	Dibali Das	PHIA	6th	6289429660	Dibali Das
20	Rupsa Saha Roy	PHIA	6th	9330173274	Rupsa saha Ro
21	Susmita Ghosh	PHIA	2nd	7063564212	Susmita Ghosh
22	Smriti Ghosh	PHIA	2nd	9932723385	Smriti Ghosh
23	Susmita Santra	PHIA	2nd	7069607132	Susmita santra
24	Mousumi Sil	PHIA	6th sem	6289847493	Mousumi sil
25	Mayuri Sankar	PHIA	6th sem	7439579929	Mayuri Sankar
26	Arpita Ghosh	PHIA	4th sem	9930839780	Arpita Ghosh
27	Susmita Majhi	PHIA	4th sem	9062633883	Susmita Majhi
28	Rima Pramanick	PHIA	2nd	8017778878	Rima Pramanick
29	Trisha Saha	PHIA	2nd	7439578846	Trisha Saha
30	Oliva Chakraborty	PHIA	4th sem	9830995169	Oliva Chakraborty
31	Koyel Mondal	PHIA	4th sem	6289611514	Koyel Mondal
32	Dipa Shastri	PHIA	4th sem	9088991733	Dipa Shastri
33	Megha Panda	PHIA	4th sem	8585812892	Megha Panda
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Seminar on

TRYST WITH MUSIC THERAPY

Organized by

Psychological Counseling Cell and Internal Quality Assurance Cell

Attendance Sheet

Sl. No.	Name	Department	Semester	Contact No.	Signature
1	Amindita Gope	Physiology	4th	6291115165	Amindita Gope
2	Subhachha Niskar	Physiology	4th	9432356783	Subhachha Niskar
3	Chumki Sadhukhan.	Physiology	4th	9330219347	Chumki Sadhukhan
4	Bonani Dhong	Physiology	4th	9933605624	Bonani Dhong
5	Nibedita Goswami	Physiology	4th	8167765344	Nibedita Goswami
6	Sumona Das.	Physiology	4th	7439323020	Sumona Das
7	Debasish Kansabanik	Bengali	4th	8585078918	Debasish Kansabanik
8	Ankana Patra	Bengali	4th	9123823372	Ankana Patra
9	Prityanka Bhogab	Bengali	4th	9831522245	Prityanka Bhogab
10	Amshikha Dutta	English	6th	6289389882	Amshikha Dutta
11	Payel Dey	Philosophy	4th	7439475476	Payel Dey
12	Baishakhi Chattopjee	Philosophy	4th	6290743168	Baishakhi Chattopjee
13	Ananya Das.	Philosophy	4th	9674226848	Ananya Das.
14	Tina Rakshit.	B. Com gen	1st	8582854647	Tina Rakshit.
15	Ranu Pal	B. Com gen	4th	9836356127	Ranu Pal
16	Soma Ram	B. Com - Hon	4th	—	Soma Ram
17	Tanuja maity	B. Com Hon	4th	8100692103	Tanuja Maity
18	Nayana Das	B. Com Hon	4th	9498327721	Nayana Das
19	Subhiti Das.	B. Sc HON	6th	6291993454	Subhiti Das.
20	Rikta Malik	Physiology	VI	6291653379	R.M.
21	Adit Kumar Paul	Physiology	VI	9830653062	A.K. Paul.
22	Faushali Dutta	Bengali	IV	9830632112	Faushali Dutta
23	Akash Biswas	Bengali	IV	8420584442	Akash Biswas
24	Arunima Chakraborty	Economics	2nd	7980924540	Arunima Chakraborty
25	Sonu Malakar	History	6th	7439740519	Sonu Malakar
26	Akash Ghosh	History	6th	7439975280	Akash
27	Sonju Pramanik	History	6th	8621984241	Sonju
28	Shuvo Bag	History	6th	8890098523	Shuvo Bag
29	Shibani Bera.	Political Sc.	6th	6290473782	Shibani Bera.
30	Rajostee Nath	Political Sc.	6th	8420293428	Rajostee Nath
31	Pallabi Mondal.	Pol. Sci	6th	8927749508	Pallabi Mondal
32	Shrabanti Roy	Pol. Sc	6th	9330340335	shrabanti Roy
33	Suastika Banerjee	Pol. Sc	6th	6290339918	Suastika Banerjee
34	Atzan Ara.	Relcience	6th	7439477388	Atzan Ara
35	Susmita Das.	Pol. Sc	6th	6289585563	Susmita Das
36	Rupsa Chosh	HISA	4th	6289570315	Rupsa Chosh
37	Meghadri Dey	HISA	6th	9320744134	Meghadri Dey.
38	Tusson Palra	HISA	4th	6297844160	Tusson palra
39	Sijshak Dey.	HISA	4th	8697958596	Sijshak Dey.
40	Akhona Biswas.	HISA	6th	7003993877	Akhona Biswas.



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Seminar on
TRYST WITH MUSIC THERAPY

Organized by
Psychological Counseling Cell and Internal Quality Assurance Cell

18.3.23

Attendance Sheet

Sl. No.	Name	Department	Semester	Contact No.	Signature
1	Soumyadeep Ghosh	PHILOSOPHY	6TH	9624148574	Soumyadeep Ghosh
2	Sathi Ghosh	Philosophy	6th	9051738218	Sathi Ghosh
3	Akshatika Ghosh	Philosophy	6th	6296677129	Akshatika Ghosh
4	Madhumita Ghosh	Philosophy	6th	8509899394	Madhumita Ghosh
5	Sathi Patra	Philosophy	6th	9547505099	Sathi Patra
6	SHREYA PAL	Philosophy	6th	8777423317	Shreya Pal
7	PRITY ROY	Philosophy	6th Sem	9432520074	Prity Roy
8	Rikta Samui	Philosophy	2nd sem	6290683241	Rikta Samui
9	Ronit chatterjee	Philosophy	2nd sem	9123622949	Ronit chatterjee
10	Anurima Sarkar	Philosophy	4th sem	9330465807	Anurima Sarkar
11	Kastuni Chakrabarty	Philosophy	4th Sem	9748070539	Kastuni Chakrabarty
12	Prity Roy	Philosophy	4th Sem	9088156968	Prity Roy
13	Suparna Paul	Philosophy	2nd Sem	8100633513	Suparna Paul
14	Soumi Koley	Philosophy	2nd Sem	9007358452	Soumi Koley
15	Koyal Hazra	Philosophy	2nd Sem	8100480186	Koyal Hazra
16	Sarbani Shaw	Philosophy	2nd Sem	6290449619	Sarbani Shaw
17	Sudipa Pan	Philosophy	2nd sem	9883759503	Sudipa Pan
18	Anwesha Mahal	Philosophy	2nd sem	7439508991	Anwesha Mahal
19	Susmita Patra	Bengali	2nd sem	8013215394	Susmita Patra
20	Laxmi Bag	Bengali	2nd sem	3073243626	Laxmi Bag
21	Sourajit ROY	Bengali	4th sem	9330264004	Sourajit ROY
22	Akhil Guchait	"	6th	6290027617	Akhil Guchait
23	Somali Bagani	Philosophy	4th sem	6289628201	Somali Bagani
24	Megha Kumar	Philosophy	4th sem	9330947839	Megha Kumar
25	Rama Roy	History	6th sem	6296810103	Rama Roy
26	Priya Bakchi	HISTORY	6th Sem	7890825923	Priya Bakchi
27	Anusara Das	PLSA	4th	983212227	Anusara Das
28	Nandini Chakrabarty	PLSA	4th	6289712882	Nandini Chakrabarty
29	Rusmita Das	PLSA	4th	6291433801	Rusmita Das
30	Priya Dasgupta	PLSA	4th	9330213691	Priya Dasgupta
31	Pitrik monro	PLSA	4th	7044532468	Pitrik monro
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Ref. No./সূচক সংখ্যা _____

Seminar on _____

Date/তারিখ _____

Tryst with Music Therapy

Organised by

Psychological Counselling Cell in collaboration with IQAC, RPMC

Attendance Sheet

S.No.	Name	Department	Designation	Contact No.	Signature
	Animesh Das	History	SACT	8697079076	
	Sionali Dapsi	Central Library	Librarian	9433217442	
	Hibiti Gupta Baldu	Bengali	Assoc. Prof.	8910743050	
	Monalisa Dey	History	SACT	9836525206	
	Aradhana Chaudhary	Zoology	Asst. Prof.	9948250981	
	Shrabani Das	Central Library	Librarian	7980659238	
	Krishanka S. Gayen	Chemistry	Asst. Prof.	983074370	
	Nounita Chatterjee	Economics	SACT	8777236929	
	Satadru Ghosh	Botany	SACT	9051386600	
	Jaya Mukherjee	Chemistry	Associate Professor	9433981961	
	Saumi Mukherjee	Philosophy	Associate Prof.	9830749768	
	Monalisa Barman	Philosophy	Assistant Prof.	9908438034	
	Chakita Mukhopadhyay	Philosophy	SACT-1	9830409802	
	Amrita Sengupta	Sanskrit	Sact	8584945935	
	Pohyey (M)	N.T.S Botany		9433976722	
	Kalpana Sen Baral	Education	-	9831217704	



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Ref. No. /সূচক সংখ্যা

Seminar on

Date/তারিখ 18.3.23

Tryst with Music Therapy

Organised by

Psychological Counselling Cell in collaboration with IQAC, RPMC

Attendance Sheet

S.No.	Name	Department	Designation	Contact No.	Signature
3.	Jyoti Das	Zoology	Ast. Prof.		
4.	Swagata Pal.	Physiology	Asst. Prof.	9831620868	
5.	Sandipan Sarkar	History	Assistant Professor	8240367381	
6.	Sudhin Kumar Bera	Commerce	Associate Prof.	7980505539	
7.	Nitidari Bhattacharya	Pol. Science	Asso. Professor		
8.	Dipa Chakraborty	Math	Asso. Prof.	8240636225	
9.	Lakshya Mandal	Physiology	Asst. Prof.	7980194305	
10.	Kankana Roy Bhattacharya	Zoology	SACT	8902292682	
11.	Subhasree Senkan	Commerce	SACT	94779639	S. Senkan
12.	Anindam Mukherjee	Commerce	SACT	6291784329	
13.	ARUP BANIK	Commerce	Asst Prof	8420753118	Arup Banik
14.	Debasish Naskar	Commerce	Asst. Prof.	9123664726	D. Naskar
15.	PRAVIAT LAMA	Pol. Sc	Asst. Prof.	9317289184	
16.	Sujan Basman	Pol. Sc.	Asst. Prof.	9681094548	
17.	Debarati Das.	Pol. Sc.	Asst. Prof.	8017842582	
18.	Pradip Kr Mahapatra	Sanskrit	V	8918819118	
19.	Animesh Mandal	7003173661	



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UTTARPARA, HOOGHLY

Glimpses of the Seminar:



TRYST WITH
MUSIC
Therapy

MARCH 18, 2023

Organised by
PSYCHOLOGICAL COUNSELLING CELL,
RPMC IN COLLABORATION WITH IQAC

Speakers:
Mr. Nilanshuk Datta
Ms. Ritwika Basu

Venue: Centenary Hall
Time: 1:30 p.m.

Convenors:
Dr. Anindita Mandal Majee
Prof. Jyoti Das



Dr. Anindita Mandal Majee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Report on the Workshop “Guidance and Counselling Skills and Practices for Mentor”

No. of Participants in the Workshop–

Teacher Participants – 43

Details of the Workshop

Venue – Room 401

Date – 20.03.23

Time – 11:30 a.m.

Duration – 4 Hours

About the Workshop

The workshop on "Guidance and Counselling Skills and Practices for Mentors" was organized by the Psychological Counselling Cell at Raja Peary Mohan College. The workshop aimed to equip mentors with essential skills and practices in guidance and counseling to better support and guide their mentees. Mrs. Anindita Mukherjee, an experienced counselor and coordinator of the workshop, led the sessions and provided valuable insights and training to the participating mentors.

Objectives of the Workshop:

The workshop had several key objectives. The key of them were:

- To enhance the mentors' understanding of the importance of guidance and counseling in their role.
- To develop their counseling skills, including active listening, empathy, and effective communication.
- To provide mentors with practical strategies to address the challenges faced by both mentors and mentees.
- To empower mentors with the necessary knowledge and tools to create a positive impact on their mentees' lives.

Discussion Themes:

The workshop covered a range of discussion themes related to the challenges faced by mentors and effective strategies to overcome them. One prominent activity during the workshop was chart work, where mentors were encouraged to identify and list down the problems they encountered in their mentoring roles. The discussion themes included:

1. Identification of Problems: Mentors engaged in chart work to identify and articulate the various challenges they faced while mentoring their mentees. This process allowed them to gain a clearer understanding of the specific issues and obstacles that hindered their effectiveness.



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOORNA

2. Overcoming Challenges: After identifying the problems, the mentors actively participated in sharing their experiences and discussing the strategies they employed to overcome these challenges. This collaborative approach provided an opportunity for mentors to learn from each other's experiences and discover effective solutions.

3. Limitations of Mentors: The workshop also focused on recognizing and addressing the limitations of mentors. This involved acknowledging areas where mentors may have encountered difficulties and exploring ways to overcome these limitations through further development and training.

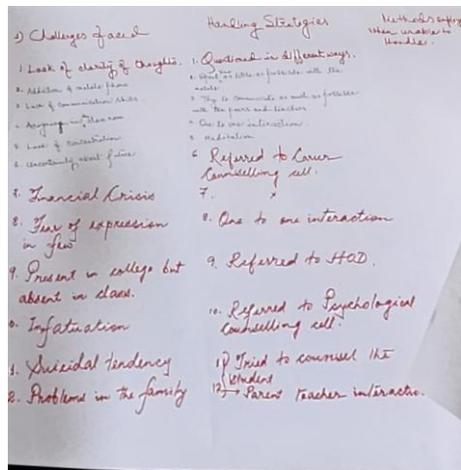
Summary:

The workshop on "Guidance and Counselling Skills and Practices for Mentors" organized by the Psychological Counselling Cell at Raja Peary Mohan College, under the coordination of Mrs. Anindita Mukherjee, aimed to equip mentors with essential skills and practices in guidance and counseling. The workshop encouraged mentors to engage in chart work, where they identified the challenges they faced, shared strategies to overcome these challenges, and reflected on their limitations as mentors. By addressing these issues, the workshop empowered mentors to enhance their counseling skills, foster better relationships with their mentees, and create a more positive and supportive mentoring environment.

Glimpses of the session:



The mentors involved in the activity



Worksheet of one of the mentor group



The counsellor directing the session





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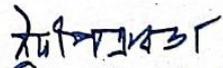
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Date/তারিখ _____

NOTICE

This is for the information of all concerned that Psychological Counseling cell and IQAC of Raja Peary Mohan College shall organize a Workshop on 'Guidance and Counseling skill Practices for Mentors' on 20th March, 2023 at Room No-401 of RPMC at 1 pm. All teaching staffs are cordially invited to attend this Programme.


Principal 14.03.23.
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UTTARPARA, HOOGHLY



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Ref. No./সূচক সংখ্যা _____

Seminar on _____

Date/তারিখ _____

Workshop on Mentoring Skills

Organised by

Psychological Counselling Cell in collaboration with IQAC, RPMC

Attendance Sheet

S.No.	Name	Department	Designation	Contact No.	Signature
1	ARUP MALIK	English	SACT	9432650552	Arup
2	PINAKI DE	ENGLISH	ASSOCIATE PROF.	9836304490	P. De
3	KALAPI JEN	ENGLISH	SACT	988039089	K. Jen
4	MANISHA BHATTACHARYA	ENGLISH	SACT	8981752489	M. Bhatt
5	ABU SALEH	"	ASSISTANT PROFESSOR	5494292845	Abu Saleh
6	Labanya Mandal	Physiology	Assistant Prof.	7980194305	L. Mandal
7	Chiranjit Mandal	Physiology	Assistant Prof.	9883703933	C. Mandal
8	AYAN DAS	PHYSIOLOGY	SACT	9038765312	A. Das
9	DEBARATI DAS	POLITICAL SCIENCE	Assistant Professor	8017842582	D. Das
10	Soumen Banerjee	MATHEMATICS	Assistant Professor	9874762129	S. Banerjee
11	Debabrata Mandal	Mathematics	Assistant Professor	9433605801	D. Mandal
12	Jaya Miji	Physics	Assistant Prof.	9830880065	J. Miji
13	Parthasarathi Ghosh	Biology	Associate Prof.	9903169650	P. Ghosh
14	Suranta Khara	PHILOSOPHY	SACT	8900327742	S. Khara
15	Yeasin Ali	PHYSICS	SACT	8622623277	Y. Ali
16	Pankaj Kumar Shaw	PHYSICS	Asst. Prof.	9804749860	P. Shaw
17	PRANTICK DEY	Physics	Asst Prof	9836220114	P. Dey
18	Animesh Mandal	Sanskrit	Asst Prof	7003173661	A. Mandal
19	Shilpa Ghosh	Education	visiting lecturer	8910376603	S. Ghosh



Principal
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY



RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

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১, আচার্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,

দূরভাষ : ০৩৩-২৬৬৩-০১৯১ & ৭০৭৪২৯২২৬৩

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Ref. No. /সূচক সংখ্যা _____

Seminar on _____

Date/তারিখ 20.3.23

Workshop on Mentoring Skills

Organised by

Psychological Counselling Cell in collaboration with IQAC, RPMC

Attendance Sheet

S.No.	Name	Department	Designation	Contact No.	Signature
1.	Hirshita Gupta Basu	Bengali	Associate Prof.	89107436	
2.	Sandipan Sarkar	History	Assistant Prof.	8240367381	
3.	Krishmanka Shekhar Gayen	Chemistry	Asst. Prof.	9830743790	
4.	Monalisa Deymanj	History	SACT	9836525206	
5.	Kankana Roy Bhattacharya	Zoology	SACT	8902292682	
6.	Chakita Mukhopadhyay	Philosophy	SACT - 1.	9830409802	
7.	Bidisha Mandal	Zoology	Assist. Prof.	943216509	
8.	Ashutosh Pal	Chemistry	Assistant	943488788	
9.	Jaya Mukherjee	Chemistry	Associate	9433981961	J.M.
10.	Mausumi Saha	Chemistry	Associate	9830693595	
11.	Dipa Chakraborty	Maths	Associate	8240636225	
12.	Panna Banerjee	Commerce	Assistant	9433928700	
13.	Subhasree Sen	Commerce	SACT	9477963046	S. Sen
14.	Pratousha Sengupta	Commerce	SACT	9830634565	Sengupta
15.	Debasish Dasgupta	Commerce	Assistant Professor	912366478	D. Dasgupta
16.	ARUP BANIK	Commerce	Assistant Professor	8420753118	Arup Banik
17.	ARINDAM MUKHERJEE	Commerce	SACT	6291784323	
18.	ARUP KAR	Education	Visiting Lecturer	8100439193	Arup Kar
	Amrita Sengupta	Sanskrit	SACT	8584945935	



Principal
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UTTARPARA, HOOGHLY

Report on 5th Counselling session

Organised by

Psychological Counselling Cell 06.04.23

Date–06.04.23

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–6

Name of the students who were counselled:

11. Mayank Mishra
12. Mrinmoy Gupta
13. SubhojyotiGanguly
14. Adit Kumar Pal
15. ArunimaChakraborty
16. AnkitaNaskar

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students were facing many problems ranging from severe anxiety, depression, substance abuse and suicidal tendencies.

One of the male student is a Substance Abuser, he has taken up smoking and abusing alcohol, he has developed into a chain smoker. Another student has suicidal tendency, the counsellor wants to assess his risk factor and proceed accordingly. The counsellor connected him to Suicide helpline.

Mrs. Anindita Mukherjee, psychologist and Counsellor, directed the suicidal student to helpline and motivated the student with psychiatric problem to stay put on his medication. The counsellor also advised journaling, mindfulness and art therapeutic techniques for the one suffering from anxiety. The counsellor also started systematic desensitization for the student with anxiety.

Glimpses of the Session:



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Report on 6th Counselling session

Organised by

Psychological Counselling Cell 10.04.23

Date–10.04.23

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–4

Name of the students who were counselled:

13. MeghrupaRoychoudhury
14. SpandanMandal
15. SukritiGhosh
16. SampritiChakrabarty

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students were facing many problems ranging from dysfunctional family, relationship issues, OCD and Eating disorder and body issues. One of the student belongs to a dysfunctional family which is hindering with the personal growth and emotional well being of the child. The counsellor aimed CBT at her to learn to function efficiently with the resources at her disposal. Another is a known OCD patient, whose Obsession is hindering with his day-to-day life and disrupting his friendship for his inability to control his surroundings, a female student is suffering from eating disorder and has stopped attaining a healthy lifestyle. Mrs. Anindita Mukherjee, psychologist and Counsellor, directed the OCD student to help follow his schedule and to control his anxiety in stressful situation, she also helped the student with eating disorder to develop a positive outlook towards life. She even provided some online resources to the student to gain confidence in her body.

Glimpses of the Session:



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY

Report on 7th Counselling session

Organised by

Psychological Counselling Cell 27.04.23

Date–27.04.23

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–5

Name of the students who were counselled:

5. SrijitaChatterji
6. AnkitaNaskar
7. Pramita Das
8. Tusharpatra
9. SisakDey

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students were facing many problems ranging from lack of focus, family problems, unable to cope with stress, PTSD, burnout state, body issue and obsessive thoughts.

One of the students have deep obtrusive thoughts which he sometimes feels out of control, the other has body issue, yet another student is unable to focus and is experience problems with parents.Mrs. Anindita Mukherjee, psychologist and Counsellor, found out that a student has special skill in music and art. She directed the student to cultivate those skills and practise the m to deal with anxious thoughts and emotions. She guided the student with Obtrusive thought to practise mindfulness to make himself in control of the situation and to not let the obtrusive thoughts get the better of him. The counsellor contacted the parent of the child with PTSD and directed them to get immediate medical help.

Glimpses of the Session:



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
WYTHENKA, HOOGLY

Report on 8th Counselling session

Organised by

Psychological Counselling Cell 16.05.23

Date–16.05.23

Venue – Psychological Counselling Cell.

Time– 12:30 p.m. -4 p.m.

No. of students participated in the session–5

Name of the students who were counselled:

1. ArunimaChakraborty
2. ArkoBanarjee
3. AnkitaSaha
4. SanchitaSantra
5. BhoumiGanguli

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students were facing many problems ranging from indecisiveness, family instability, overthinking and depression

One of the students have a high tendency of overthinking and is unable to make any decision for herself. The decisions are being made by their parents. Another student belongs to a dysfunctional family where their parents' divorce case has been pending for the past 14 years. Two of the student were facing problem with their interest and shortening of their immediate memory span.

Mrs. Anindita Mukherjee, psychologist and Counsellor started CBT for the students dealing with overthinking and indecisiveness, she also started REBT for the student with dysfunctional family to help him utilise the resources at his disposal.



Anindita Mukherjee
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGLY