

## Personal Counselling Cell Report (2023-2024)

**Name of the Counsellor:** Smt. Chaitaly Majumdar.

Psychologist and Behavioural Modifier

M.A in Psychology, P.G. Diploma in Counselling and Behaviour Management.

Chamber: Doctors and Doctors, New Town.

Contact No: 9836883129. Mail ID: chaitimadhu@yahoo.com

Smt Chaitaly Majumdar is available for student counselling at the college premises on Tuesdays and Thursdays from 8.30 am to 11.30 am.

Topic of the Webinar/ Seminar	Date	Time	Speaker	No of Students Participated
<b>Coping With Mental Stress During Examinations</b>	2.1.2024	7 pm	Dr Suhita Mukhopadhyay CS, Advocate and Life Coach	80
<b>How You should Adjust and Deal with Yourself and Others</b>	3.1.2024	5 pm	Smt Chaitaly Majumdar, Personal Counsellor, Vidyasagar College For Women	30
<b>An Interactive Experiential and Participatory Web shop on 'Health, Well-being and Stress Management through Life Skills Training'</b>	4.1.2024	5 pm	Sumit Dutta Counselling Psychologist and Mental Health Trainer	48

Personal Counselling Cell Webinar

on

Coping With Mental Stress During Examinations

Held on 2.1.2024 from 7 pm onwards

Flyer of the Webinar

**VIDYASAGAR COLLEGE FOR WOMEN**  
39, Sankar Ghosh lane, Kolkata-6



**Personal Counseling Cell**

**VIDYASAGAR COLLEGE FOR WOMEN**

*Organises A webinar On*

***“Coping with Mental Stress during Examinations”***



**Our Speaker:**

**Dr. Suhita Mukhopadhyay**  
**CS, Advocate and Life Coach**




**Date 2/1/24**  
**Timing 7.00 - 8.00pm**  
**All are invited**



Webinar joining link: <https://meet.google.com/jac-tsof-jnx>

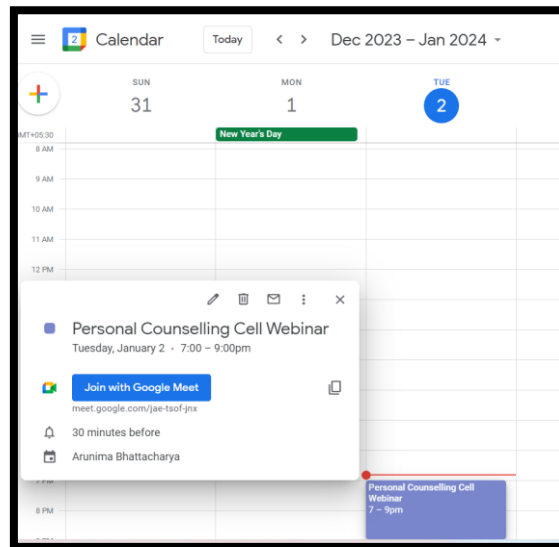
## Glimpses of the Webinar



**Meet**  
Real-time meetings by Google. Using your browser, share your video, desktop, and presentations with teammates and customers.  
[meet.google.com](https://meet.google.com)

Personal Counselling Cell Webinar  
Tuesday, 2 Jan • 7:00 – 9:00 pm  
Google Meet joining info  
Video call link: <https://meet.google.com/jae-tsof-jnx>

10:42 pm ✓✓



Calendar Today < > Dec 2023 – Jan 2024

SUN 31 MON 1 TUE 2

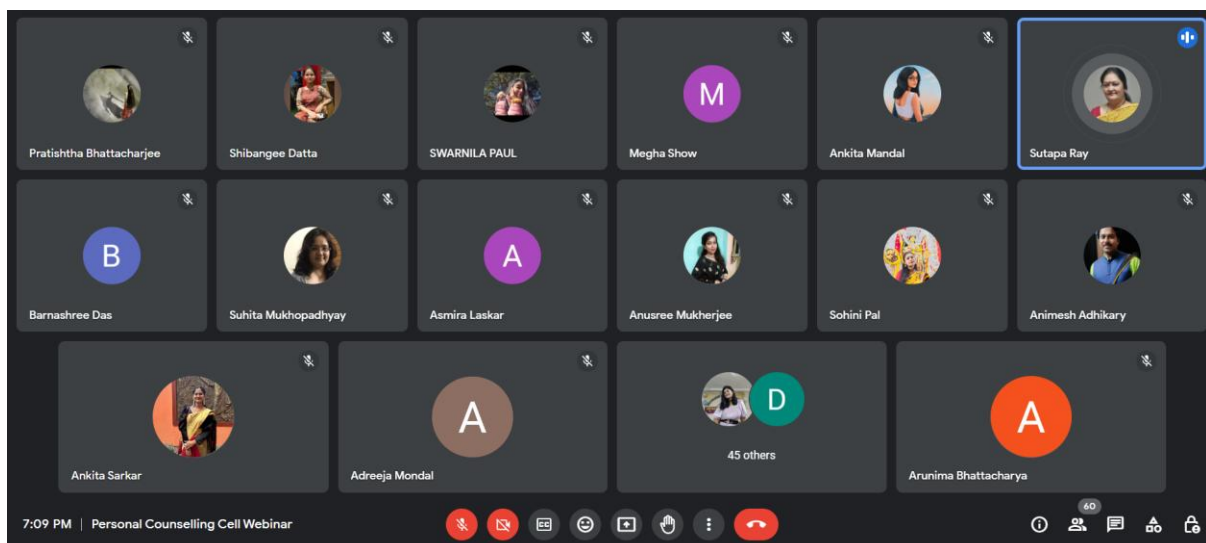
New Year's Day

Personal Counselling Cell Webinar  
Tuesday, January 2 - 7:00 – 9:00pm

Join with Google Meet  
[meet.google.com/jae-tsof-jnx](https://meet.google.com/jae-tsof-jnx)

30 minutes before

Arunima Bhattacharya




7:09 PM | Personal Counselling Cell Webinar

Participants:

- Pratishtha Bhattacharjee
- Shibangee Datta
- SWARNILA PAUL
- Megha Show
- Ankita Mandal
- Sutapa Ray
- Barnashree Das
- Suhita Mukhopadhyay
- Asmira Laskar
- Anusree Mukherjee
- Sohini Pal
- Animesh Adhikary
- Ankita Sarkar
- Adreeja Mondal
- 45 others
- Arunima Bhattacharya

## Attendance List

























People ×

 Add people




























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Contributors 78 ^




























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	Arunima Bhattach... (You) Meeting host		
	Adiba Afsar		
	Aditi Bose		
	Adreeja Mondal		
	Animesh Adhikary		
	Anjali Sonkar		
	Ankita Mandal		
	Ankita Sarkar		

## Attendance List

























	Anneswa Patra		
	Anusree Mukherjee		
	Barnashree Das		
	Binti Malik		
	Chaitaly Majumdar		
	Das Putul		
	Debapriya Mondal		
	Deepak Das		
	Dipanjali Biswas		






















## Attendance List

	dipti das		
	Disha das		
	Farhina Yasmin		
	Indrani Chatterjee		
	Jayita Sadhukhan		
	Kanika Bej		
	KEKA DAS		
	Lisa ghosh		
	Lubana Jesmin		

























	Madhushree Sadhukhan		
	Manojit Ghosh		
	Megha Show		
	Minakshi Pramanick		
	Moumita Aich		
	Mousumi		
	Ms. Sumana		
	Nabanita Konar		
	Nilanjana Das		

























## Attendance List

	Paulami Ghorui		
	PIYALI SARDAR		
	Poulami Bera		
	Pratishtha Bhattacharjee		
	Pratyusha Paul		
	Priti Das		
	Priyanka Pandit		
	Protyusha		

	rabeya khatun		
	Rinky Sana		
	Rishita Sasmal		
	Ritika Dey		
	Riya Sardar		
	Rupsha Maity		
	S Mullick		




























## Attendance List









	Sabina Yasmin Mallick		
	Sahema khatun Mullick		
	Sarmin Sultana		
	Shibangee Datta		
	shouvonik bala		
	Sneha Ballav		
	Sneha Das		
	Sneha Paul Chowdhury		

	Sohini Das		
	Sohini Pal		
	Sreeradha Mondal		
	Srijani Sarkar		
	Srijoni Maji		
	Suchana Mondal		
	Sudakshina Pattanayak		
	Suhana Parvir		








## Attendance List

	Suhita Mukhopadhyay		
	sukanya mitra		
	Sulata Gayen		
	Sumana Khanra		
	Suparna Bose		
	Suparna Das		
	Sutapa Ray		
	Swagata Biswas		
	SWARNILA PAUL		

	Tanusri Mondal		
	TITHI GHOSH		
	Tonu Das		

80

Personal Counselling Cell Webinar

on

How You should Adjust and Deal with Yourself and Others

Held on 3.1.2024 from 5 pm onwards

Flyer of the Webinar

**VIDYASAGAR COLLEGE FOR WOMEN**  
39, Sankar Ghosh lane, Kolkata-6


**Personal Counseling Cell**  
**VIDYASAGAR COLLEGE FOR WOMEN**  
Organises A webinar On  
***"How you should adjust & deal with yourself and others"***

Our Special Speaker  
**Mrs.Chaitaly Majumdar**  
Student Counsellor

Date 3/1/24  
Timing 5.00 - 6.00pm  
All are invited

Google Meet joining info Video call link: <https://meet.google.com/xer-rvkw-axo>

## Glimpses of the Webinar

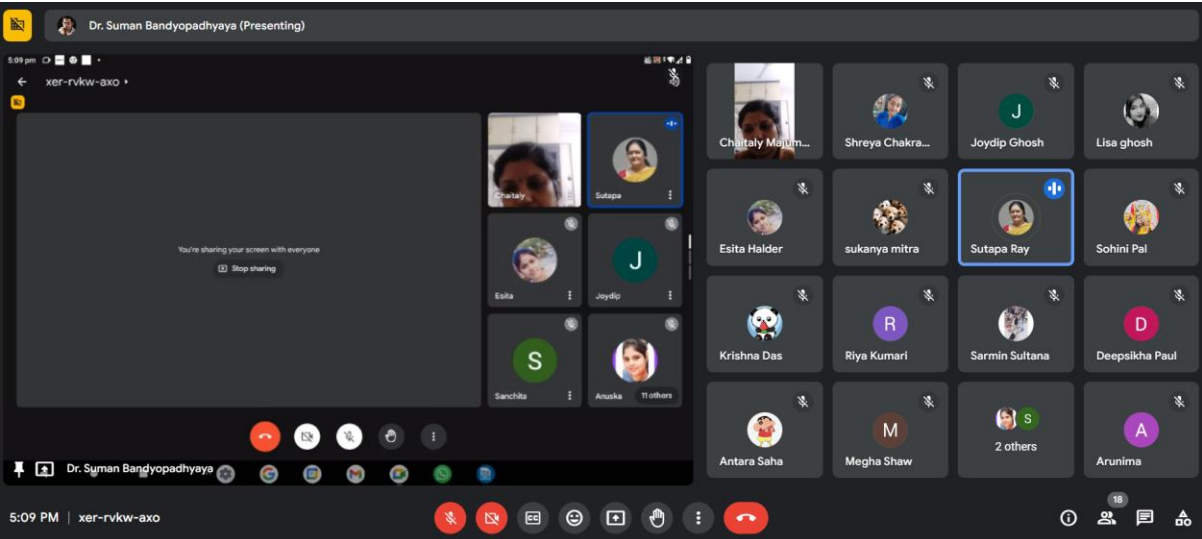


Meet  
Real-time meetings by Google. Using your browser, share your video, desktop, and presentations with teammates and customers.  
[meet.google.com](https://meet.google.com)

How you should adjust & deal with yourself and others  
Wednesday, January 3 · 4:30 – 7:30pm

Google Meet joining info  
Video call link: <https://meet.google.com/xer-rvkw-axo>

4:30 pm ✓✓



Dr. Suman Bandyopadhyaya (Presenting)

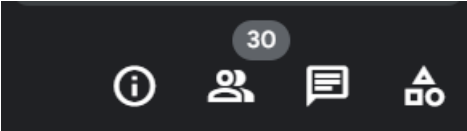
5:09 pm

xer-rvkw-axo

You're sharing your screen with everyone  
Stop sharing




































Dr. Suman Bandyopadhyaya

5:09 PM | xer-rvkw-axo







































30













## Attendance List






















	Arunima (You) 		
	Adreeja Mondal 		
	Antara Saha 		
	Anuska Mukherjee 		
	Chaitaly Majumdar 		
	Deepsikha Paul 		
	Dr. Suman Bandyopadhyay... Meeting host		
	Esita Halder 		
	Joydip Ghosh 		

## Attendance List

	Krishna Das 		
	Lisa Ghosh 		
	Lubana Jesmin 		
	Megha Shaw 		
	Muskan Khatun 		
	Riya Kumari 		
	Sanchita Mishra 		
	Sarmin Sultana 		
	shouvonik bala 		

## Attendance List

	Shreya Chakraborty		
	Sohini Pal		
	sukanya mitra		
	Sutapa Ray		

	Megha Shaw		
	Muskan Khatun		
	Priyanka Baidya		
	Rima Barman		
	Sanchita Mishra		
	Sarmin Sultana		
	sayantani bala		

**IQAC and Personal Counselling Cell Webinar**

**on**

**An Interactive Experiential and Participatory Web shop on 'Health, Well-being and Stress Management through Life Skills Training'**

**Held on 4.1.2024 from 5 pm onwards**

**Flyer of the Webinar**

One day webinar on  
***“An Interactive Experiential and Participatory Webshop on 'Health, Well-being and Stress Management through Life Skills Training'”***

Organized by  
IQAC & Personal Counseling Cell of  
Vidyasagar College for Women, Kolkata

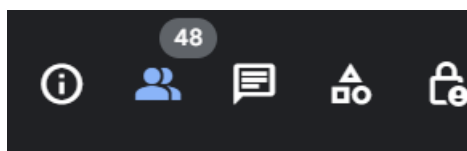
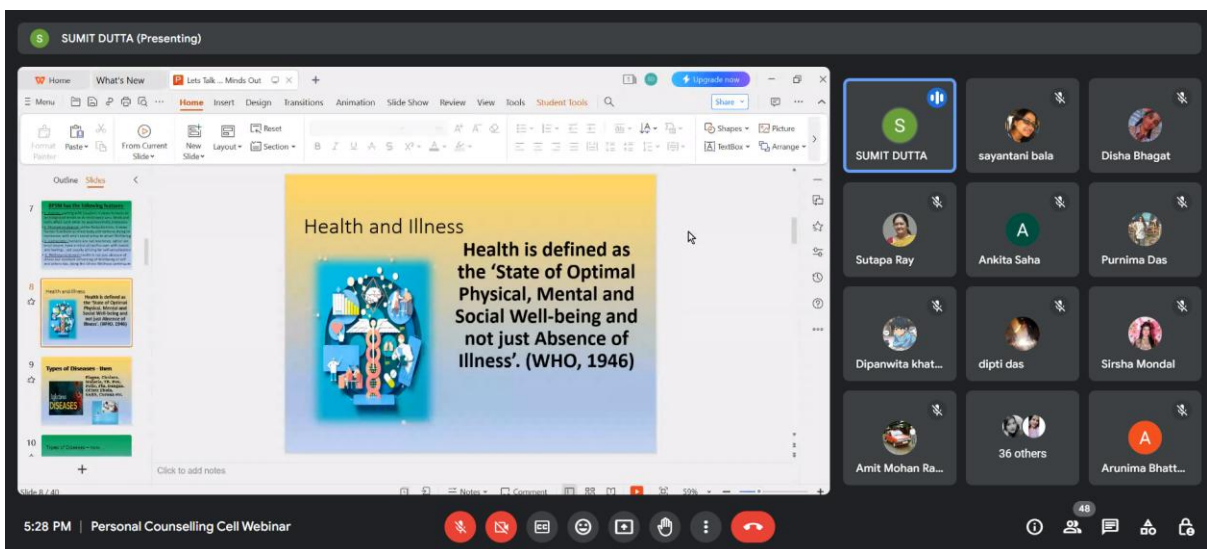
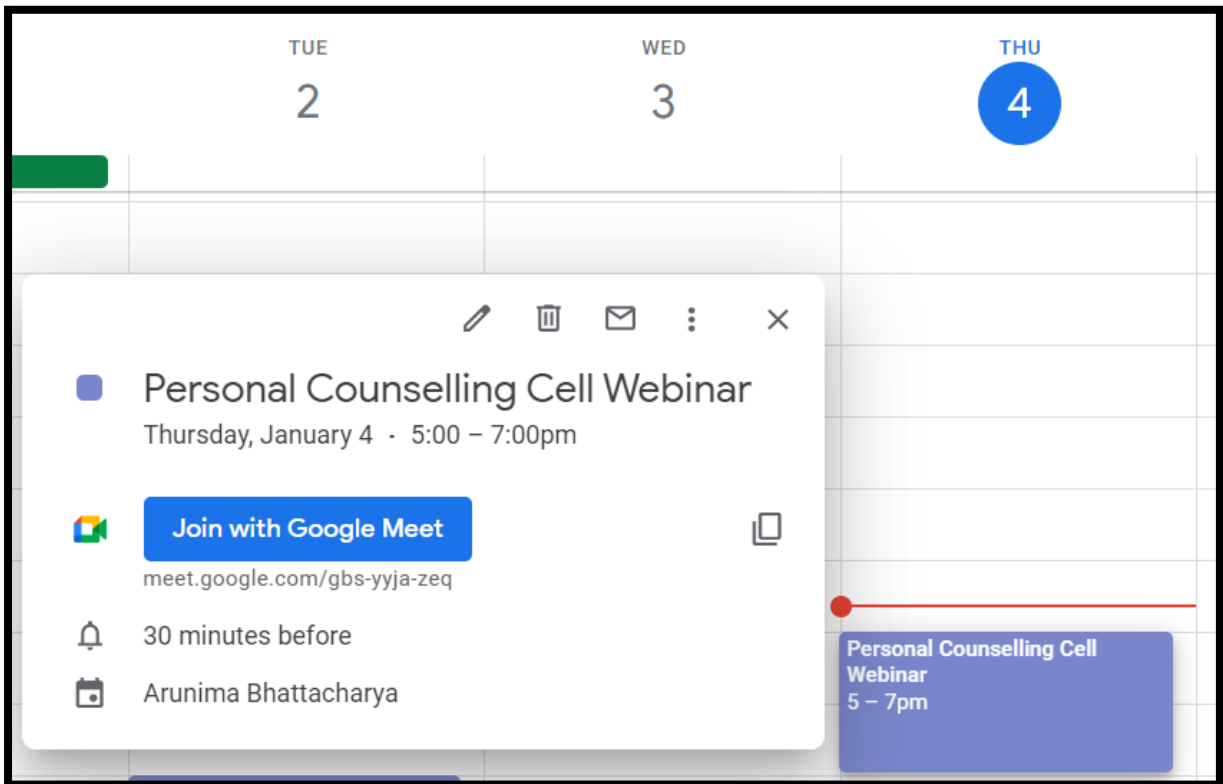
In collaboration with  
IQAC, Acharya Prafulla Chandra College, Barrackpore

Our resource person  
**Sumit Dutta**  
Counseling Psychologist And Mental Health Trainer

Date 4/1/24 & Timing 5.00pm  
All are invited


Google Meet joining info Video call link: <https://meet.google.com/gbs-vyja-zeg>




## Glimpses of the Webinar














## Attendance List




 Dr. Subhro Ghosal  




 Arunima Bhattach... (You)  
Meeting host  




 Adreeja Mondal  




 Amit Mohan Rakshit  




 Ananya Panja  




 ANINDITA SAU  




 ANISHA BURMAN  




 Anurima Mondal  




 Anwesha Mukherjee  




 Dipanwita khatua  




 dipti das  




 Disha Bhagat  




 Evana Bage  

 Ishita bit  




























 Kiran Shaw  

























 Lubana Jesmin  

 Meghna Halдар  




























 Mihir Dam  







## Attendance List




	MOUMITA PAUL		
	Muskan Khatun		
	Payel Das		
	Pradipta Mukkherjee		
	PRERANA MAJUMDER		
	Prity Das		
	Priyanka Chatterjee		
	Priyanka Majumder		
	Purnima Das		

	Rima Gayen		
	Ritika Dey		
	sayantani bala		
	Shibangee Datta		
	shouvonik bala		
	Shreya Hensh		
	Simran Bania		
	Sirsha Mondal		



## Attendance List

	Sneha Gupta		
	Sneha Kumari		
	Soumya		
	SUMIT DUTTA		
	Sushmita Das		
	Sutapa Ray		
	Swagata Biswas		
	SWARNILA PAUL		
	Trisha Mondal		

	Esita Halder		
	Evana Bage		

	Ankita Saha		
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	Lisa ghosh		
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	Isha nath		
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