

Phone: 033-2441-1710



NABA BALLYGUNGE MAHAVIDYALAYA

(Formerly CHARUCHANDRA EVENING COLLEGE)

27E, Bosepukur Road, Kolkata - 700042

Email: nbmv2005@yahoo.co.in / info@nbmahavidyalaya.in, Website: nbmahavidyalaya.in

Ref. No.

Date

Psychological Counselling and Wellbeing Cell (PCWC), NBM

Events and Activities

2020 – 2024

Introduction:

The COVID-19 pandemic, which began in 2020, drastically altered the landscape of education worldwide. Lockdown persisted for nearly two years, until early 2022, leading to unparalleled disruptions in educational institutions across the country. Apart from the real threat of the contagion, social isolation, increased screen time, parental fatigue, economic uncertainties and an overwhelming sense of fear and grief had a terrible, cumulative impact on the mental health of the students. The new experimental mode of online teaching/learning also added to their anxiety and apprehension regarding the present as well as the future of education. Evidently, in the wake of these changed circumstances, with the encouragement of Dr. Sukamal Dutta, the then Principal of Naba Ballygunge Mahavidyalaya, the Department of English, in collaboration with “Wellbeing and Happiness for You” (WHY), organized the first interactive mental health webinar entitled “COVID Pandemic, Lockdown and Mental Health of Young Adults” on July 4, 2020 (documents attached). The purpose of this webinar was to provide the students of the department a safe, virtual space where they could share their experiences and concerns. Considering the growing need of mental health awareness Naba Ballygunge Mahavidyalaya also arranged a 30 hours add-on course on “Psychological Counselling” from January 22, 2022 to February 2, 2022 for the benefit of our students (documents attached). These



Shoshu

Principal

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were the stepping stones of an initiative which finally got institutionalized with the formation of the “Psychological Counselling and Wellbeing Cell” (PCWC), NBM, in October, 2023, under the patronage and guidance of the current Principal, Dr. Ayantika Ghosh. We are delighted to present the first annual report of PCWC, NBM, for the academic session 2023 – 2024.

Constitution of the PCWC:

1. Dr. Ayantika Ghosh – Principal and Patron
2. Ms. Pritha Chatterjee – Convener
3. Ms. Madhumita Khan – Member
4. Dr. Bithika Sahana – Member
5. Ms. Sana Tahseen – Member
6. Dr. Anwesha Sengupta – Member
7. Dr. Madhuparna Chakraborty – Member
8. Ms. Ujjaini Paul - Member

Objectives of PCWC:

1. To raise awareness regarding mental health amongst students, teaching and non-teaching staff
2. To create opportunities of providing psychological support to students and staff
3. To assist the students to face and overcome challenges in day to day lives
4. To help students to deal with their personal problems
5. To motivate students to have positive outlook and optimism in the time of unprecedented challenges such as the Pandemic and lockdown of the recent past
6. To create opportunities for collaborative activities with other institutions and organization working in the field of mental health and wellbeing



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List of Events and Activities:

1. A cozy, comfortable and separate “**Counselling Room**” has been allotted to PCWC where students can share their problems and concerns with the cell members maintaining utmost privacy and confidentiality.
2. **World Mental Health Day Celebration:**

Immediately after the formation of the cell in October, 2023, it was decided that its journey would begin with the observance of the World Mental Health Day, which is celebrated every year on October 10, internationally. With the purpose of spreading awareness regarding mental wellbeing and the benefits of psychological counselling, the PCWC organized a lecture demonstration and interactive session with students on October 13, 2023 from 12 p.m. to 2 p.m. at the college auditorium, in collaboration with Wellbeing and Happiness for You (WHY), an organization of repute working for years in this field. Experts from WHY conducted the session. The active participation of the students was also remarkable.



Poster of the Event



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NABA BALLYGUNGE MAHAVIDYALAYA

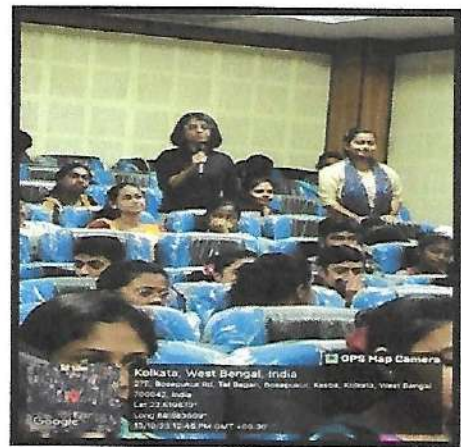
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- **Geo-Tagged Photographs of the Event**



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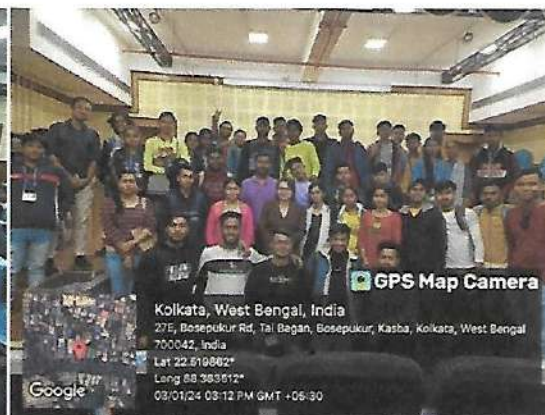
Other Documents:

- Copy of the Notice for the Event - Attached
- Students' Attendance and Feedback Form – Attached
- Resource Persons' Feedback – Attached

3. Talk and Question-Answer Session During Students' Week Celebration in January, 2024:

On January 3, 2024, during the event of Students' Week celebration, a talk was held by the convener of the PCWC entitled "Psychological Counselling: What You Think and What It really Is", with the objective of bursting the myths, misconceptions and taboos around the idea of counselling. This talk was followed by a question- answer session in which the students actively participated.

- Geo-Tagged Photographs of the Event



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4. Online Workshop for the Faculty on Psychological First-Aid:

To promote awareness and sensitization amongst the cell members as well as the teaching staff regarding the basics of offering psychological first-aid to students in need the PCWC, in collaboration with the IQAC and WHY, organized an online workshop entitled, "Mindful Mind: Psychological Support for Empowering Teachers" on May 9, 2024.

• Screen-shots of the Online Workshop



Other Documents:

- Copy of the Notice for the Workshop – Attached
- Participants' Feedback Form (Google Form) – Attached
- Resource Persons' Feedback – Attached
- Sample E-Certificate of Acknowledgement – Attached
- Sample E-Certificate of Participation – Attached



Shoshi

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5. Mental Health Survey for Students:

With the purpose of knowing the mental health condition of our students better and to organize future programmes to cater to their specific need the PCWC has conducted a mental health survey during the academic session of 2023-2024. This was an online survey to which 237 students from all the UG and PG departments had responded. This survey has also helped us to create a central database of students already interested in or in need of psychological support. The individual response and identity of all the students are strictly confidential. A detailed diagrammatic representation of the survey and the list of questions are, however, attached herewith.

Future Plan of Action:

1. To conduct an orientation session with every new batch of UG and PG students on the opportunities of mental health support available within the campus
2. To hold regular counselling sessions for students by internal and external counsellors and psychotherapists
3. To organize awareness programmes, talks and workshops on topics relevant to the need of the students as indicated by the Mental Health Survey Report
4. To organize film/short film/documentary festivals to promote mental health awareness through extra-curricular activities
5. To enhance the scope of collaborative ventures
6. To publish the event calendar of PCWC in the college website



Shosh
Principal

Naba Ballygunge Mahavidyalaya
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WHY

Wellbeing & Happiness for You
A58, Nandankanan, 3rd Floor, Santoshpur, Kolkata: 75

To
The Principal,
Naba Ballygunge Mahavidyalaya,
27E Bosepukur Road,
Kolkata – 42

Sub: Acceptance of Invitation

Dear Sir,

We are writing to express our sincere gratitude for your invitation. It is a matter of absolute pleasure to collaborate with Naba Ballygunge Mahavidyalaya in promoting mental health awareness among young students and extending necessary support. In accordance with the telephonic conversation with Pritha Chatterjee, Assistant Professor in the Department of English, the title of the proposed webinar has been decided as “COVID Pandemic, Lockdown and Mental Health of Young Adults.” We have also agreed upon the date and time of the webinar as on July 4, 2020 from 11.30 am to 1 pm. Dr. Sujata Roy Chowdhury and Mr. Sanjib Kundu will be conducting the webinar as resource persons and mental health experts representing WHY. We will also provide the necessary technological support.

We thank you once again for inviting. We believe that during the pandemic and lockdown webinars like this can actually empower the students. We are also looking forward to more such collaborative ventures.

Thanking You,

Yours Sincerely,

[Dr. Sujata Roy Chowdhury]



[Sanjib Kundu]



WHY

Wellbeing & Happiness for You
A58, Nandankanan, 3rd Floor, Santoshpur, Kolkata: 75

To
The Principal,
Naba Ballygunge Mahavidyalaya,
27E Bosepukur Road,
Kolkata – 42

Sub: Feedback of Webinar

Dear Sir,

We are writing to express our sincere appreciation for the recent webinar titled “COVID Pandemic, Lockdown and Mental Health of Young Adults” organized by the Department of English, Naba Ballygunge Mahavidyalaya in collaboration with “Wellbeing and Happiness for You” (WHY) on July 4, 2020. The topic of the webinar was highly relevant and timely, especially considering the impact of the ongoing pandemic situation on young minds.

We are particularly impressed by the active participation of the students during the session. Their attentiveness and engagement demonstrated a genuine interest in the topic. This is a testament to the college's efforts in fostering a culture of curiosity and openness among its students.

Furthermore, I would like to commend the students and teachers for their exceptional cooperation throughout the webinar. The seamless execution of the event reflects the dedication and collaborative spirit within the college community.

In these unprecedented times, webinars like these play a crucial role in promoting mental well-being among students. By providing a platform for open discussion and knowledge sharing on mental health topics, the college is taking a proactive step in addressing the challenges faced by students during the pandemic.

Overall, the webinar was a resounding success. We are confident that such initiatives will continue to benefit the students of Naba Ballygunge Mahavidyalaya and contribute significantly to their holistic development and wellbeing.

Thank you once again for organizing this collaborative event. WHY looks forward to more such joint ventures with your institution.

Yours Sincerely,

[Dr. Sujata Roy Chowdhury]



[Sanjib Kundu]



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Webinar Report – Department of English

On July 4, 2020, during the recent lockdown, the Department of English, Naba Ballygunge Mahavidyalaya, organised an interactive webinar under the title "COVID Pandemic, Lockdown and Mental Health of Young Adults" to provide the students of the department a safe digital space where they could talk about and share their experiences, challenges and apprehensions in this changed situation.

The two-hour-long webinar (11.30-1.30 pm) was conducted by two of the most competent psychologists and well-being specialists of our city, namely Dr. Sujata Roy Chowdhury, psychologist and well-being specialist, and Mr. Sandeep Kundu, MSW and a senior counsellor.

The webinar started with an introductory speech by Ms. Sayantina Dutta, assistant professor and HOD, which was followed by two orientation speeches by our esteemed resource persons. The discussion mostly centred on topics like self-awareness, the necessity of mental well-being, issues relating to anxiety, depression and sense of uncertainty raised by young adults in general and in this "new normal condition" in particular. The resource persons also discussed some very common and important problems faced by the students such as peer pressure, bullying, etc., and the ways of tackling them. Ms. Pritha Chatterjee, assistant professor of English, facilitated this session.

The orientation speeches and discussions were followed by a lively interactive session, where our students made an active participation. They asked quite a number of questions that added greatly to the overall merit of the discussion and made this webinar a success.



S. S. S.

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Ms. Anwasha Sengupta, lecturer, department of English, extended her vote of thanks to Dr. Roy Chowdhury and Mr. Kundu on behalf of the department, and formally concluded the programme.

In continuation of this webinar, we have handed over our students a contact list of quite a number of counsellors and mental well-being health activists--in case they need any further assistance. This will be provided free of cost during the present pandemic situation.

Finally and most importantly, the department of English of Naba Ballygunge Mahavidyalaya expresses its gratitude to Dr Sukamal Dutta, our respected College Principal. It would have been impossible to conduct the webinar if he were not by our side. The department is also indebted to those who helped us with the webinar and provided us the necessary technological support on behalf of WHY (well-being, happiness and you), an organisation dedicated to mental health and well-being activism.



S. S. S.

Principal
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13-10-2023

NOTICE

It is notified for all concerned of the Psychological Counselling & Wellbeing Cell observe the "World Mental Health Day" on 13 October 2023 at 12.00 noon at college auditorium.

All teachers, non-teaching staff and students are requested to attend the programme on 13.10.2023 at 12.00 noon. All UG classes will remain suspended till from 12.00 noon to 2.00 pm.

Ayantika Joshi
Principal 13.10.23

Principal
Nabhi Paragadon Mahavidyalaya
276, Dandapur Road
Kankar - 400 942

Copy to:

1. Notice Board
2. Teacher's Notice Book
3. Office
4. Library
5. Class Circulation



Ayantika Joshi
Principal
Nabhi Paragadon Mahavidyalaya
276, Dandapur Road
Kankar - 400 942

NabaBallygunge Mahavidyalaya

Psychological Counselling and Wellbeing Cell

Awareness Programme in Observance of World Mental Health Day

Feedback Form

Date: 13.10.23

Time:

Sl No	Name of the Students*/Participant: (Sem & Roll no)*	Contact No	Signature	Remarks
1.	Mousumi Das, 1 st sem, (225)	8420826234	M. Das	Excellent
2.	Beauty Singh, 1 st sem, (199)	7044720021	B. Singh	Amazing!
3.	Apurba Naskar 1 st sem (259)	7908251587	Apurba	Good
4.	Patikana Mondal 1 st sem (237)	9782963172	P. Mondal	Good
5.	Susmita Halder 5 th sem (82)	7890088125	S. Halder	Good
6.	Anamika Halder 5 th sem (152)	9123600858	A.H.	very good
7.	Pell Saha 1 st sem (352)	9062458710	Pell Saha	Good
8.	Puja Roy 1 st Sem (243)	7439486886	Puja Roy	Good
9.	Rupam Kumari Jha 1 st Sem (52)	8291587990	R.K. Jha	Amazing!
10.	Priyasa Kumari Das 1 st sem (74)	6289573857	P. Das	Very well!
11.	Monish Mondal 5 th sem (45)	7003532990	M. Mondal	Good
12.	Aniket Saha 5 th sem (61)	6289087570	A. Saha	Good
13.	Puja Meddy (126) 5 th sem	6291214532	P.M.	Good
14.	Sumita Mondal (151) 5 th sem	6289780363	S.M.	very well.
15.	Bony Bati (222) 1 st sem	8697692619	B. Bati	Good
16.	Sourov Mondal (70) 1 st sem	8291916720	S.M.	Good
17.	palash das (08) 1 st sem	9001639359	P. Das	Good
18.	Koyel Mondal (45) 1 st sem	6289817776	K. Mondal	Very Good
19.	Ankita Bhownick (258) 1 st sem	8777631776	A. Bhownick	Very Good
20.	seya dutta (253) 1 st sem	7980840710	S. Dutta	Very Good
21.	Priyanka Yadav (199) 1 st Sem	9836511196	Priyank Yadav	Very Good
22.	Sanjida Shabi (56) 1 st Sem	8777528756	Sanjida Shabi	Very Good
23.	Payel Das (285) 1 st sem	7044074987	Payel Das	Very Good
24.	Sushama Halder (M.A)	943367565	S.H.	Very good
25.	Judipha Halder (M.A)	8240481066	S.H.	Very good.
26.	Satish Chandra (R.A) 5 th	7434737809	S. Chandra	Good



Shosh
Principal
Naba Ballygunge Mahavidyalaya
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NabaBallygunge Mahavidyalaya

Psychological Counselling and Wellbeing Cell

Awareness Programme in Observance of World Mental Health Day

Feedback Form

Date:

Time:

Sl.No	Name of the Students*/Participants (Sem & Roll no)*	Contact No	Signature	Remarks
1.	Smriti Tarafdar 5th sem R-(68)	9330789010	S.T	Good
2.	Argha Paul 5th sem R-(10)	7439654575		Very well
3.	Koushik Bhattacharyee 5th sem (355)	8420287526	K.B.	Good
30.	Pragya Hazra 5th sem (256)	7044121180	P.H	Good
31.	Menwiz Mukherjee 5th sem (298)	6284697647	M.M	Good
32.	Paatha Mondal (1st sem) 245	402935173		Good
33.	Rajib Kumar Mondal	9874532404		Good
34.	Akash Banerjee	8167023820		Very Good
35.	Lehani Mondal	7890271173	L.M	Very Good
36.	Shilpa Naskar	8927465415	SN	Very Good
37.	Madhaneeta Mondal	8597604370	M.N	Very Good
38.	Anika Gupta	8337094878	A.G	Very good
39.	Ankita Bhattacharyee	98838032		good
40.	Appala Paul	7980341424	A.P	good
41.	Dee Barik	877768367	D.B	good.
42.	Ranu Shyamal	8771086176	R.S	good.
43.	Smriti Choudhary	7595899346	S.C	Good.
44.	Sujata Das.	6290342828		good
45.	Tuhina Karan	6291644938	T.K	good
46.	Anamika Adak	7003440118		Good.
47.	Pooja Das	7596829377		It's very helpful
48.	Sudipa Guha	9241191793	S.Guha	very helpful
49.	Akash Mondal.	8777838455	A.M	Good
50.	Prati Thakur	8436066915	Prati	Good.
51.	Sevika Walder	7039246170		Good
52.	Kaushik Walder	8100930013		Good

Principal

Naba Ballygunge Mahavidyalaya
275, Ballygunge Road

NabaBallygungeMahavidyalaya
 Psychological Counselling and Wellbeing Cell
 Awareness Programme in Observance of World Mental Health Day
 Feedback Form

Date:

Time:

Sl.No	Name of the Students*/Participats (Sem &Roll no)*	Contact No	Signature	Remarks
33	Shubjit Samanta 1st sem. (247)	8100632020	S Samanta	Good.
34	Mimi Mondal (29)	8696293849	MM	good
55	Keshav Chakrabarty	6289319119		good




Principal
 Naba Ballygunge Mahavidyalaya
 27E, Bosepukur Road

We, members of NCEB & WHY thank you
for giving us the opportunity to share
our knowledge on Mental Health & well-being
with you.

We look forward to be a part of any he
you ask from NCEB & WHY for the road
and for the staffs if and when req
Thank you once again.

Ananya Mukherjee,
Soma Ghosh.

13.10.2023.



Soma Ghosh
Principal
Naba Ballygunge Mahavidyalaya
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R. P. O.

Date.....20

28-12-2023

NOTICE

It is hereby notified that Students' Week will be held from 2nd January 2024 to 8th January 2024 at Naba Ballygunge Mahavidyalaya. Cultural Programme involving students as well as Awareness programme on several Students' Welfare Schemes of West Bengal will be part of Students' Week Programme.

Students are notified to get in touch with the coordinators to participate in the programme.

Schedule of Students' Week Observation from 2nd to 8th January 2024

Day	Date	Event	Time	Names of the coordinator(s) and contact numbers	Mode	Venue
1	02.01.24	Students' Credit Card Awareness Programme	1p.m.- 2p.m	Dr. Ranjan Samanta (7044093057) and Anup Kumar Saha (9903037555)	Offline	auditorium
2	03.01.24	Students' psychological Counselling Topic: What you think and what it is!	2p.m.- 3p.m.	Pritha Chatterjee (9619960164)	Offline	auditorium
3	04.01.24	Quiz competition	2p.m.- 3p.m.	Dr Sumit Kumar Debnath (9830390694) and Debojyoti Dan (9163205852)	Offline	auditorium
4	05.01.24	Awareness Programme for different scholarships under Government of West Bengal.	8p.m.- 9p.m.	Md Hasanuzzaman (8961721551) and Sana Tahseen (9903057722)	Online	https://meet.google.com/ttb-fjns-rmz



Attested

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Principal

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Shosh
Principal

28.12.23
Naba Ballygunge Mahavidyalaya
27E, Bosepukur Road
Kolkata-700 042

5	06.01.24	Health check up for students	2p.m-4p.m	Iswar Tudu (9382269930) and Suchismita Sarkar (9883217792) Programme officers, NSS-	offline	auditorium
6	07.01.24	Career Counselling	10.30 a.m.-11.30 a.m.	Dr Tamal Taru Roy (9477051278)	online	https://meet.google.com/mmb-ivui-uou
7	08.01.24	Singing Competition Topic: Rabindra Sangeet (any) Duration-3/4 minutes	2p.m-3p.m	Dr Sayantina Dutta (8240171378)	offline	auditorium

Attested

Shosh

Principal

Naba Ballygunge Mahavidyalaya
27E, Bosepukur Road,
Kolkata-700 042

Shosh
Principal 28.12.23.

Naba Ballygunge Mahavidyalaya

Principal

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Questions for Mental Health Survey (2023-2024):

1. Overall how would you rate your physical health?
2. Overall how would you rate your mental health?
3. During the past 4 weeks, have you had any problems with your studies or daily life due to your physical health?
4. During the past 4 weeks, how often has your mental health affected your ability to study or to get any other work done?
5. Have you felt particularly low or down for more than 2 weeks in a row?
6. During the past 2 weeks, how often has your mental health affected your relationships?
7. How often do you feel calm and peaceful?
8. How often do you feel energetic?
9. How often do you feel gloomy?
10. How often do you feel angry?
11. Have you noticed any change in your diet habits?
12. How often do you feel positive about your life?
13. How many hours do you sleep per day?



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14. How is your quality of sleep?
15. What is your relationship status?
16. Do you smoke?
17. Do you drink?
18. Are you on any other substances?
19. Have you ever thought of seeing a psycho-therapist in the recent past?
20. Are you currently under any psychiatric medication?
21. Do you know that your college has a psychological counselling and wellbeing cell?
22. Do you think it is ok to ask for psychological support from the counselling and wellbeing cell of your college?



Ghosh
Principal

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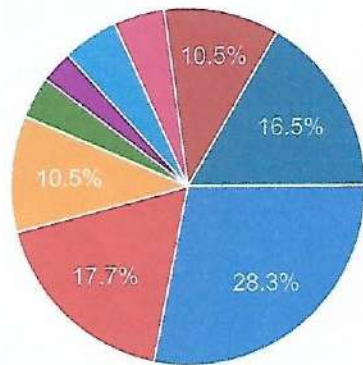
Mental Health Survey for Students of Naba Ballygunge Mahavidyalaya for the Academic Year 2023-2024

237 responses

1. Course

 Copy

237 responses



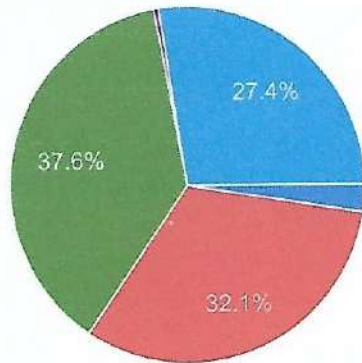
- B.A. Honours (CBCS)
- B.COM Honours (CBCS)
- B.A. General (CBCS)
- B.COM General (CBCS)
- B.A. Major (NEP)
- B.COM Major (NEP)
- B.A. Minor (NEP)
- B.COM Minor (NEP)

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2. Semester

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237 responses



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- II
- III
- IV
- V
- VI

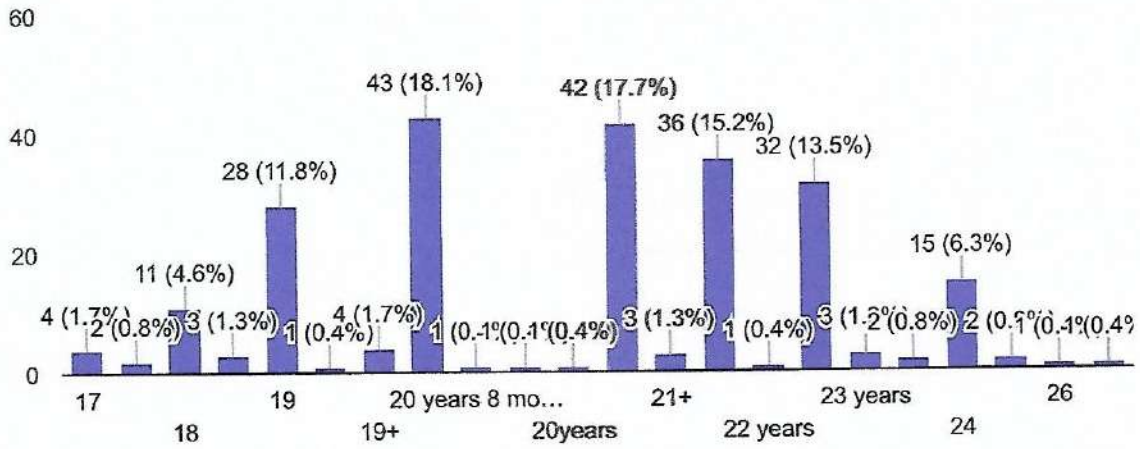


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3. Age

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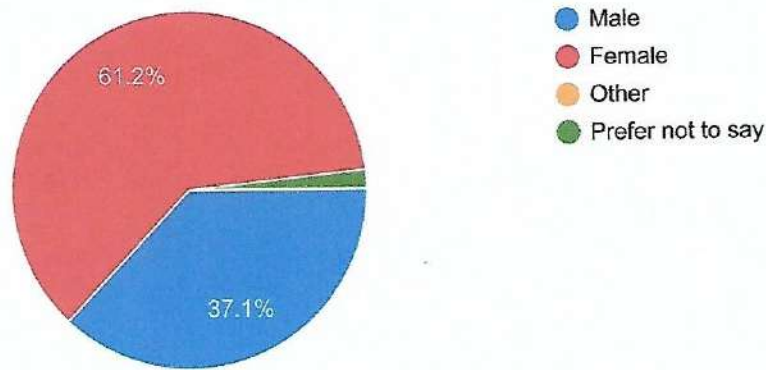
237 responses



4. Sex

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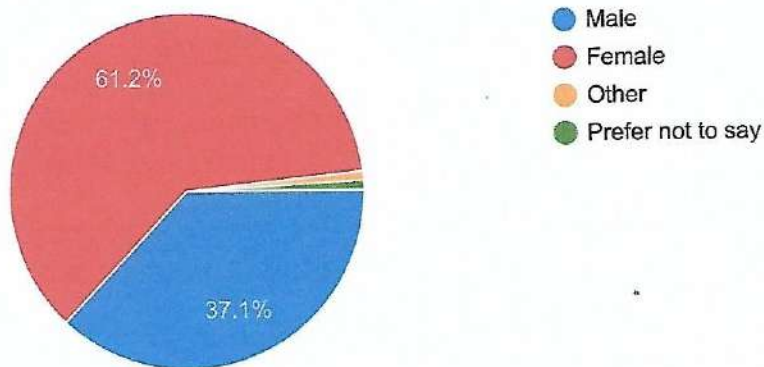
237 responses



5. Gender

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237 responses



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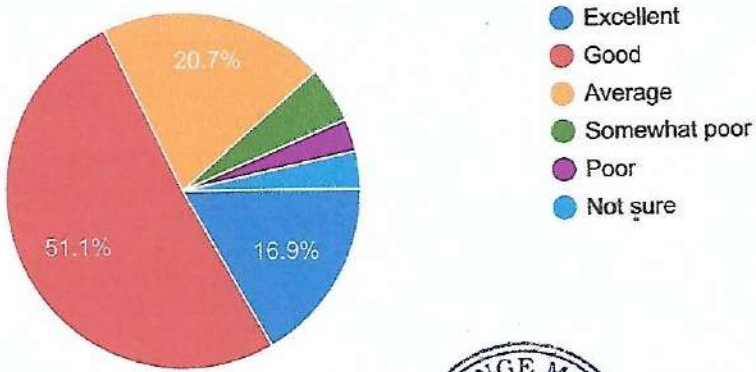
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126 more responses are hidden

7. Overall how would you rate your physical health?

Copy

237 responses



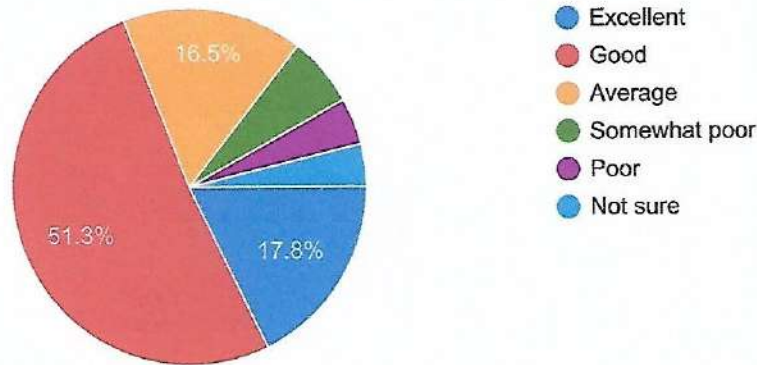
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8. Overall how would you rate your mental health?

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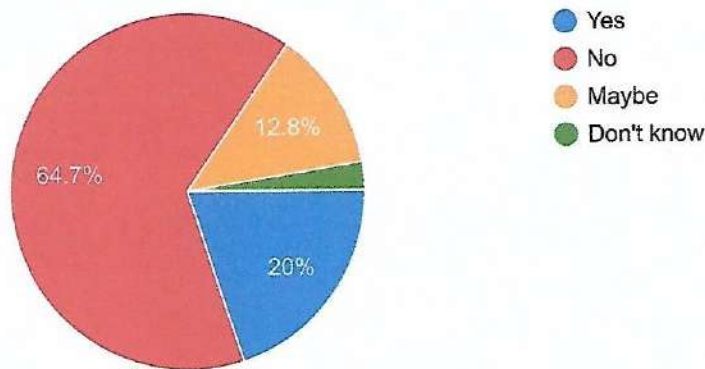
236 responses



9. During the past 4 weeks, have you had any problems with your studies or daily life due to your physical health?

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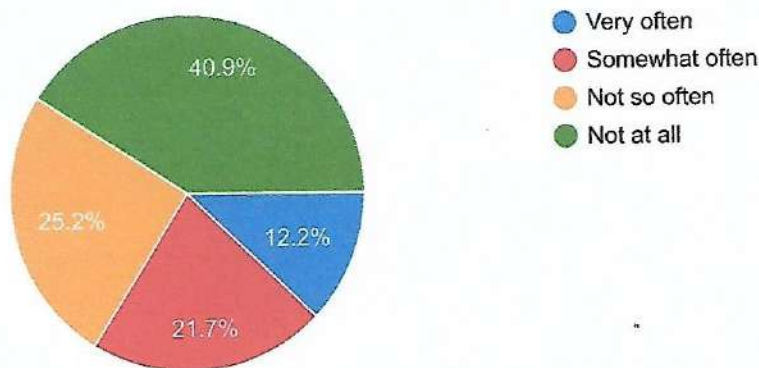
235 responses



10. During the past 4 weeks, how often has your mental health affected your ability to study or to get any other work done?

 Copy

230 responses

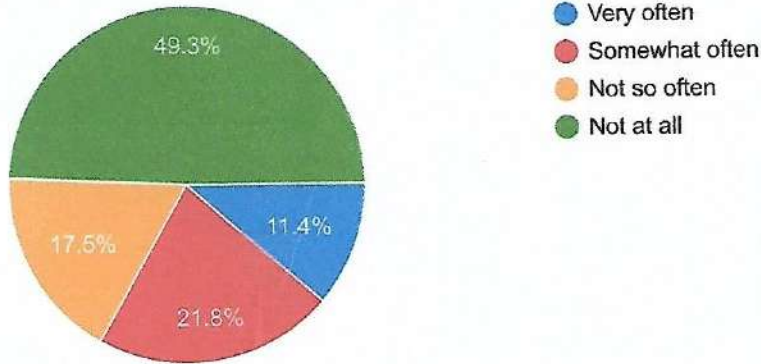


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Principal
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11. Have you felt particularly low or down for more than 2 weeks in a row?

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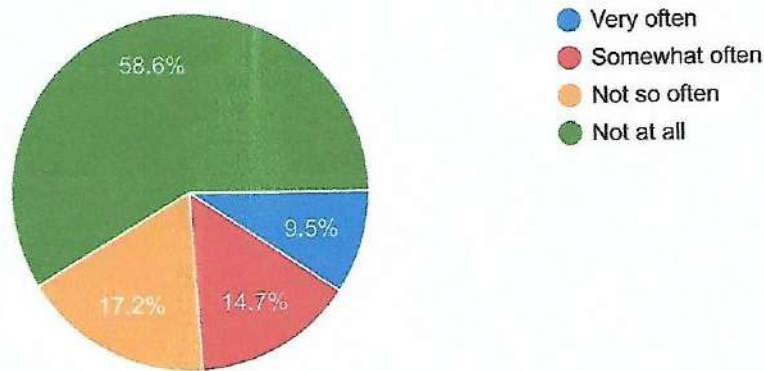
229 responses



12. During the past 2 weeks, how often has your mental health affected your relationships?

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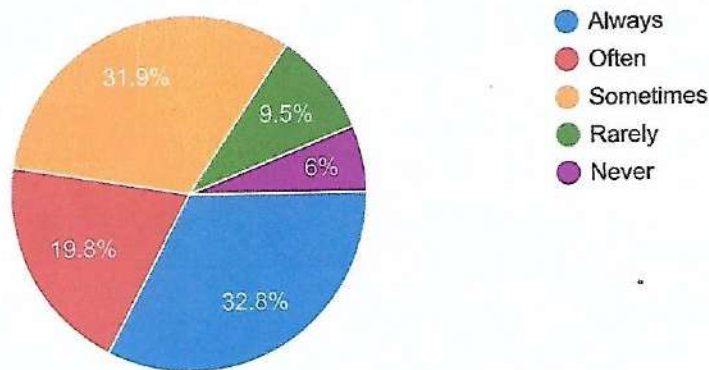
232 responses



13. How often do you feel calm and peaceful?

 Copy

232 responses

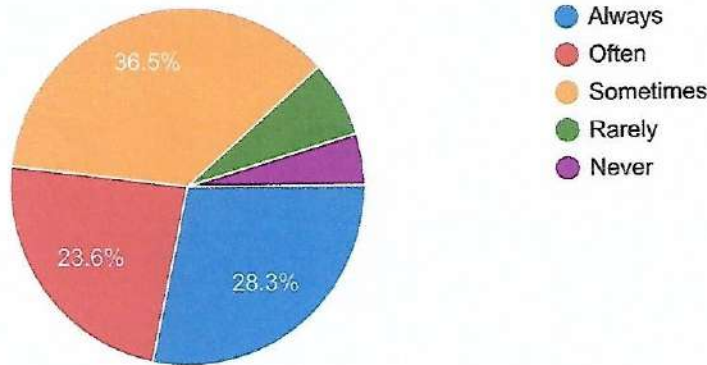


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14. How often do you feel energetic?

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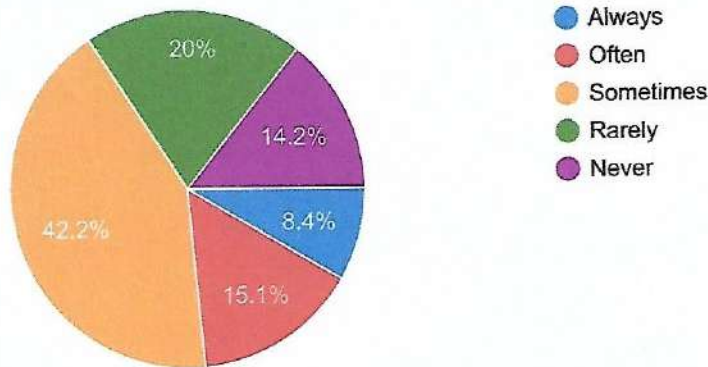
233 responses



15. How often do you feel gloomy?

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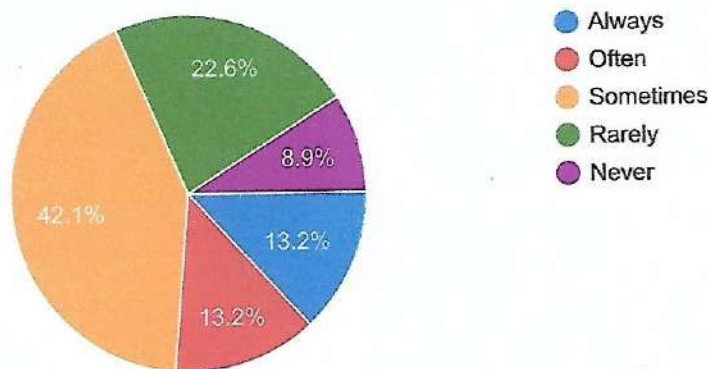
225 responses



16. How often do you feel angry?

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235 responses

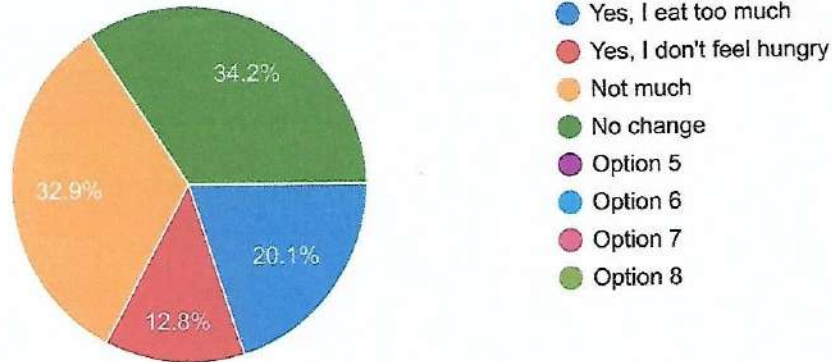


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17. Have you noticed any change in your diet habits?

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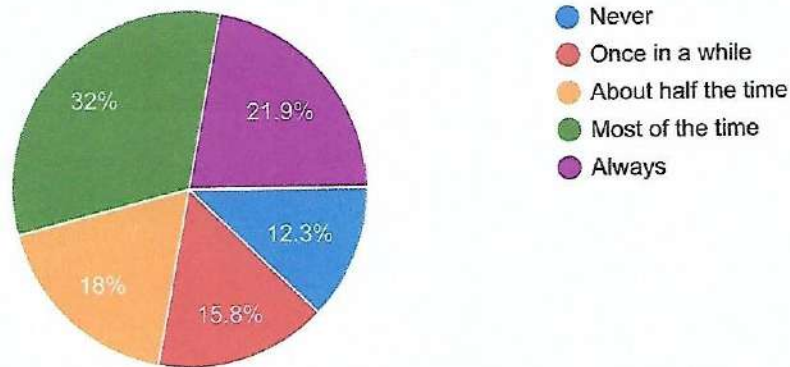
234 responses



18. How often do you feel positive about your life?

 Copy

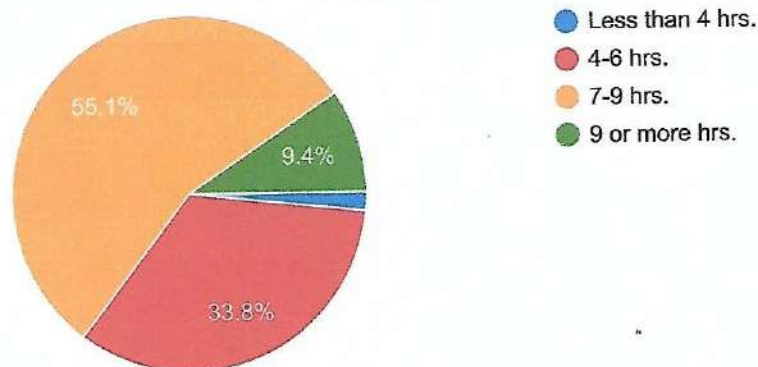
228 responses



19. How many hours do you sleep per day?

 Copy

234 responses



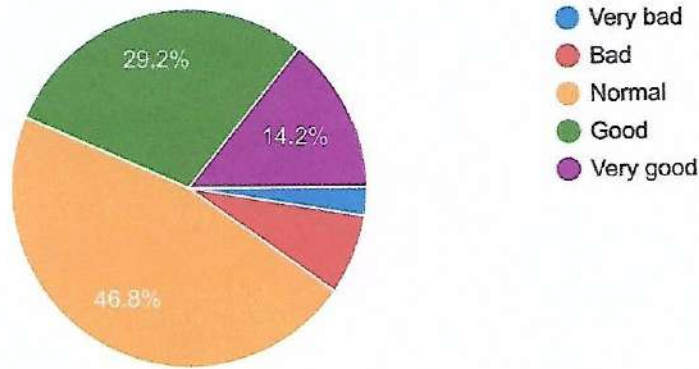
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Principal

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20. How is your quality of sleep?

 Copy

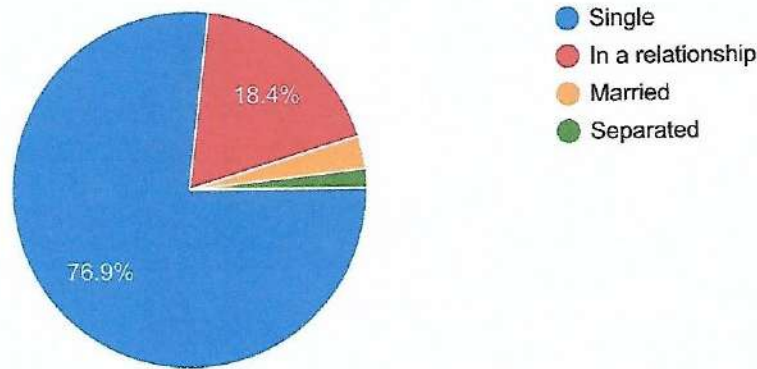
233 responses



21. What is your relationship status?

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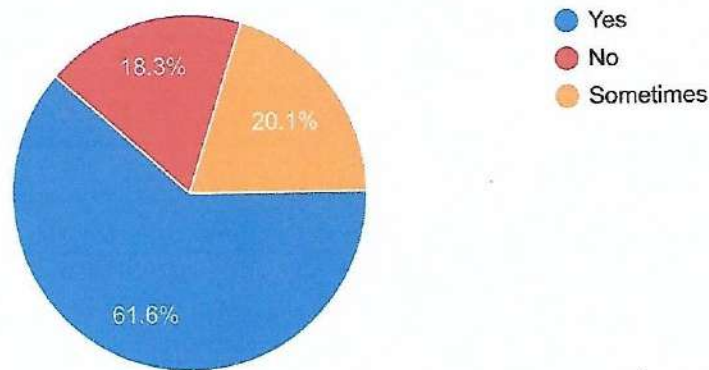
234 responses



22. Do you feel content with your relationships, friendships and family?

 Copy

229 responses



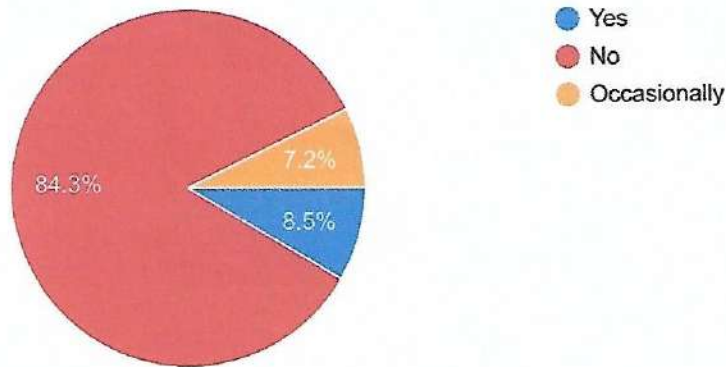
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23. Do you smoke?

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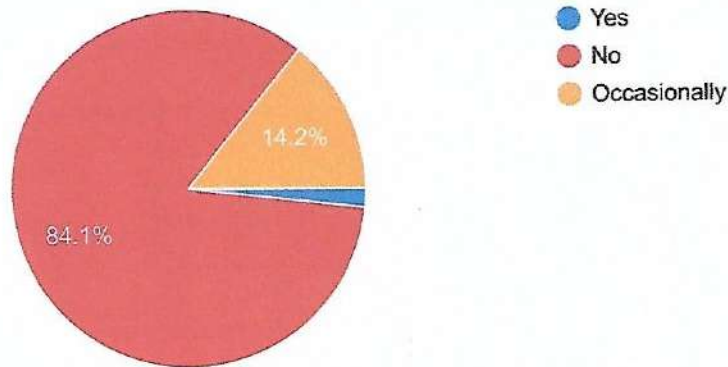
235 responses



24. Do you drink?

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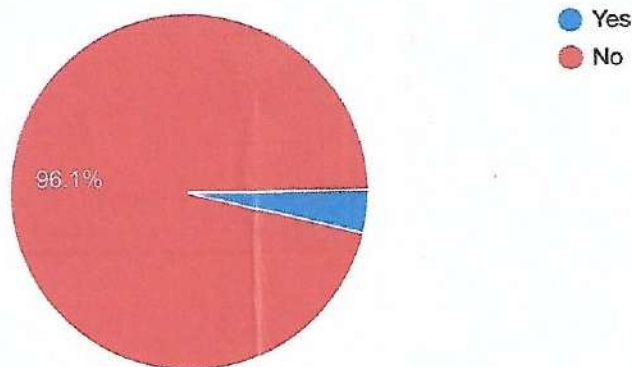
233 responses



25. Are you on any other substances?

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231 responses



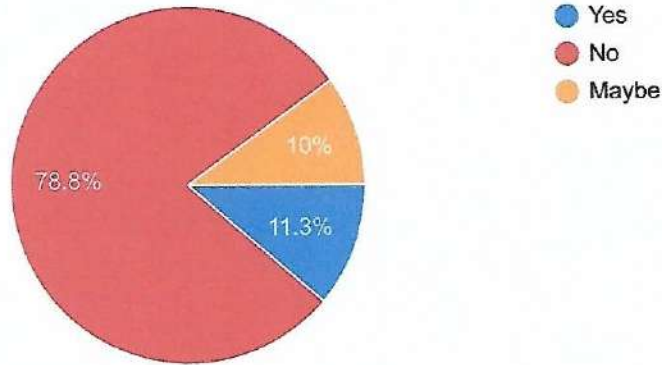
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Principal

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26. Have you ever thought of seeing a psycho-therapist in the recent past?

 Copy

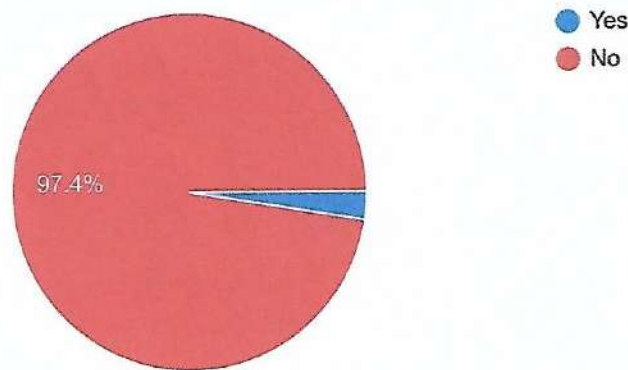
231 responses



27. Are you currently under any psychiatric medication?

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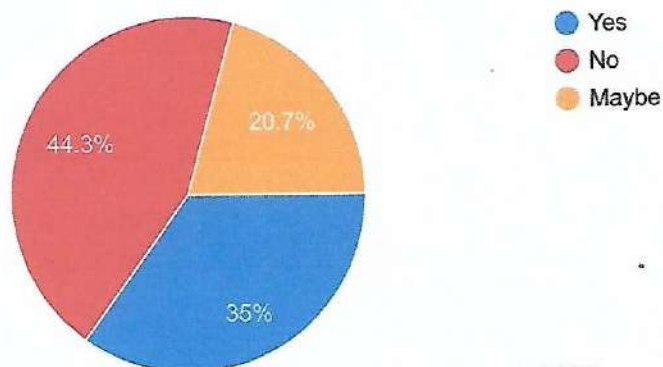
234 responses



28. Do you know that your college has a psychological counselling and wellbeing cell?

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237 responses



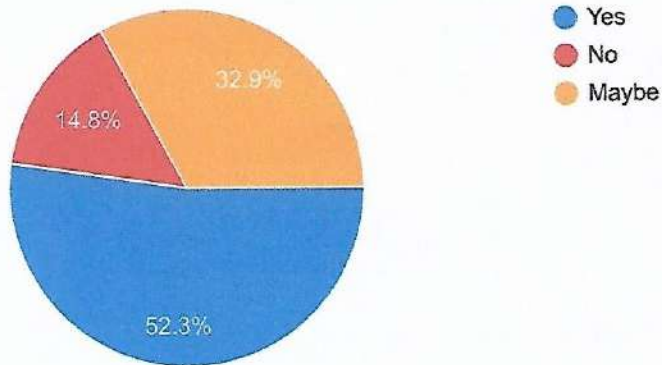
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29. Do you think it is ok to ask for psychological support from the counselling and wellbeing cell of your college?

 Copy

237 responses




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NABA BALLYGUNGE MAHAVIDYALAYA

(Formerly CHARUCHANDRA EVENING COLLEGE)

27E, BOSE PUKUR ROAD, KOLKATA - 700 042

Email : nbmv2005@yahoo.co.in ; Website : nbmahavidyalaya.in

NBA/ASOTice/31/2024-25

Date..... 20

NOTICE

This is to notify that an online workshop for teachers on "Psychological first-aid for the Students" has been organised by the Psychological Counselling and Wellbeing Cell, NBM in collaboration with the IQAC and Wellbeing and Happiness for You (WHY) on May 9, 2024 from 7 pm to 9 pm. All teachers are requested to attend the same.

Attested

Ghosh
Principal

Naba Ballygunge Mahavidyalaya
27E, Bosepukur Road,
Kolkata-700 042

Ghosh
PRINCIPAL

07.05.2024

Principal
Naba Ballygunge Mahavidyalaya
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Mindful Mind: Psychological



Questions Responses 17 Settings

Kanjan Samanta

Madhuparna chakraborty

Tushar Kanti Das

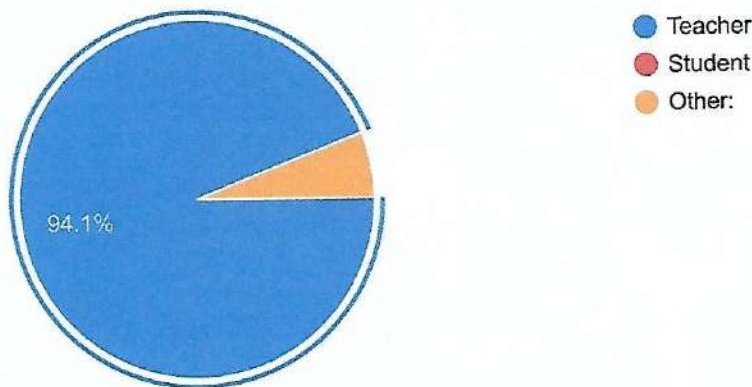
Dr.Ayantika Ghosh

Dr . Manjari Ray

Whether you are:



17 responses



1. How would you rate your overall experience at the workshop?



17 responses



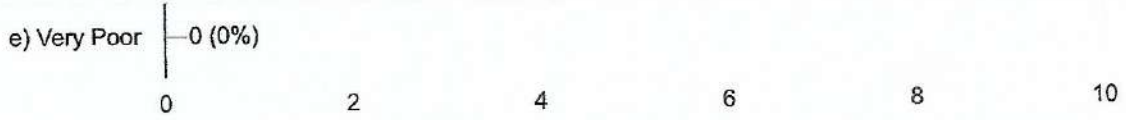
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Mindful Mind: Psychological



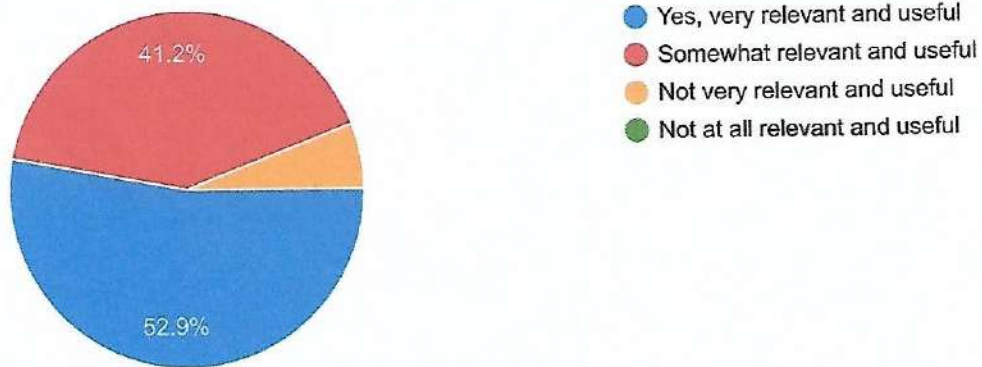
Questions Responses 17 Settings



2. Was the workshop content relevant and useful to you?



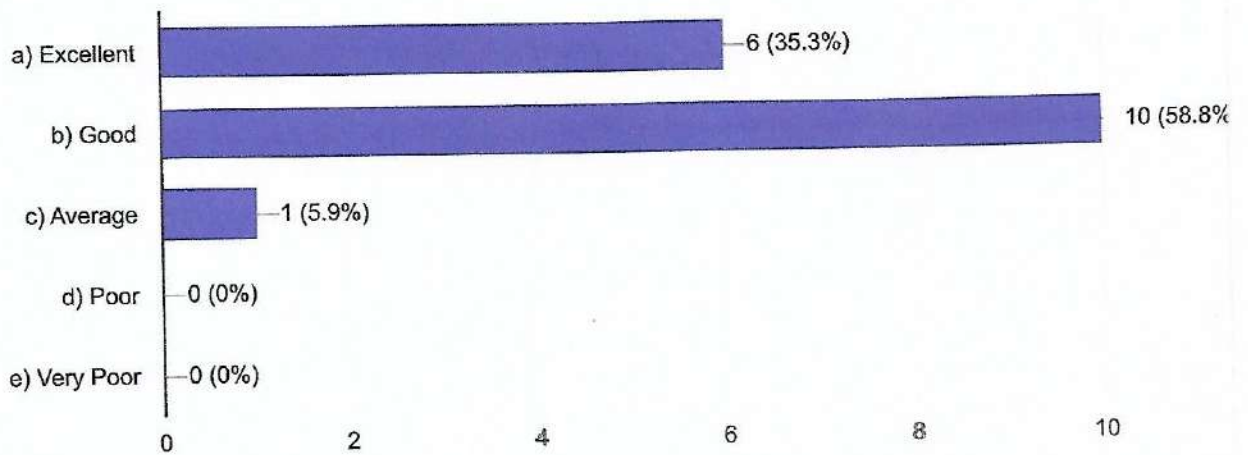
17 responses



3. How would you rate the knowledge and expertise of the resource person?



17 responses



4. How would you write the delivery and presentation skills of the resource person?



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Mindful Mind: Psychological



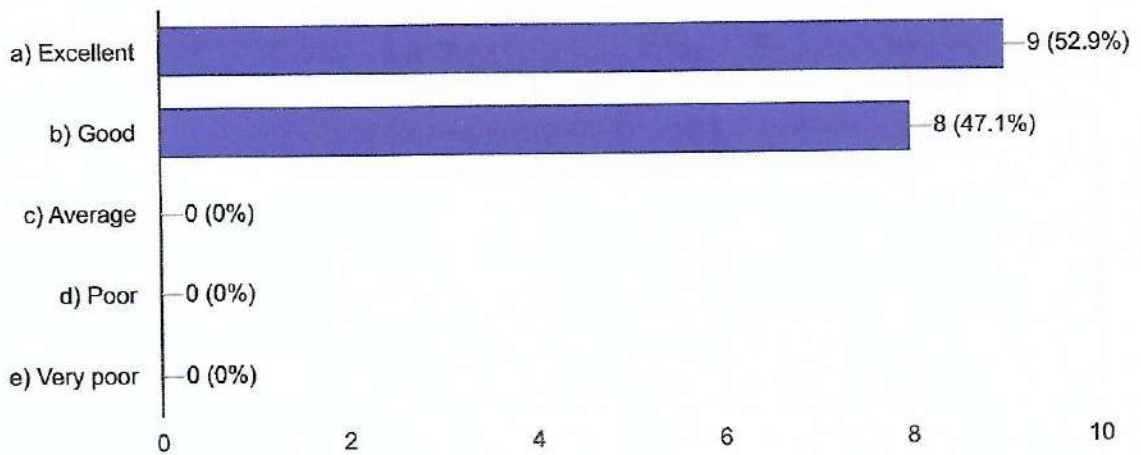
Questions Responses 17 Settings

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4. How would you write the delivery and presentation skills of the resource person?



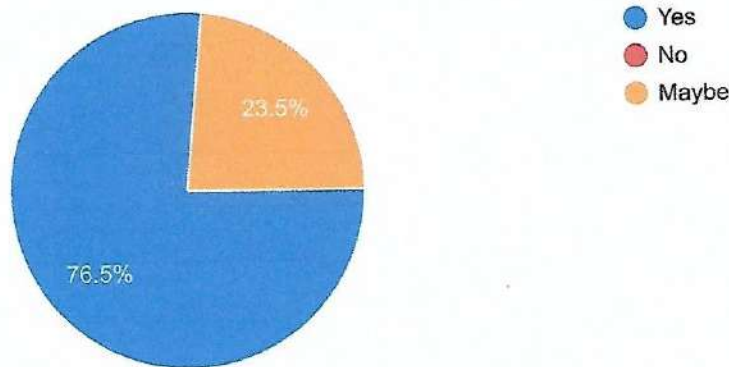
17 responses



5. Do you want more such workshops in future?



17 responses



6. Do you suggest any other topics or areas to be addressed?

13 responses



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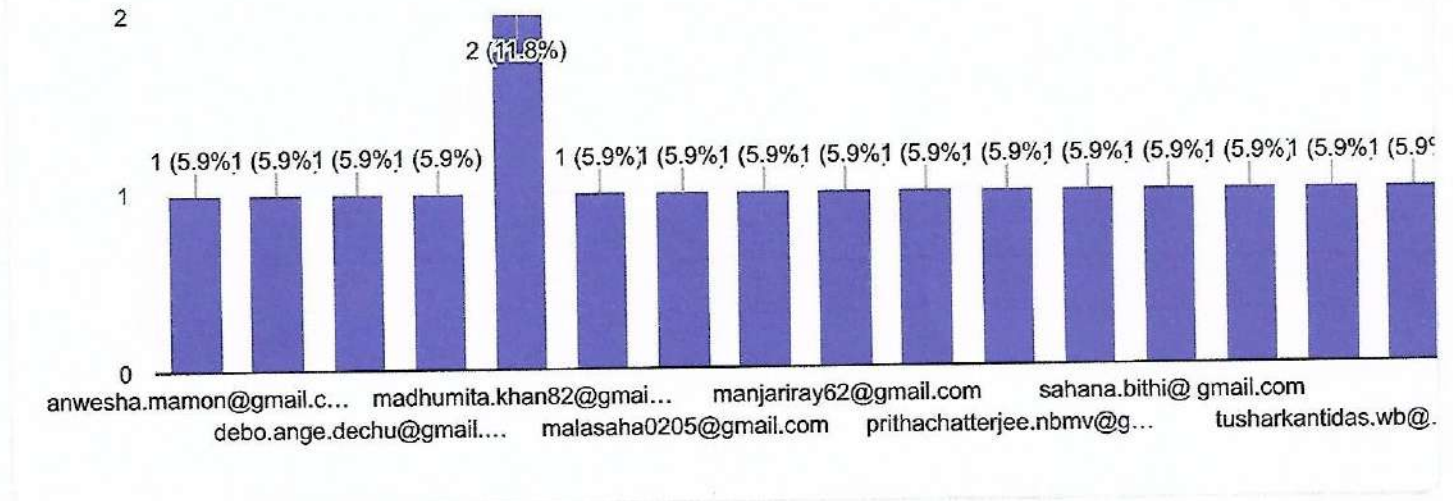


Mindful Mind: Psychological



Questions Responses 17 Settings

17 responses



Full Name:

17 responses

- Pritha Chatterjee
- Bithika Sahana
- Ujjaini paul
- Dr. Anwesha Sengupta
- Gouranga Roy
- Manisha Shaw
- MADHUMITA KHAN
- Debojyoti Dan
- Srinama Biswas



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Labels



Wellbeing Happiness

to me, Pritha

Hello

Please find attached, the feedback on the session held on 9th May 2024.

Regards



With warm regards,

Shosh

Principal
Naba Ballygunge Mahavidyalaya
27E, Bosepukur Road
Kolkata-700 042

Dr. Sujata Roychoudhury
Consultant Psychologist & Wellbeing Specialist,
Coordinator, SPCW, NCEB,
Secretary, WHY: Wellbeing & Happiness for You

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OK No thanks

00012

Jul 10

We had an engrossing interactive awareness program with the principal Dr. Ayantika Ghosh and teachers of Naba Ballygunge Mahavidyalaya on: Mindful minds: Psychological support for empowering teachers held on 9th May 2024.

In spite of the session being held at the end of a busy day, we were delighted to have their interest and active participation, especially in the insightful group interactions and sharing thereof. Our awareness program ended with a question answer session. Principal Dr Ayantika Ghosh and some of the teachers brought forward some questions faced by them. We encouraged them to delve into their own resources and come up with wonderful reflections.

Overall, it was a good experience and we are thankful to Ms Pritha Chatterjee, a counsellor herself, for inviting us for conducting this session and for her active participation. We look forward to more such enriching and fulfilling sessions.

Thank You,

Regards.

Sumitra Mukherjee.

Papri Das.



Ayantika Ghosh
Principal
Naba Ballygunge Mahavidyalaya
- 27E, Bosepukur Road
Kolkata-700 042



CERTIFICATE OF PARTICIPATION



NABA BALLYGUNGE MAHAVIDYALAYA IN COLLABORATION WITH WELLBEING & HAPPINESS FOR YOU PROUDLY CERTIFIES THAT

Dr. Ayantika Ghosh

Has actively participated in the online workshop "Mindful Mind: Psychological Support For Empowering Teachers" on May 9, 2024.



Attested

Ghosh
Principal

Naba Ballygunge Mahavidyalaya
27E, Bosepukur Road,
Kolkata - 700 042

Sujata Raychoudhury
Secretary, WHY

Jamal Faruq Roy
Coordinator, IQAC - NBM

Aritha Chatterjee
Conveor,
Psychological Counselling &
Wellbeing Cell - NBM

Arifur Rahman
Principal, NBM



CERTIFICATE OF ACKNOWLEDGEMENT

NABA BALLYGUNGE MAHAVIDYALAYA IN COLLABORATION WITH WELLBEING & HAPPINESS FOR YOU PROUDLY CERTIFY THAT

Ms. Papri Das



Has actively conducted the online workshop "Mindful Mind: Psychological Support For Empowering Teachers" on May 9, 2024.

Attested

Ghosh
Principal

Naba Ballygunge Mahavidyalaya
27E, Bosepukur Road,
Kolkata-700 042

Sujata Raychoudhary
Secretary, WHY

Jamal Jamu Roy
Coordinator, IQAC - NBM

Anitha Chatterjee
Conveor,
Psychological Counselling &
Wellbeing Cell - NBM

[Signature]
Principal, NBM