

Report on An Awareness Programme on “*Mind Programming: A key Strategy to Happiness*” Organised by Psychological Counselling Cell in Collaboration with IQAC, GGGDC. Date: - 11/03/2025

1. **Title of the Programme:** “*Mind Programming: A key Strategy to Happiness*”
2. **Organized By:** Psychological Counselling Cell in Collaboration with IQAC, GGGDC
3. **Collaborating Agency if Any:** NA
4. **Date:** 11/03/2025
5. **Venue:** Lecture Theatre-2
6. **Number of Participants:** 61 (44 students + 17 Teachers)
7. **Level:** College Level
8. **Details of Resource Persons:**

Dr. Nandita Deb

Principal

State Council of Educational Research and Training (SCERT), Delhi

Govt. of NCT Delhi.

9. **Objectives:** The main objectives of the programme were:
 - How we can practice mindfulness activity in our day-to-day life.
 - Leading to mental agility, resilience, and self-awareness.
 - How Mindfulness can reduce emotional exhaustion, increase openness to new ideas and develop compassion, empathy and overall happiness.
10. **Brief Report:** The inaugural programme of the Psychological Counselling Cell began felicitously with the Principal Dr. Syeda Shariqatul Moula Alquadri’s welcome address and words of encouragement by the IQAC Coordinator Dr. Debaprasad Banerjee. This was followed by the talk of respected Teachers’ Council Secretary Sir Dr. Angshuman Sarkar. The topic of the talk was “*Mind Programming: A key Strategy to Happiness*”. The speaker was introduced by Professor Nafisa Sarkar, the Joint-Convenor of the Psychological Counselling Cell.

The speaker Dr. Nandita Deb has focused on mindfulness for mental health. She shared her knowledge on Mindfulness, its characteristics, principles, its ingredients with some examples. She beautifully explained mindfulness techniques in relation with emotional intelligence. She gave a clear idea about self-compassion and self-esteem and how we can practice. There were 61 participants including faculty members had attended the programme. At the end of the programme, Prof Sutapa Bose, Assistant Professor of Education & Joint-Convenor of the Psychological Counselling Cell delivered a heartfelt vote of thanks, expressing gratitude to the Principal, Resource Person, IQAC Coordinator, Teachers Council Secretary, faculties, and beloved students for their valuable contributions to the seminar's success.

11. **Outcomes:** It empowered participants with knowledge, strategies regarding mindfulness. They learn the importance of mind and its functions. Participants increased awareness and understanding of mindfulness, greater interest in practicing mindfulness techniques, potential reduction in stress levels and improved focus. This programme enhanced overall well-being and mental health among the college community.
12. **Feedback:** Resource person of this Seminar provides her feedback and students who attended the seminar were provided with Feedback Form in Offline modes. The physical feedback forms were collected and has been kept accordingly.
13. **Certificate:** Resource Person were given Memento, Book on 'Four Yogas by Swami Vivekananda' and Letter of Appreciation.

Notice



GOVERNMENT GIRLS' GENERAL DEGREE COLLEGE
7, MAYURBHANJ ROAD, KOLKATA 700023

NOTICE

Memo No: 372/hhhdcc/office/25

Date: 28/02/25

This is to inform all concerned that the Psychological Counselling Cell of this college, in collaboration with IQAC, is going to organise an **Awareness Programme** on the topic "**Mind Programming: A key to Happiness**" on 11th March, 2025 from 11:30am onwards at **Lecture Theatre-2, First Floor**. The session will be chaired by **Dr. Nandita Deb, Principal, State Council of Educational Research and Training (SCERT), Delhi, Govt. of NCT Delhi**. All are cordially invited to attend the session.

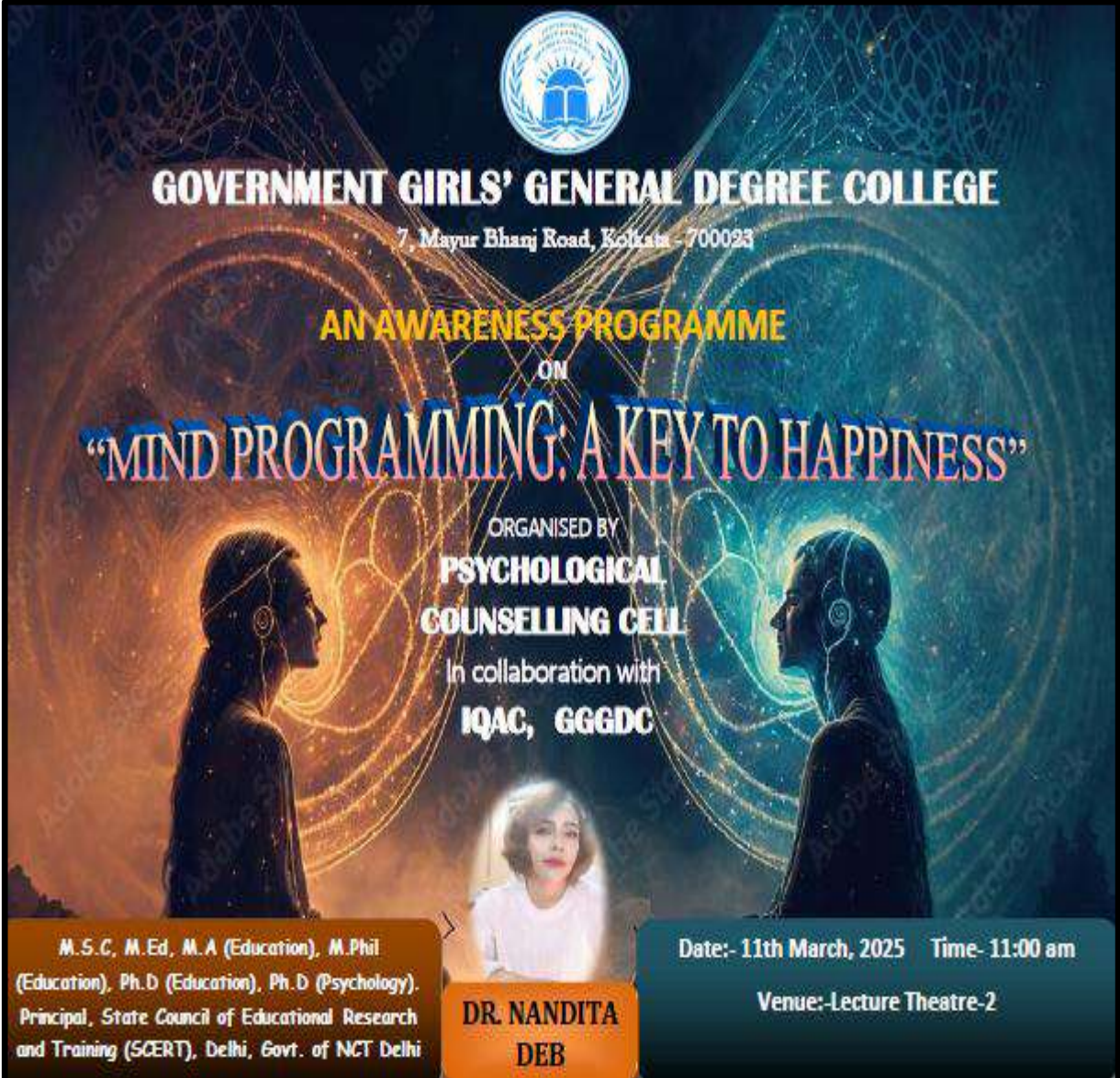

Principal
Principal
Government Girls' General
Degree College
Kolkata



Nandita Deb 28/2/25 Sutapa Bose
28/02/2025

Joint-Convenors, Psychological Counselling Cell


IQAC Coordinator
Co-ordinator
IQAC

Programme Brochure





GOVERNMENT GIRLS' GENERAL DEGREE COLLEGE
7, Mayur Bhanj Road, Kolkata - 700023

AN AWARENESS PROGRAMME
ON
"MIND PROGRAMMING: A KEY TO HAPPINESS"

ORGANISED BY
**PSYCHOLOGICAL
COUNSELLING CELL**
In collaboration with
IQAC, GGGDC

M.S.C, M.Ed, M.A (Education), M.Phil
(Education), Ph.D (Education), Ph.D (Psychology),
Principal, State Council of Educational Research
and Training (SCERT), Delhi, Govt. of NCT Delhi

**DR. NANDITA
DEB**

Date:- 11th March, 2025 Time- 11:00 am
Venue:- Lecture Theatre-2

Feedback of the Resource Person

Feedback Form for the Resource Person

Responses from the students and all the members of the college was very inspiring & positive.

My Best wishes to the entire team of the college for several upcoming Awareness Program.

Deb
11/03/25

Memento and Book presented to Resource Person



Glimpses of the Seminar



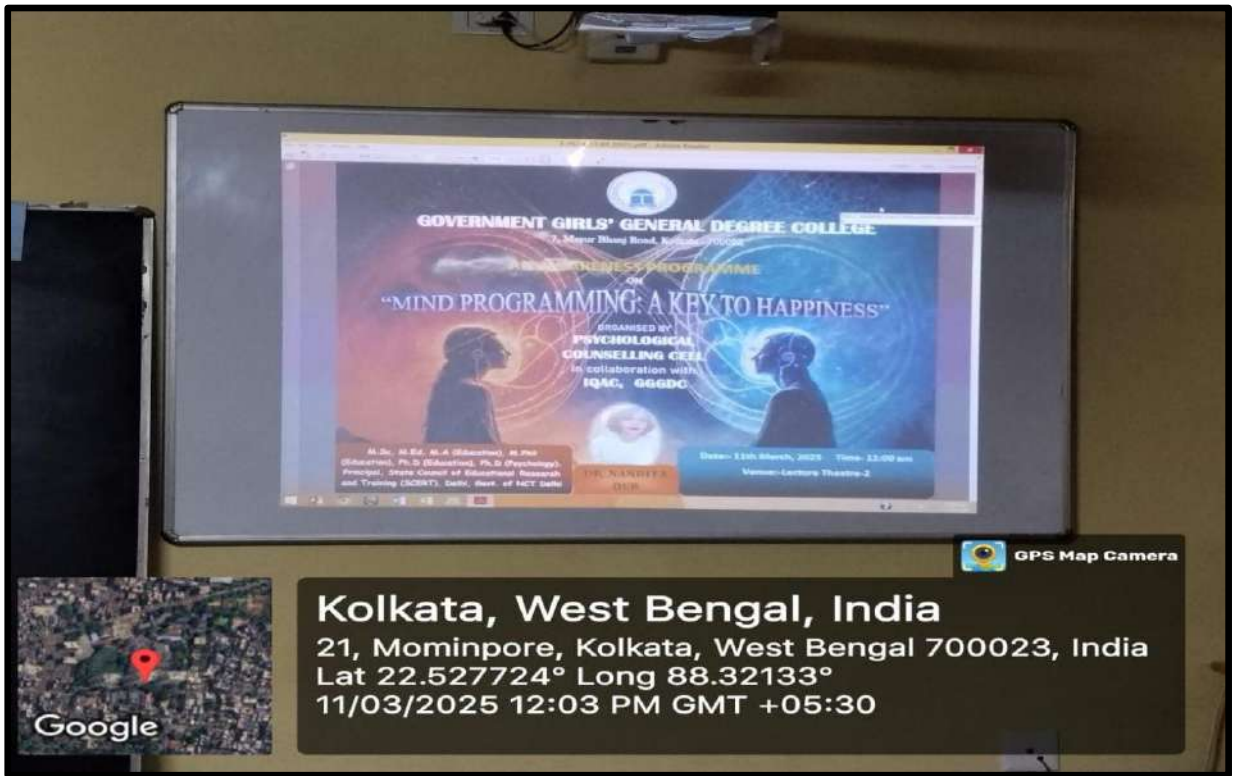
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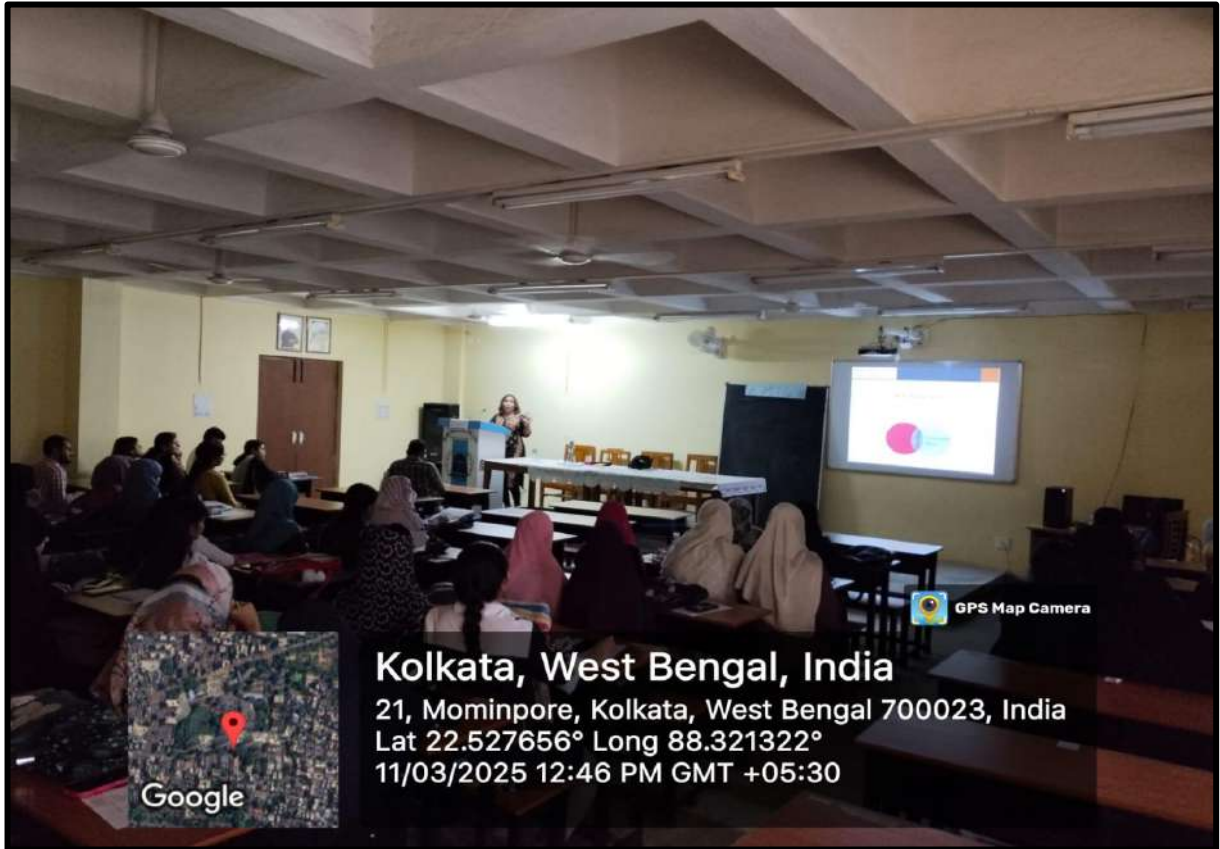
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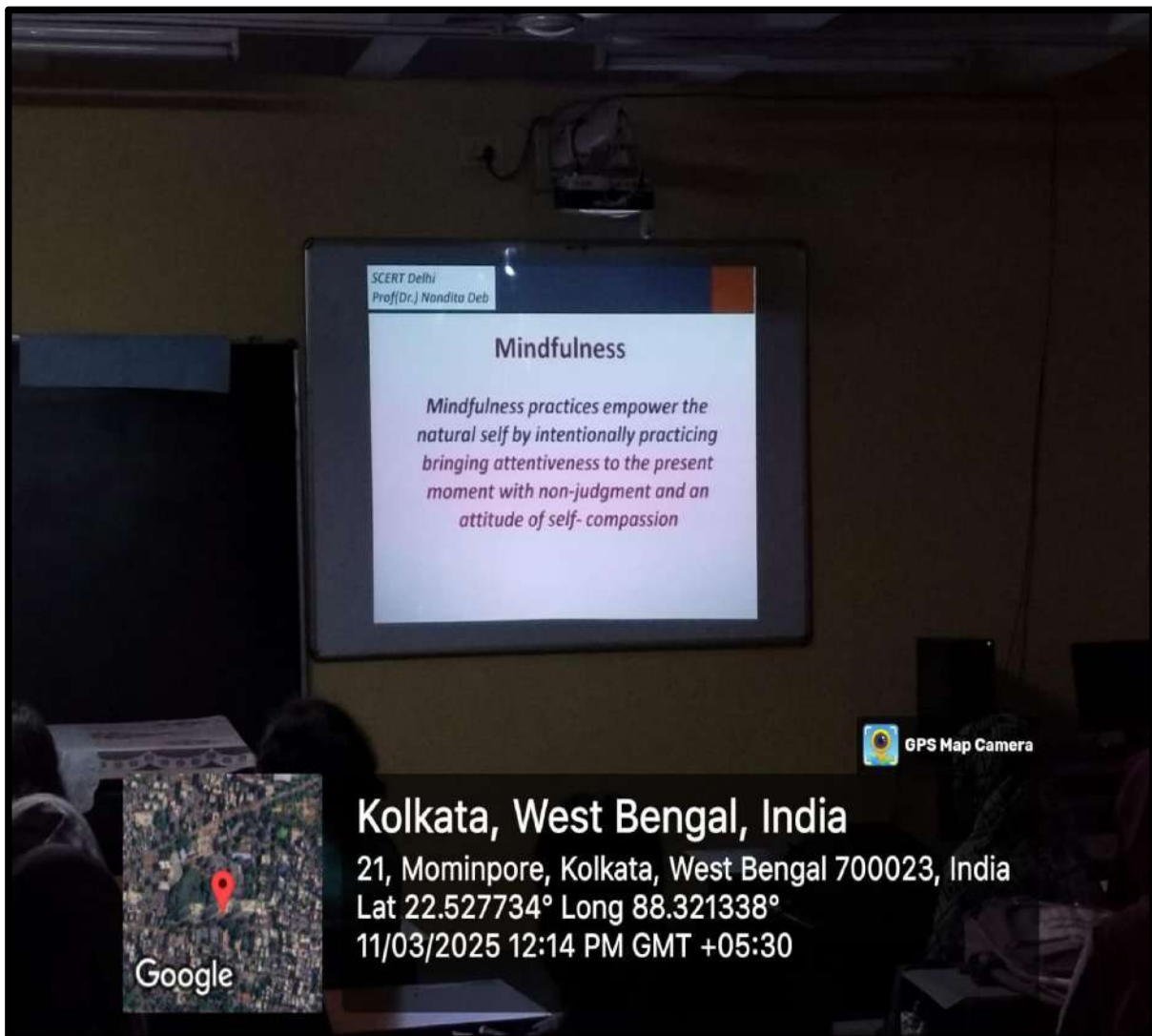
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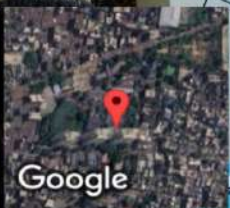
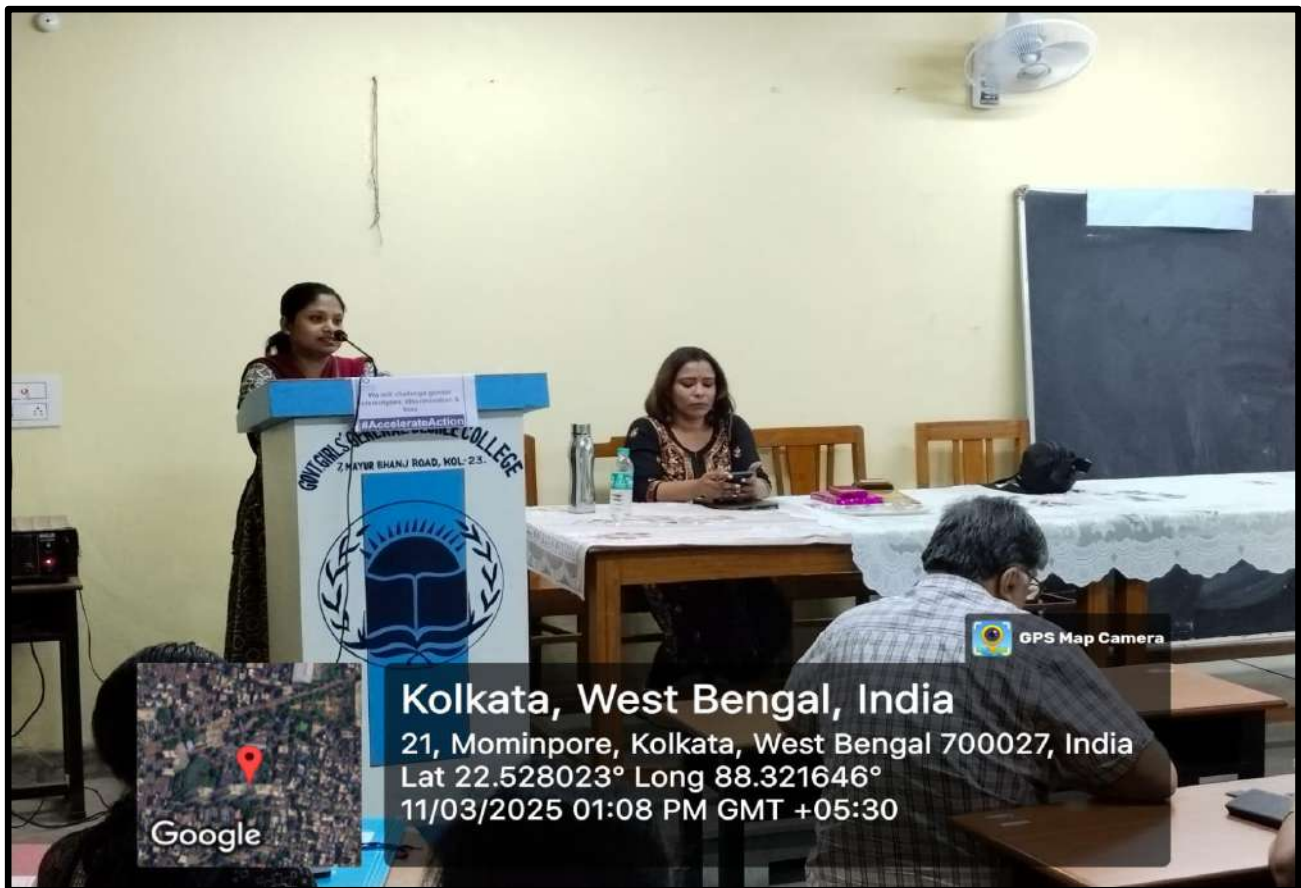
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Attendance Records

An Awareness Programme on "MIND PROGRAMMING: A KEY TO HAPPINESS"

Speaker: Dr. Nandita Deb, Principal, SCERT, Delhi

Organiser: Psychological Counselling Cell (GGDC)

Attendance Sheet

Sl. No.	Name of the participant	Designation	Signature with date	Remarks
1	Mahwish Falak ^{Student}	Student	Mahwish Falak 11.3.2025	
2	Student ^{Sania Ahatika}	Student	Sania Ahatika 11.03.25	
3	Fahem Juraishi	Student	Fahem Juraishi 11.03.25	
4	Suman Jahan	Student	Suman Jahan 11.03.25	
5	Zahida Parveen	student	Zahida Parveen 11.03.25	
6	Roshni Khatoon	Student	Roshni Khatoon 11/3/25	
7	Shumaiya Khatoon	Student	Shumaiya Khatoon 11/3/25	
8	Kashfa Rahman	Student	Kashfa Rahman 11/3/25	
9	Sagunza Parveen	Student	Sagunza Parveen 11/3/25	
10	Nikhil Parveen	Student	Nikhil Parveen 11/3/25	
11	Rukshan Parveen	Student	Rukshan Parveen 11/3/25	
12	Afreen Khatoon	Student	Afreen Khatoon 11/3/25	
13	Alisha Ali	Student	A. Ali 11/3/25	
14	Gulafshan Parveen	Student	Gulafshan Parveen - 11/3/25 11.03.2025	
15	Shabireen Fatma	student	Shabireen Fatma	
16	Sana Afreen	student	Sana Afreen 11.3.25	
17	Bushora Aquil	Student	Bushora Aquil 11.3.25	
18	Aitry Narskan	student	Aitry Narskan 11.3.25	
19	Arshi Ambreen	Student	Arshi 11.3.25	
20	Sana Parveen	student	sana 11/3/25	
21	Zoha fatima	Student	Zoha 11/3/25	
22	Fiza Khatoon	student	Fiza 11/3/25	

An Awareness Programme on "MIND PROGRAMMING: A KEY TO HAPPINESS"

Speaker: Dr. Nandita Deb, Principal, SCERT, Delhi

Organiser: Psychological Counselling Cell (GGDC)

Attendance Sheet

Sl. No.	Name of the participant	Designation	Signature with date	Remarks
1	Shumbul Seikh	student	11/03/2025 ^{Shumbul} Seikh	
2	Sabista Zahid	Student	<i>[Signature]</i> 11/03/25	
3	Humera Afreen	Student	H.A 11.3.25	
4	Roshan Khatoun	Student	R.K. 11.3.25	
5	Gausia Samal	Student	G.A. 11.3.25	
6	ROSHAN	Student	Roshan. 11.3.25	
7	Danaya Quraishi	Student	Danaya Q. 11.3.25	
8	Saleha Parveen	Student	Saleha.P 11.3.25	
9	Muskan Khatoun	Student	Muskan.K. 11.3.25	
10	Nikhil Parveen	Student	N.Parveen. 11.3.25	
11	Shabista Naaz	Student	S.Naaz. 11.3.25	
12	Sabeena Parveen	Student	S.Parveen 11/3/25	
13	Jariya Jamal	Student	Jariya 11/3/25	
14	Ashida Parveen	Student	Ashida Parveen 11/3/25	
15	Mahwish Ahmad	Student	Mahwish Ahmad 11/3/25	
16	Siya Kumari	Student	Siya Kumari 11/3/25	
17	Sheetal Mallick	Student	Sheetal Mallick 11/03/25	
18	Reshma Bind	Student	Reshma 11/03/25	
19	Mantaha Bano	Student	Mantaha 11/03/25	
20	Saruwara Khatoun	Student	Saruwara Khatoun 11/03/25	
21	Insha Zulfekar Khan	Student	Insha Khan 11/3/25	
22	Mobazzar Hussain	Student	<i>[Signature]</i> 11/3/25	

STUDENTS

An Awareness Programme on "MIND PROGRAMMING: A KEY TO HAPPINESS"
Speaker: Dr. Nandita Deb, Principal, SCERT, Delhi
Organiser: Psychological Counselling Cell (GGDC)

Attendance Sheet

Sl. No.	Name of the participant	Designation	Signature with date	Remarks
1.	Suradhumi Ghosh	Assistant Professor	<i>[Signature]</i> 11/3/25	
2.	Debjani Das	Asst. Prof.	<i>[Signature]</i> 11.03.25	
3.	Susmita Basu	Asst. Prof.	S. Basu 11.03.25	
4.	Nandini Jana	Asst. Prof.	<i>[Signature]</i> 11/03/25	
5.	Ananya Chatterjee	Assistant Professor	<i>[Signature]</i> 11/3/25	
6.	Kausiki Mukherjee	Assistant Professor	<i>[Signature]</i> 11/3/25	
7.	Nafisa Saragose	Assistant Professor	<i>[Signature]</i> 11/3/25	
8.	Soma Mandal	Associate Professor	<i>[Signature]</i> 11/3/25	
9.	Shakti Das	Assistant Professor	<i>[Signature]</i> 11.3.25	
10.	Arghuman Sarma	Associate Professor	<i>[Signature]</i> 11/3/25	
11.	Mousumi Pal	Associate Prof.	<i>[Signature]</i> 11/3/25	
12.	Abdul Matin	Assistant Prof.	<i>[Signature]</i> 11/3/25	
13.	RUPA BANERJEE SAMAPATI	Associate Professor	<i>[Signature]</i> 11/3/25	
14.	Mumukshu Chakraborty	Asst. Prof.	<i>[Signature]</i> 11/3/25	
15.	Shantanu Prasad	Asst. Prof.	<i>[Signature]</i> 11/3/25	
16.	Bhadrati Bhattacharya	Associate Prof.	<i>[Signature]</i> 11.03.2025	
17.	Sutapa Bose	Assistant Professor	S. Bose 11.03.2025	

FACULTIES

Sample of Students' Feedback

GOVERNMENT GIRLS' GENERAL DEGREE COLLEGE

Feedback Form

A Social Awareness Programme on Mind Programming: A Key to Happiness

Please select the most appropriate answer for each question.

1. NAME: Sabana Parveen
2. SEMESTER: 2nd
3. DEPARTMENT: Education
4. How would you rate the overall effectiveness of the programme in enhancing your understanding of mind programming?
 - a) Excellent
 - b) Good
 - c) Average
 - d) Poor
5. What aspect of mind programming did you find most beneficial?
 - a) Techniques to control thoughts
 - b) The impact of positive affirmations
 - c) Understanding subconscious patterns
 - d) Stress management strategies
6. How engaging was the speaker during the programme?
 - a) Very engaging
 - b) Somewhat engaging
 - c) Neutral
 - d) Not engaging
7. How applicable were the techniques discussed in your daily life?
 - a) Very applicable
 - b) Somewhat applicable
 - c) Neutral
 - d) Not applicable
8. Which part of the programme do you think needs improvement?
 - a) Content depth
 - b) Interactive Session
 - c) Speaker delivery
 - d) Programme duration

9. Would you recommend this programme to others?

- a) Definitely yes
- b) Probably yes
- c) Not sure
- d) No

10. What was your key takeaway from this programme?

- a) Importance of positive mindset
- b) How to reprogram negative thoughts
- c) Role of mindfulness in happiness
- d) Need for continuous self-improvement