

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

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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Invite you to join the

ONLINE COUNSELING SESSIONS

on

COUNSELLING SESSION I: "Career Opportunities in Law after Graduation"

COUNSELLING SESSION II: "Dealing with Stress in Daily Life"

SPEAKERS:

1. Mr. Soumyajit Mukhopadhyay, Faculty of Law, National University of Study and Research in Law, Ranchi

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

on **07.01.2023**

AT: 6.30 pm

Venue: : Google Meet

ABOUT THE PROGRAMME:

As part of Students' Week, Mr. Soumyajit Mukhopadhyay will deliver a seminar titled "Career Opportunities in Law after Graduation," exploring legal career paths post-graduation, the importance of law in society, and the process of becoming a legal practitioner. Additionally, Ms. Shaona Sengupta will present "Dealing with Stress in Daily Life," offering strategies to manage stress, develop positive attitudes, and maintain mental well-being during crucial career-building years.

TARGET AUDIENCE:

U.G. Students of GGDC, Mangalkote



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