

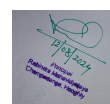
# Rabindra Mahavidyalaya Champadanga, Hooghly



## **7.2: Best Practices**

**7.2.1: Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual**

***Additional Information***



# RABINDRA MAHAVIDYALAYA



Affiliated to the University of Burdwan  
Champadanga, Hooghly, West Bengal, Pin.- 712401

Estd. - 1971

NAAC (Cycle-2) Accredited B<sup>++</sup> Institution



Ref. No.....

Date.....

## NOTICE

### Mental Health-Social Awareness Building Programme for Students

This is to inform all the students of Rabindra Mahavidyalaya, Champadanga, Hooghly that a programme titled "**Developing Mental Health and Social Awareness for Current Generations**" is likely to be organised under the aegis of the Internal Quality Assurance Cell (IQAC) and Women's Cell of Rabindra Mahavidyalaya with a series of counselling sessions to be conducted by **WHY (Wellbeing and Happiness for You)**, an independent and non-profit making Organization, accredited by The National Council of Education, Bengal (NCEB) addressing the backdrop of mental health and social awareness challenges posed by the Covid-19 pandemic.

Keeping our students' present mental health condition in mind, this outreach activity aims to educate our students on the essentials of mental wellbeing and social awareness in facing stressful situations in the pandemic era and beyond.

The counselling program is going to be commenced on and from **08.4.2022 (Friday)** at college campus. Each session will be conducted via online mode between **11.00. a.m. to 4.30 p.m. (45 minutes to 1 hour per student)**. The participants will be benefited by **ten free counselling sessions**. Interested students are requested to submit their names, contact numbers and email-id to the concerned Head of the Departments by tomorrow evening (6.00. p.m.).

It is pertinent to mention that all the conversation between the student-participant and the counsellor will be treated as '**highly confidential**'.

For further enquiry, kindly feel free to contact Prof. Dr. Sumanti Gupta, Department of Botany and Prof. Susmita Sengupta, Department of Geography.

*Bandyopadhyay*  
Convener 6/4/2022

Women's Cell

*RB*  
6/4/2022  
Co-ordinator

Internal Quality Assurance Cell  
**Coordinator**  
IQAC

Rabindra Mahavidyalaya  
Champadanga, Hooghly.  
712401- West Bengal

*Panwar Bandyopadhyay*  
06/4/22  
for Principal

Rabindra Mahavidyalaya  
Principal  
Rabindra Mahavidyalaya  
Champadanga, Hooghly(W.B)

*P*  
Principal  
Rabindra Mahavidyalaya  
Champadanga, Hooghly(W.B)



12/08/2024  
Rabindra Mahapatra  
Cheruvu, Hooghly



School of Counselling & Promotion of Wellbeing  
National Council of Education, Bengal  
(Parent body of Jadavpur University)

**Report of internship held at Rabindra Mahavidyalaya, Champadanga**

Post Graduate Diploma in Person Centre Counselling and Holistic Well-being conducted by National Council of Education conducted an internship program for its 7th batch students on and online platform for Champadanga College. First of all, we would like to convey our heartfelt gratitude to Dr Susmita Sengupta and the authorities of the concerned College for giving us the opportunity to successfully conduct the internship program in a time when most of the educational institutes were closed down due to COVID 19. The students who had completed their course and passed the written and Practical Examination were allotted students from Rabindra Mahavidyalaya, Champadanga for counselling.

The students from the post-graduation course interacted with the students of Rabindra Mahavidyalaya who needed counselling. Most of the students successfully completed the internship program. The interaction was held regularly once a week and both the counsellors and clients benefited by the interactions.

Students from Rabindra Mahavidyalaya had reported that they received a safe space where they could share their problems without being judged. The students were able to share their problems through the counselling process and most of them were able to come out of the situation or handle the situations in a better way.

The common problems that the students shared with their counsellors were lack of focus, low confidence, family problems, relationship issues, anxiety about their future to mention a few.

We at National Council of Education, Bengal would like to continue this liaison for future too.

*Sujata Roychoudhury*

Dr Sujata Roy Choudhury

Coordinator P.G. Diploma

In Person Centered Counselling

and Holistic Wellbeing

*[Signature]*  
Principal  
Rabindra Mahavidyalaya  
Champadanga, Hooghly (WB)





## INSTITUTIONAL VALUES AND BEST PRACTICES

### 7.2 BEST PRACTICES

7.2.1 Describe two best practices successfully implemented by the institution as per NAAC format provided in the manual

#### **An Initiative to Promote Financial Empowerment among the Girl Students of the Institution**



Photograph 1. Students at Food Stall at Golden Jubilee Programme of the Institution

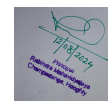


Photograph 2. Students at Food Stall at Golden Jubilee Programme of the Institution

## An Initiative to Promote Gender Equity among the Students of the Institution



Photograph 3. Students of all the Gender participated in the drawing competition organized by the College





Photograph 4. Students across genders participated in the Little Magazine Programme organized by the College



Photograph 5. Students of all the genders participated from the neighbouring schools promoting Gender Equity





Photograph 6. Students of all genders participated in the Science Exhibition



Photograph 7. Students across genders participated in the drama in the cultural programme which took place during the Golden Jubilee celebration.