

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

**REPORT OF THE ONLINE COUNSELING SESSIONS HELD
ON 07.01.2023**

COUNSELLING SESSION I: “Career Opportunities in Law after Graduation”

COUNSELLING SESSION II: “Dealing with Stress in Daily Life”



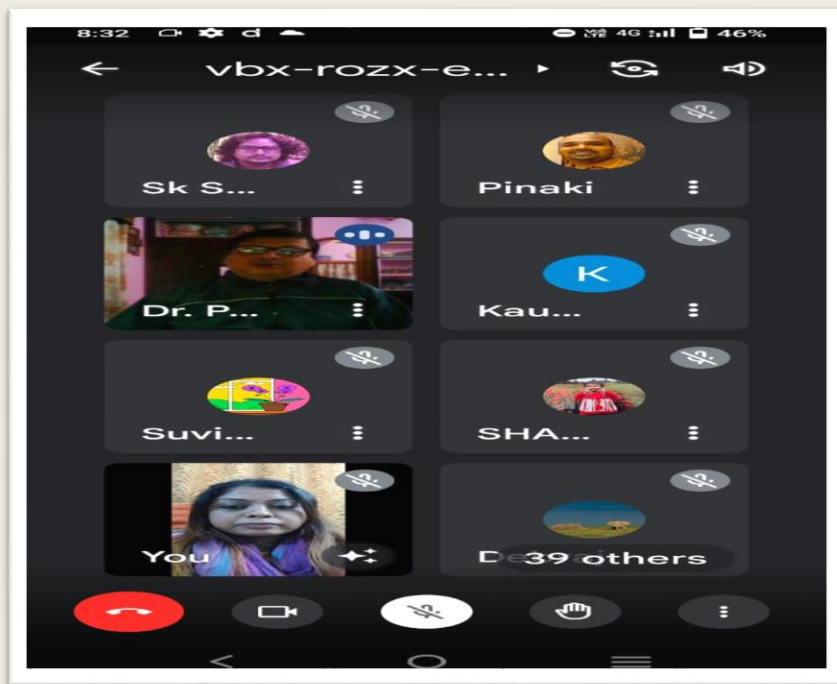
Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

**REPORT OF THE ONLINE COUNSELING SESSIONS HELD ON
07.01.2023 (AS PART OF OBSERVATION OF STUDENTS WEEK, 2023)**

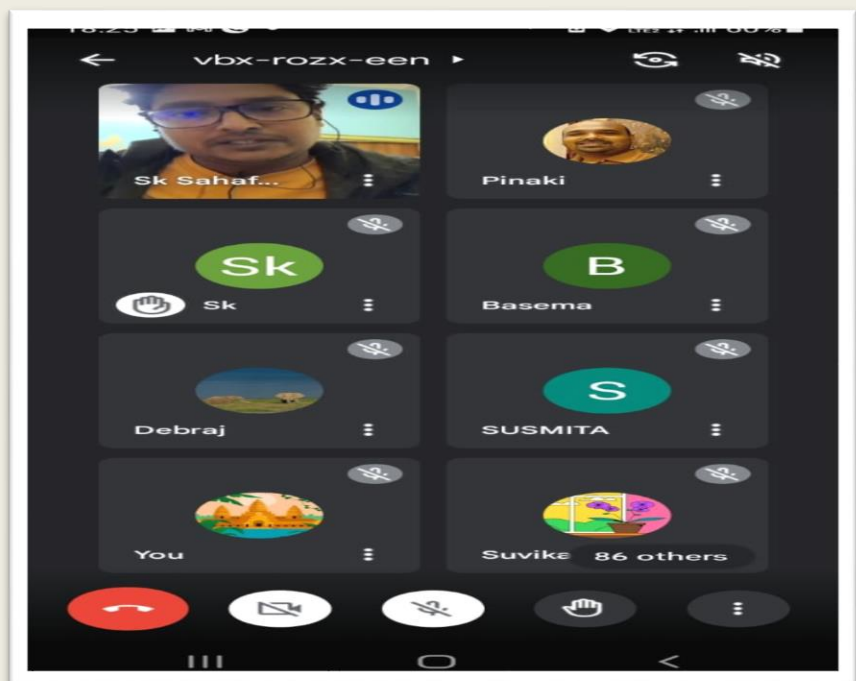
SESSION I	WEBINAR ON CAREER COUNSELING
TIME	6.30 pm to 7.30 pm
Moderator of the Session	Sk. Sahafur Hoque Assistant Professor in Political Science
Name of the Invited Expert/Resource Person	Mr. Soumyajit Mukhopadhyay
Designation of the Invited Expert/ Resource Person	Faculty of Law National University of Study and Research in Law, Ranchi, Jharkhand
Title of the Presentation	“Career Opportunities in Law after Graduation”
Brief Summary of the Presentation	<p><i>This lecture focused on the various career options that students may pursue after completing their graduation in this college. The speaker spoke of pursuing a career in law as it opens several avenues of work, both in terms of individual practice and employment. The lecture began with a discussion of what we understand by the term ‘law’ – law refers to an instrument to control social behaviour. The importance of any available norm is realized only when we are deprived of it. The speaker exemplified this by showing how we are inconvenienced if we lose electricity for one day, however, a far greater chaos could potentially ensue if we were to lose the system of law for one day. In order to understand law it is also important to identify the state and its functions. In order to apply for courses in law after college, it is important to secure a minimum of 45% in 10+2+3. After completing the course in law, one may pursue legal practice individually, if one can establish oneself through an honest reputation, it could also lead to a heightened income. In order to practice law it is important to register as an advocate by passing the bar examination. Since company law requires all companies to have key personnel, this position can also be a job opportunity. Another possible career option is in academics; graduates may pursue higher education in law and teach in private institutes or law colleges. The lecture was highly informative and helpful for the students as they were introduced to viable career opportunities that they could pursue.</i></p>
Vote of Thanks	Sk. Sahafur Hoque Assistant Professor in Political Science
Technical Support and Rapporteur	Mr. Debaditya Dutta Assistant Professor in Sociology Dr. Suchismita Das Assistant Professor in Sociology



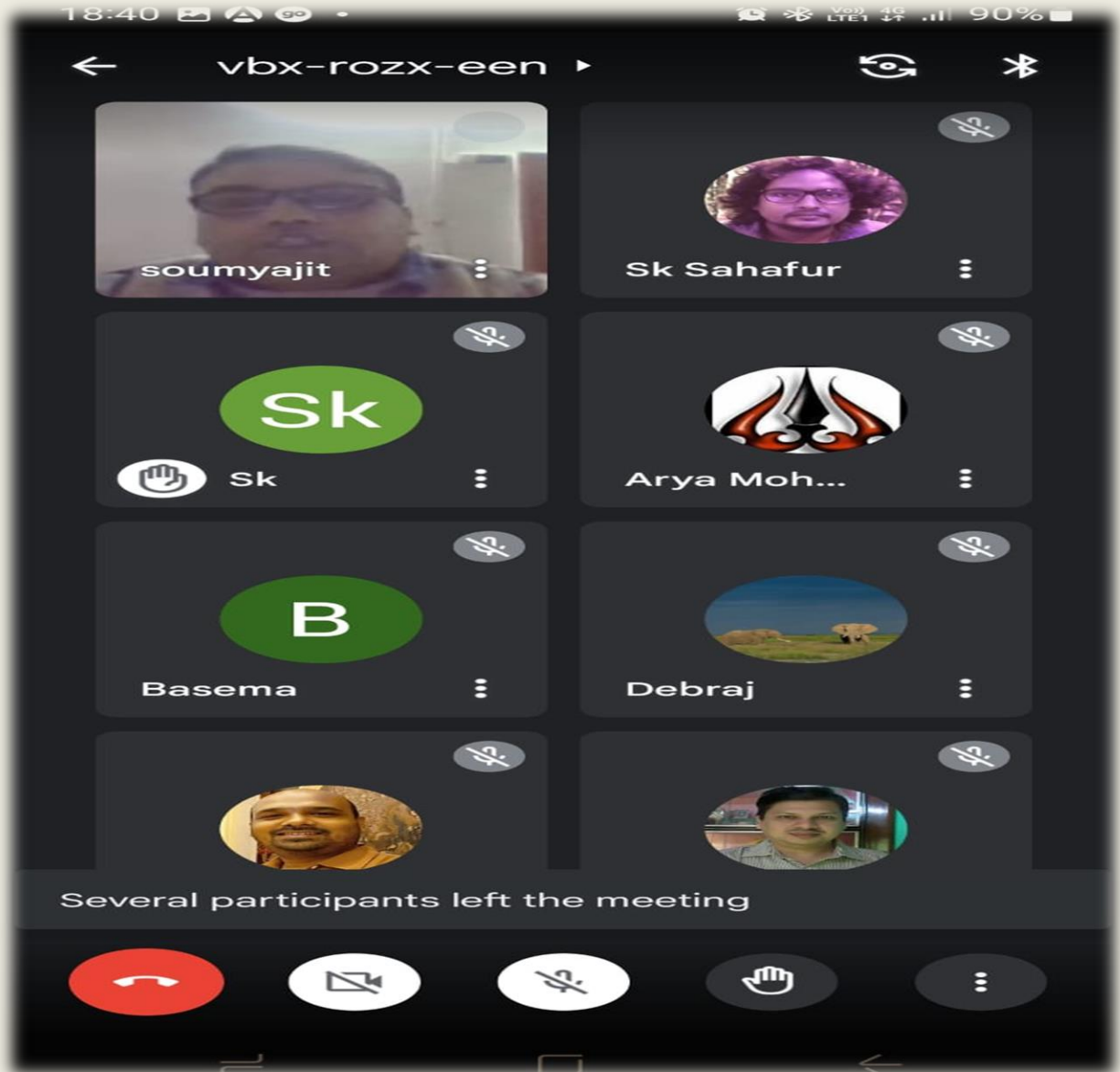
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Dr. Pradipta Kumar Basu, OIC, GGDC, Mangalkote, and Mr. Sk. Sahafur Hoque, Convener, Career Counseling Committee, addressing the audience during the inauguration of the online counseling sessions




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Mr. Soumyajit Mukhopadhyay during his informative and engaging session on Career Prospects in Law after completion of Graduate Studies



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SESSION II	WEBINAR ON PSYCHOLOGICAL COUNSELING
TIME	7.30 pm to 8.30 pm
Moderator of the Session	Ms. Moumita Mazumdar Assistant Professor in Sociology
Name of the Invited Expert/Resource Person	Ms. Shaona Sengupta
Designation of the Invited Expert/Resource Person	Assistant Professor in Psychology Dr. A. P. J. Abdul Kalam Government College New Town, Kolkata
Title of the Presentation	“Dealing with Stress in Daily Life”

**Brief Summary
of the Presentation**

This lecture focused on the issue of stress and how to manage it at a crucial age when one is building one's career. The lecture began with the question of what is stress. We often face stress because of our inability to manage the task load or the load of expectations that we face in life. There are various kinds of stressors and they vary according to the people they affect. The same factor that may cause stress in one person may not do so in another, the agents of stress thus vary depending on our lifestyle and ability to cope. Stress leads to various diseases such as diabetes, which can afflict a person for his/her entire lifetime. Often we are stressed momentarily but that brief moment of stress leaves a ripple effect that affects the rest of our day as well, such as stress caused during examinations when one is unable to attempt the first question. In order to deal with stress it is important to nurture and tend to our needs, take breaks, and find other ways to deal with stress. Doing breathing exercises, practicing yoga could also be forms of stress relief. Negative conversations are often a cause of stress; it causes discouragement and further pessimism. Instead, it is important to have a positive attitude that boosts one's self esteem and allows one to have the courage to pursue one's interests. It is also important to forgive oneself in order to develop a positive attitude. Other habits which help in this regard is keeping a record, a diary to remind oneself of the positive events in one's life, constantly remind oneself of the good things that have taken place, paying gratitude visits, and so on. This lecture was immensely helpful to students as they learnt important methods to cope with stress and develop a positive attitude towards life.

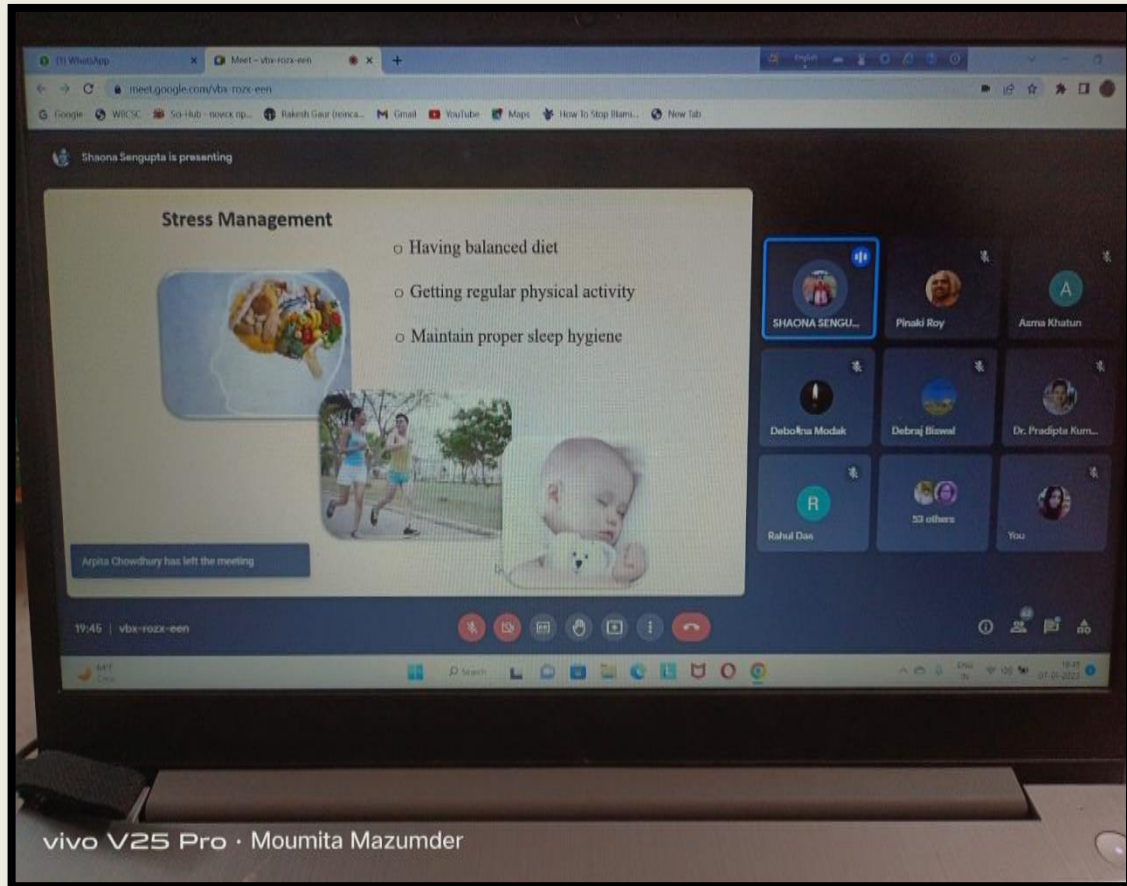



**Vote of
Thanks**

**Technical Support and
Rapporteur**

**Mr. Debaditya Dutta
Assistant Professor in Sociology**

**Dr. Suchismita Das
Assistant Professor in Sociology**



**A Glimpse from Ms. Shaona Sengupta's power-point presentation on
Stress and its Management in everyday context**

**ABOUT 95 PARTICIPANTS WERE THERE IN THE BOTH ONLINE COUNSELING
SESSIONS COMBINED.**



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A glimpse from the interactive session after Shaona Sengupta's talk, moderated by Ms. Moumita Mazumder, Assistant Professor in Sociology (above). Mr. Debaditya Dutta, Assistant Professor in Sociology, delivering the Vote of Thanks (below).




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Government General Degree College, Mangalkote

Programme Schedule of Online Counseling Sessions on 07.01.23

(Observation of Students' Week, 2023)

Google Meet gateway will open at 6:00 pm

6:10 – 6:15 pm	Welcome Address	Mr. Pinaki Roy Asst. Professor in Sociology GGDC, Mangalkote
6:15 – 6:20 pm	Inaugural Address	Dr. Pradipta Kumar Basu Officer-In-Charge GGDC, Mangalkote
6:20 – 6.25 pm	Address	Dr. Debraj Biswal Coordinator, IQAC GGDC, Mangalkote
6:25 – 6:30 pm	Introduction of Speaker I	Mr. Sk Sahafur Hoque Asst. Professor in Pol. Science GGDC, Mangalkote
6.30 – 7.10 pm	Career Counseling Topic: "Career Opportunities in Law after Graduation"	Speaker: Soumyajit Mukhopadhyay Faculty of Law, National University of Study and Research in Law, Ranchi
7:10 – 7.25 pm	Interactive Session	Moderator: Mr. Sk Sahafur Hoque Asst. Professor in Pol. Science GGDC, Mangalkote
7:25 – 7:30 pm	Introduction of Speaker II	Ms. Moumita Mazumder Asst. Professor in Sociology GGDC, Mangalkote
7:30 – 8:10 pm	Psychological Counseling Topic: "Dealing with Stress in Daily Life"	Speaker: Shaona Sengupta Assistant Professor in Psychology Dr. A. P. J. Abdul Kalam Govt. College, New Town
8:10 – 8:25 pm	Interactive Session	Moderator: Ms. Moumita Mazumder Asst. Professor in Sociology GGDC, Mangalkote
8:25 – 8:30 pm	Declaration of Closure of Students' Week Observation, 2023	Dr. Pradipta Kumar Basu Officer-In-Charge GGDC, Mangalkote
8:30 – 8:35 pm	Vote of Thanks	Mr. Debaditya Dutta Asst. Professor in Sociology GGDC, Mangalkote

Technical Support and Rapporteur:

Dr. Suchismita Das, Asst. Professor, Dept. of Sociology, GGDC, Mangalkote

Link for joining the meet: <https://meet.google.com/vbx-rozx-een>



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LIST OF STUDENTS PRESENT:

SL. NO.	NAME OF THE STUDENT
1	BHUBANESWARI MONDAL
2	BRISHTI MONDAL
3	JAYABOTI BATABYAL
4	MEHERUNNESA KHATUN
5	MRINMOY CHATTERJEE
6	NANDINI DUTTA
7	NIBEDITA SAHA
8	PAPIYA CHAKRABORTY
9	PIYANKA GHOSH
10	PUJA KUNDU
11	SAHINA SULTANA
12	SANGITA DAS
13	SOUVIK BHATTACHARYA
14	SUBRATA KAR
15	ARGHYA MOHANTA
16	BARNALI GHOSH
17	BIPASHA BANERJEE
18	BRATATI BAIRAGYA
19	KUSHAL CHOWDHURY
20	KUSUM METE
21	PRIYANKA PAL
22	PUJA DUTTA
23	NILIMA KUSHMETE
24	PAPIYA CHOUDHURY
25	PRITAM SAHA
26	PRIYANKA GHOSH
27	PUJA GHOSH
28	PUJA PAL
29	RACHANA SARDAR
30	SAIMON MARDI
31	SATHI MAJHI
32	SHRABANI THANDAR
33	SK KORBAN ALI
34	SONAKSHI DUTTA
35	SOUMI GHOSH
36	UMME KULSUM KHATUN
37	ARPAN MUKHERJEE
38	ARPITA CHOWDHURY
39	ASMA KHATUN
40	AVIJIT DEY
41	DIPANKAR MAJHI
42	MD SABBIR HUSSAIN
43	RIMPA HATI
44	RUBINA KHATUN
45	ALLADI KHATUN




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46	AMIT MAHANTA
47	ASFA KHATUN
48	AZAHER SIDDIQUE
49	LATIFA KHATUN
50	MAHADEB PRAMANIK
51	MOUSUMI DAS
52	RIYA GHOSH
53	SARASWATI PAL
54	SATHI GHOSH
55	ABDUL RAJJAK MONDAL
56	ABHIJIT MAJHI
57	AJIMUNNESA KHATUN
58	AKASH DAS
59	ARJUN BAIRAGYA
60	BHOLANATH DULEY
61	BILLAL MALLICK
62	CHINMOYEE LAHA
63	DEBASISH THANDAR
64	DIPANKAR MONDAL
65	GOPI NATH MAJHI
66	JHUMPA GHOSH
67	KEYA MONDAL
68	KRISHNA DAS
69	KRISHNA PAL
70	NASRATTULLA MALLICK
71	PARBATI PRAMANIK
72	PIYALI MAJHI
73	PRIYA GHOSH
74	RAHUL DAS
75	RAJIBUL ISLAM
76	RIMPA NANDY
77	RINA MONDAL
78	SAPTAMI MAJHI
79	SATHI PAL
80	SAYAN DAS
81	SHRABANI CHOUDHURY
82	SK NASIBUR RAHAMAN
83	SOMA BAHARA
84	SOUKAT ALI MONDAL
85	SOUVIK GHOSH
86	SUDIPA PAL




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सत्यमेव जयते

Government of West Bengal
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PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: ggdc Mangalkote@gmail.com; Website: <http://mangalkotegovtcollege.org>

Memo No.: 07/MGC

Dated: 06/01/2023

To
Ms. Shaona Sengupta
Assistant Professor in Psychology
Dr. A. P. J. Abdul Kalam Government College, New Town.

Sub: Invitation to deliver an Online Lecture in the Student's Week Observation (02.01.2023 to 07.01.2023) organized by GGDC, Mangalkote.

Madam,

It is our honour to invite you as a speaker to deliver an Online Lecture on “**Dealing with Stress in Daily Life**” as part of the activities of Student's Week Observation on 7th January, 2023 (Saturday), at 7.30 p.m. on Google Meet Platform, organized by Government General Degree College, Mangalkote, Panchanantala, Khudrun Dighi, Purba Bardhaman-713132, West Bengal.

We sincerely hope that it will be an enriching experience for the students and faculty members to listen to your deliberation.

We shall be highly obliged if you kindly accept our invitation.

Thanking you,

With regards,

**Officer-In-Charge
GGDC, Mangalkote**

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Government of West Bengal

Office of the Principal

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DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: ggdcmangalkote@gmail.com; Website: <http://mangalkotegovtcollege.org>

Certificate of Appreciation

This certificate is awarded to:

Shaona Sengupta

Assistant Professor in Psychology

Dr. A. P. J. Abdul Kalam Government College, New Town.

In recognition of her valuable contribution as an Invited Speaker in an online session on “Dealing with Stress in Daily Life”, as part of the activities of Student’s Week Observation on 7th January, 2023, organized by Government General Degree College, Mangalkote, Panchanantala, Khudrun Dighi, Purba Barddhaman-713132, West Bengal.



Officer-In-Charge
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