

## **BEST PRACTICES 2022-23**

### **I. Title of the Practice**

#### **MENTAL HEALTH AWARENESS AND COUNSELLING FOR STUDENTS**

<https://www.vec.ac.in/index.shtml>

[www.vec.ac.in/documents/wellness\\_programs/20210928\\_Mind\\_Power\\_Training\\_Meditation\\_and\\_Therapy.pdf](http://www.vec.ac.in/documents/wellness_programs/20210928_Mind_Power_Training_Meditation_and_Therapy.pdf)

[https://www.vec.ac.in/activities\\_wellness\\_programs.shtml](https://www.vec.ac.in/activities_wellness_programs.shtml)



### **Objectives of the Practice**

This program is run by the college with the objective of sensitizing students and teachers regarding the importance of mental health in meeting life's challenges and for academic performance. This 'best practice' also aims to provide emergency counseling services to students in crisis, suffering from depression, suicidal thoughts, attention deficit disorder and those engaged in self harm. The program also attempts to remove the social stigma associated with seeking help from a mental health professional, by including students, teachers and parents in the discussion on mental health on campus, through online wellness programs.

### **The Context**

In a competitive atmosphere, amidst the many stresses and pressures that students have to face, while pursuing their studies, mental health often becomes the most neglected factor, even though it is the most important aspect, determining the students' performance and sense of wellbeing. Hence the college finds it imperative to continue the program begun in times of the Covid 19 pandemic, reaching out to students in distress providing a

safe and comfortable process by which they could interact with the counsellor and life coach, Arup Ghosh and find a way to live better lives and contribute to wellbeing around them.

### **The Practice**

Many students reached out for help and the college organized multiple one-one online counselling sessions for students suffering from severe anger, depression and self-harm issues with Life Coach and Therapist Arup Ghosh. Since most students of our college come from very financially challenged backgrounds and many are first generation learners, they would have been unable to afford such consultation or convince the need for the same in their homes, as there is still a long way to go for removing the stigma attached to going to a mental health professional in parents' minds. The college effort thus helped to provide comfort and relief where it was most needed at the same time ensuring privacy of students and the problems faced by them as the consultations happened online or offline at the counsellor's chamber, and remained confidential between therapist and student, funded and supported by the college. With increasing number of students asking for help and benefiting from the consultations, the college continued the program since Covid 19, with the name "Mind Power Training," with annual group discussions, webinars and one-on-one consultations with students since, with Life Coach Arup Ghosh teaching techniques of stress relief and meditation to the students to cope with problems in everyday life.

NO. OF PARTICIPANTS: 100+

### **Evidence of Success**

The program's success was seen in the overwhelming positive feedback received from students, with conversations around mental health becoming the norm in online classes and between students themselves. The way the students contacted teachers for help after the Wellness Workshops, understanding the importance of physical and mental wellbeing, also showed the critical need of this program and events organized around this theme. In addition the one-on-one sessions were successful in alleviating the students' problems to a certain extent.

### **Resources arranged for the program included:**

A support group of teachers who would liaison between the students and the counsellor and spread awareness regarding the program.

A therapist who would understand the needs of students and be ready to provide his services with care and compassion and be available for students' problems at all times.

College funds for arranging remuneration for the therapists' services.

Internet connection on part of all participants—teachers, students and the therapist—for facilitating online interactions with the therapist and laptop as well as projector facilities for offline sensitization programs in the auditorium of the college.

A database of all students requiring constant support and care through the program is maintained by the teachers in the Therapy Support Group.

Feedback is collected from all students post therapy, for continually improving the program

## **ACTIVITY REPORTS: MENTAL HEALTH, COUNSELLING AND MIND POWER TRAINING**

### **Harnessing the Power of the Mind-- Workshop on Mental Health and Wellbeing**

- **SPEAKER:** Arup Ghosh, Consultant Life Coach and Hypnotherapist for Vidyasagar Metropolitan College
- **DATE:** 16/01/23
- **EVENT DETAILS:** Arup Ghosh sir interacted with students from all semesters and streams, sensitizing them on the need for mental health and the importance of seeking help without the fear of stigma usually associated with counselling. He discussed common problems faced by students and encouraged them to reach out to him when in distress. He also taught a specialized relaxation technique and guided the participants through a meditation that helped them feel more stable and focused. Teachers and Mentors also participated in the workshop to learn better ways of helping their mentees and encouraging them to seek counselling when required.
- **NO. OF PARTICIPANTS:** 90+







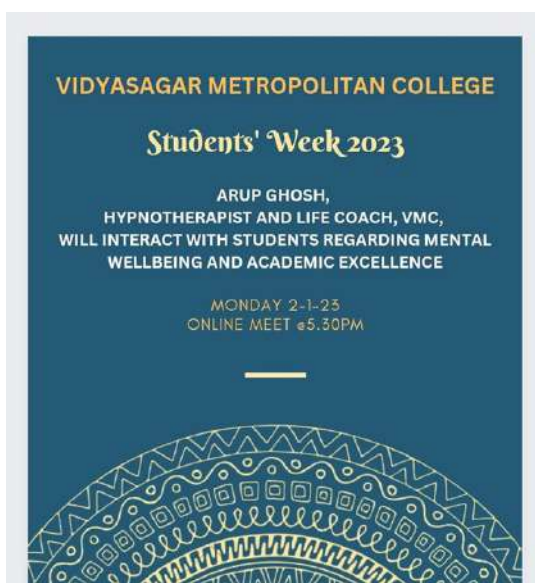
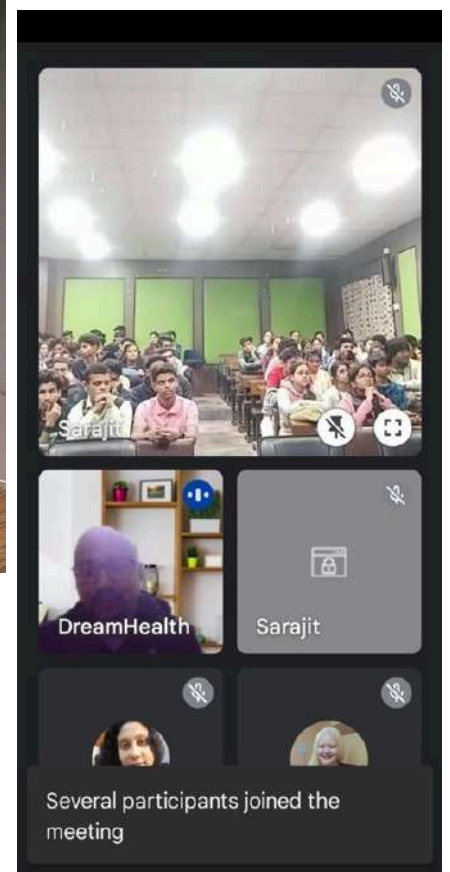
**STUDENTS' WEEK SESSION: An Interactive session with students regarding Mental wellbeing and Academic Excellence, in an effort to create harmony and tolerance towards all diversities. This was conducted on a mixed platform involving students both on online and offline platforms.**

Name of the Speaker- Arup Ghosh, hypnotherapist and life coach for VMC

Date- 2/1/2023

Time- 5.30 P.M

No of students who attended the seminar- 30 students, both online and offline.



## 1-1 Counselling sessions for students requiring help

- **DATE:** 2022-23
- **DETAILS:** As a follow up to the Mental Health and awareness workshop conducted in the college in January 2023, multiple one-one counselling sessions were organized for students with critical mental health conditions requiring urgent help. Arup Ghosh, Consultant Hypnotherapist and Life Coach of Vidyasagar Metropolitan College worked with the concerned students, helping them develop better coping mechanisms to combat their present circumstances. The concerned students were benefited by the counselling sessions.
- Issues faced by students ranged from depression, panic attacks, relationship problems, inability to focus to suicidal tendencies and self-abuse as well as violent behaviour with family members. 1-1 sessions were organized for the students requiring help on the following days:

DATE	DURATION	NATURE OF SESSION	DETAILS	PARTICIPANTS
01/02/2023	3 HOURS	VMC-ONLINE AND OFFLINE--WORKSHOP ON MENTAL WELLBEING	SENSITIZATION PROGRAM --DISCUSSIONS ON MENTAL WELLBEING AND ACADEMIC EXCELLENCE	30+
01/16/2023	3 HOURS	VMC-OFFLINE--WORKSHOP ON MENTAL WELLBEING--HARNESsing THE POWER OF THE MIND	SENSITIZATION PROGRAM INVOLVING ACTIVE PARTICIPATION FROM STUDENTS AND PROFESSORS	90+
01/30/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT A1 FACING EXTREME ANXIETY AND PANIC DISORDER SOUGHT HELP FROM LIFE COACH ARUP GHOSH	1
01/31/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT A1 WENT FOR A SECOND SESSION WITH ARUP GHOSH AND FOUND RELIEF FROM CHRONIC ANXIETY DISORDER	1
02/20/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT B1 WITH DEPRESSION STARTED SESSION WITH ARUP SIR	1

02/20/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT B1 CONTINUED TO RECEIVE SUPPORT FROM ARUP SIR AND REPORTED FEELING BETTER AFTER MANY YEARS	1
02/21/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT B1 WAS GIVEN ANOTHER SESSION OWING TO MULTIPLE CHRONIC ISSUES	1
02/21/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT C1 STARTED COUNSELLING SESSIONS WITH ARUP SIR TO COMBAT RELATIONSHIP RELATED STRESS, PAIN AND DEPRESSION	1
02/28/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT C1 CONTINUED SESSIONS WITH ARUP SIR	1
03/01/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT D1 WITH ANGER ISSUES STARTED SESSIONS WITH ARUP SIR	1
03/01/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT D1 FOUND SOME TOOLS WITH WHICH TO MANAGE ANGER AND PANIC	1
03/14/2023	1 HOUR	VMC- ONLINE COUNSELLING	STUDENT E1 WAS PROVIDED A SPECIAL SESSION WITH ARUP SIR TO FIND RELIEF FROM STRESS AND INSOMNIA	1

## II. Title of the practice:

### TCS Training and Employability Programme.

**Objectives:** An Affirmative Action Training Programme especially for the SCs / STs, as a part of Corporate Social Responsibility of TCS. Following the ideals of our founder, the institution believes in creating a system of self-reliance that equips the students for life. The intention therefore was to create a system of knowledge outside the university syllabi that combined learning with career opportunities. Since a large number of our students came from economically disadvantaged backgrounds, it was the avowed purpose of the institution not only to disseminate knowledge to the students but also to provide them with career opportunities.

**The Context:** Convincing the students, training the students from vernacular backgrounds, getting the students interview ready, making the students ready for a corporate culture and also ensuring that socially disadvantaged class of students formed the majority of the strength were some of the constant challenges.

**The Practice:** Higher education has increasingly become costly in India. The fee structure for technical education has gone beyond the reach of the common man. Privatization of higher education has only problematized the situation. Yet the right to education is a basic and fundamental right. Each individual should have equal access to resources. Guided by the philanthropy of Pandit Ishwar Chandra, the college aspired to provide free technical education to its students apart from the regular curriculum. One of the major problems encountered was that of the students dropping out of the programme mid-way. Despite this being a free course that opened up new vistas of interest and opportunities, most students backed out due to language problems. Inability to comprehend or communicate in English proved to be the greatest stumbling block. Lack of social exposure fueled by low self-confidence often led to students feeling overwhelmed and intimidated, subsequently leading to drop outs.

**Evidence of success:** The success rate was phenomenal. In 2019-20, 09 out of the 32 students got selected and further appointed by TCS. In 2020, 5 out of 39 students got their appointment letters. In 2021-22, 3 out of 46 got employed by TCS. In 2022-23, 4 out of 24 students were placed. This is a commendable achievement as it indicates the triumph of will and determination on the part of the students to overcome all odds. It is a definite measure of success for the college as well, since it is able to fulfil its vision of preparing its students for life.

**Problems encountered and resources required:** The resources required are basic like internet connection, computer/smart phone and stationary. Last but not the least the biggest resource/strength is the instructor from TCS. An enthusiast faculty that plans, implements and oversees the program is perhaps the strongest pillar of support. The problem however lies in getting the students to understand and appreciate the merit of this programme. Finding the requisite number of SC/ST students is a challenge every year. In the age of consumerism whatever comes for free is devalued. Since this programme does not have the gloss and sheen of corporate culture and is more of an outreach programme, the takers are few and evidently sceptical. In 2020-21 the entire exercise being online, it was challenging in a whole new way. A large chunk of our students come from interior areas and are economically challenged. Hence having a



sustainable internet connection and affording internet data was a serious challenge for them. However the success rate of our students every year is the note of promise that keeps this training going.

## ACTIVITY REPORT: TCS TRAINING AND EMPLOYABILITY PROGRAM

1. Name of the Department : Employability Enhancement  
Counselling  
and Placement Cell
2. Title of the activity : Youth Employment Programme
3. Collaboration : Tata Consultancy Services
4. Date : 9<sup>th</sup> February – 23<sup>rd</sup> February,  
2023
5. Time : 10 a.m to 4 p.m  
Speaker's profile : Mr Suman  
Chatterjee  
Empanelled  
Trainer  
Tata Consultancy Services
6. Number of Participants : 24 students
7. Summary of training :

11/14/22, 10:59 AM

Gmail - Implementation of TCS YEP training at Vidyasagar College



Sarajit Sardar <sarajitsardar99@gmail.com>

### Implementation of TCS YEP training at Vidyasagar College

Bhaskar Purkayastha <bhaskar.purkayastha@hotmail.com>  
To: "sarajitsardar99@gmail.com" <sarajitsardar99@gmail.com>  
Cc: Puthumai N <puthumai.n@tcs.com>, Vishal Sonwalkar <vishal.ss@tcs.com>, BHASKAR PURKAYASTHA <bhaskar.purkayastha@tcs.com>

13 November 2022 at 20:22

Dear Mr. Sardar  
Vidyasagar College, Kolkata

Greetings from TCS!

This is in continuation of our interaction over phone w. r. t the mobilization of students and implementation of the TCS Youth Employment Program (YEP).

#### Training Program details

YEP training will be of about 100 hours (90+10), covering standard modules prepared by TCS on Business Skills, Communication Skills, Quantitative Aptitude, Logical Reasoning, Interview Skills, Resume Writing to name a few.

This would be followed by trainings on specific domains. Additionally, trainees will also be guided to take up Free Self-Learning Courses such as those offered by TCS iON portal.

#### Cost of Training

Free / None

#### Training Duration and Mode

Training can be delivered in these modes:

- Digital: 45 working days, 2 hours/day, Mon – Sat.
- Physical: 15-23 working days, 4 to 6 hours/day, Mon – Sat.

#### Prerequisites to commence the training program

Training Batch Count: Minimum of 50 students per batch

Training Batch composition:

- Socially Weaker Section: Minimum 50% of the batch (SC/ST)
- Economically weaker section: Annual family income less than 6 Lakh per annum
- Person with Disability
- Female Candidates

#### Eligibility

- Any non-engineering graduate fresher from arts, commerce, or science backgrounds (BTech and BE are not eligible)
- Age: Should not exceed 28 years of age
- Mode of Education: Regular. Distance Education is not allowed
- Year of Passing: 2021, 2022, 2023
- Those pursuing/completed masters in full time mode are Not Eligible
- Availability of Smartphone/Tablet/Laptop/Desktop with proper internet connectivity for digital training

#### Certificate

Beneficiaries will receive a training completion certificate on having the requisite attendance and assessment scores

#### Employment Opportunity

All YEP candidates will get at least two opportunities:

- Apply for TCS job through TCS TAG enabled test
- Apply for jobs in other companies and TCS through TCS National Qualifier Test (NQT)

8. Attendance record :

Participant Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
	09-02-2023	10-02-2023	11-02-2023	13-02-2023	14-02-2023	15-02-2023	16-02-2023	17-02-2023	20-02-2023	21-02-2023	22-02-2023	23-02-2023
Debojyoti Ghosh	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Rakhi Kundu	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Mariya Parween	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Nazneen Khattoon	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Samroz Shamim	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Manshi Gupta	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Sazia Naaz	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
MD AHTESHAM ALI	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Sulekha Shaw	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Shreya Shaw	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
ISHANT SHARMA	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*A*	*P*	*P*	*P*
Mrityunjoy Mondal	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Somenath Saha	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
SWETA SINGH	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
DEEPLYOTI BHATTACHARJEE	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Soumyadip Bhattacharya	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Sagnick Malakar	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Mongol Rajak	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Piyali Sana	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Suraj Kahar	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Supriyo Ghosh	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Suraj Singh	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
MD SARFARAZ	*P*	*A*	*A*	*A*	*P*	*A*	*P*	*P*	*P*	*A*	*A*	*A*
MD DANISH	*P*	*A*	*A*	*A*	*P*	*A*	*P*	*P*	*P*	*A*	*A*	*A*
Joydeep Mondal	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*	*P*
Rittwik Purkait	*P*	*P*	*P*	*P*	*P*	*P*	*A*	*P*	*P*	*P*	*P*	*A*
Total Present in the class	26	24	24	24	26	24	25	26	25	24	24	23

9. Sample Certificate :



10. Number of students placed : 4 students