



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

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

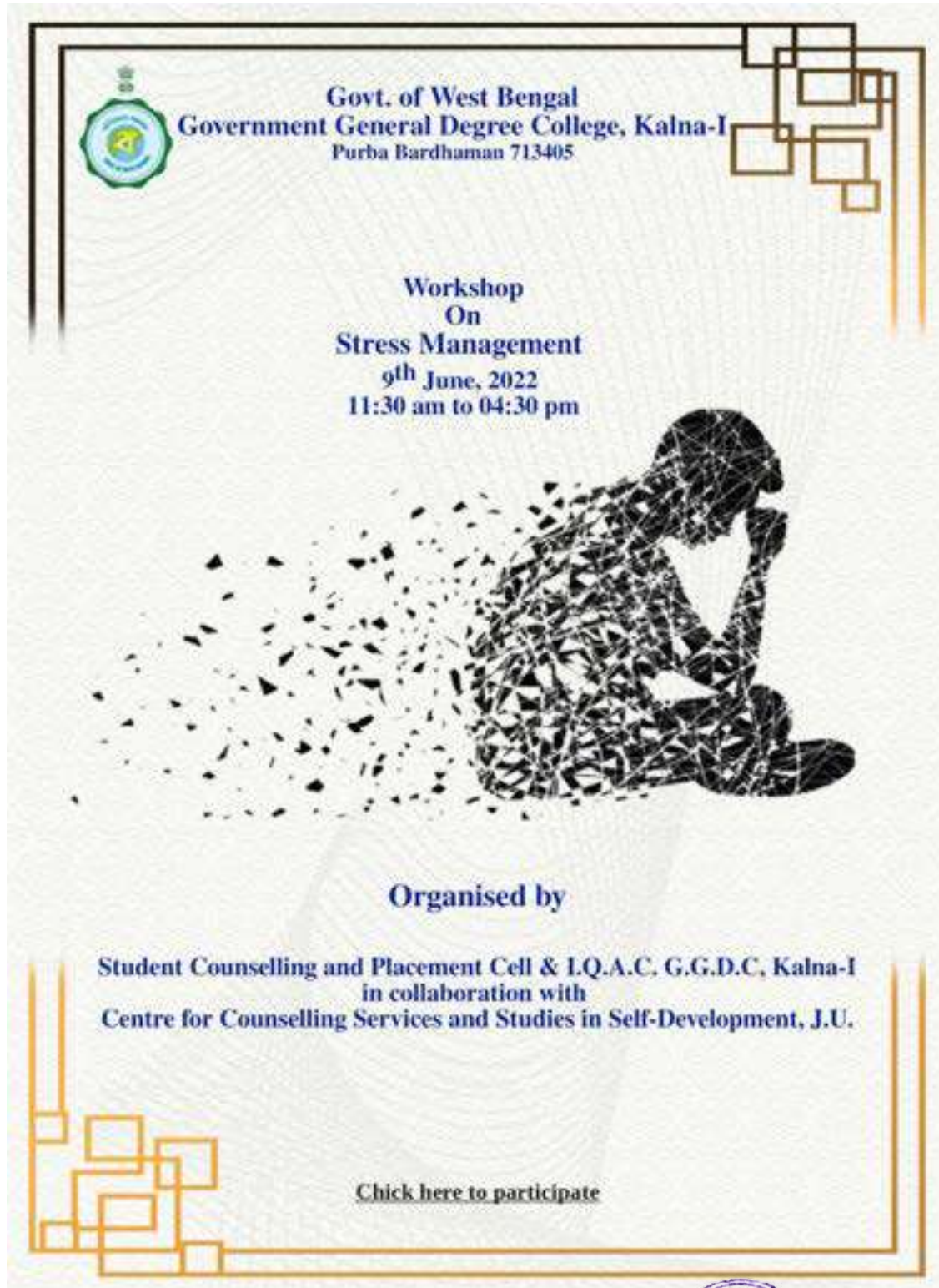
Convener
Student Counseling and Placement Cell
GGDC, Kalna-I




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The poster features a central illustration of a person sitting on the ground, surrounded by a large, dark, textured mass that resembles a pile of leaves or a dense thicket of branches. The background is a light, textured surface with a subtle grid pattern. The text is centered and uses a mix of bold and regular fonts. The entire poster is framed by a decorative border consisting of overlapping squares and rectangles in a light brown color.

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

**Workshop
On
Stress Management**
9th 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](#)



Dr.
Principal
Government General Degree College
Kalna-I

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. |

Report On “Stress Management”

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 GGDCK-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 and also broadly explained the importance of Stress Management in leading our livelihood.

A questionnaire was distributed among 44 students’ and based on their responses they were divided into 07 groups. Subsequently all the personal crises were addressed effectively by the team. The participants thoroughly enjoyed the session which was clearly evident in the feedback session.



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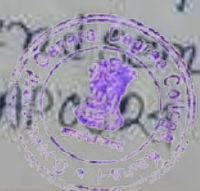
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09-6-22

- 1) Teena Khatoon (Education Hons) 20AH/21 4th Sem
- 2) Tanusree Biswas (Education Hons) 20AH/13 4th Sem
- 3) Fultusi Khatoon (History Hons) 20AH/33 4th Sem
- 4) Shamima Khatoon (History Hons) 20AH/47 4th Sem
- 5) Teisa Mondal (Sanskrit Hons) 20AH/54 ✓
- 6) Mahuja Karimaker (Hist ") 20AH/48 ✓
- 7) Debjani Biswas (English Hons) 21AH2007 2nd Sem
8. Subodh Ghosh (Sam. Hor) 20AH/39 4th Sem
9. Aayesha Khatoon (B.A Gen) 20AP/09 4th Sem
- 10) Disha Ghosh (B.A Gen) 21AP0025 2nd Sem
- 11) Naitima Khatoon (B.A Gen) 21AP0124 2nd sem
12. Animesh Beileh (B.A. Gen) 20 AP 175 4th sem.
13. Sudipa Pal (B.A Hons) 19AH102 6th sem
14. Nili Khatoon " " 19AH107 " "
15. Shikha Sen " " 19AH110 " "
- 16) Sweety Datta (Education Hons) 21AH4018 2nd sem.
- 17) Anawara Khatoon (") 21AH4022 " "
- 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 Khatoon (B.A Gen) 21AP0032 2nd sem
- 22) Dilwara Khatoon - (B.A - Ge) - 21AP0022 - 2nd sem



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9/6/2022

- 23) Najma Yasmin (Education Hon) 20AH/16 4th Sem
- 24) Paramita Bhattacharya (Sanskrit Hon) 21AH3005 2nd sem
- 25) Asmita Khatun (Sanskrit Hon) 21AH3001 2nd sem
- 26) Ketaki Pandit (Edu. Hon) 20AH/51
- 27) Parva Ghosh (Sanskrit Hon) 20AH/40 4th sem
- 28) Rakash Ghilla (Phil Hon) 10AH/40 — 6th sem
- 29) Rafiq Seikh (Bengali Hon) 21AH1008 — 2nd sem.
- 30) Rehana Sankar (Eng. Hon) 21AH/48 — 2nd sem.
- 31) Rovana Khatun (Bengali Hon) 21AH1013 — 2nd Sem
- 32) Samina Khatun (Ar General) 21AP0078 — 2nd Sem.
- 33) Rubina Khatun " 21AP0108 " "
- 34) Yasmin Khatun (B.A Gen) 20AP/05 4th sem.
- 35) Sunshohen Khatun (B.A Gen) 20AP/08 4th Sem.
- 36) Nurjahan Khatun (B.A Gen) 20AP/25 4th sem.
- 37) Sarbojit P EX (BA HONS) 20AH... 21AH6004 2nd sem
- 38) SK Saharwarz Hossain (Edu Hon) 21AH4013 2nd sem
- 39) Dilan Hossain SR (Edu Hon) 21AH 4024 2nd sem
- 40) Sabana Khatun (Beng. Hon) 21AH1017 "
- 41) Nagma Sultana Begum " 21AH1009 "
- 42) Aishe Jash. (Edu Hon) 20AH/27/ 4th sem
- 43) Baiyanka Patra (Sanskrit) 20AH/42
- 44) Amit Ghosh. (Bengali Hon) 19th/...



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