

ISSUE

- HOPE IN HAND: RESOURCES FOR EVERY STRUGGLE - EMOTIONAL & PSYCHOLOGICAL WELL-BEING OF STUDENTS
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HIGHLIGHTS

The Collegium journey continues to unfold as more than a chronicle of campus events—it's a living guide for student well-being, growth, and discovery.

PRESIDENT'S MESSAGE

The Collegium journey continues to unfold as more than a chronicle of campus events—it's a living guide for student well-being, growth, and discovery. This issue blends mental health insights with rich career-option features from our dedicated faculty, offering readers both direction and inspiration.



JAYANTA MOULIK
PRESIDENT, GB

I am particularly impressed by how the newsletter interweaves practical advice, personal narratives, and data-driven research to illuminate pathways in science, commerce, arts, and beyond.

Such breadth encourages students to explore interdisciplinary fields, connect with mentors, and chart their own futures confidently.

Looking ahead, I hope Collegium will amplify alumni success stories, showcase innovative research projects, and foster dialogues on sustainability, digital literacy, and the arts. May this platform continue to inform, empower, and unite us—guiding every member of the Surya Sen family toward excellence and holistic well-being.

Dear Collegium Readers,

Mental health has emerged as one of the most urgent challenges confronting our students and staff, and it's heartening to see our cover story tackle it so comprehensively. The Collegium editorial team has thoughtfully invited a respected psychiatrist to shed light on the complexities of stress, anxiety, and resilience with exceptional clarity and genuine compassion. This initiative not only raises awareness but sparks hope across our campus community.

At Surya Sen Mahavidyalaya, we're committed to transforming this conversation into concrete support. In the coming months, you'll see ongoing workshops, peer-led support circles, and tailored orientation sessions for faculty and administrators. We'll also ensure that anonymous feedback



DR. P. K. MISHRA

FROM THE PRINCIPAL'S DESK

channels and crisis helpline information are prominently available to everyone. These efforts reflect our belief that emotional well-being underpins academic success, creativity, and a vibrant campus life.

I look forward to future editions of Collegium shining a spotlight on other critical issues—be it digital wellness, inclusive pedagogy, or environmental stewardship—and inspiring all of us to build a more resilient, empathetic college community.

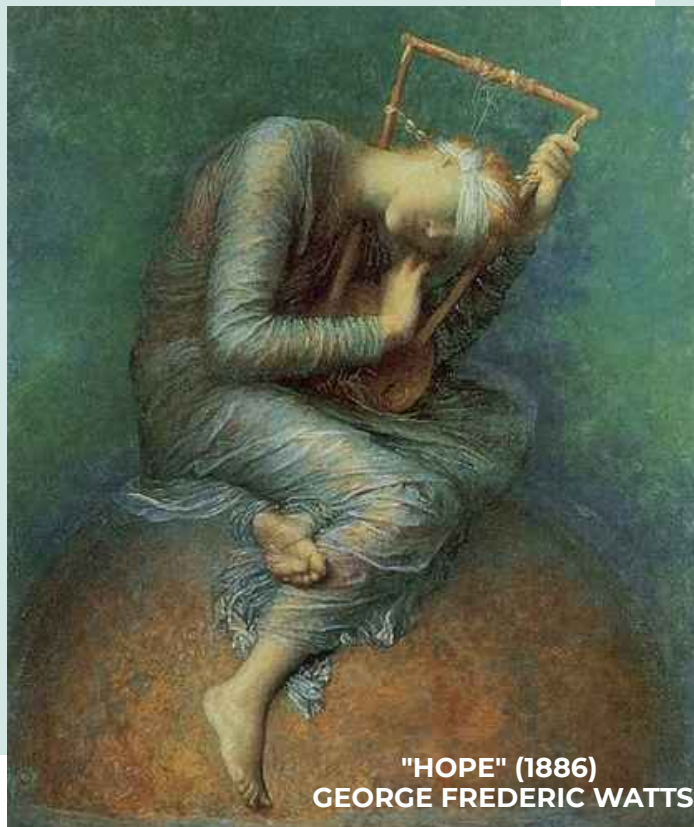
HOPE IN HAND

RESOURCES FOR EVERY STRUGGLE

THROUGH THE LENS OF HOPE

In times when the weight of expectations, uncertainty, and silent battles can cloud a student's path, Collegium steps forward with 'Hope in Hand' — our cover feature to address emotional and psychological well-being. This initiative seeks to remind every reader that resilience is not a distant ideal, but a skill we can nurture together.

Guided by the insight and empathy of Dr. Madhuri Sarkar, a renowned Psychiatrist from Siliguri, this cover feature charts a compassionate course through the complex terrain of student life — from anxiety and self-doubt to the lingering shadows of past trauma. Her approach blends clinical clarity with human warmth, offering practical steps alongside the reassurance that seeking help is a sign of strength, not weakness. Drawing on her deep understanding of emotional struggles, she shapes Hope in Hand into a steady light for those finding their way across uncertain ground, transforming it into both a source of guidance and a reminder that resilience can be nurtured, shared, and lived.



"HOPE" (1886)
GEORGE FREDERIC WATTS



WE ARE WHAT OUR THOUGHTS
HAVE MADE US; SO TAKE CARE
ABOUT WHAT YOU THINK. WORDS
ARE SECONDARY. THOUGHTS
LIVE; THEY TRAVEL FAR.



-SWAMI VIVEKANANDA



MEET THE MENTOR

DR. MADHURI SARKAR
PSYCHIATRIST

As a psychiatrist practicing for over 5 years in both private and government setups, her keen interest has always been understanding the functional brain network, the neuro chemistry, and how does it impact our behaviour. She has been trained as a postgraduate in the esteemed institute of North Bengal Medical College and received further training as a senior resident in Jalpaiguri Govt Medical College. Quite recently, she founded a psychiatric OPD set up in the heart of the city: Amina Healthcare, with an aim to provide a compassionate and patient-centered approach, focusing on combining evidence-based treatments with individualized care to promote mental well-being and recovery. The ailments of the mind and their behavioural manifestation has always been her keen interest. She strives to reduce the stigma associated with mental illnesses and those seeking treatment for them. She hopes to contribute actively to advancing mental health awareness and holistic patient care

Questions about concentration, motivation, and study-related guilt that affect learning

SUSTAINED ATTENTION IN THE DIGITAL AGE

"I struggle to maintain attention during study sessions because digital materials keep pulling me into other online content; what therapeutic strategies or study habits can help me focus?"

Many of us sit down to study, only to find ourselves scrolling, clicking, or wandering through online distractions. If you've ever thought, "Why can't I just focus?", the good news is that it's not your fault and you are not alone. This phenomenon reflects an interaction between neurocognitive vulnerabilities and environmental overstimulation. Neuroscientific evidence suggests that digital platforms exploit attentional networks by delivering novelty and reward at high frequency, reinforcing attentional shifts rather than sustained concentration.

- **Work in Short Bursts:** Small wins build momentum: Try the "Pomodoro technique": 25 minutes of focused study followed by a 5-minute break.
- **Limit social media or unnecessary websites** while you study.
- Create a **dedicated study space**
- When you notice your mind wandering, gently bring it back to the task. It's not easy in the beginning but then you will get the hang of it.
- Sleep, exercise, and healthy meals are the fuel that drives your concentration

Remember: Getting distracted doesn't mean you've failed—it means your brain is human. Each time you return to your work, you're strengthening your ability to focus. Attention is like a muscle. In the digital age, it takes some extra training to keep it strong—but with the right habits, you can build the focus you need to study effectively.

Lack of motivation is a common struggle, which often leads to a vicious cycle: procrastination → guilt → more avoidance → even lower motivation. From a psychiatric perspective, this cycle is closely linked with executive function, reward processing, and mood regulation. Low motivation does not always signal laziness or lack of discipline. It may reflect cognitive overload and the brain's natural preference for short-term rewards over delayed outcomes.

- **Redefine "Starting":** Instead of waiting for motivation, shrink the first step. For example: "I'll just open the book and read for 2 minutes."
- **Action before motivation:** Small actions (sitting at the desk, writing a heading) are often enough to generate the motivation
- **Self-criticism fuels avoidance:** Replace "I wasted so much time" with "I can restart now, even for 10 minutes."
- **Reward Pathway:** Pair study time with small, immediate rewards (a cup of tea, a short walk, or checking off a list).

STARTING WHEN MOTIVATION IS LOW

"Some days I can't find the motivation to even start studying. How do I break out of this cycle without feeling guilty all the time?"

Remember: Motivation rarely arrives fully formed—it is often the result of action, not the cause

FEELING BEHIND DESPITE EFFORT

"How do I cope when I feel like I'm falling behind everyone else, even though I'm working as hard as I can?"

Despite genuine effort, many students feel others are advancing faster, achieving more, or coping better. From a psychiatric perspective, this experience is often rooted in social comparison and perfectionistic standards. In the digital age, constant exposure to curated images of others' success amplifies the belief that one's efforts are inadequate. Over time, this sense of falling behind can lead to self-doubt, anxiety, and even burnout.

- Replace “Am I ahead of others?” with “Am I ahead of where I was yesterday?” Personal growth is a healthier benchmark than external competition.
- Validate Your Effort and acknowledge the hard work you are putting in
- Mindful Digital Use: reduce exposure to feeds that fuel comparison and mental exhaustion
- Set Realistic Goals- Break ambitions into smaller, achievable steps. Celebrate micro-successes.

Remember: You are not running the same race as everyone else—your path has its own pace and value.

GUILT ABOUT REST AND RECOVERY

“I feel guilty and anxious when I rest or take time off, as if I’m being lazy. How do I accept rest without guilt and keep a healthy balance?”

Remember:
Motivation rarely arrives fully formed—it is often the result of action, not the cause

Rest, (often misinterpreted as idleness), is not a luxury—it is a biological and psychological necessity. The brain consolidates memory during sleep, creativity often arises during downtime, and emotional resilience depends on recovery cycles. Without intentional rest, effort itself becomes less effective.

- View rest not as “lost time” but as active investment in future performance and health
- Schedule Rest Intentionally
- Practice self-affirmations: “I deserve recovery. Rest helps me sustain effort.”
- **Mindful Rest:** Engage fully in restorative activities (a walk, music, meditation) instead of half-resting while worrying about tasks. mindless scrolling during this period can enhance cognitive overload and in turn increase the burnout.



“A SCHOLAR IN HIS STUDY”
THOMAS WYCK
17TH CENTURY

EXAMINATION PERFORMANCE & TEST ANXIETY

Practical and psychological approaches to reduce exam-related panic and improve performance.

SEVERE EXAM ANXIETY / PANIC

“I experience severe anxiety during exams—sometimes like a panic or ‘fear psychosis’. What strategies can help me manage this effectively?”

Young students often come to my clinic with similar complaints of performance anxiety, described as overwhelming fear, racing thoughts, or even panic-like states. Students may feel their mind “go blank,” experience palpitations, sweating, breathlessness, or dread of failure.

• Breathe It Out

Try the 4-4-6 method: inhale 4 sec → hold 4 sec → exhale 6 sec. Repeat 3-4 times.

• Ground Yourself

Look around and name 5 things you see, 4 things you feel, 3 things you hear. Brings you back to the present.

• Reframe the Thought

Swap “If I fail, it’s the end” with “This exam matters, but it doesn’t define my whole life.”

EXAMINATION PERFORMANCE & TEST ANXIETY

Practical and psychological approaches to reduce exam-related panic and improve performance.

- **Practice in Advance**

Simulate exam conditions with timed mock tests. Familiarity reduces fear.

- **Care for Your Body**

Sleep well, eat balanced meals, stay hydrated. Skip excess caffeine—it mimics panic.

- **Rest Your Mind**

Short mindfulness or relaxation exercises daily can calm the body's stress system. When to Seek Help?

If anxiety turns into repeated panic attacks or feels unmanageable, reach out to a mental health professional. Support and treatment are available.

Remember: Exams measure knowledge, not worth—and managing anxiety is part of preparing as much as studying itself.



"THE NIGHT BEFORE THE EXAM"
(1935)
LEONID OSIPOVICH PASTERNAK

FEAR-DRIVEN PROCRASTINATION

"I make timetables but still can't begin properly; the fear of failing paralyzes me. How can I break this pattern?"

From a psychiatric lens, procrastination is linked to performance anxiety, perfectionism, and avoidance behaviour. By postponing tasks, individuals gain temporary relief from anxiety—but in the long run, procrastination reinforces fear, leading to guilt, shame, and lowered self-esteem. This anxiety is a result of fear of failure, of not meeting expectations, or the sense of being "not good enough".

- Lower the threshold of starting to reduce the fear barrier: Replace "complete this chapter" with "read the first paragraph."
- Redefine Failure: Failure is feedback, not a verdict. Even partial progress counts as success.
- Instead of vague plans, set "If-Then" cues: "If it's 7 p.m., then I will sit at my desk and open my notes."
- Action generates momentum. Begin before you feel ready—the sense of progress lowers anxiety.
- Harsh self-talk deepens paralysis. Replace "I'm useless for not starting" with "This is difficult, but I can try a small step."

Professional Support: Psychiatrists and mental health professionals can play a crucial role in helping patients recognize the fear beneath procrastination and build healthier patterns of action.

WORK, FINANCE & ACADEMIC ACCESS

Structural and emotional difficulties that arise when students must balance earning, expenses, and academic goals

For many students, academics are not the only responsibility. Part-time jobs provide financial support but often come with long hours, irregular schedules, and mental fatigue. The pressure of meeting both academic and work demands can lead to exhaustion, guilt about not doing enough in either domain, and emotional strain. Psychiatrically, this dual burden can heighten stress, increase risk of burnout, and trigger anxiety or depressive symptoms if left unchecked. The challenge is not only about time management—it's also about emotional resilience, boundary setting, and self-compassion.

- Accept that you may not excel in everything simultaneously. It's okay to let a few things go imperfectly.
- Use weekly planning instead of rigid daily schedules; this allows flexibility for unpredictable work shifts. Identify "high-energy hours" for academic work and reserve low-energy times for routine tasks.

BALANCING PART-TIME WORK AND STUDIES

"I work part-time to support my family and face huge pressure balancing that with my studies. How can I manage this practically and emotionally?"

- Seek Support by sharing struggles with trusted peers or mentors—many institutions offer flexibility if they are aware.
- Self-Care as Non-Negotiable: Sleep and nutrition exercise, relaxation, or hobbies directly affect academic performance and work efficiency and help prevent burnout.
- Instead of guilt (“I can’t give 100% to studies”), remind yourself: “Balancing both roles is a strength, not a weakness.”

Remember: Balance does not mean equal energy for both—it means adapting wisely to what is possible in your circumstances.

WHEN FINANCES BLOCK FURTHER STUDY

“I couldn’t get a regular MA seat and my family can’t afford self-finance options—what practical avenues or supports can a committed student pursue?”

For many students, the dream of higher education collides with harsh financial realities. Competitive exams, limited regular seats, and high tuition fees for self-finance programs often leave talented, hardworking individuals feeling stuck. This situation can trigger deep frustration, anxiety about the future, and a sense of helplessness.

- Scholarships and Fellowships
- Distance & Online Programs
- Research/Teaching Assistantships
- Re-Strategize, Don’t Abandon: Taking a “gap year” to prepare better, save money, or strengthen applications is not a failure—it is an investment.

Remember:

- Financial barriers are systemic hurdles, not a verdict on your ability.
- Share struggles with peers, mentors, or support groups. Isolation worsens distress.

WORKING TO SURVIVE WHILE STUDYING

“I took a part-time job to pay fees, rent and food; the workload made my attendance irregular and hurt my grades. How should students in this situation be counselled and supported?”

Part-time jobs to cover tuition, rent, and meals often become a lifeline. But the trade-off is heavy: long work hours, missed classes, fatigue, and slipping grades. This double burden generates not just academic setbacks but emotional strain, guilt, and feelings of inadequacy.

- This problem is not personal failure.
- Shift the focus from perfection to sustainability: passing courses steadily is a success under such conditions. Help students set realistic, achievable goals rather than all-or-nothing standards.
- Time and Energy Mapping
- **Stress Management Skills** like grounding, mindfulness, and relaxation exercises
- Encourage micro-breaks rather than long, unrealistic rest periods.
- **Career Perspective:** Frame this experience as life training, not only an academic disruption. Note that resilience, work ethic, and survival skills are equally important alongside grades.
- **Institutional Support** like flexible attendance policies, on-campus employment, scholarships & fee waivers, mentorship programs



**“POOR STUDENT” (1932)
FRED GARDNER**

Remember: Students working to survive are not less capable—they are carrying double the weight.

Navigating clashes between personal goals and family or cultural expectations

MARRIAGE VS LONG-TERM AMBITION

“My family expects me to marry soon but I dream of a long-term goal (for example, becoming a bureaucrat). I’m torn—what should I do?”

Cultural and family expectations provide belonging and stability, but unfulfilled ambitions can lead to regret, resentment, or loss of identity. The conflict is not only practical but also deeply emotional, often bringing feelings of guilt, anxiety, and divided loyalty.

- **Clarify Personal Priorities- Reflect deeply:** What matters most to me at this stage of life—security, career, personal growth, or family harmony?
- **Communicate with Empathy:** Instead of confrontation, share your aspirations with family respectfully.
- **Challenge internalized guilt** which arises from the belief that choosing yourself is selfish.
- **Talking to mentors, counsellors, or peers** facing similar dilemmas can help and clarify perspective.

This is not a battle of “self-versus family” but a negotiation between two important life paths. Ambition and relationships need not be opposites—sometimes the right timing and communication can make room for both.

MANAGING FAMILY PRESSURE WHILE STAYING TRUE TO SELF

“Balancing expectations from my family and my own career interests feels overwhelming. How do I handle the pressure without losing myself?”

This kind of conflict can contribute to stress, depressive symptoms, and a weakened sense of autonomy. The goal is not to choose “family or self” but to find a way of navigating both spheres without losing one’s identity.

- Students may feel they are living someone else’s life rather than their own. Take time to reflect. Writing down long-term goals can anchor you when external voices feel overwhelming.
- Open and respectful communication
- **Set healthy boundaries:** Accept guidance, but decide which choices are ultimately yours.
- Sometimes family’s concern comes from care and fear about your security. Understanding this can reduce resentment and help you communicate better
- Seek Neutral Support
- **Engage in stress-reducing practices**—mindfulness, journaling, or exercise—to prevent burnout from pressure. If distress turns severe (persistent sadness, hopelessness, or panic), professional support may be necessary.

Staying true to yourself does not mean rejecting family—it means carrying both care for them and respect for your own path.



MOTHER AND CHILD READING
FREDERICK WARREN FREER

In many households, young people especially women face pressure to sacrifice education for family responsibilities. The dream of higher education then feels like a burden, both emotionally and financially. The challenge is not only material but also deeply psychological. These pressures can lead to feelings of helplessness, resentment, anxiety, or suppressed ambition. Left unaddressed, they may create long-term regret or identity conflict.:

- Validating Feelings and reassurance
- Exploring Flexible Education Paths

FAMILY DEMANDS THAT BLOCK EDUCATION

“My family expects me to care for siblings or marry instead of studying, and study feels like an extra expense—what options and counselling can help?”

Navigating clashes between personal goals and family or cultural expectations

- Seeking Scholarships & Community Resources
- Family Counselling / Mediation.
- When immediate circumstances cannot change, counselling can focus on hope maintenance: keeping the sense that education may still be pursued later, even if delayed.

CAREER CHOICES & UNCERTAINTY

Guidance on making choices between passion, stability, and uncertain job markets.

CAREER ANXIETY AND JOB UNCERTAINTY

“How can I navigate career anxiety and job uncertainties to make more confident career choices?”

Remember: Career paths are rarely straight lines and having uncertainty is not a sign of weakness—it helps you build resilience and adaptability.

In today’s fast-changing world, many students and young professionals find themselves gripped by career anxiety. The fear of making the “wrong choice,” not finding stable employment, or falling behind peers can create chronic stress, indecision, and even panic. This happens as a result of new technologies and industries shift job landscapes, Comparison stress, Family / societal expectations and Fear of failure:

- Instead of seeking a “perfect” career plan, focus on building transferable skills (communication, problem-solving, digital literacy) that work across industries.
- **Divide the process:** Self-reflection → explore options → gain exposure → make a choice → test & revise.
- **Practice Career Experimentation:** Internships, short-term projects, or volunteering can give real-world clarity without permanent commitment.
- Research trends, salaries, and opportunities instead of relying on assumptions.
- **Address the Emotional Side:** Acknowledge the anxiety instead of fighting it. Use grounding exercises, journaling, or therapy to manage spirals of “what if” thinking.
- Build a Support Network

PASSION VS STABILITY

“I’m torn between following a passion with uncertain pay or a stable job with less interest—how can I make a balanced decision that considers finances and fulfilment?”



THE CHOICE OF HERCULES
(C. 1596)
ANNIBALE CARRACCI

From a psychiatric and counselling perspective, the conflict reflects two basic human needs: the need for security (safety, income, predictability) and the need for self-actualization (purpose, creativity, meaning). Students and young professionals often feel pressured to choose one path, fearing regret either way

- **Clarify Your Priorities:** Ask yourself: “What do I need most at this stage—financial stability, growth opportunity, or creative fulfilment?” Your answer may change over time, it’s okay.
- **Test the Waters:** Pursue passion projects part-time, freelancing, or as side hustles.
- **Consider Hybrid Paths:** Some careers offer overlap—teaching, consulting, entrepreneurship—where financial steadiness and passion can coexist.
- **Be Practical About Money:** Budget honestly: calculate how much you need to survive versus how much is “ideal.”

- A stable job today does not mean abandoning passion forever. Likewise, choosing passion now does not mean rejecting stability later.
- Use reflective practices (journaling, talking to mentors, therapy) to manage guilt or fear linked to the choice.

IDENTITY, TRAUMA & FAMILY RELATIONSHIPS

Deep emotional issues—attachment, childhood wounds, anger, and discovering difficult truths—that require sensitive therapeutic support.

UNRESOLVED CHILDHOOD ISSUES AND PROCRASTINATION

“I’ve felt disturbed for months and suspect unresolved childhood family issues are affecting my confidence, motivation and anger—how do I start addressing this?”

Patterns from childhood continue to echo into their present lives. Unresolved family conflicts, criticism, neglect, or unmet emotional needs often leave behind deep impressions. These early experiences may shape core beliefs. Over time, these beliefs fuel procrastination, low confidence, and irritability.

- Procrastination isn’t laziness—it’s a defence against the fear of failure or criticism.
- Anger and Irritability may mask unacknowledged unmet needs from earlier years.
- When early validation is missing, self-doubt becomes ingrained, making new challenges feel overwhelming.
- Acknowledge the link on how present struggles may be connected to past experiences
- Try writing to your younger self—what reassurance or encouragement would you have wanted then? This simple act can foster compassion and self-understanding.

- Challenge thoughts like “I’ll fail anyway” with more balanced perspectives.
- Break Tasks Down: Small, achievable goals build confidence and reduce avoidance.
- Seek Professional Guidance.

Remember: Procrastination and anger are not personal flaws—they are signals of deeper wounds asking for attention. Addressing unresolved childhood issues is not about blame but about reclaiming confidence, motivation, and peace in the present.



**THE SCREAM (1893)
EDVARD MUNCH**

Discovering adoption—especially when paired with emotional neglect or unequal treatment—can stir up grief, confusion, anger, and a search for identity.

Why It Feels So Heavy?

- Adoption challenges one’s sense of identity, like “Who am I?” and “Where do I belong?”
- Growing up without adequate validation or fairness leaves deep marks on confidence and self-worth.
- When family ties involve manipulation, anger and mistrust naturally follow.

1. Acknowledge the grief
2. Imagine speaking to your younger self with the care and reassurance that you needed back then.
3. Build Healthy Boundaries by communicating your needs clearly

4. Seek help from support groups.
5. Reframe Your Story: Adoption and neglect do not define your worth. They are experiences, not your identity.

DISCOVERING ADOPTION AND EMOTIONAL NEGLECT

“I recently learned I was adopted and feel long-standing neglect, unequal treatment and coercion—how can I process this, heal, and assert healthy boundaries?”

CONFUSION ABOUT SEXUAL ORIENTATION AND SAFETY

“I feel confused about my sexual orientation but fear family and peer reactions—what steps can help me explore my identity safely?”

The key is to create a safe space—internally and externally—where exploration feels possible. Exploring your sexual orientation is a deeply personal process. It is normal to feel uncertain, especially if your environment feels unsafe or unsupportive. Remember: confusion is not failure—it is part of the journey of self-understanding.

- **Create a Private Space:** Journaling, reading LGBTQ+ resources, or engaging with safe online communities can provide reflection without external pressure.
- **Seek Affirming Support:** Trusted friends, counsellors, or support groups can provide non-judgmental listening.
- **Learn at Your Pace:** There is no deadline for “figuring it out.” Your identity is valid even during uncertainty.
- **Boundaries with Others:** You do not need to disclose your orientation until you feel safe. Protecting yourself is not dishonesty—it is self-care.
- **Professional Guidance**

Remember: Self-discovery is a journey, not a race. You are allowed to explore safely, at your own pace.

Irritability and sudden anger may feel like they come “out of nowhere,” but they often have hidden triggers. Anger is a natural emotion, but when it erupts frequently or intensely, it can damage relationships and leave you feeling guilty or misunderstood. Here are some common reasons why?

- When your mind is already burdened, even small frustrations can trigger outsized reactions.
- Anger often masks sadness, fear, or feelings of inadequacy.
- Growing up around criticism or conflict can prime you to react quickly in self-defence.
- Irritability may be your mind’s way of signalling exhaustion, hunger, or emotional neglect.

1. **Pause and Notice:** When irritation rises, step back—even a few deep breaths can prevent escalation.
2. **Track Triggers:** Keep a log of situations that spark anger. Patterns will reveal themselves over time.
3. **Use “I statements”** to share feelings without blame, e.g., “I feel overwhelmed when tasks pile up.”
4. **Physical activity, mindfulness, or creative expression** help release pent-up tension.
5. **Seek Support:** If anger feels uncontrollable or harms close relationships, therapy can provide tools to manage it.

IRRITABILITY AND ANGER THAT HURT OTHERS

“I get irritated easily without clear reasons and sometimes hurt people with my anger—how can I understand and control it?”

ETHICS, PEER PRESSURE & DIGITAL WELLBEING

Maintaining integrity and mental balance in the face of academic pressure, digital distractions, and social expectations.

TEMPTATION TO CHEAT UNDER PRESSURE

“I’m tempted to cheat in exams or assignments because of pressure and fear of failure. How do I deal with this moral distress and find alternatives?”

Cheating might look like a quick fix, it often brings heavy costs—stress, guilt, loss of trust, and damage to self-worth. Temptation to cheat occurs as a result of fear of failure, pressure to perform and low confidence:

1. **Break Down Tasks:** Small, doable steps to reduce overwhelm.
2. **Time Management:** Use planners or Pomodoro timers to stay consistent. Learn to prioritize task and set doable goals
3. **Seek guidance** from teachers, mentors, or peers instead of hiding struggles.
4. **See setbacks as feedback**, not final judgments.

Reflect on how honesty aligns with your self-respect and long-term goals.

OVERUSE OF SOCIAL MEDIA AND DIGITAL DISTRACTION

“What practical steps can I take to overcome social-media addiction while maintaining a healthy digital balance?”

Remember: Use social media, don't let it use you.

Problematic social media use (PSMU) is increasingly conceptualized within the framework of behavioural addictions. Scrolling can drain focus, increase anxiety, and eat into time for relationships, rest, and productivity by increasing cognitive overload. Have you ever wondered why it's hard to stop? Instant rewards, endless content, fear of missing out.

1. **Set Screen Boundaries:** Fix “no-phone zones” (bedroom, study table, meals).
2. **Track Usage:** Use built-in screen-time trackers to spot patterns and set limits.
3. **Scheduled Check-Ins:** Instead of constant scrolling, check apps at 2–3 set times a day.
4. **Replace, Don't Just Remove:** Swap scrolling with activities you enjoy—exercise, journaling, music, or offline hobbies.
5. **Digital Detox Moments:** Try a short daily “offline hour” or one “screen-free day” per week.
6. **Mindful Scrolling:** Ask yourself: “Why am I opening this app right now? What do I really need?”



**"AN ALLEGORY OF TRUTH AND TIME"
1584–1585
ANNIBALE CARRACCI**

PEER AND FAMILY PRESSURE IN LIFE

“How can I handle peer and family pressure (to perform, to follow a particular path, or financial expectations) while making independent and confident life decisions?”

It's natural to feel weighed down when people you love and respect expect you to live a certain way. While their intentions may be protective, pressure can make you doubt your own choices and capabilities.

1. **Clarify Your Values:** Write down what you want in the next 5–10 years, separate from what others want.
2. **Set Gentle Boundaries:** Express appreciation for their concern, but communicate your need for autonomy. Example: “I understand you want security for me, but I need to try this path.”
3. **Build Inner Confidence:** Journaling, therapy, or mentorship can help strengthen belief in your decisions.
4. **Seek Balanced Advice:** Differentiate between constructive guidance and controlling pressure.
5. **Take Small Independent Steps:** Prove to yourself (and others) that your decisions are workable by setting small goals and showing results.

FOSTERING MENTAL WELLNESS: A COLLECTIVE STEP TOWARD SUICIDE PREVENTION

In response to a national crisis that has shaken higher education to its core, Surya Sen Mahavidyalaya took decisive action on August 29, 2025, hosting a groundbreaking awareness programme that transformed how an entire academic community approaches mental health. Breaking the Silence — Talking About Suicide emerged as more than an event—it became a watershed moment in institutional responsibility and student wellbeing.

The programme's genesis traces back to the Supreme Court's March 2025 directive, which established a national task force specifically targeting the alarming rise in student suicides across higher education institutions. This judicial intervention underscored a sobering reality: traditional academic frameworks were failing to protect vulnerable students during their most formative years.

The collaborative effort between the Indian Psychiatric Society (East Zone), the Life Skill & Wellbeing Cell, NSS Units I & II, and the Internal Quality Assurance Cell demonstrated how institutional silos can dissolve when human lives are at stake. This unprecedented partnership reflected a fundamental shift from treating mental health as an auxiliary concern to positioning it as central to educational excellence. Principal Dr. P.K. Mishra's opening remarks struck at the heart of this transformation, arguing that mental health integration within academic quality frameworks represents not just policy reform, but moral imperative. His words resonated throughout packed halls where students, faculty, and staff gathered in unprecedented unity. Dr. Bablee Mandal's complementary vision of cultivating "a quality mind" reframed academic success itself—suggesting that cognitive achievement without emotional resilience creates hollow victories.

Through the coordinated efforts of Dr. Shantanu De, Dr. Indrajit Sengupta, and Dr. Sanjay Garg, the programme featured Dr. Savita Malhotra, IPS President, whose keynote transcended typical academic presentations. Her comprehensive exploration of early warning signs, psychosocial interventions, and institutional strategies provided attendees with practical tools for recognizing and responding to mental health crises.

The subsequent confidential Q&A session proved revolutionary—creating a safe space where students could voice concerns without fear of judgment, with all participating doctors responding to their questions while preserving complete anonymity.

The programme's true impact lies in its actionable outcomes: establishing regular counselling schedules, developing peer-support networks, implementing gatekeeper training for faculty, creating anonymous feedback channels, and integrating life-skill modules into student orientation. These initiatives represent systematic change rather than superficial gestures.

This comprehensive approach acknowledges that suicide prevention requires more than crisis intervention—it demands building resilient communities where mental wellness flourishes proactively.

When stigma is broken and compassion leads the way, educational communities can become powerful agents of change—showing that collective care for student wellbeing makes transformation not just possible, but inevitable.



ACADEMIC STREAMS AND THEIR CAREER GATEWAYS

WHEN THE ROAD AHEAD FEELS UNCERTAIN, THE RIGHT WORDS CAN LIGHT THE WAY. IN THIS EDITION OF COLLEGIUM, WE HAVE PLANNED A SPECIAL FEATURE WHERE OUR FACULTY SHARE PATHWAYS THAT INSPIRE PURPOSE, PASSION, AND POSSIBILITY. THEIR INSIGHTS AIM TO GUIDE STUDENTS BEYOND CONFUSION, HELPING THEM TO SEE THE MANY DOORS THAT OPEN AFTER GRADUATION—AND THE COURAGE IT TAKES TO WALK THROUGH THEM..

CAREER PROSPECTS IN SCIENCE STREAM

CAREER OPPORTUNITIES FOR GENERAL SCIENCE GRADUATES IN INDIA

A degree in science may seem like just the end of the road, but it opens the door to many exciting career paths. Whether you want to study further or start working right after graduation, there are plenty of options available.

If you enjoy learning and research, you can go for post-graduate studies (M. Sc.) in your subject or in applied fields such as Biotechnology, Environmental Science, Forensic Science, or Data Science. Students with strong interest in academics can also prepare for examinations like IIT-JAM, which leads to the opportunity to study M. Sc. In IITs and NITs. They can also prepare for examinations like CSIR-NET, GATE, SET or SLET, which pave the path for research fellowships and PhD opportunities and/ or joining colleges and universities as assistant professors. Teaching in schools (after B.Ed.) is another respected choice.

For those looking at government jobs, a science degree makes you eligible for a wide range of examinations—civil services, banking, SSC, railways, defence, and public sector units like ISRO, DRDO, and BARC. Many of these jobs value the problem-solving and logical thinking skills that science students naturally develop.

The private sector also offers many opportunities. You can work in the pharmaceutical industry, healthcare laboratories, quality testing, environmental projects, data analytics, even EdTech companies that design educational content. With some additional skills like computer programming, data analysis, or even foreign languages, your career choices expand into modern fields such as artificial intelligence, bioinformatics, and business analytics.

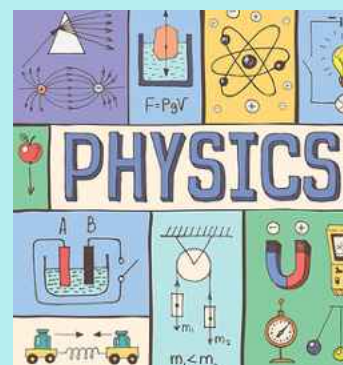
Remember, a science degree is not a limitation, it is a strong foundation. By adding new skills and following your interests, you can build a rewarding career in research, industry, education, or government services. The key is to stay curious, keep learning, and grab opportunities that match your passion

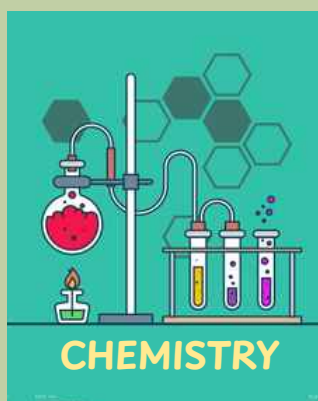


Biswajit Bhowmik
Associate Professor
Department of Chemistry

CAREER OPTIONS BY SUBJECTS

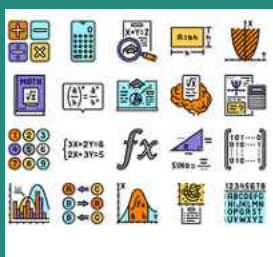
Students of Physics can pursue higher studies through M.Sc. programs with specializations in Astrophysics, Nuclear Physics, Solid-State Physics, or Electronics. Applied courses such as Geophysics, Medical Physics, Nanoscience, and Renewable Energy also offer good career prospects. For research-oriented students, integrated PhD programs at institutes like IISc, IITs, IISERs, and TIFR provide excellent opportunities. Career options after Physics include teaching in universities, colleges, schools, or coaching centers, working in research laboratories such as ISRO, DRDO, BARC, and PRL, or taking up technical roles in electronics, instrumentation, and the energy sector. With specialization, students can also build a career in Astronomy and Space Science.





Chemistry graduates can opt for M.Sc. in Organic, Inorganic, Physical, Analytical, or Nuclear Chemistry. Applied fields such as Biochemistry, Pharmaceutical Chemistry, Environmental Chemistry, Food Chemistry, and Forensic Science are also popular. Professional areas like Industrial Chemistry and Polymer Science add further career options. Career paths include working in R&D divisions of pharmaceutical, chemical, paint, and polymer industries, engaging in quality control, regulatory affairs, and laboratory testing, or joining forensic labs, food safety organizations, and environmental monitoring agencies. Additionally, teaching and research remain steady and rewarding career avenues.

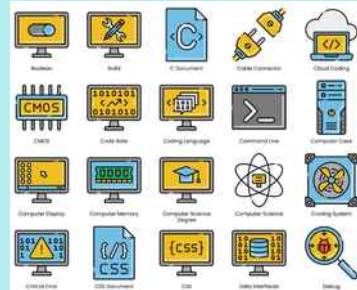
MATHEMATICS



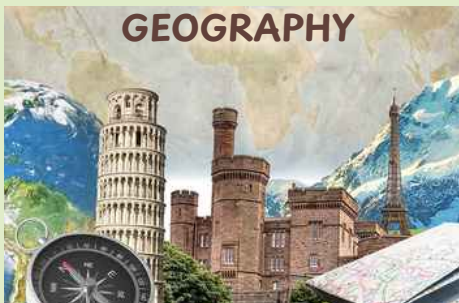
Higher studies in Mathematics include M.Sc. programs in Pure or Applied Mathematics, Statistics, or Operational Research. Applied fields such as Data Science, Actuarial Science, Financial Mathematics, and Cryptography are also in demand. Students with programming skills can branch into computer-related options such as MCA, Mathematical Modeling, and AI/ML courses. Career opportunities include roles as data analysts, statisticians, or actuarial professionals in insurance and finance sectors, as well as in market research, operations management, and analytics. Mathematics graduates with technical skills can also work in software testing, algorithm development, or pursue teaching and research.

In Computer Science, students can go for M.Sc. in Computer Science, MCA, or specialized Master's programs in Artificial Intelligence, Cybersecurity, and Data Science. Short-term certifications in Cloud Computing, Web Development, Cybersecurity, and AI/ML enhance employability. Careers include positions as software developers, web or app designers, and system analysts, as well as in data science, cybersecurity, and cloud engineering. Graduates can work in the IT industry, ranging from MNCs to startups and EdTech companies, or secure roles in government and PSU sectors that require technical expertise. Teaching and research in computer applications also offer stable career prospects.

COMPUTER SCIENCE



GEOGRAPHY



Geography students may pursue postgraduate studies (M.Sc./M.A.) with specializations in Physical Geography, Human Geography, Regional Planning, Geomorphology, or Climatology. Applied and professional courses such as Remote Sensing & GIS, Urban and Regional Planning, Environmental Management, Disaster Management, and Geoinformatics provide strong practical career paths. Research-oriented students can opt for PhD programs in Geography, Earth Sciences, or Environmental Studies. Career opportunities include government roles through

civil services (UPSC, State PSC), or technical positions in the Geographical Survey of India, Indian Meteorological Department, and Survey of India. Disaster management authorities also recruit specialists, while teaching remains a viable option at school and university levels. In the private sector, careers are available as GIS and Remote Sensing analysts, urban and transport planners, environmental consultants, and sustainability professionals. Other roles include market and location analysis, eco-tourism, and heritage management. Emerging interdisciplinary fields include climate science, disaster resilience studies, water resource management, smart cities, sustainable urban development, and geospatial technology applications such as AI + GIS and drone mapping.

ACADEMIC STREAMS AND THEIR CAREER GATEWAYS

CAREER PROSPECTS IN COMMERCE STREAM

B. COM. : A GATEWAY TO DIVERSE CAREERS

More than just a credential, a Bachelor of Commerce (B. Com) degree provides access to a wide range of fascinating career options in finance, business, and entrepreneurship. Students develop a foundation in accounting, economics, taxation, corporate law, and business management by the time they graduate. They can pursue a wide range of careers because of their diverse skill set. Careers as accountants, auditors, financial analysts, marketing executives, and human resource specialists are common for B.Com. graduates.



Reema Doma Sherpa
Associate Professor & Head
Department of Commerce

Top-tier positions in finance and corporate governance are available to those with professional degrees like chartered accountant (CA), cost and management accountant (CMA), company secretary (CS), and chartered financial analyst (CFA).

Many B. Com graduate even choose to expand their knowledge by pursuing higher studies like M. Com, MBA, or specific postgraduate diplomas in fields such as international business, digital marketing, and business analytics. Graduates with an entrepreneurial spirit find B. Com to be extremely helpful when launching their own businesses, whether they be online, retail, or consulting. Jobs in the government and public sector, especially in the banking, insurance, income tax, and revenue departments, also provide stability and respect. In the current digital economy, B.Com. graduates have access to exciting, high-growth career options in fintech, e-commerce, investment advising, and start-up management.

Fintech, e-commerce, investment advising, and start-up management are among the new fields in the modern digital economy that offer B.Com. graduates exciting, high-growth career options. Soft skills such as communication, leadership, and problem-solving combined with technical expertise give them a competitive edge in the job market.

In the end, earning a B. Com degree marks the start of an endless professional journey rather than its conclusion. Graduates in commerce can create a future that combines career success with personal aspirations by being flexible and always learning.

Career pathways and further study opportunities:

- **Higher Studies**, Many choose to pursue M.Com., MBA, or various postgraduate diplomas in areas like Finance, Marketing, and Business Analytics, which help in developing advanced expertise.
- **Professional Courses**: CA (Chartered Accountant), CMA (Cost and Management Accountant), CS (Company Secretaryship), and CFA (Chartered Financial Analyst) are popular among commerce graduates who want to specialize in finance, accounting, or corporate law.
- **Corporate World**: B.Com. graduates can find employment as accountants, auditors, financial analysts, HR executives, marketing and sales executives, and business development officers.
- **Banking and Government Sectors** are also abundant, with roles such as bank probationary officer (PO), insurance officer, revenue department official, and income tax officer.
- **Self-Employment**: Entrepreneurship offers scope to establish consultancy firms, start-ups, e-commerce ventures, or retail and service businesses.
- In today's digital age, commerce graduates are also entering emerging careers such as FinTech specialist, digital marketer, and data or business analyst, combining commerce knowledge with technology-driven skills.

ACADEMIC STREAMS AND THEIR CAREER GATEWAYS

CAREER PROSPECTS IN SOCIAL SCIENCES

WHY TO STUDY SOCIAL SCIENCES?

The study of social sciences in the undergraduate courses in the colleges has become a least-preferred choice among the aspiring students of late. The reasons are

many; but the most important is the lack of openings in the job sector for a normal arts graduate. Even after successfully completing honours and master's degrees, the youths are wandering without a quality job. That reduces the attraction for social sciences in the minds of the young college-going learners.



Dr. Bikash Ranjan Deb
Associate Professor & Head
Department of Political
Science

While the above observations are correct to a great extent, at the same time, nobody could negate the importance of learning social sciences in forming rationality, inquisitiveness and criticality of mind in understanding the temporal world. Why should we learn at all? Surely, it's not for getting job only. This is secondary. Actually, learning is a process that helps in building character, helps in developing inner potentialities and facilitates in making a human being a real MAN with human values. So, there is a need to study social sciences not only in the Arts stream but also in other streams too.

The study of social science is essential as it helps one to understand human behaviour, social structures, power relations, history and evolution. It enables one also to understand societies and how states came into existence, examine how societies function and how institutions shape human life. It highlights the role of culture, economy and politics in influencing behaviour. Social sciences develop critical thinking and enable problem-solving. It helps to understand diversity and promotes tolerance by creating awareness about different cultures, communities and perspectives. Moreover, social sciences equip us to analyse pressing global issues such as inequality, poverty, conflict, and environmental challenges. Studying social sciences not only deepens the understanding of the past and present but also assists in building a just, inclusive and sustainable future.

Career opportunities for social science students:

- **Academia** – Opportunities exist in teaching at schools, colleges, and universities, as well as pursuing research with higher qualifications.
- **Policy Analyst** – Roles in think tanks, NGOs, and government organizations allow graduates to research, evaluate, and recommend policies for social and economic development.
- **Political Analysts & Advisers** – Students can work as commentators, advisers, or consultants, offering insights on governance, elections, and international affairs.
- **Financial Institutions** – With analytical skills, they can pursue roles in banking, consultancy, or economic research.
- **Developmental Sectors** – Careers in national and international organizations focus on social welfare, sustainability, health, education, and human rights.
- **Government Services** – By clearing competitive exams such as UPSC or State PSC, students can join administrative, planning, and diplomatic services.

(WITH INPUTS FROM MS. PRIYANKA CHHETRI AND DR NARAYAN BARMAN)

*I cannot
teach
anybody
anything. I
can only
make them
think*

— Socrates

ACADEMIC STREAMS AND THEIR CAREER GATEWAYS

CAREER PROSPECTS IN ARTS & LITERATURE

NAVIGATING THE POST-GRADUATION LIFE IN LITERATURE

When Graduates finish college, they have many options when it comes to the next steps, but that can often feel overwhelming and even confusing. What comes after a bachelor's degree is a question that has a different answer for every graduate. A gap year may be used to acquire new skills or improve existing ones through workshops, online courses, internships or other learning opportunities. The truth is, what comes after a bachelor's degree, especially for a Graduate in Literature, is up to each individual, considering all the opportunities ahead to make the best choice.

Terry Eagleton, a literary critic, once noted, "What counts as literature is a notably unstable affair." For some, literature is simply books, poems, and other established written texts. Yet others, like Roland Barthes, argue that almost anything written, from advertisements to essays, can be viewed as literature. And when so many forms of writing can fall under the umbrella of literature, it's no wonder that the question "What can I do with a degree in Literature?" has so many exciting answers, ranging from writing and editing to teaching and marketing.

Opportunities for literature students are diverse. Further education can open doors to specialized research, pursuing PhD, Post-Doctoral studies and College

and University-level teaching. Teaching is an option for almost anyone with a bachelor's degree and appropriate certification. Even online teaching these days can earn them a good position.

- Some graduates in Literature may have chosen a major they were passionate about, but it doesn't always translate into a career. But a Translator's job seems to be lucrative for a literature-Student these days, or even a job of an Interpreter.
- Curriculum development is another option in which one helps design literature programs for schools, colleges, or even educational publishers.
- One can become an academic advisor or an Author.
- Content writing also seems to be a great option for students of literature despite the unfortunate intervention of AI in this field in recent times.
- Ghostwriting is another option that involves writing works for others to publish under their name. It's a collaborative process that helps individuals—such as public figures, entrepreneurs, or even other authors themselves—articulate their ideas in a more professional and engaging way. In fact, ghostwriting has seen significant growth in recent years.
- To become a Publishing manager makes one supervise the entire process of bringing a book to market, from production to marketing and distribution.
- **Other opportunities being-**
 1. Social media manager where one would be responsible for creating and curating content, and driving brand awareness through digital platforms,
 2. Publishing and literary agencies, essentially acting as intermediaries between authors and publishers, representing writers and negotiating book deals,
 3. Marketing coordinator means to be in charge of planning campaigns and creating promotional content related to the brand message,
 4. Opting to be Freelance writer and Editor.

The possibilities are endless—from research and academia to content creation and beyond. Even if the Post-Grads don't start out with their dream jobs, an entry-level job is a great way to gain experience, hone their skills, and work their way up to their ultimate career goal.



Sutapa Saha
Associate Professor
Department of English

CONNECTING GEN Z TO THE WONDERS OF CHEMISTRY THROUGH CURIOSITY AND INNOVATION

In an era where swipe-right culture meets instant gratification, how do we kindle the flame of scientific inquiry in young minds? As both IQAC coordinator and Head of the Department of Chemistry, I find myself uniquely positioned at the intersection of institutional strategy and pedagogical innovation, constantly seeking answers to this fundamental question. The dual responsibility of charting our college's progressive trajectory while revolutionizing chemistry education has become my passionate pursuit. Through careful observation, I've discovered a profound truth: students don't just learn science—they live it when given the opportunity to participate actively in the discovery process.

• The Elementum Revolution

Our latest innovation, the newsletter *Elementum*, represents a paradigm shift in scientific communication. Conceived and executed entirely by our faculty, this publication transcends traditional academic boundaries. We've woven together tributes to chemistry's Nobel laureates with forgotten stories of scientific pioneers who shaped our understanding of material science. These narratives breathe life into abstract concepts, transforming them into compelling human stories of curiosity, perseverance, and breakthrough moments.

Perhaps most remarkably, our faculty member Subham Mukherjee has created an original science fiction comic series that bridges the gap between imagination and scientific principles. Understanding the pulse of Generation Z, we've embraced visual storytelling as a powerful medium to communicate complex chemical phenomena. The overwhelming positive response has validated our belief that science communication must evolve with its audience.

• Celebrating Scientific Heritage

Earlier this year, we launched a wall magazine dedicated to India's rich legacy of ancient chemists and chemical practices. This initiative serves a dual purpose: honoring our scientific heritage while demonstrating that scientific inquiry has deep roots in Indian civilization. From ancient metallurgy techniques to traditional pharmaceutical preparations, we've showcased how our ancestors laid the foundation for modern chemical understanding.

Our science quiz competition became another resounding success, proving that healthy competition can be a catalyst for learning. The enthusiastic participation demonstrated students' latent appetite for scientific knowledge when presented in engaging formats.

• Future Horizons: The Magic of Rational Explanation

Our upcoming initiative promises to be our most ambitious yet: live demonstrations that appear magical but are grounded in rigorous scientific principles. By revealing the rational explanations behind seemingly supernatural phenomena, we aim to cultivate critical thinking while maintaining the wonder that draws students to science.

• The Deeper Mission

In our increasingly technocentric world, where practical skills often overshadow reflective thinking, we face a crucial challenge. While technology advances at breakneck speed, we must champion basic science—the foundation that stimulates minds to question, analyze, and understand the world's fundamental workings.

Science is not merely about memorizing formulae or conducting experiments; it's about nurturing the intellectual curiosity that drives human progress. Through participatory learning, creative storytelling, and innovative demonstration, we're building a generation of thinkers who will approach problems with both scientific rigor and imaginative solutions.

We have embraced this challenge with determination and vision. Our journey to popularize science among students is not just an educational initiative—it's a mission to preserve and promote the spirit of inquiry that defines human progress. Success is not just our goal; it's our commitment to the future.



Dr. Bablee Mandal
Associate Professor & Head
Department of Chemistry
Coordinator, IQAC



THE 79TH INDEPENDENCE DAY SPECIAL FEATURE

THE SOUL OF OUR TIRANGA

DR. P.K. MISHRA
PRINCIPAL



DR. P. K. MISHRA

Picture 1947: millions of hands rise as India's tricolor unfurls for the first time as a free nation's flag. The Tiranga wasn't born in government offices—it emerged from the heartbeat of revolution, woven from dreams of countless freedom fighters who dared to imagine freedom when it seemed impossible.

The flag's story begins with yearning, not victory. Historical accounts suggest that Sister Nivedita's early contributions around 1904 represented among the first attempts to create a visual symbol that could unite what politics divided. The most stirring documented moment came in 22 August, 1907 when fearless Bhikhaiji Cama carried India's colors to an international socialist conference in Berlin, transforming simple cloth into a thunderous declaration that echoed across continents.

When Pingali Venkayya designed our final flag through extensive consultations with national leaders, he composed visual poetry that would endure. The crowning saffron burns with sacrifice's fire, echoing every freedom fighter's courage. The white stripe flows pure as Gandhi's truth, representing the canvas upon which free India would write its destiny. Green grounds our flag like fertile soil, speaking of growth rooted in ancient values while reaching toward infinite possibilities.

Why did our tricolor first unfurl from the Red Fort's ramparts on that historic August morning? Historical narratives offer compelling reasons. The Red Fort embodied the ultimate transfer of power—where foreign rulers once commanded, our flag would now reign supreme. Some accounts suggest this selection honored Subhas Chandra Bose's stirring call of "Delhi Chalo," while the fort's commanding presence ensured maximum visibility for this moment of triumph.

Understanding how we honor our flag today teaches us respect for the nation it represents. During ceremonies, our Tiranga must rise briskly toward the sky, never touching earth, reflecting how our national spirit soars unbowed. The flag flies from sunrise to sunset, illuminated if displayed at night, reminding us that vigilance protects freedom. When multiple flags gather, our Tiranga takes the position of honor—center stage with state flags, positioned to the right with other nations' banners.

In official bilateral meetings, our tricolor stands as an equal among nations, positioned respectfully to the host's right alongside visiting countries' symbols. This placement reflects India's diplomatic wisdom—we honor others while maintaining dignity. The flags stand at identical heights, symbolizing sovereign equality, yet our Tiranga's presence announces India's confident voice in global conversations.

These protocols aren't mere formalities but living lessons in character. Today's Tiranga carries within its folds the dreams of Sister Nivedita, the courage of Bhikaji Cama, Gandhi's wisdom, and Venkayya's vision. When children see it flying high, they witness proof that ordinary people achieve extraordinary things when united by shared dreams.

At our tricolor's heart spins the Ashoka Chakra—twenty-four navy-blue spokes representing virtues our nation strives to embody. This eternal wheel asks questions each time we gaze upon our flag: Are you living with saffron's courage today? Are you seeking white's truth in your actions? Are you growing like green's endless promise? Our Tiranga isn't mere cloth—it's a living testament to hope's transformative power, unity's unbreakable strength, and the eternal truth that when people dare to dream together, they can reshape the world.

JAI HIND

[This article is a transcript of Principal Sir's special address to the students on the eve of 79th Independence Day.]

EVOLUTION OF INDIAN NATIONAL FLAG



THE FIRST FLAG OF BRITISH INDIA: 1879



SISTER NIVEDITA FLAG 1904



INDIAN FLAG 1906



THE BERLIN COMMITTEE FLAG 1907



INDIAN FLAG DURING HOME RULE MOVEMENT 1917



THE SWARAJ FLAG 1921



REVISED VERSION OF INDIAN FLAG 1931



FINAL NATIONAL FLAG 1947

SURYA SEN MAHAVIDYALAYA CELEBRATES 79TH INDEPENDENCE DAY WITH PATRIOTIC FERVOUR

Surya Sen Mahavidyalaya celebrated the 79th Independence Day on 15th August 2025 with great enthusiasm and dignity. The event was organized by the Cultural Committee in collaboration with IQAC. The Principal hoisted the national flag, followed by an impressive march past by NCC cadets and NSS volunteers. A heartfelt tribute was paid to Rishi Aurobindo Ghosh on his birth anniversary through garlanding and remembrance.



The cultural segment featured patriotic songs, dance performances, and recitations that stirred deep emotions and reflected the spirit of freedom. Winners of the Sit and Draw competition were felicitated for their creativity and participation.

A special highlight was the release of three major publications: the latest issue of the college newsletter Collegium, the inaugural Chemistry department newsletter Elementum, and the annual English department magazine Aesthetica. These releases showcased the vibrancy of the institution.



The Principal delivered an engaging and informative lecture on the evolution of the Indian Tricolour, enriching students with historical insights and fostering a deeper sense of national pride. The celebration reflected unity, creativity, and commitment to democratic values.



CELEBRATING HERITAGE AND PATRIOTISM THROUGH ART AND TRIBUTE

In 2025, Surya Sen Mahavidyalaya celebrated a vibrant array of cultural events, honouring creativity and national pride. The 164th Birth Anniversary of Rabindranath Tagore featured soulful tributes, music, and Rabindra Nritya by students. His Death Anniversary on 8th August was observed with floral homage and reflections on his legacy.



Ahead of Independence Day, a Sit and Draw competition themed “India’s Independence Today” inspired enthusiastic student participation. Winners were felicitated during the Independence Day celebration, reinforcing the college’s commitment to nurturing artistic expression and commemorating India’s rich cultural and historical heritage.

SSM ALUMNI ASSOCIATION & STUDENTS’ SUPPORT SERVICE/ PLACEMENT CELL & PROGRESSION COMMITTEE INITIATIVES

The Alumni Association and the Students’ Support Service / Placement Cell & Progression Committee (SSSPPC), in collaboration with IQAC, organized two impactful events in May 2025 aimed at guiding students toward brighter career prospects. The **“Career Counselling Drive 2025”**, held on 8th May, brought together seven reputed institutes and witnessed enthusiastic participation from 150 current students across various disciplines along with nine alumni from the 2023 and 2024 batches. The drive served as a valuable platform for career guidance, offering insights into emerging opportunities and progression pathways.



This was followed by the **“Placement Drive 2025”** on 15th May, where prominent recruiters such as Nexus DMC, with roles like Back Office Executive, Travel Consultant, Sales Executive, Operations Executive, and Tele Caller, and Fifty One Enterprises LLP, offering positions for Management Trainees in Marketing, engaged with students. The event recorded participation of 26 students and eight alumni, reinforcing the institution’s commitment to career readiness and industry linkages.

EMPOWERING EDUCATORS THROUGH AI: SEVEN-DAY FDP ON DIGITAL SKILLS

The Department of Computer Science, in collaboration with IQAC and NSS Academy, Siliguri, organized a seven-day Faculty Development Program on “Understanding the Basics of Computers with AI” from 13th to 20th May 2025. Eighty-two participants engaged in hands-on sessions covering MS Office tools, Canva, and emerging AI applications to enhance teaching, research, and administrative efficiency. The program fostered creativity, improved technical proficiency, and introduced innovative AI-driven solutions. Concluding with an evaluation, the FDP received highly positive feedback, reflecting its success in empowering faculty with practical digital skills for modern academic and professional excellence.



EMPOWERING WOMEN AND WINNING HEARTS: HIGHLIGHTS FROM KANYASHREE DAY



Surya Sen Mahavidyalaya marked Kanyashree Day on 14th August 2025 with dual honours celebrating both a student’s remarkable journey and the college’s outstanding performance. Mrs. Tanima Ghosh Sarkar, our Nodal Officer for the Kanyashree Scheme, proudly represented the institution at events in Kolkata and Siliguri, underscoring our commitment to women’s empowerment and academic excellence.

Ms. Tania Gope, a 3rd Semester student, received state-level recognition at the Dhono Dhanyo Auditorium, Kolkata. Through the Kanyashree financial aid, she completed a computer course and has been working part-time to support her family while continuing her studies. Hon’ble Chief Minister Smt. Mamata Banerjee personally presented her with a ₹5000 cheque and a certificate of appreciation, applauding Ms. Gope’s perseverance and success. Accompanied by her guardian and Mrs. Sarkar, this accolade highlights the transformative impact of the Kanyashree initiative on individual lives.

Back in Siliguri Sub-Division, Surya Sen Mahavidyalaya clinched First Position among all participating colleges. At Dinabandhu Mancha, our Principal Sir accepted a trophy and certificate from the Honourable Mayor of Siliguri, Shri Gautam Deb. Our students further enriched the celebration with a powerful social awareness drama that resonated deeply with the audience, reflecting both artistic talent and social consciousness. These achievements reflect the collective dedication of our students, faculty, staff, Principal, and administration. We look forward to building on this momentum—continuing to foster leadership, learning, and social responsibility across our college community.



WORDS FROM THE CONVENER

DEPTH MATTERS: NURTURING A CULTURE OF INQUIRY

In an age where speed often overshadows substance, the Research and Development Cell stands by a clear conviction — “Depth Matters.” This is not just our tagline; it is both our mission and vision. We believe that in an era of superficiality, there is no alternative to critical thinking, and curiosity must be the driving force behind every meaningful inquiry.

True researchers are relentless questioners. They ask “why,” “how,” and “what if” — not once, but repeatedly — until the surface gives way to deeper understanding. This hunger for insight fuels original thought, inspiring exploration that moves beyond the obvious.

Our approach is deliberate and distinct. We do not run a checklist of routine activities; instead, we curate programs designed to provoke thought, challenge assumptions, and cultivate intellectual rigour. At the heart of our philosophy lies a bold mission: to awaken the inherent thinker in every student and faculty member, replacing rote absorption with active questioning and creative synthesis.

The flagship Thursday Rostra series embodies this spirit. Recent sessions have brought fresh perspectives — from Dr. Bikash Ranjan Deb’s exploration of Gandhi’s transformative South African years, to Rinzin Jamtsho’s reflections on Bhutan’s democratic journey, to Principal Dr. P.K. Mishra’s symbolic reading of India’s national flag. Each lecture unearthed hidden narratives and sparked meaningful dialogue.

Beyond discourse, our Micro Research Grant program offers tangible support to emerging scholars, while mandatory post-field visit audio-visual presentations by students sharpen skills in data collection, analysis, and presentation.

At a time when academic metrics often reward quantity over quality, we strive to create an authentic research environment — one that values depth over display, and inquiry over impression. For us, research is not a formality; it is the lifeblood that keeps higher education alive, relevant, and transformative.

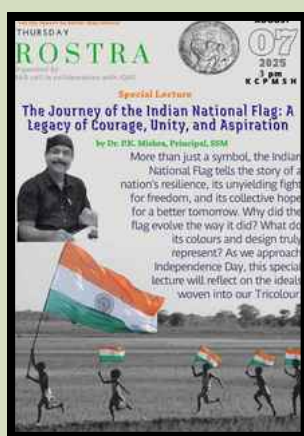


DR ARNAB BAUL



THURSDAY ROSTRA LECTURES FROM MAY 2025 TO AUGUST 2025

- **8th May 2025**
- Sarika Chettri, Assistant Professor, Department of Education, spoke on Implicit Bias in Education, which explored how unconscious biases affect classroom dynamics and offered strategies for fostering inclusive teaching practices.
- **8th May 2025**
- Agnibha Maity, Assistant Professor (MGT), Department of English, spoke on Poetics of/in the Anthropocene: Readings of Select 20th Century Poems, which examined how poetry responds to ecological crises and reflects environmental consciousness in literary form.
- **24th July 2025**
- Dr. Bikash Ranjan Deb, Associate Professor and Head, Department of Political Science, spoke on Remembering Gandhi: The Mahatma in South Africa, in a special Rostra Lecture, which highlighted Gandhi's transformative years in South Africa and their impact on his philosophy of nonviolent resistance.



- **31st July 2025**
- Rinzin Jamtsho, former Member of Parliament, Bhutan, in a special Rostra Lecture, spoke on Democracy and Governance in Bhutan, which offered insights into Bhutan's transition to parliamentary democracy, its constitutional monarchy, and the balance between tradition and modern governance.
- **7th August 2025**
- Dr. P.K. Mishra, Principal, in a special lecture titled The Journey of the Indian National Flag: A Legacy of Courage, Unity, and Aspiration, reflected on the evolution of the Tricolour, its symbolism, and the ideals of freedom and unity it continues to represent.
- **21st August 2025**
- Sattyaki Sarkar, SACT, Department of Computer Science, spoke on Malwares – Prevention through AI and Non-AI Methods, which addressed emerging cybersecurity threats and discussed how both AI-driven and traditional approaches can be used to prevent malware attacks.
- **21st August 2025**
- Rahul Paul, SACT, Department of Economics, spoke on Fundamentals of Investment, which introduced participants to basic investment principles and provided practical guidance on managing finances and building long-term wealth.





Department	Author	Title	Journal/Book	Page No.	ISSN/ISBN
Chemistry	Biswajit Bhaumik	Aggregation-induced excimer emission of naphthalene-based photonic ionic liquids for heparin sensing	Colloids and Surfaces A: Physicochemical and Engineering Aspects	137628	Vol 725, Part 2, ISSN: 0927-7757
Chemistry	Pallobi Sarkar	A blue light-emitting ionic liquid-based nano-optode for detection of mutagenic nitro aromatic compounds	Colloids and Surfaces A: Physicochemical and Engineering Aspects	137310	Vol 722, ISSN: 0927-7757
English	Agnibha Maity	(Re)Imagining India: A Study of Nineteenth-Century Colonial Historiography	Critical South Asian Studies	63-70	Volume: 3, No: 1, e-ISSN: 2753-6742 (Online), ISSN: 2753-6734 (Print)
Geography	Dr.Pompi Sarkar, Sudeshna Mandal, Ishita Saha	An Assessment of Air Quality in Siliguri, West Bengal: Current Scenario and Challenges	PANCHAKOTEs SAYS, A multidisciplinary, peer-reviewed, international journal	47-65	Vol. 16, No. 1, May 2025, ISSN : 0976-4968
History	Dr. Tamali Mustafi	Trade and Economy in Vedic Civilization: A Historical Inquiry	Shikshan Sanshodhan: Journal of Arts, Humanities and Social Sciences	13-19	Vol-8, Issue-6, June-2025 ISSN (O): 2581-6241

THE TAIL-END FACULTY: FOUR FURRY FIXTURES OF OUR CAMPUS

FOUR TAILS, COUNTLESS STORIES, AND A PERMANENT PLACE IN OUR COLLEGE'S HEART

Every college has its legends. Ours just happen to have four legs, wagging tails, and a permanent posting on the veranda. Meet Lalu, Bhulu, Kalu, and Julu — the nonhuman members of our campus community, whose loyalty to this institution is rivalled only by their appetite for biscuits.

Guddu - Chief Security Officer

With a bark that echoes down the corridor, Guddu takes perimeter duty seriously. No squirrel, delivery van, or suspicious fluttering leaf escapes his notice.

Chottu - Dean of Naps

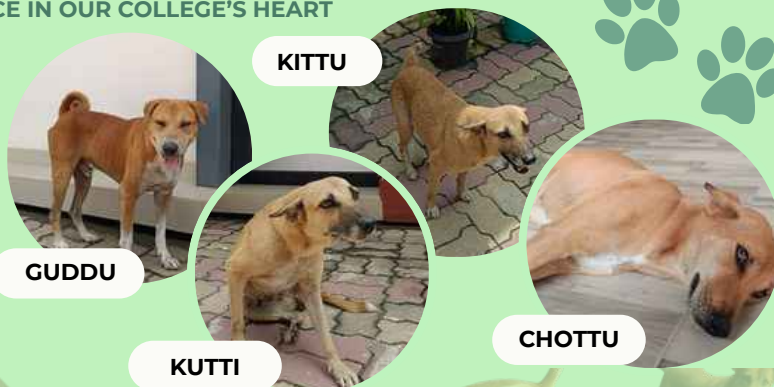
Chottu's research in "Optimal Sunbeam Utilisation" is groundbreaking. You'll find him stretched across the warmest tiles, eyes half-closed, contemplating life's deeper mysteries.

Kittu - Head of Student Morale

Kittu specialises in surprise greetings. Whether you're rushing to class or trudging back from an exam, his tail-wag diplomacy can turn any day around.

Kutti - Director of Mess Hall Affairs

Kutti has an uncanny ability to appear at lunch hour, ready to "audit" your plate. His dedication to quality control is unmatched.



Together, they remind us that a campus is more than its buildings and books — it's the bonds, spoken and unspoken, between all who share the space. They've seen our celebrations, our deadlines, our monsoon puddles, and our winter sun. Here's to the Veranda Four — our fur-coated colleagues, our silent counsellors, our ever-present audience. In their own quiet way, they teach us that belonging isn't about enrolment numbers or ID cards. Sometimes, it's just about showing up, day after day, and making the place feel like home.

DEPARTMENT OF BENGALI

Tagore, Farewell, Careers, and Fieldwork

In May 2025, the Department celebrated Tagore's 164th birth anniversary with Kabi Pranam, including cultural performances and a keynote by Dr. Suphal Biswas. A farewell for final-year students followed, with songs, performances, and motivational words from Dr. Biswas. On 22 May, a career counselling session guided 6th Semester students on opportunities in education, research, and publishing. Fifty-two students also conducted a field survey in Jaldhaka, documenting local festivals, livelihoods, and folk traditions, linking classroom learning with cultural immersion.



Field Survey



Career Counselling



Kabi Pranam



Farewell

DEPARTMENT OF CHEMISTRY

Farewell, Careers, and Newsletter

July-August 2025 saw the Department host a farewell for the 2022-23 batch, with speeches, performances, and camaraderie. A career counselling session for 5th Semester majors, led by Ms. Pallobi Sarkar and the HoD, explored internship options, selecting Tea Tasting for its global relevance. On 15 August, the first annual newsletter Elementum (Vol. 1) was launched, edited by Dr. Bablee Mandal, Sri Subham Mukherjee, and Ms. Sarkar, featuring academic highlights, alumni voices, and creative works—marking a milestone in departmental identity.



Farewell



Newsletter



Career Counselling

DEPARTMENT OF COMMERCE

Innovation and Farewell

From May–August 2025, the Department released the 6th Commerce Chronicles wall magazine on “E-Commerce,” coordinated by Sri Yogesh Kr. Agarwal with final-year B.Com Honours students. Contributions from 117 participants explored digital platforms’ impact on commerce and society. The initiative encouraged research, creativity, and critical thinking. A farewell for 6th Semester Honours students followed, organized by juniors with cultural performances, reflections, and the Miss & Mr. Commerce contest, won by Diya Dey and Baibhav Pathak. Both events reflected the Department’s commitment to academic growth, student recognition, and community spirit.



Farewell



Wall Magazine

DEPARTMENT OF ENGLISH

Literary Platforms and Student Engagement

On 15 August 2025, the Department launched the second volume of Aesthetica E-Magazine, fostering student creativity and critical engagement. On 21 August, Dr. Ratul Nandi delivered a Book Club talk, “Reading Beyond the Human,” attended by 45 students, faculty, and the Principal. On 25 August, a career awareness session introduced 5th Semester students to internship opportunities, led by Nimu Rai. The month concluded with a farewell for 6th Semester students, celebrating achievements and camaraderie.



Book Club



Farewell



Career Counselling

DEPARTMENT OF GEOGRAPHY

Farewell Programme: Batch of 2022-2025

The Department of Geography bid a heartfelt farewell to the graduating batch of 2022-2025 on 14 May 2025. Faculty members and juniors joined to honor their journey, relive cherished memories, and extend warm wishes for the future. The occasion reflected gratitude, joy, and a strong sense of togetherness, leaving behind lasting impressions of unity and departmental pride.



Farewell

DEPARTMENT OF HISTORY

Seminar and Farewell

On 2 May 2025, the Department held a seminar for 2nd Semester Majors on “History of Ancient India (300-750 CE),” with student papers on Gupta science, urbanization, art, land grants, and Dharmashastras. Presentations encouraged analytical skills and peer learning. On 14 May, a farewell for 6th Semester Honours students featured cultural events, games, and mementos. Special prizes recognized attendance, and Dr. Suphal Biswas urged graduates to pursue higher studies. The events blended academic enrichment with tradition.



Seminar



Farewell

DEPARTMENT OF POLITICAL SCIENCE

Farewell Programme: Batch of 2022-2025

Held on 14 May 2025, the Political Science Department organized a heartfelt farewell for the graduating batch of 2022-2025. Faculty and juniors gathered to celebrate their journey, share cherished memories, and extend warm wishes. The event was filled with emotion, gratitude, and a strong sense of departmental unity and pride.



Farewell

HELP IS JUST A CALL AWAY:

Anti-Ragging Cell - 9832073161 **STOP!**
Internal Complaint Committee - 9832073161, 
Grievance Redressal Cell - 6295081848 

DEPARTMENT OF PHYSICS

Farewell Programme: Batch of 2022–2025

The Farewell Program for the Batch 2022–2025 was held on 14th May 2025, organized by Semester IV and II students. It began with a welcoming song, followed by a graceful dance. Outgoing students also performed songs and dances. The program highlighted the strong bond between current students, the departing batch, and teachers, creating a memorable occasion.



Farewell

DEPARTMENT OF SOCIOLOGY

Careers, Theory, and Internships

Between May–July 2025, the Department hosted a career counselling session by Ms. Sristi Mondal, guiding final-semester students on aligning skills with career paths. An invited lecture by alumnus Dr. Kumar Chhetri on “The Role of Theory in Research” connected theory to research design and interpretation, attended by 78 participants in hybrid mode. The semester ended with an Internship Orientation for 5th Semester majors, where faculty explained the academic and professional value of internships. These activities strengthened students’ scholarly insight, career readiness, and practical engagement with sociology.



Career Counselling



Invited Lecture



Internship Orientation

WITH RESPECT AND GRATITUDE: FAREWELL TO BISWANATH WADDAR



his punctuality, helpful nature, and unwavering commitment. The heartfelt tributes reflected deep respect and gratitude. His quiet efficiency and warm presence left a lasting impression on the college community. He was gifted a token of appreciation and warm wishes for the next chapter of his life.

Biswanath Waddar, office peon, retired on 31st August after years of dedicated service. A farewell was held on 30th August, where the Principal, Head Clerk Biswajit Purohit, Teachers’ Council Secretary Dr Suphal Biswas, Dr. Bikash Ranjan Deb, Head of the department of English Dr. Arnab Baul, and others praised



DEPARTMENT OF BUSINESS ADMINISTRATION

(Tourism, Aviation & Hospitality Management)

The Department of BBA TAH, Suryasen Mahavidyalaya, in collaboration with the Sales Department, organized a vibrant Pre-Independence Day Celebration on 14th August 2025 at 2:00 PM. The programme, attended by nine students, two faculty members, and two telesales representatives, began with a potluck lunch followed by a special assembly highlighting the contributions of eminent freedom fighters. The cultural segment featured a soulful patriotic solo by Ms. Srijita Hore, a skit paying tribute to the unsung heroes guarding the nation's borders, and a spirited group song that elevated the patriotic fervor. The second half comprised an engaging Quiz Competition conducted in three rounds—General, Rapid Fire, and Buzzer—testing knowledge and promptness of participants. The event concluded with inspiring addresses by Mrs. Nisha Gupta and Ms. Sringeshwari Waiba, who lauded the students' efforts and emphasized the importance of such celebrations. Certificates were distributed, and the programme ended with a vote of thanks, snacks, and a photo session, leaving behind cherished memories and a strong spirit of patriotism.



The Batch Launch Programme on 29th August 2025, to welcome the new students into the degree course was conducted with great enthusiasm, marking the beginning of their academic journey. The event was moderated by Ms. Sringeshwari Waiba, Faculty of Tourism and Hospitality, who extended greetings to students, parents, faculty, and distinguished guests. The invited speakers included Ms. Tanumoyee (Montana Vista), Mr. Abhishek Paswan (ICICI Bank), Ms. Gayatri (Montana Vista), Mr. Arkoprava Mitra (Physics), and Dr. Anirudhha (Mathematics), each delivering motivational speeches that emphasized dedication, professionalism, and positive attitude in building successful careers in hospitality, tourism, and aviation. A cake-cutting ceremony and the distribution of welcome tokens added warmth and excitement to the programme. After refreshments, academic and administrative briefings were conducted by Ms. Sayori Sarkar, while Mrs. Nisha Gupta elaborated on the code of conduct and institutional values. The programme concluded with a Vote of Thanks by Ms. Smita Paul, leaving the new batch inspired and well-guided.

SSM NSS UNIT I & II

Green Drive and Patriotism



Tree Plantation



Har Ghar Tiranga

In July–August 2025, NSS Units I & II of Surya Sen Mahavidyalaya organized a Van Mahotsav tree plantation at Porajhar, where 50 saplings were planted to promote sustainable practices among residents. Twenty-six volunteers participated actively, reinforcing their commitment to environmental stewardship. From 13–15 August, under Azadi Ka Amrit Mahotsav, the Har Ghar Tiranga campaign spread messages of unity in schools and communities, with volunteers engaging children in discussions on the national flag’s significance and distributing tricolours. The celebrations culminated on Independence Day, blending patriotic fervour with ecological responsibility. Throughout the year, NSS Unit II has been recognized for its impactful contributions, receiving the Best NSS Unit award from the President, Government of West Bengal, West Bengal Health Department, and the Governor of West Bengal. Volunteers develop leadership, communication, and service values, upholding the NSS motto, “Not Me but You.”



Food Distribution



Juice Distribution



Safe Drive Save Life



Sanitary Pad Distribution





১৭ মে ২০২৫

সিলিগুড়ি জামল

রোজগারোন্মুখ পাঠ্যক্রমের সাথে সূর্য সেন কলেজ হৈ ছাত্রেরা পসন্দীদা গন্তব্য

কলেজ ক্যাম্প

জামল কলেজ, সিলিগুড়ি। ১৭ মে ২০২৫ তারিখে সূর্য সেন কলেজের ছাত্ররা রোজগারোন্মুখ পাঠ্যক্রমের সাথে সূর্য সেন কলেজের ক্যাম্পে পসন্দীদা গন্তব্যে পৌঁছান।

জমিদার ও কলেজের

জমিদার ও কলেজের মধ্যে সম্পর্ক। জমিদারেরা কলেজের পাঠ্যক্রমের সাথে সূর্য সেন কলেজের ক্যাম্পে পসন্দীদা গন্তব্যে পৌঁছান।

কলেজের পাঠ্যক্রম

কলেজের পাঠ্যক্রমের সাথে সূর্য সেন কলেজের ক্যাম্পে পসন্দীদা গন্তব্যে পৌঁছান।

কলেজের পাঠ্যক্রম

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Bhutanese ex-MP delivers special lecture on 'democracy and governance'



STATESMAN NEWS SERVICE

The research and development cell of Surya Sen Mahavidyalaya, in collaboration with IQAC, recently hosted an special Rostira lecture session featuring Rinzin Jamtsho, a former Member of the Bhutanese Parliament and current postgraduate student of political science at the college.



কন্যাশ্রী দিবসের অনুষ্ঠানে। শিলিগুড়ি। ছবি: সঞ্জয় সূর্যসেন

দার্জিলিংয়ের দুই কন্যা পুরস্কৃত

প্রিয়দর্শিনী বিশ্বাস। শিলিগুড়ি, ১৪ আগস্ট: কন্যাশ্রী দিবসের অঙ্গাঙ্গী অঙ্গ হিসেবে কন্যাশ্রী দিবসের দুই কন্যা পুরস্কৃত করা হয়।

আত্মহত্যার প্রবণতা রাখতে পড়ুয়াদের সচেতন করতে সভা

সৈনিক কুপ্ত শিলিগুড়ি

কারণ ও পরিবার আত্মহত্যার প্রবণতা রাখতে পড়ুয়াদের সচেতন করতে সভা।



সূর্য সেন মহাবিদ্যালয়ের কলেজ-সম্মেলন।

সূর্য সেন মহাবিদ্যালয়ের কলেজ-সম্মেলন।

Alumni association's training on tally with GST: in a significant move to enhance students' employability, the Surya Sen Mahavidyalaya Alumni Association conducted a 10-day free training programme on 'Tally with GST Return', spanning from February 28 to May 5, 2025. The initiative aimed to bridge the gap between academic learning and industry skills.

Alumni association's training on tally with GST: in a significant move to enhance students' employability, the Surya Sen Mahavidyalaya Alumni Association conducted a 10-day free training programme on 'Tally with GST Return', spanning from February 28 to May 5, 2025. The initiative aimed to bridge the gap between academic learning and industry skills.

সূর্য সেন মহাবিদ্যালয়ের আত্মহত্যা পর জাগরুকতা কার্যক্রম আয়োজিত

সূর্য সেন মহাবিদ্যালয়ের আত্মহত্যা পর জাগরুকতা কার্যক্রম আয়োজিত।

সচেতনতা

সচেতনতা। শিলিগুড়ি, ২৭ মে: রবিবার ছিল মাসিক স্বাস্থ্য দিবস। এই উপলক্ষে গ্রামের মহিলাদের স্যানিটারি ন্যাপকিন দিলেন সূর্য সেন মহাবিদ্যালয়ের ন্যাশনাল সার্ভিস স্কিম (এনএসএস)-এর পড়ুয়ারা।

জনপথ সমাচার

১৪/০৮/২০২৫ খ্রিস্টাব্দ - ১২ চৈত্রাব্দ - শুক্রবার

কন্যাশ্রী দিবসে পর লামার্থী সোনা মণি মন্ডল কোঁচা গিয়া সম্মানিত



কন্যাশ্রী দিবসের অনুষ্ঠানে।

এনএসএস-২ নে মাসিক ধর্ম স্বচ্ছতা জাগরুকতা অভিযান চলায়া

এনএসএস-২ নে মাসিক ধর্ম স্বচ্ছতা জাগরুকতা অভিযান চলায়া।

HIGHLIGHT OF THE FORTHCOMING ISSUE

CLICK WITH CAUTION!

CYBER SECURITY AND DIGITAL PRIVACY FOR THE STUDENTS

Editing, Design, and Typesetting by

Dr. Arnab Baul Sudeshna Mukherjee Subham Mukherjee Dipankar Lal Jha

Printed at Mam Computer, Siliguri (Ph:9832096361)