

To

The Respected HODs of Rangia College,

Sub: Counselling Classes for I, III & V Semester Major Students

In keeping with the second phase of the Counselling Programme, we have introduced Counselling for the third and fifth Semester Major students of Arts Science, and Commerce, in continuation with counselling for the first Semester students.

As such, kindly appoint mentors from within the department for the hitherto mentioned Semesters also.

Further, please maintain the Attendance records of the Counselling classes in the Registers that will be provided as well as the various required reports.


Coordinator

EEC, Rangia College


Principal i/c

Rangia College

Rangia

Rangia



To

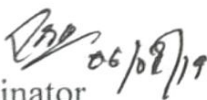
The Respected HODs of Rangia College,

Sub: Counselling Classes for I, III & V Semester Major Students

In keeping with the second phase of the Counselling Programme, we have introduced Counselling for the third and fifth Semester Major students of Arts Science, and Commerce, in continuation with counselling for the first Semester students.

As such, kindly appoint mentors from within the department for the hitherto mentioned Semesters also.

Further, please maintain the Attendance records of the Counselling classes in the Registers that will be provided as well as the various required reports.


Coordinator
EEC, Rangia College


Principal i/c
Rangia College
Rangia

REPORT SHEET OF THE COUNSELLING CLASS

RANGIA COLLEGE, SESSION 2019-20

DEPARTMENT: Botany - B.Sc. 3rd Sem

MENTOR'S NAME: Dh. Saigda Sarker

Class Number	Date	No of Students Present	Activity	Remarks	Mentor's Signature
1	22-08-19	20	Identifying The strong and weak points of The students Also discussing The hobby of them.	Students has written their strong and weak points and told about their different hobbies & aim of them.	Saigda Sarker
2.	29-08-19	26	To discuss how to remove The harmful weak points - anger and negative emotion.	Maximum 6 students told that they have anger and negative emotion and try to release their anger & emotion by the technique suggested in the class	Saigda Sarker
3.	12-09-19	25	To discuss how to increase concentration for their study. Some tips have been given.	To increase concentration some tips have been given practically. One 15 minutes time meditation has been demonstrated in the class & they take interest in the class	Saigda Sarker

REPORT SHEET OF THE COUNSELLING CLASS RANGIA COLLEGE, SESSION 2018-19

DEPARTMENT:

MENTOR'S NAME:

Class Number	Date	No of Students Present	Activity	Remarks	Mentor's Signature
4.	19-09-19	12	Discussing about the different intelligence i.e, IQ, EQ & SQ.	Maximum students take interest in the topic. Here highlighting the EQ, various points has been discussed.	Saigda Sanjay
5.	17-10-19	21	Discussing about the different chakras of Human being.	To explain all the 7 chakras of Human being which is related with the Endocrine glands. Students take interest in the topic.	Saigda Sanjay

REPORT SHEET OF THE COUNSELLING CLASS
RANGIA COLLEGE, SESSION 2019-20

DEPARTMENT: Botany 1st Sem (H)

MENTOR'S NAME: Dr. Saigalha Sankar

Class Number	Date	No of Students Present	Activity	Remarks	Mentor's Signature
1	09-08-19	34	Discussing about the aim in life & hobby of the students	Positive response from the students highlighting the different aims in their life	Saigalha Sankar
2	16-09-19	31	Discussing about the strength of students with analysis	Maximum students told about their parents & family - their strength. Some students told about their mental strength & confidence.	Saigalha Sankar
3	30-08-19	33	Discussing about the weakness of students - They have given the feedback with analysis	All the students told about their weak point frankly like anger, short-temper, emotion, laziness and lack of concentration.	Saigalha Sankar

**REPORT SHEET OF THE COUNSELLING CLASS
RANGIA COLLEGE, SESSION 2018-19**

DEPARTMENT:

MENTOR'S NAME:

Class Number	Date	No of Students Present	Activity	Remarks	Mentor's Signature
4	13-09-19	37	Discussion about how to overcome their weakpoint & to convert those weakness into a strength & will power - SWOT Analysis	Maximum students response & told me that we will try to develop ourselves according to your suggestions.	Saigalha Sankar
5.	20-09-19	25	Discussion about physical illness and practice of physical exercise is done in the class.	Demonstration of physical exercise in the classroom by the students all the students learn the exercise & enjoyed the class.	Saigalha Sankar
6.	27-09-19	27	Discussion about the concentration of mind & tips for increasing concentration has given. Some Meditational Exercise has done in the class.	Students enjoyed the Meditational exercise very much. Demonstration of meditation class has done in the classroom.	Saigalha Sankar.