



Workshop on Psychological Counselling



Surendranath Law College

24/2 Mahatma Gandhi Road
Kolkata-700 009

<https://snlawcollege.ac.in>

Psychological Counselling Workshop-2024

Psychological counselling refers to the application of mental health , psychological and human development principles through cognitive or affective behavioural interventions and strategies which address the concerns of wellness, personal and professional growth and career of individuals.

Surendranath Law College, organized a Psychological C Counselling Workshop on the theme: "Life Balance and Stress Management: Challenges of Youth", to observe "Students' Week 2024", for all law students. Under the guidance and support of our respected Vice-Principal madam, we are honored to invite the dignitaries namely Professor Sumita Saha, Presidency University and Dr.Gargi Dasgupta, CMC as a invited resource speakers to grace the programme. The entire programme was counselled and coordinated by Dr. Mohammadi Tarannum, Vice Principal, Surendranath Law College.

Stress is a psychological condition and body discomfort. Stress has both physical as well as psychological aspect. Stress has become an inalienable part of modern lifestyle. Stress management techniques enable individuals to cope with stress, mitigate its harmful effects and prevent stress from spiralling into unmanageable proportions. The goal of stress management is not to eliminate stress but its proactive Stress management approaches include:

- Learning skills such as problem-solving, focusing on important tasks first and managing your time.
- Improving the ability to cope with difficult events that happen in life.
- Practicing relaxation techniques such as deep breathing, yoga, meditation, exercise and prayer.
- Improving one' personal relationships.

This workshop played a great beneficial role in making the students aware about the advantages and significance of psychological counselling. They got much needed exposure in ways of improving their emotional intelligence, dealing with exam and peer pressure, learn time management and goal setting skills and learning coping methods which are critical for attaining both academic success and development of personality.



Extension Activities Committee
of
SURENDRANATH LAW COLLEGE

OBSERVES :-

**"STUDENTS
WEEK 2024"**

**"PSYCHOLOGICAL
COUNSELLING
WORKSHOP"**

TOPIC:

**WORK-LIFE BALANCE AND STRESS MANAGEMENT:
CHALLENGES OF YOUTH**

Organised by:

Mafuza Yasmin

Asst. Professor

Convener, Extension Activities Committee
Surendranath Law College

Speakers:

Professor. Sumita Saha,

Presidency University

Dr. Gargi Dasgupta,
Calcutta Medical College

Programme Chairperson:

Dr. Mohammadi Taranum

Vice Principal

Surendranath Law College

08. 01. 2024 (Monday) 10.00 A.M. onwards (Venue - Seminar Hall)

SURENDRANATH LAW COLLEGE

24/2 Mahatma Gandhi Road, Kolkata -700009

CERTIFICATE OF PARTICIPATION

This is to certify

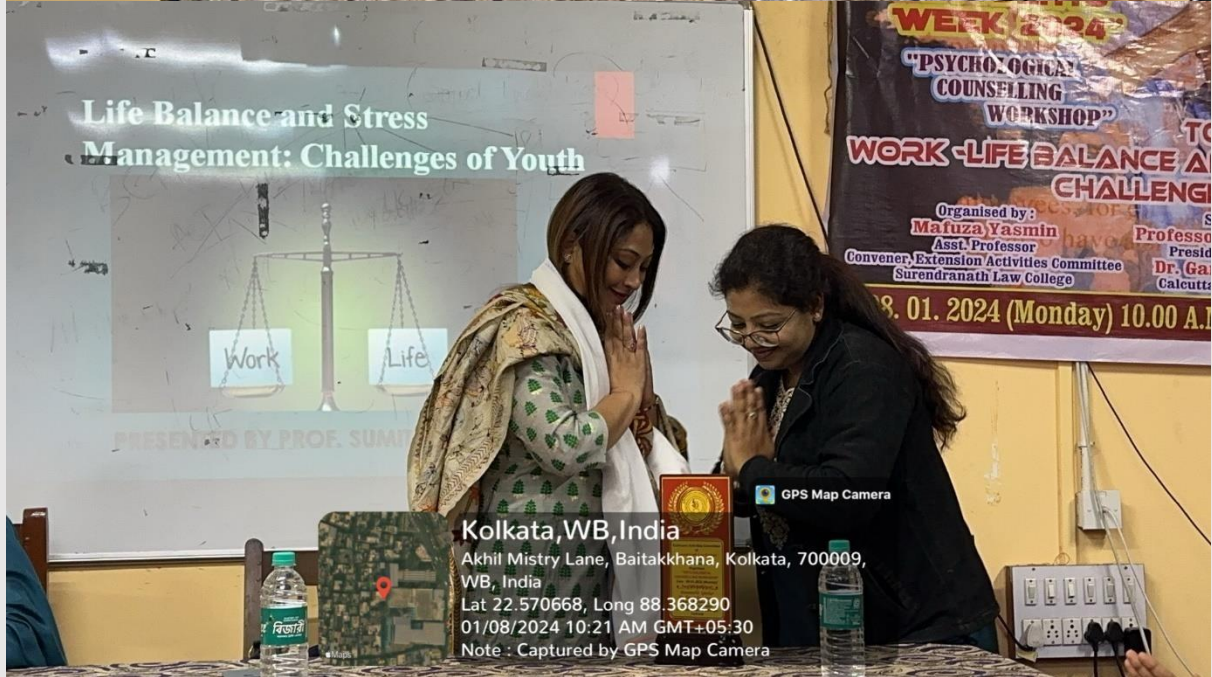
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----- Semester has participated in
Psychological Counselling Workshop organised by Extension
Activity Committee of SURENDRANATH LAW COLLEGE to
observe Student's Week 2024 on 08.01.2024

Organised by:

Mafuza Yasmin
Asst. Professor
Convener, Extension Activities Committee
Surendranath Law College

Programme Chairperson:

Dr. Mohammadi Tarannum
Vice Principal
Surendranath Law College





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Kolkata, WB, India

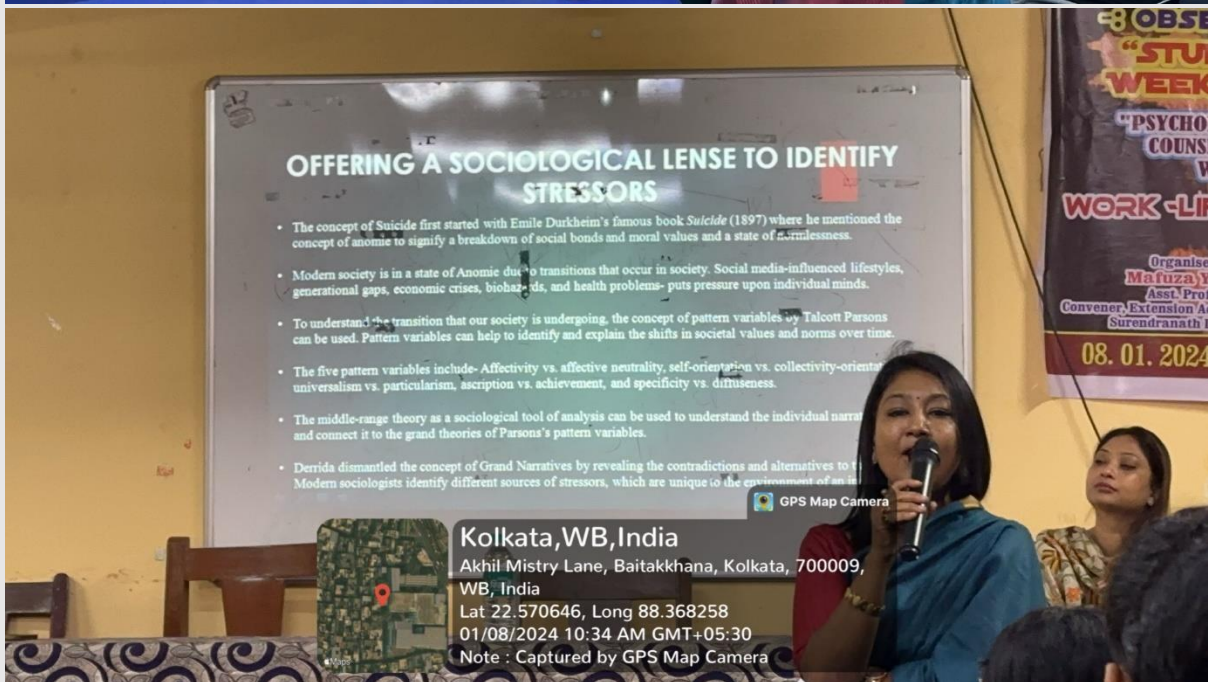
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OFFERING A SOCIOLOGICAL LENSE TO IDENTIFY STRESSORS

- The concept of Suicide first started with Emile Durkheim's famous book *Suicide* (1897) where he mentioned the concept of anomie to signify a breakdown of social bonds and moral values and a state of aimlessness.
- Modern society is in a state of Anomie due to transitions that occur in society. Social media-influenced lifestyles, generational gaps, economic crises, biohazards, and health problems- puts pressure upon individual minds.
- To understand the transition that our society is undergoing, the concept of pattern variables by Talcott Parsons can be used. Pattern variables can help to identify and explain the shifts in societal values and norms over time.
- The five pattern variables include- Affectivity vs. affective neutrality, self-orientation vs. collectivity-orientation, universalism vs. particularism, ascription vs. achievement, and specificity vs. diffuseness.
- The middle-range theory as a sociological tool of analysis can be used to understand the individual narrative and connect it to the grand theories of Parsons's pattern variables.
- Derrida dismantled the concept of Grand Narratives by revealing the contradictions and alternatives to them. Modern sociologists identify different sources of stressors, which are unique to the environment of an individual.

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