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# SILIGURI MAHILA MAHAVIDYALAYA

ESTD. : 1981

1 NO. DABGRAM, P.O. RABINDRA SARANI, SILIGURI - 734006

E-mail ID : slg\_smm@yahoo.com ♦ Website : <http://www.smm.ac.in>

Ref. No. ....

Date : .....

## 7.1.1 Summary Report of the Counselling Cell of Siliguri Mahila Mahavidyalaya

### Objective of the Counselling Cell:

The counselling committee aims to provide support, guidance, and resources to individuals facing personal, academic, or professional challenges. Through counselling sessions, workshops, and interventions, the committee strives to promote mental well-being and foster a conducive environment for personal growth and success.

### Plan:

The committee plans to implement regular counselling sessions, workshops, and awareness programs to address various mental health issues. Additionally, they aim to collaborate with other departments to create holistic support systems for individuals in need.

### Activities:

The committee's activities include organizing counselling sessions, workshops on stress management, mental health awareness campaigns, and providing resources like online self-help materials. They also facilitate support groups and collaborate with mental health professionals to ensure comprehensive assistance for individuals.

### Outcome:

The expected outcomes of the committee's efforts include improved mental well-being among participants, enhanced coping skills for managing challenges, and a reduction in stress-related issues. Additionally, they anticipate increased awareness and understanding of mental health, leading to a more supportive and inclusive community.

(Dr. Subrata Debbarma)  
Principal

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## 7.1.1 Report on Promotion of Gender Equity

Siliguri Mahila Mahavidyalaya promotion of gender equity within and outside the institution is a multi-faceted approach that addresses societal attitudes, institutional practices, and individual experiences. By fostering inclusive environments, raising awareness about gender-related issues, and providing support services for marginalized genders, the institutions play a vital role in advancing gender equality and combating discrimination in all its forms.

The various departments of the college along with NSS volunteers and NCC cadets coordinate with the students to conduct several activities to inculcate the idea of gender awareness in real time action. The activities in line with gender equity during the last five years include awareness programs, peer-training programs and participatory programs. Seminars and special lectures on feminism, gender discrimination, gender equity vs gender equality was organised where students got to interact with the resource persons. Counselling session on the Need and Importance of girl child are arranged by the NSS units of the college for the parents of the adopted urban village and also for the students. Through a program "Know your Rights" students were made aware of their rights by Sri, Amit Sinha, President Legal Aid Forum, Darjeeling district. The students in turn took the initiative to convey the said rights this to the women and girls of the adopted village. Self-Défense training programs were arranged in college where students participated learnt the life skills with utter enthusiasm. To understand the essence of Prime Minister's flagship program "Beti Bachao and Beti Pado", it was implemented in a small village to address disparities in enrollment rates, unequal access to resources and opportunities, and biased treatment in academic and professional settings. International Women's Day is celebrated each year in college by organising blood donation camps, thalassaemia screening camps, HIV AIDS screening camps, free health check up camps, rallies and workshops. National Girl Child Day was also observed through an interactive session on good touch bad touch and its impact on mental health. A workshop on Women safety and cyber crime was organised by the institution in association with the Siliguri police Commissionerate to create safe spaces and support networks within college communities. This was intended to empower women to report incidents of cybercrime and seek assistance without fear of stigma or retaliation. The institution plays a crucial role in shaping attitudes by incorporating gender studies into their curricula, organizing awareness events, and fostering open discussions on gender-related issues. The college also offers Mental Health and Hygiene as a multi-disciplinary subject at the undergraduate level. Also days related to promoting Gender equity are displayed on the college website to sensitize the students on Gender equity. Surveys have been conducted to gauge societal attitudes towards women.

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## 7.1.1 Report on Observance of International Women's Day

### 2018-19

Like every year, Siliguri Mahila Mahavidyalaya celebrated International Women's Day in the college. The NSS units organised a HIV screening camp for the students of the college with the assistance of CMOH, Darjeeling

Special Lecture on Increasing Violence against women in India was organised by Dept. of Sociology. It catered to all the students of the college.

Speaker 1st Session: DR. John B. Tirkey, Associate Professor in Sociology, Kalipada Ghosh Tarai Mahavidyalaya. He covered the theoretical aspect of violence against women.

Speaker 2<sup>nd</sup> Session: Smt. Somasree Chakraborty: Advocate Siliguri Court. She highlighted cases of Women victims of domestic violence across different strata of the society.

### 2019-20

International Women's Day was observed through a training session on Taekwondo by RSA Taekwondo Association, JDTA, Jalpaiguri for the students of the college.

### 2020-21

International women's day was celebrated online due the pandemic. Students tried to send messages by drawing posters and shared in the social media and also in the NSS group created by NSS Unit, University of North Bengal. Even the important observed days related to Gender equality was shared with the students of the college through the College Website to make them aware of the same.

### 2021-22

Under the aegis of Kanyasree Prakalpa, the Students of Siliguri Mahila Mahavidyalaya (KANYASREE BAHINI) organised a cleanliness program in the surroundings of the college. A rally was also organised to generate awareness regarding cleanliness.

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**2022-23**

Free Health check up camp and Awareness Generation camp regarding women's health was organised by NSS units of the college. This was followed by distribution of sanitary Napkins to the students of the college.

Awareness generation program on "life skills for women Empowerment" . Smt. Durba Moitra from Duhita NGO acted as the speaker.

A Forum theatre on "Durga Durgati Nasini" was organised by alumni, Priyanka Chakraborty and her troupe.

18/5/24

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PHOTOS ON OBSERVING INTERNATIONAL WOMEN'S DAY

17.05.24