



Government of West Bengal  
Government General Degree College, Kalna-I  
Muragacha, Medgachi, Purba Bardhaman-713405  
Website: [www.ggdck.ac.in](http://www.ggdck.ac.in); E-mail: [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)

MoU –3  
Academic Session 2019-20



Government of West Bengal  
**Government General Degree College, Kalna I**  
Muragacha, Medgachi, Purba Bardhaman-713405  
Website : www.ggdck.ac.in, E-mail : govt.collegekalna1@gmail.com  
*Office of the Principal*

No. :

Date :

**MEMORANDUM OF UNDERSTANDING**

**BETWEEN**

**GOVERNMENT GENERAL DEGREE COLLEGE, KALNA-I**

**AND**

**CENTRE FOR COUNSELLING SERVICES AND STUDIES  
IN SELF- DEVELOPMENT  
JADAVPUR UNIVERSITY**



Government of West Bengal  
**Government General Degree College, Kalna I**  
Muragacha, Medgachi, Purba Bardhaman-713405  
Website : www.ggdck.ac.in, E-mail : govt.collegekalna1@gmail.com  
*Office of the Principal*

No. :

Date :

The Memorandum of Understanding (hereinafter called the MOU) is entered into on this the 16<sup>th</sup> Day of September 2019 (Two Thousand Nineteen)

By and Between

GOVERNMENT GENERAL DEGREE COLLEGE, KALNA-I, The First Party represented herein by its Principal as Representative and Competent Authority (Hereinafter referred as "First Party", the institution which expression, unless excluded by or repugnant to the subject or context shall include its successors – in office, administrators and assigns)

CENTER FOR COUNSELLING SERVICES AND STUDIES IN SELF DEVELOPMENT, JADAVPUR UNIVERSITY The Second party and represented herein by its Joint Coordinator as Representative and Competent Authority (Hereinafter represented as "Second Party", the institution which expression, unless excluded by or repugnant to the subject or context shall include its successors – in office, administrators and assigns)

(First Party and Second Party are hereinafter jointly referred to as 'Parties' and individually as 'Party')

WHEREAS

A) FIRST PARTY is a Government Higher Educational Institution named:

i) Government General Degree College, Kalna-I, Purba Bardhaman-713405

B) First Party and Second Party believe that collaboration and cooperation between themselves will promote more effective use of each of their resources, and provide each of them with enhanced opportunities.

C) The parties intent to cooperate and focus their efforts in cooperation within the area of counselling of students and faculty members, training workshops, seminar and awareness programme on the basis of reciprocity, best effort, mutual benefit, and frequent interactions.



*[Signature]*  
Principal  
Government General Degree College  
Kalna-I



Government of West Bengal  
**Government General Degree College, Kalna I**  
 Muragacha, Medgachi, Purba Bardhaman-713405  
 Website : [www.ggdck.ac.in](http://www.ggdck.ac.in), E-mail : [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)  
 Office of the Principal

No. :

Date :

D) Both Parties being legal entities in themselves desire to sign this MOU for advancing their mutual interests.

E) Center For Counselling Services and Studies in Self Development, Third Floor, Darshan Bhavan, Jadavpur University, Kolkata 700032, the Second Party is a center for providing counseling services to the students, faculty members, non-teaching staff and also conduct training courses on Life Skills Training, Interpersonal Conflict Management, Stress Management, and Psychological Counselling along with organization of a number of training workshops, seminars, awareness programs, UGC-sponsored short-term courses, etc. at present with rights, possibility and extension thereafter.

NOW THEREFORE, IN CONSIDERATION OF THE MUTUAL PROMISE SET FORTH IN THIS MOU, THE PARTIES HERE TO AGREE AS FOLLOWS:

Clause-I  
 PURPOSE AND SCOPE

- 1.1 Collaboration on career guidance through workshop, face to face interaction on life skills.
- 1.2 Organization of psychological counselling session for students on academic, vocational, personality development, interpersonal skills and healthy life styles.
- 1.3 Conduction of workshop on Life Skills Training, Interpersonal Conflict Management, Stress Management, and Psychological Counselling for students, faculties and non-teaching staff.
- 1.4 Participation in various training and workshop, UGC-STC on Counselling and Stress Management, cognitive counselling, humanity counselling etc. by faculty members
- 1.5 Any other joint venture for pedagogical upliftment of both the organization on prior agreement of the concerned authorities of both the organization.
- 1.6 Both the Parties shall keep each other informed of potential opportunities and shall share all information that may be relevant to secure additional opportunities for one another.
- 1.7 Both the Parties mutually agreed not to include any financial transaction during the execution of this MOU.



Government of West Bengal  
**Government General Degree College, Kalna I**  
 Muragacha, Medgachi, Purba Bardhaman-713405  
 Website : [www.ggdck.ac.in](http://www.ggdck.ac.in), E-mail : [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)  
 Office of the Principal

No. :

Date :

1.8 Neither Party shall be held responsible for non-fulfillment of their respective obligation under this MOU due to circumstances beyond their control but not limited to pandemic, war, flood etc. If such condition continues beyond six months, the parties shall then mutually decide about the future course of action.


1.9 Nothing in this MOU shall be construed to make either party a partner, an agent or legal representative of the other for any purpose.

1.10 This MOU unless terminated by mutual written agreement will continue for 4 years after the effective date specified in the opening paragraph and can be renewed through mutual interest. Either Party shall have the right to unilaterally terminate this MOU upon 90 days prior written notice to the other party.

Agreed:

For  
 Government General Degree College, Kalna-I  
 Purba Bardhaman-713405

For  
 Center For Counselling Services and Studies  
 in Self Development  
 Jadavpur University 700032

  
 Officer-in-Charge  
 Govt. General Degree College, Kalna-I  
 Medgachi, Purba Bardhaman-713405

Authorized Signatory  
 Government General Degree College, Kalna-I

Purba Bardhaman-713405  
 Ph: 8617543881  
 E-mail: [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)  
 Website: [www.ggdck.ac.in](http://www.ggdck.ac.in)

Witness - 1

  
 Assistant Professor  
 Govt. General Degree College, Kalna-I

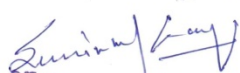
  
 Authorized Signatory  
 Center For Counselling Services and Studies  
 in Self-Development  
 Jadavpur University 700032  
 Ph: 9434182501  
 E-mail: [ccssju@gmail.com](mailto:ccssju@gmail.com)

Authorized Signatory  
 Center For Counselling Services and Studies  
 in Self-Development  
 Jadavpur University 700032

Ph: 9434182501  
 E-mail: [ccssju@gmail.com](mailto:ccssju@gmail.com)

Witness - 2

  
 Coordinator,  
 Centre for Counselling Services  
 and Studies in Self Development,  
 JADAVPUR UNIVERSITY  
 Kolkata - 700 032

  
 Office  
 Centre for Counselling Services  
 and Studies in Self Development,  
 JADAVPUR UNIVERSITY  
 Kolkata - 700 032

Government of West Bengal  
Government General Degree College, Kalna-I

**Declaration of MoU related activities**

<b>Name of the College:</b>	Government General Degree College, Kalna-I
<b>Name of the Collaborating Organization/ Institute</b>	Counselling Services and Studies in Self Development, Jadavpur University, Kolkata (CSSSDJU)
<b>Start Date :</b>	16/09/2019
<b>Duration :</b>	4 Years
<b>Purpose of the MoU :</b>	Collaboration on Career Guidance and psychological counselling for students and faculty on academic, vocational, personal development
<b>Collaborative activities Carried Out:</b>	
<b>Programme 1</b>	Faculty training under UGC Sponsored Short Term Course in CCSSSD, JU (02/02/2021 to 8/02/2021)
<b>Programme 2</b>	Faculty training under UGC Sponsored Short Term Course in CCSSSD, JU (15/12/2021 to 21/12/2021)
<b>Programme 3</b>	One day workshop on “Stress Management”
<b>A Report on the collaborative activities has also been attached.</b>	



*Din*  
Principal  
Government General Degree College  
Kalna-I

Government of West Bengal  
Government General Degree College, Kalna-I

**Summary Report of Programme 1**

<b>Name of the Programme :</b>	Faculty training under UGC Sponsored Short Term Course in CCSSSD,JU
<b>Objective :</b>	Counseling and Stress Management Training
<b>Target Participants :</b>	Faculties of Higher Education Institute
<b>Venue :</b>	CCSSSD,JU
<b>Date :</b>	02/02/2021 to 8/02/2021
<b>Expected Outcome :</b>	Increase in competency of the trainee teacher on “Counseling and Stress Management”

**Report**

Smt. Priyanka Maity Das , Assistant Professor, Dept. of Philosophy, GGDC Kalna-I attended a short term course entitled “ Counseling and Stress Management” organized by Counselling Services and Studies in Self Development, Jadavpur University, Kolkata (CSSSDJU). In the trying time of pandemic , when stress has sky rocketed in everyone's life this course has oriented her in a positive way to perform more effectively and guide the students and fellow staff on how to overcome stressful time in a healthy way.



*[Signature]*  
Principal  
Government General Degree College  
Kalna-I

UNIVERSITY GRANTS COMMISSION  
Human Resource Development Centre (HRDC)  
Jadavpur University  
Kolkata



UGC Sponsored Short Term Course

This is to certify that.....*Priyanka Maity (Das)*.....*Assistant Professor III*  
(Name of the Participant) (Designation)  
.....*Government General Degree College at Kalna-I*.....*Purba Bardhaman*.....  
(College/University) (Place)  
affiliated to.....*Burdwan*.....University,  
has participated in the Short Term Course entitled *Counseling and Stress Management* from 2<sup>nd</sup> February to 8<sup>th</sup> February  
2021, organized by Centre for Counseling Services and Studies in Self Development (CCSSS), Jadavpur University.

*Rajiv Acharya*  
Director



*Dm.*  
Principal  
Government General Degree College  
Kalna-I

*Samar Kr. Mondal*  
Coordinator(s)

Date: 8<sup>th</sup> February 2021

Government of West Bengal  
Government General Degree College, Kalna-I

**Summary Report of Programme 2**

<b>Name of the Programme :</b>	Faculty training under UGC Sponsored Short Term Course in CCSSSD,JU
<b>Objective :</b>	Counseling and Stress Management Training
<b>Target Participants :</b>	Faculties of Higher Education Institute
<b>Venue :</b>	CCSSSD,JU
<b>Date :</b>	15/12/2021 to 21/12/2021
<b>Expected Outcome :</b>	Increase in competency of the trainee teacher on “ Stress Management”

**Report**

Smt. Priyanka Maity Das , Assistant Professor, Dept. of Philosophy, GGDC Kalna-I attended a short term course entitled “ Counseling and Stress Management” organized by Counselling Services and Studies in Self Development, Jadavpur University, Kolkata (CSSSDJU). As an active faculty member of this college and also as a Secretary , ICC, GGDC Kalna-I she got acquainted with the latest tools in hand for performing more effectively through this course. We are thankful to the collaborating institute for providing the opportunity.



*Dm.*  
Principal  
Government General Degree College  
Kalna-I

CENTRE FOR COUNSELLING SERVICES AND STUDIES IN SELF-DEVELOPMENT

**JADAVPUR UNIVERSITY**  
KOLKATA, WEST BENGAL, INDIA  
Email ID- [ccssju@gmail.com](mailto:ccssju@gmail.com)  
Phone- (033)2457-2481

To  
The Principal  
Government General Degree College, Kalna-I  
Medgachi, Purba Bardhaman

Date: 15.11.2021

Sir

I would like to inform you that the Centre for Counseling Services and Studies in Self Development (CCSSS) , Jadavpur University is organizing a Short Term Course entitled "Counseling and Stress Management" from 15<sup>th</sup> December to 21<sup>st</sup> December, 2021. On behalf of the Centre, I would like to extend invitation to all the faculties of your esteemed institute to attend the STC. Details of STC can be found in the JU Website. We are sure that the experience would enrich the faculties and help them to shape the future of their students.

Regards,




Jt. Coordinator  
Centre for Counseling Services and Studies in Self-Development  
Jadavpur University

  
Joint Coordinator,  
Centre for Counseling Services  
and Studies in Self-Development,  
JADAVPUR UNIVERSITY  
Kolkata - 700 032

Invitation letter



  
Principal  
Government General Degree College  
Kalna-I



Certificate Number STCCSM/21-22/C-15

UNIVERSITY GRANTS COMMISSION  
Human Resource Development Centre (HRDC)  
Jadavpur University  
Kolkata



UGC Sponsored Short Term Course

This is to certify that.....*Priyanka Maity (Das)*.....*Assistant Professor III*.....  
(Name of the Participant) (Designation)  
.....*Govt. General Degree College, Kalna*.....*Purba Bardhaman*.....  
(College/University) (Place)  
affiliated to.....*Burdwan*.....

University, has participated in the Short Term Course entitled "*Counseling and Stress Management*" from 15<sup>th</sup> December to 21<sup>th</sup> December 2021, organized by Centre for Counseling Services and Studies in Self Development (CCSSS), Jadavpur University.

Director

Date: 21<sup>th</sup> December 2021

Coordinator(s)

Certificate for STC from CCSSSD, JU



*Dr.*  
Principal  
Government General Degree College  
Kalna-I

Government of West Bengal  
Government General Degree College, Kalna-I

**Summary Report of Programme 3**

<b>Name of the Programme :</b>	One day workshop on “Stress Management”
<b>Objective :</b>	To help students and faculty and staff cope the stress of life in a healthy way
<b>Target Participants :</b>	UG Students of GGDC Kalna-I
<b>Venue :</b>	College Auditorium
<b>Date :</b>	09/06/2022
<b>Expected Outcome :</b>	Students will be able to identify stressors and how to cope with those

Government General Degree College Kalna-1 organised a one day workshop on “Stress Management” on 09.06.2022. It was organized by Student Counselling and Placement Cell & I.Q.A.C in collaboration with Centre for Counselling Service and Studies in Self Development, J.U. This workshop was inaugurated by our chief patron Prof. (Dr.) Krishnendu Dutta, Principal GGDC-1. A team of 12 members of Jadavpur University under the leadership of Dr. Samar Kumar Mondal, Professor of Philosophy & Joint Coordinator, Center for Counselling Service and Studies in Self Development, J.U, conducted the workshop successfully with his team and also broadly explained the importance of Stress Management in leading our livelihood.



*Ru*  
Principal  
Government General Degree College  
Kalna-I



Government of West Bengal  
**Government General Degree College, Kalna I**  
 Muragacha, Medgachi, Purba Bardhaman-713405  
 Website : [www.ggdck.ac.in](http://www.ggdck.ac.in), E-mail : [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)  
 Office of the Principal

**Student Counseling and Placement Cell**  
**Notice**

**No.20/semi/2022**

**Date:02.06.2022**

It is notified that the workshop on “**Stress Management**” will be held on 09.06.2022 from 11.30 am onwards. The workshop will organized by the Student Counseling and Place Cell & IQAC, GGDCK-1 in collaboration with Centre for Counselling Services and Studies in Self-Development, Jadavpur University, Kolkata.

All students and faculty members are requested to be present in the workshop.

*Saikat Khamarui*

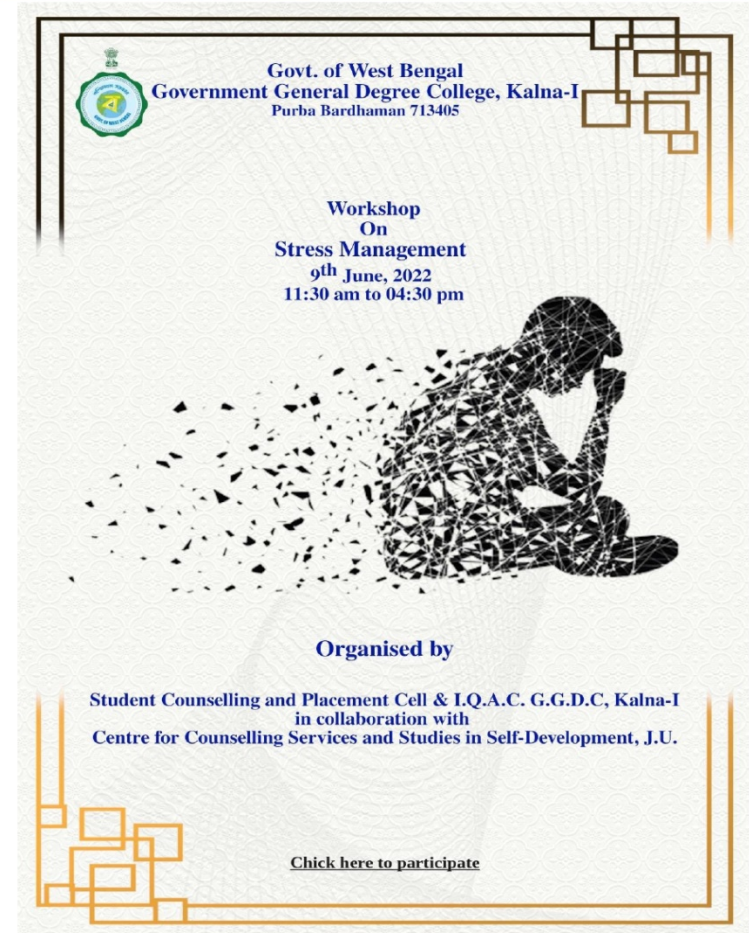
**Convener**  
**Student Counseling and Placement Cell**  
**GGDC, Kalna-I**



*D.H.*  
 Principal  
 Government General Degree College  
 Kalna-I



Government of West Bengal  
**Government General Degree College, Kalna I**  
 Muragacha, Medgachi, Purba Bardhaman-713405  
 Website : [www.ggdck.ac.in](http://www.ggdck.ac.in), E-mail : [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)  
 Office of the Principal



Govt. of West Bengal  
**Government General Degree College, Kalna-I**  
 Purba Bardhaman 713405

**Workshop**  
**On**  
**Stress Management**  
 9<sup>th</sup> June, 2022  
 11:30 am to 04:30 pm

**Organised by**  
 Student Counselling and Placement Cell & I.Q.A.C. G.G.D.C, Kalna-I  
 in collaboration with  
 Centre for Counselling Services and Studies in Self-Development, J.U.

[Click here to participate](#)

**one day workshop on “Stress Management”**

Organised by  
Government General Degree College, Kalna-I  
on 09.06.2022

**Programme Schedule**

11:30 to 11:40 am	Welcome address by the Chief Patron Prof.(Dr) Krishnendu Dutta, Principal, Government General Degree College, Kalna – I.
11:40 to 11:50 am	Address by Distinguish Guest: Dr. Samar Kumar Mondal, Professor of Philosophy & Joint Coordinator,Center for Counselling Service and Studies in Self Development, j.u.
11:50 am to 12:00 pm	Address by Distinguish Guest: Mr. SukantaMitra, Guest Faculty,Center for Counselling Service and Studies in Self Development, j.u.
12:00 pm to 1:00 pm	Interactive Session
1:00 pm to 2:00 pm	Lunch Break
2:00 pm to 3:30 pm	Group Counselling Session
3:30 pm to 4:20 pm	General Feedback Session
4:20 pm to 4:30 pm	Vote of Thanks by Dr. Priyanka Maity(Das), Assistant Professor, Department of Philosophy &Programme Coordinator, Government General Degree College, Kalna – I.



  
Principal  
Government General Degree College  
Kalna-I



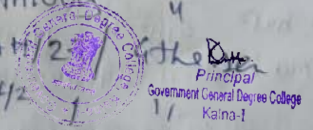
Photos from programme 3

09-6-22

- 1) Jena Khatun (Education Hons) 20AH/21 4th Sem
- 2) Tanusree Baisaaya (Education Hons) 20AH/13 4th Sem
- 3) Fultusi Khatun (History Hons) 20AH/33 4th Sem
- 4) Sharmima Khatun (History Hons) 20AH/47 4th Sem
- 5) Tanisa Mondal (Sanskrit Hons) 20AH/54 u
- 6) Mahuja Karimaker (Hist u) 20AH/48 u
- 7) Debjani Biswas (English Hons) 21AH2007 2nd Sem
8. Subodh Ghosh (Som. Hor) 20AH/39 4th Sem
9. Aayesha Khatun (B.A Gen) 20AP/09 4th Sem
- 10) Disha Ghosh (B.A Gen) 21AP0025 2nd Sem
- 11) Naitima Khatun (B.A Gen) 21AP0124 2nd sem
12. Anamun Beileh (B.A. Gen) 20AP170 4th sem.
13. Sudipa Pal (B.A Hons) 19AH102 6th sem
14. Mili Khatun ( " ) 19AH107 u
15. Shikha Sen ( " ) 19AH110 u
- 16) Sweetil Datta (Education Hons) 21AH4018 2nd sem.
- 17) Anandara Khatun ( " ) 21AH4022 u
- 18) Bipasa SK (B.A Gen) 21AP0020 2nd sem
- 19) Karunamaye Das (Chemistry Hons) - 20SH/05 - 4th sem
- 20) Tushar Ghosh (Math Hons) - 19SH/04 - 6th sem
- 21) Isma Khatun (B.A Gen) 21AP0032 2nd sem
- 22) Dilwara Khatun - (B.A - Gen) - 21AP0024 - 2nd Sem

3/6/2022  
23) Najina Yasmin (Education Hon) 20AH/16 4th Sem

- 24) Paramita Bhattacharya (Sanskrit Hons) 21AH3005 2nd sem
- 25) Asmina Khatun (Sanskrit Hons) 21AH3001 2nd sem
- 26) Ketaki Pandit (Edu. Hons.) 20AH/51
- 27) Parva Ghosh (Sanskrit Hons) 20AH/40 4th sem
- 28) Pakesh Sarkar (Phil Hons) 19AH/40 - 6th sem
- 29) Nafiz Seith (Bengali Hons) 21AH1008 - 2nd sem.
- 30) Rehana Sankar (Eng. Hons.) 21AH/18 - 2nd sem.
- 31) Revana Khatun (Bengali Hons) 21AH1013 - 2nd Sem
- 32) Samina Khatun (General) 21AP0078 - 2nd Sem.
- 33) Rubina Khatun ( " ) 21AP0108 u
- 34) Yasmin Khatun (B.A Gen) 20AP/05 4th sem.
- 35) Sumsudher Khatun (B.A Gen) 20AP/08 4th sem.
- 36) Nandjahan Khatun (B.A Gen) 20AP/25 4th sem.
- 37) Sqr bogit P EX (BA HONS) 20AH 21AH6004 2nd Sem
- 38) Sk Saharwarz Hossain (Edu Hons) 21AH4013 2nd sem
- 39) Dilar Hossain SR (Edu Hons) 21AH4024 2nd sem
- 40) Sabana Khatun (Beng. Hons) 21AH1017 u
- 41) Najma Sultana Begum u 21AH1000 u
- 42) Aishe Jash. (Edu Hons) 20AH/21 u
- 43) Baiyanka Patra (Sanskrit) 20AH/42 u
- 44) Amit Ghosh. (Bengali Hons) 6th Sem. 19AH/53.



# Attendance of students in Programme 3