

**NATIONAL LEVEL ONLINE CAREER COUNSELLING SESSION**

**DATE: 03.04.2024**

**TIME: 12 PM**

**ONLINE MODE**

**LINK: (<https://meet.google.com/pnc-zqis-krm>)**

**PATRASAYER MAHAVIDYALAYA**

**Presents**

**ONLINE CAREER COUNSELLING SESSION**

**Organised by Career Counselling Cell**

**April 3rd, 2024 at 12 pm**

**Resource Person**



**Ms. Shomia Biswas,  
Founder,  
YOGA PLEASE  
Bengaluru, Karnataka**

**Venue: Virtual Room**

**Patrasayer Mahavidyalaya**

Patrasayer Mahavidyalaya is an institution which is pragmatic in every way. As far as the current situation of the world is concerned, the face and nature of career has changed. Several home based career prospects have surfaced and have been made available to the individuals with the help of internet.

Thinking on that note, the college Career Counselling Cell had arranged for an online counselling session focusing on alternative career opportunities which could be explored by students.

On 3<sup>rd</sup> April, 2024, an Online Career Counselling Session was arranged by the Career Counselling and Placement Cell of the college for its students. The invited speaker was Ms. Shomia Biswas, Founder of an online yoga platform named *YOGA PLEASE* who spoke at length with the students through online mode.

Dr. Santosh Koner inaugurated the Career Counselling Session by talking about the necessity of exploring alternative career options in the contemporary world. He further said that to practice yoga and other physical activities and then transforming it into a full time career is indeed a praiseworthy initiative. He welcomed Ms. Biswas to the online career counseling session most heartily.

Ms. Shomia Biswas spoke about her own journey as a female entrepreneur who delved into the domain of yoga and turned it into an online platform to help many. She advised the students to understand the changing nature of modern economy and then carefully plan for a sustainable career. She further informed them about ways in which young individuals can shape their careers by taking alternative paths.

The students found the talk to be highly motivating and they expressed their concerns freely in front of the speaker and she carefully addressed all of their doubts.

The program ended with a vote of thanks from Dr. Ritushree Sengupta, the Convenor of the Career Counselling and Placement Cell, Patrasayer Mahavidyalaya.

# CAREER COUNSELLING PROGRAMME 30/04/2024

This screenshot shows a Zoom meeting interface. The main area displays a grid of video thumbnails for participants. The top row includes Avijit Roy (a group photo), Dipankar Dhara (a circular profile picture), and Shomia Biswas (a video feed). The second row shows Priya Roy (a purple circle with 'P'), Dr. Dinabandhu Kundu (a video feed), and Kousik Nandi (a circular profile picture). The third row features Ritushree Sengupta (a circular profile picture), a group of 92 others (represented by 'S' and 'R' in circles), and Aparajita Mukherjee (a circular profile picture). At the bottom, a control bar shows the time as 12:08 PM and the meeting ID as pnc-zqis-krm. A 'People' sidebar on the right lists participants: Aparajita Mukherjee (You), AKASH DUTTA, AMIT ROY, amrita sarkar, Animesh Ghosh, and Anjan Chowdhury.

meet.google.com/pnc-zqis-krm?pli=1

This screenshot shows a different view of the Zoom meeting. The grid layout is similar to the first screenshot. The top row shows Piru Bagdi (a dark video feed), Dipankar Dhara (a circular profile picture), and Shomia Biswas (a video feed). The second row shows Priya Roy (a purple circle with 'P'), Dr. BISHNU PRASAD DASH (a circular profile picture), and Kousik Nandi (a circular profile picture). The third row shows a video feed of a woman, a group of 90 others (represented by 'S' in a circle), and a circular profile picture of Aparajita Mukherjee. The 'People' sidebar on the right lists participants: Aparaj, AKASH, AMIT F, Amrita, amrita, and Anjan.

This screenshot shows a Google Meet grid with the following participants:

- Piru Bagdi (muted)
- Dipankar Dhara
- Shomia Biswas (active video)
- PRIYA ROY (muted)
- Dr. BISHNU PRASAD DASH
- Kousik Nandi
- 90 others (muted)

On the right, the 'People' sidebar shows a search bar and a list of contributors including Aparaj, AKASH, AMIT F, Amrita, amrita, and Anjan t.

This screenshot shows a Google Meet grid with the following participants:

- Avijit Roy (video of a classroom)
- Dipankar Dhara
- Shomia Biswas (active video)
- PRIYA ROY (muted)
- Soumi Nandi
- Kousik Nandi
- Ritushree Sengupta (muted)
- 92 others (muted)
- Aparajita Mukherjee

The 'People' sidebar is open, showing a search bar and a list of 100 contributors, including Aparajita Mukherj... (You), AKASH DUTTA, AMIT ROY, amrita sarkar, Animesh Ghosh, and Anjan Chowdhury.

At the bottom, the status bar shows the time 12:07 PM, the meeting ID pnc-zqis-krm, and various control icons for volume, chat, and video.

The screenshot shows a Google Meet interface with a grid of participants. The participants are arranged in a 3x3 grid. The top row includes Sumit Baj, Soumi Nandi, and Shomia Biswas. The middle row includes Rupa Ghosh, Pradip Goswami, and Bablu Karmakar. The bottom row includes a participant with glasses, a placeholder for 80 others, and a participant with dark hair. The 'People' sidebar on the right shows a search bar, a section for 'IN MEETING' with 'Raised hands (first to last)' listing Soumi, Rupa C, and Pradip, and a 'Contributors' section listing Aparaj.

This screenshot is identical to the one above, showing the same Google Meet interface with a grid of participants and a 'People' sidebar. The participants are arranged in a 3x3 grid. The top row includes Sumit Baj, Soumi Nandi, and Shomia Biswas. The middle row includes Rupa Ghosh, Pradip Goswami, and Bablu Karmakar. The bottom row includes a participant with glasses, a placeholder for 80 others, and a participant with dark hair. The 'People' sidebar on the right shows a search bar, a section for 'IN MEETING' with 'Raised hands (first to last)' listing Soumi, Rupa C, and Pradip, and a 'Contributors' section listing Anaraj.

This screenshot shows a Google Meet interface with a 3x3 grid of participants. The top-right tile is active, showing a video feed of 'hem kusum'. The other tiles show profile pictures and names: 'RUPA BARAT', 'Soumi Nandi', 'Rupa Ghosh', 'Pradip Goswami', and 'AKASH DUTTA'. A central tile shows a group photo and '79 others'. On the right, the 'People' sidebar is visible, featuring a search bar and a list of participants under the heading 'IN MEETING'. The list includes 'Soumi', 'Rupa C', 'Pradip', 'RUPA I', and 'AKASH'.

This screenshot shows the same Google Meet interface as above, but with a different focus. The bottom-left tile is now active, showing a video feed of a woman with glasses. The grid layout remains the same, with 'hem kusum' still in the top-right tile. The 'People' sidebar on the right is identical to the first screenshot, listing participants in the meeting.

# **PATRASAYER MAHAVIDYALAYA**

**NAAC ACCREDITED (GRADE B, 1<sup>ST</sup> CYCLE)**

**(AFFILIATED TO BANKURA UNIVERSITY)**



## **ONE DAY NATIONAL CAREER COUNSELLING PROGRAMME**

**(In Blended Mode)**

**ORGANISED BY IQAC & CAREER COUNSELLING CELL**

### **LETTER OF APPRECIATION**

*This is to gratefully acknowledge that Ms. Shomia Biswas, Founder, YOGA PLEASE, Bengaluru, Karnataka has conducted a Career Counselling Session as RESOURCE PERSON in the One-Day National Career Counselling Programme organised by IQAC, & Career Counselling Cell, Patrasayer Mahavidyalaya on April 3<sup>rd</sup>, 2024.*

*Ritushree Sengupta*

**Dr. Ritushree Sengupta**

*Co-Ordinator, IQAC, &*

*Convenor, Career Counselling Cell*

*Patrasayer Mahavidyalaya*

*S. Koner*

**Dr. Santosh Koner**

*Principal*

*Patrasayer Mahavidyalaya*

# PATRASAYER MAHA VIDYALAYA

## Teachers' ATTENDANCE SHEET

SUBJECT: Career Counselling Programme

Date- 03/04/24



SL. NO	NAME	DESIGNATION	DEPARTMENT	CONTACT NO	SIGNATURE
1.	Oisani Bhattacharya -jee	Assistant Professor	Philosophy	7679453796	932 03.04.2024
2.	Aparajita Mukherjee	Assistant Professor	English	9932026927	Shriyer 03/04/24
3.	Dr. Riteshree Senapati	Assistant Professor	English	8334887707	R. Senapati 03/4/24
4.	Sanjay Kr Samanta	SACT	EXVS	6296752302	Samanta 03/04/24
5.	PINKY LAMA	Assistant Professor	Political Science	9733008431	Lama 03/4/24
6.	Dinabandhu Kundu	Assistant Professor	Bengali	9933531478	D. Kundu 03/04/2024
7.	Dr. Priya Jyoti Samanta	Associate Prof.	History	9474007992	Samanta 03/04/24
8.	Achintya Kundu	Asst. prof	Sanskrit	8016568515	Kundu 03/04/24
9.	Samapli Roy(Sainy)	SACT	Philosophy	9734221159	S. Roy (Sainy)
10.	Shankar Chandra	Invited teacher	Bengali	9795881295	Shankar
11.	Rasmita Palui	Invited teacher	Phy. Edu.	9547272020	Palui

S. K. Roy  
Principal 03/4/24  
Patrasayer Mahavidyalaya  
Patrasayer :: Bankura



# PATRASAYER MAHAVIDYALAYA

SUBJECT: *Teachers' Career Counselling*  
 ATTENDANCE SHEET  
 Date- *03/04/2024*



SL. NO	NAME	DESIGNATION	DEPARTMENT	CONTACT NO	SIGNATURE
1.	<i>Rajani Birkela</i>	<i>Asst. Prof.</i>	<i>Political Science</i>	<i>700650662</i>	<i>Rajani Birkela</i>
2.	<i>Ujjwal Dutta</i>	<i>SACT</i>	<i>Bengali</i>	<i>8926798934</i>	<i>Ujjwal Dutta</i>
3.	<i>Samapli Roy (Sain)</i>	<i>SACT</i>	<i>philosophy</i>	<i>9734221159</i>	<i>S. Roy (Sain)</i>
4.	<i>Amrita Sarkar</i>	<i>SACT</i>	<i>philosophy</i>	<i>9681537177</i>	<i>Amrita</i>
5.	<i>Santimoy Ghosh.</i>	<i>SACT</i>	<i>Philosophy</i>	<i>9564951938</i>	<i>Ghosh</i>
6.	<i>SK Manirul</i>	<i>SACT</i>	<i>History</i>	<i>9732294979</i>	<i>SK Manirul</i>
7.	<i>Sanjay K. Samanta</i>	<i>SACT</i>	<i>ENVS</i>	<i>6296752302</i>	<i>Sanjay</i>
8.	<i>Rousik Nandi</i>	<i>SACT</i>	<i>English</i>	<i>9732212073</i>	<i>Rousik</i>
9.	<i>Tapas Samu</i>	<i>SACT</i>	<i>Education</i>	<i>9732117106</i>	<i>Tapas Samu</i>
10.	<i>Deban Ghosh</i>	<i>SACT</i>	<i>Edu.</i>	<i>9735199433</i>	<i>Ghosh</i>
11.					

*S. K. Roy*  
 Principal *03/4/24*  
 Patrasayer Mahavidyalaya  
 Patrasayer :: Bankura

# PATRASAYER MAHA VIDYALAYA

## STUDENT'S ATTENDANCE SHEET

Date: 03/04/24

SUBJECT: One Day National Career Counselling Programme

Sl. NO	STUDENT NAME	SEM	ROLL NO	ID	SIGNATURE
1.	Pradip Goswami	2st	424	23151238006	Pradip Goswami
2.	Akash Dutta	2st	232	23151238025	Akash Dutta
3.	Arnab Guha Thakurata	2st	234	23151238023	Arnab Guha Thakurata
4.	Sabuj Lohar	2st	245	23151238024	Sabuj Lohar
5.	JH Bau				
6.	Sahab Barua	2st	246	23151238010	Sahab Barua
7.	Bishwajit Mondal	2st	57	23151238003	Bishwajit Mondal
8.	Arpita Pal	2nd	14		Arpita Pal
9.	Trishna Roy	2nd	13	<del>23151238008</del>	Trishna Roy
10.	Vijayal @om.	2nd	372	23151238028	Vijayal @om.
11.	Jit Bawri	2nd	103	23151238009	Jit Bawri
12.	Subhira Mondal	2nd	431	22151207009	Subhira Mondal
13.	Chanchal Barua	4th	162	22151207004	Chanchal Barua
14.	BAISTI PANJA	2nd	237	23151238016	Baizle Panja
15.	Nupesa Khatun Megha	2nd	419	23151238026	Megha Khatun
16.	Nupesa Khatun	2nd	425	23151238008	Nupesa Khatun
17.	PIYALI ROY	2nd	428	23151238014	Piyali Roy
18.	RITA ROY	2nd	430	23151238015	Rita Roy
19.	PARIYA BAGDI	2nd	426	23151238013	Pariya Bagdi
20.	KOYEL NANDI	2nd	431	23151238012	Koyel Nandi
21.	Kobirwi Khatun	2nd	239	23151238005	Kobirwi Khatun
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S. K. Roy  
03/04/24

Principal

Patrasayer Mahavidyalaya  
Patrasayer :: Bankura

# PATRASAYER MAHA VIDYALAYA

SUBJECT:

STUDENT'S ATTENDANCE SHEET

Date:



Sl. NO	STUDENT NAME	SEM	ROLL NO	UID	SIGNATURE
1.	Salma Khatun	2nd	133	23151203021	Salma Khatun
2.	Sayanti Khan	2nd	33	23151203016	Sayanti Khan
3.	Khadija Khatun	2nd	134	23151203023	Khadija Khatun
4.	Rachana Sarkar	4th	16	22151101002	Rachana Sarkar
5.	Purnima Pal	4th	75	22151101028	Purnima Pal
6.	monika Khatun	4th	520	22151101034	monika Khatun
7.	Avijit Lohar	4th	481	22151201147	Avijit Lohar
8.	Sumit Pal	4th	169	22151101001	Sumit Pal
9.	Manisha Lohar	4th	206	22151109012	Manisha Lohar
10.	Somasree Karanika	4th	26	22151109008	Somasree Karanika
11.	Laxmi Roy	4th	24	22151109007	Laxmi Roy
12.	Sangeeta Muleherjee	4th	41	22151109010	Sangeeta Muleherjee
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