

INSTITUTIONAL DISTINCTIVENESS

Government General Degree College, Singur prioritizes the mental well-being of its students, reflecting its commitment to holistic education. A key initiative in this regard is the establishment and active functioning of the Psychological Counselling Cell. The cell organizes regular counselling sessions to address the psychological and emotional challenges faced by students, teachers of the institution. These sessions provide a supportive space for students to discuss their issues and develop strategies to overcome stress and anxiety, promoting emotional resilience.

On 28th June 2024, the Psychological Counselling Cell hosted a lecture titled “The Healthy Mind Platter” delivered by Dr. Sumona Datta, Assistant Professor, Department of Psychology, Government General Degree College, Singur. Dr. Datta discussed essential components of a healthy mind, offering practical insights into achieving mental balance and emotional stability. The lecture raised awareness among students about mental health as a crucial part of personal and academic growth.


Through such initiatives, the college ensures students not only excel academically but also develop the mental fortitude to navigate life’s challenges, making the institution distinctive in its commitment to fostering a nurturing and supportive environment.




Purusattampur, West Bengal, India



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Lecture on
The Healthy Mind Platter



28th June, 2024 (Friday)
12 pm onwards
Venue: Seminar Hall, GGDC Singur

Speaker
Dr. Sumona Datta
Department of Psychology
Government General Degree College Singur

Dr. Abanti Bhattacharya
Assistant Professor & Head
Dept. of Psychology, GGDC Singur

Joint Conveners

Dr. Sreeparna
Assistant Prof
Dept. of Psychology, G

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Latitude: 22.811016
Longitude: 88.237364
Elevation: 12.97m
Accuracy: 13.5m



Latitude: 22.811198
Longitude: 88.237512
Elevation: 9.97m
Accuracy: 43.0m



Latitude: 22.811108
Longitude: 88.237431
Elevation: -8.03m
Accuracy: 16.0m

