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*Psychological Counselling  
Cell*

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## **NETAJI NAGAR COLLEGE FOR WOMEN**

### **Psychological Counselling Cell**

#### **Objectives:**

The Psychological Counselling Cell of the college has been constituted to look after the mental well-being of the students. Guidance is offered to them to combat, overcome and manage stress and develop their personalities as socially responsible individuals.

#### **Functions:**

The Cell addresses the mental health of the students in the following manner:

- By always promoting positive thinking, through work and other activities.
- By helping the students deal with their personal, social, academic and psychological problems.
- By creating awareness about the importance of mental well-being and problems of anxiety and depression.
- By helping them to develop interpersonal relations and take active interest in social activities.
- By organizing seminars and special lectures by eminent personalities on stress and how to deal with it.

For circulation  
30.08.18

NETAJI NAGAR COLLEGE FOR WOMEN  
170/13/1, N.S.C. Bose Road, Kolkata - 700 092

Date: 30.08.18

### NOTICE

A meeting of the Psychological Counselling Cell will be held on 06.09.18 at 11.30 am in the Principal's / Meeting room to discuss the following agenda. The members are requested to be present.

### AGENDA

1. To formalise the working procedure of the cell, prioritising the mental well-being of the students.
2. To plan for activities to be undertaken during the current session, 2018-19.

Members:-

1. Dr. Moumit Roy Goswami
2. Dr. Subhansu Aditya
3. Smt. Sahana Nag

*[Signature]*  
*[Signature]*  
(Joint Convenors)

Members Present:

1. Susmita Roy
2. Nilimpha Ghosh
3. Moumit Roy Goswami

Minutes:-

1. The members agreed that regular counselling session for addressing the anxiety and stress of the students was very necessary.
2. A program is to be organised by the IQAC for raising the awareness of both the students and the teachers. The Institution level workshop titled "Changing Trends and Recent Challenges of Gen Z" is to be organised on 13.09.2022.
3. All departments were to be encouraged to arrange similar programs whenever possible for the psychological well-being of the students.

*apost*



For circulation  
21.06.19

NETAJI NAGAR COLLEGE FOR WOMEN  
170/13/1, N.S.C. Bose Road, Kolkata - 700 092

Date: 21.06.19.

NOTICE

A meeting of the Psychological Counselling Cell.....will be held on 28.6.2019 at 1.30 pm.....in the Principal's / Meeting room to discuss the following agenda. The members are requested to be present.

- AGENDA " To review the activities of the cell for the Complete Session"
- Members-
1. Mounmit Roy Goswami
  2. Dr. Subhanshi Aditya.
  3. Smt. Sahana Nag.

*(Signatures)*  
(Joint Convenors)

Members Present: -

- 1) Nilimpha Ghosh 28.6.2019
- 2) Susmita Roy 28.6.19
3. Mounmit Roy 28.6.19

Minutes: -

1. The members appreciated the efforts of the PAAC and Department of Education for organising a University level Seminar on "Anxiety, Stress and the Youth Today" on 14.09.2018.
2. The members also recorded that all teachers regularly addressed the psychological needs of the students through micro-counselling sessions, whenever it was required.

*(Signature)*

## ANNUAL REPORT

The Psychological Counselling cell of the College commendably carried out its functions during the session. In the annual meeting held by the cell, it was duly recorded that programs to address anxiety and stress were organised by the IQAC together with other departments of the College.

*g h*

For review  
7/8/19  
7/8/19

Date: 02.08.2019

NOTICE

A meeting of the Psychological Counselling Cell will be held on  
07.08.2019 at 1:00 p.m. in the Principal's / Meeting room to  
discuss the following agenda. The members are requested to be present.

- AGENDA
- i) To plan for activities for the session 2019-2020
  - ii) Misc.

Members:

- i) Dr. Moumit Roy Goswami
- ii) Dr. Subhrangsu Aditya
- iii) Smt. Sahana Nag.

*[Signature]* *[Signature]*  
(Joint Conveners)

Members Present:-

- 1. Susmita Roy 7.8.19
- 2. Nilimghosh 7/8/2019
- 3. Moumit Goswami 7/8/2019

Minutes:-

- 1. The members agreed that regular counselling session for addressing the anxiety and stress of the students were effective and are to be continued throughout the session.
- 2. All departments were to be encouraged to organise programs related to stress and anxiety management whenever possible for the psychological well-being of the students.

*[Signature]*

**Netaji Nagar College for Women  
Psychological Counselling Cell**

An online meeting of the Psychological Counselling Cell will be held on 21.12.2020 at 7 pm.

Agenda: To deal with the emergency situation arising from Covid-19 pandemic  
In the session 2020-21  
[Meeting link will be shared later]

**Members present:**

1. Dr Susmita Roy
2. Dr. Nilimpa Ghosh
3. Dr. Moumit Roy Goswami

**Minutes:**

1. The members agreed that regular counselling sessions is necessary for addressing the anxiety and stress of the students to cope with the evolving situation due to Covid-19.
2. All departments were to be encouraged to arrange online counselling programmes whenever possible for the psychological well-being of the students.



**Netaji Nagar College for Women  
Psychological Counselling Cell**

An online meeting of the Psychological Counselling Cell will be held on 30.06.2021 at 7 pm.

Agenda: To review the activities of the Cell for the ongoing session.

[Meeting link will be shared later]

**Members present:**

1. Dr Susmita Roy
2. Dr. Nilimpa Ghosh
3. Dr. Moumit Roy Goswami

**Minutes:**

1. The members appreciated the efforts of the Department of Environmental Science and Zoology for organising a Webinar titled "Stress and Anxiety Management" on 23.06.2021.
2. The members also recorded that all teachers regularly addressed the psychological needs of the students through online sessions, whenever it was required.

**Netaji Nagar College for Women  
Psychological Counselling Cell**

**Annual Report for the Session 2020-2021**

The Psychological Counselling Cell of the College commendably carried out its functions during the pandemic situation also. In the annual meeting held by the cell, it was duly recorded that programs to address anxiety and stress were organised by the Departments of ENVS and Zoology.

For circulation  
17/08/21  
09.08.21

NETAJI NAGAR COLLEGE FOR WOMEN  
170/13/1, N.S.C. Bose Road, Kolkata - 700 092

Date: 09.08.21

NOTICE

A meeting of the Psychological Counselling Cell will be held on 14.08.21 at ..... 1. p.m. .... in the Principal's / Meeting room to discuss the following agenda. The members are requested to be present.

- AGENDA
- 1) To plan for the activities of the Psychological Counselling cell for the session 2021-22.
  - 2) Misc.

Members! -

1. Dr. Moumit Roy Goswami
2. Dr. Subhansu Aditya
3. Smt. Sahana Nag

*[Signature]*  
*[Signature]*  
(Joint Convenors)

Members Present:-

1. Susmita Roy 14.8.21.
2. Nilimika Ghosh 14/08/2021
3. Moumita Goswami 14.8.21

Minutes! -

1. The members agreed that regular counselling sessions is to be continued for addressing the anxiety and stress of the students to adapt in the new normal world.
2. All Departments were to be encouraged to arrange counselling programmes and the Departmental teachers were to request to continue micro-counselling whenever possible for the Psychological well-being of the students.

*[Signature]*



Preparation  
22.06.22

NETAJI NAGAR COLLEGE FOR WOMEN  
170/13/1, N.S.C. Bose Road, Kolkata - 700 092

Date: 22.6.22

NOTICE

A meeting of the Psychological Counselling Cell will be held on 30.6.22 at 1:00 p.m. in the Principal's / Meeting room to discuss the following agenda. The members are requested to be present.

- AGENDA
1. To review the activities of the cell at the end of session.
  2. Misc.

Members -

1. Dr. Moumit Roy Goswami
2. Dr. Subhrajyoti Aditya
3. Smt. Sahana Nag

*[Signature]*

*[Signature]*

(Joint Convenors)

Members Present:-

1. Susmita Roy 30.6.22
2. Nilimajyoti Ghosh 30/6/2022
3. Monmishy Ghosh 30/6/2022

Minutes:-

1) The members recorded that all teachers regularly addressed the psychological needs of the students through micro-counselling whenever required.  
2) Meeting ended with vote of thanks to the Chair.

*[Signature]*

## ANNUAL REPORT FOR THE SESSION 2021-22.

The Psychological Counselling Cell of the College continued its regular activities during the pandemic situation also. In the annual meeting held by the cell duly recorded that departmental teachers continued their micro-counselling to boost the students in adapting to the New Normal.

*3/10/22*



For circulation to W  
22/07/22

NETAJI NAGAR COLLEGE FOR WOMEN  
170/13/1, N.S.C. Bose Road, Kolkata - 700 092

Date: 22.7.22.

NOTICE

A meeting of the Psychological Counselling Cell will be held on 29.7.22 at 1:30 pm in the Principal's / Meeting room to discuss the following agenda. The members are requested to be present.

- AGENDA
1. To plan for the activities of the Psychological Counselling cell for the session 2022-23.
  2. Misc.

Members:-

1. Dr. Moumit Roy Goswami
2. Dr. Subhrangsu Aditya
3. Smt. Sahana Nay.

*[Signature]* *[Signature]*  
 (Joint Convenors)

Members Present:-

1. Nilimpha Ghosh. 29/7/2022
2. Susmita Roy. 29.7.22.
3. Moumita Senani 29.7.22

Minutes:-

1. The members agreed that regular counselling sessions were to continue for the new session.
2. All departments were to be encouraged to arrange programmes and activities whenever possible to address the psychological needs of the students.

*[Signature]*



For circulation  
30/6/23

Date: 23.06.23

NOTICE

A meeting of the Psychological Counselling Cell will be held on 30.6.23 at 2.00 pm in the Principal's / Meeting room to discuss the following agenda. The members are requested to be present.

- AGENDA
1. To review the activities of the Psychological Counselling Cell in session 2022-23.
  2. Misc.

Members:-

1. Dr. Moumit Roy Goswami
  2. Dr. Subhansu Aditya
  3. Smt. Sahana Nag.
- (Joint Convenors)

Members Present:-

1. Nilimajyoti Ghosh. 30/6/2023.
2. Susmita Roy. 30.6.23
3. Monmily Ghami 30.6.23

Minutes:-

- 1) The members agreed that regular counselling sessions for addressing the anxiety and stress of the students was very necessary.
- 2) The members appreciated the effort of the IQAC and Gyanarai Chetna Foundation & Kolkata George Group of Colleges for organising the programme titled "Clinical Psychology" on 22.12.2022.

3/30/23

## ANNUAL REPORT FOR THE SESSION 2022-23.

The Psychological Counselling Cell of the College carried out its functions regularly throughout the year. In the annual meeting held by the cell it was recorded that the program on "Clinical Psychology" was successfully organised by the IQAC and Gayatri Chetna Foundation & Kolkata George Group of Colleges.

*ghosh*