



**Govt. Training College Hooghly**  
(Affiliated to the BSAEU, Recognised by NCTE)  
College of Teacher Education (CTE)

Chawkbazar, P.S. - Chinsurah, P.O. & Dist. Hooghly, West Bengal, PIN - 712103

**Students' Week Report (01.01.2026 – 08.01.2026)**

**Session: 2025-2027**

## GTCH Students' Week Celebration: 1<sup>st</sup> January – 8<sup>th</sup> January, 2026

The Govt. Training College, Hooghly proudly hosted annual Students' Week from 1<sup>st</sup> January to 8<sup>th</sup> January 2026, with a series of academic, curricular, and cultural activities. The initiative was executed under the capable guidance of Principal Dr. Goutam Patra, with full participation from all faculty members and students. The aim of conducting Students' Week was to promote the comprehensive growth of students by involving them in various academic, creative, cultural, skill-oriented activities and holistic development of B.Ed. trainees. The week-long celebration provided a vibrant platform for students to engage in intellectual discussions, creative expressions, and physical activities, to encourage both personal and professional growth.

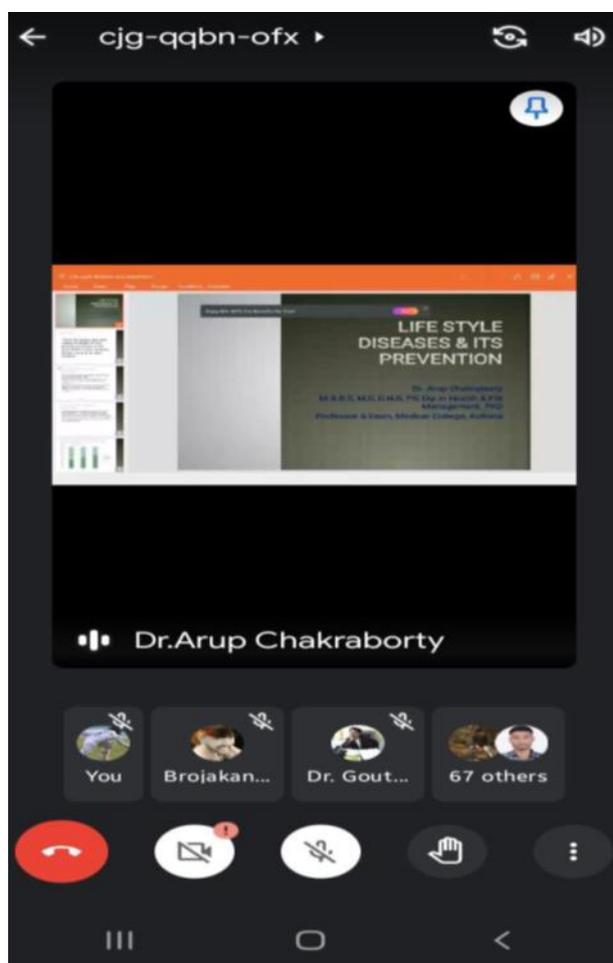
### Day 1, 1<sup>st</sup> January, 2026, Webinar on Mental Health:

On the first day of Students' Week 2026 at Government Training College, Hooghly, a webinar centred on health Issues, emphasising the significance of mental well-being, provided practical strategies for managing stress and enhancing emotional resilience, conducted by Dr. Arup Chakraborty, MBBS, Medical College, Kolkata. The event, hosted by Prof. Suman Saha, started with the college anthem performed by Arnab Sen (1<sup>st</sup> Semester). The Principal of GTCH, Dr. Goutam Patra stressed the importance of Students' Week for individual development and accountable citizenship.



Arnab Sen subsequently provided insights on everyday health issues before Dr. Chakraborty's talk on "Lifestyle Diseases and Their Prevention." He emphasised the increase in fatalities from non-communicable diseases and identified lifestyle-related risk factors from early childhood through adulthood. Preventive strategies included a balanced diet, consistent physical activity, ending dependencies, and minimising stress. Dr. Arup Chakraborty

discussed obesity management, the BMI measurement, as well as the impacts of stress and ways to cope.



The session provided valuable insights, leading to appreciation from Dr. Goutam Patra and Prof. Suman Saha for Dr. Arup Chakraborty, who was requested to distribute his presentation to the students. Prof. Nagarjun Bharadwaj, a faculty member, indicated interest in future offline sessions, and the Principal endorsed the idea of arranging programs that would benefit student welfare.

## Day 2, 2<sup>nd</sup> January, 2026, Psychological Counselling Sessions:

The second day of the Students' Week at the Government Training College, Hooghly, was brimming with excitement. The ceremony commenced with the college anthem, attended by Principal Dr. Goutam Patra and psychology counselor Dr. Debasish Das, who highlighted the significance of meditation and yoga in his speech.



Following this, Professional counsellors engaged with students, providing advice on managing anxiety, building self-confidence, and enhancing interpersonal relationships. The sessions received great appreciation for their hands-on approach and compassionate involvement, and Dr. Debasish Das prompted students to discuss mental health, urging them to express personal insights on the slips they had created. This engaging method encouraged participation from students. The guests presented a discussion on mental health, emphasising emotional shifts and suggesting activities for mental wellness via an interactive presentation.



The session ended with important takeaways,

leaving students feeling encouraged and inspired.

## Day 3, 3<sup>rd</sup> January, 2026, Awareness Camp on Student Credit Card and SVMCM Scheme:

On the 3<sup>rd</sup> day, a camp was held to inform students about the Student Credit Card Scheme and the Swami Vivekananda Merit-cum-Means Scholarship (SVMCM). Dr. Arup Kundu discussed comprehensive information on eligibility and application processes. The initial session Dr. Arup Kundu provided details about the West Bengal Government's Student Credit Card Scheme, enabling students to secure educational loans of up to ₹10 lakhs at low interest rates, to be paid back over 15 years.



He specified the eligibility requirements, such as residency and age restrictions, and shared informational brochures regarding the application procedures and necessary documents. During the second session, he presented the Swami Vivekananda Merit-cum-Means Scholarship (SVMCM), elaborating on the scholarship's benefits for students enrolled in regular formats from Class XI to postgraduate levels in a range of fields including Science, Arts, Commerce, Engineering, and Technical courses. He detailed the eligibility requirements and responded to student questions about the scholarship. Dr. Arup Kundu held a thorough session on career guidance for B.Ed. graduates, detailing various professional and academic options. He also elaborated that B.Ed. graduates can embark on careers as Government School Teachers by clearing exams such as CTET and

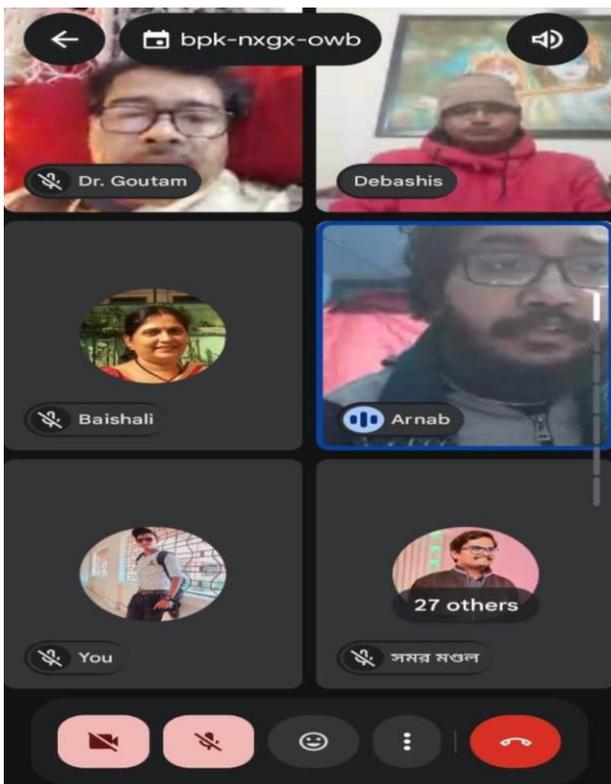
state TETs, along with opportunities in private schools. Dr. Kundu stressed additional academic



progression from M.Ed. to Ph.D. pathways that lead to lecturer roles in teacher training colleges, with the possibility of taking on leadership positions like Vice-Principal or Principal.

#### Day 4, 4<sup>th</sup> January, 2026, Parent Teacher Meeting:

The fourth day of the B.Ed. The Students Week for the 2025-2027 cohort at Government Training College, Hooghly, was held on January 4, 2026. The occasion began with the college anthem, featuring Principal Dr. Gautam Patra and other professors. Dr. Goutam Patra stressed how crucial regular attendance is and its impact on the students' achievements.



Prof. Nagarjun Bharadwaj emphasized the importance of discipline and regular college attendance in developing future educators. Conversations took place with parents regarding student absences, intending to address any problems. Furthermore, the head and staff tackled issues regarding anxiety and stress, guaranteeing that the trainees would encounter no challenges in the future. Prof. Suman Saha wrapped up the meeting with comments highlighting well-being and achievement, thanking the parents and wishing the students success in their endeavors.



The gathering encouraged effective dialogue between educators and parents, emphasising student growth and cultivating a nurturing atmosphere for future teachers. In summary, it was a productive day characterised by teamwork and dedication to student well-being.

### **Day 5, 5<sup>th</sup> January, 2026, Poster Competition on Environmental Sustainability and Gender Sensitivity:**

The fifth day of B.Ed. During Students' Week at Government Training College, Hooghly, learners displayed their creativity and social consciousness by presenting posters that focused on environmentally friendly practices and gender equality. The contest promoted creative expression and analytical thought, with numerous significant submissions earning recognition.



The day started with the college song, then Prof. Nagarjun Bharadwaj gave a lecture on creating PowerPoint presentations and efficient teaching techniques. The second class was conducted by Professor Santwana Acharya. The main event was a poster drawing contest focused on Environmental Sustainability and Gender Sensitivity at noon, with around 35 students participating impressively. Some concentrated on Environmental Sustainability, while others illustrated Gender Equality. The contest sparked significant interest and wrapped up at 2 p.m., highlighting the innovation of the upcoming educators.

### **Day 6, 6<sup>th</sup> January, 2026, Intra-College Quiz Competition:**

On January 6, 2026, the students participated in a lively Inter-College Quiz Competition, which assessed their understanding of teaching methods, general knowledge, and current events, promoting collaboration and cognitive stimulation.



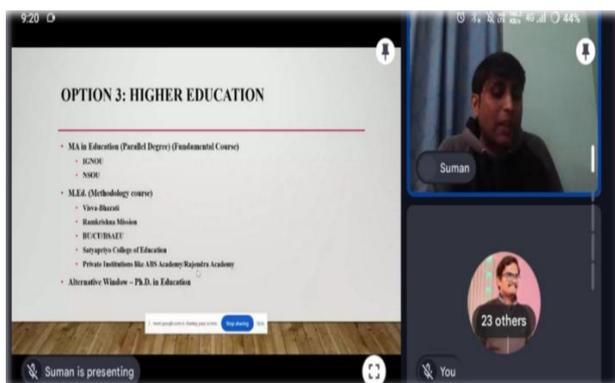
The occasion began with a speech from Hon'ble Principal Dr. Goutam Patra and featured distinguished faculty members like Dr. Baishali Basu (Roy Choudhury) and other respected faculty members, enhancing the event's significance. The competition adopted a Senior–Junior structure, encouraging vibrant participation, and was hosted by second-year student Tamjit. Ten teams, with three members each, participated in the preliminary round, which featured 15 questions. Following rigorous competition, 6 teams progressed to the finals. The last round involved every team responding to 6 questions covering subjects such as Literature, Sports and Games, Current Events, Movies, and Music.



Unresolved questions were forwarded to different teams for extra points, increasing the thrill. The outcomes were tightly fought: the First Prize went to a team from the Second Year; the Second Prize was given to first-year students Sujit Malik, Samar Mondal, and Shouvik Laha; and the Third Prize was shared by another team from the Second Year along with first-year students Arpa Banerjee, Santosh Kumar Chowdhury, and Raj Kumar Pandit. The event ended triumphantly, honouring academic accomplishment.

### Day 7, 7<sup>th</sup> January, 2026, Career Counselling:

On the 7th day of Students' Week 2026 at Government Training College, Hooghly, a "Career Counselling" session aimed at assisting students in exploring professional pathways post-studies was conducted by Principal Dr. Goutam Patra, Dr. Arup Kundu, and Prof. Suman Saha.



The presentation emphasised various opportunities in teaching, administrative roles, higher education, and the EdTech sector, addressing the common anxieties students experience as graduation approaches. Dr. Goutam Patra highlighted the significance of self-assessment and planning, urging students to align strengths with career options while building self-confidence. Prof. Suman Saha outlined critical career pathways for B.Ed graduates, emphasizing teaching's prevalence in national and specialized institutions and administrative roles like School Inspector. Higher education avenues included pursuing parallel degrees and advanced research opportunities. The EdTech sector's emphasis on digital literacy was discussed, along with

technical proficiencies in content development tools. Networking was identified as crucial for professional growth, encouraging connections with organizations such as NCERT and NCTE, and active use of platforms like LinkedIn. Dr. Goutam Patra concluded by expressing gratitude and reaffirming that the array of professional paths for educators extends beyond traditional teaching roles, underscoring the importance of adaptability and exploration.



### Day 8, 8<sup>th</sup> January, 2026, Games, Sports and prize distribution ceremony:

On the concluding day (8th of January 2026) of students' week at Government Training College, Hooghly, sports and games activities took place with athletics showing great enthusiasm. The 100 meter race concluded with Sanju Mondal (1st semester) claiming first place among six finalists. In the Shot Put event, Tamojit Das (3rd semester) secured first place among 25 participants. An exhilarating football match saw first semester students triumphing over their second semester rivals via a penalty kick. The day ended with the badminton semifinals and finals, where Binay Mondal (1st semester) and Debashis Halder (1st semester) secured the championship title. Anchor Souvik Laha (1st semester) summarised the week's events and results of the quiz and poster competitions, as reported by Dr. Baishali Basu Roy Choudhury. Following the sports events, a program featured the College Song and a speech by Principal Dr. Goutam Patra addressing the importance of Students' Week. The event concluded with a prize distribution ceremony in the gracious presence of Prof. (Dr.) Shymal Majumder.



**Participation:**

Over 100 students participated in the programs daily. Their excitement and engaged involvement contributed to the great success of Students' Week.





### **Conclusion:**

A week-long Students' Week 2026 of the Govt. Training College, Hooghly, concluded on a high note, successfully combining academic growth with creativity and recreation. Activities enhanced knowledge, skills, and values of empathy, sustainability, and inclusivity. Seminars and competitions fostered creativity, confidence, and practical skills. Under Principal Dr. Goutam Patra's leadership, the program achieved its goals of holistic student development. The event's lasting impact will encourage students to stay active and engaged throughout the academic year, thus continuing the tradition of comprehensive growth. This week-long Students' Week has become very effective for the holistic development of trainee Teachers.

**Venue:** Playground, Government Training College, Hooghly  
Playground, Hooghly Branch Government School

### **Resource Person:**

Dr. Goutam Patra, Principal , WBSES, Diploma in Yoga Education, GTCH  
Dr. Shymal Majumder, Principal, WBSES, Government Physical Education College for Women, Rice Research Station, Chinsurah, Hooghly-712102.  
Dr. Arup Chakraborty, MBBS, MD, DNB, PGDHFWM, PhD  
Professor, Department of Community Medicine and Dean, Govt. Medical College, Kolkata  
Dr. Debasish Das, Programme Officer, DMPH, Hooghly  
Mrs. Jhilam Bandopadhyaya, Phychiatric Social Worker, DMPH, Hooghly  
Prof. Nagarjun Bharadwaj, Associate Professor, WBES, Department of History, GTCH  
Dr. Sanjiban Sengupta, Associate Professor, WBES, Department of Sanskrit, GTCH  
Dr. Pratap Kumar Jana, Associate Professor, WBES, Department of Chemistry, GTCH  
Prof. Suman Saha, Assistant Professor, Department of English, GTCH  
Dr. Baishali Basu (Roy Choudhury), Associate Professor, Department of Bengali, GTCH  
Dr. Arup Kundu, Assistant Professor, Department of Mathametics, GTCH  
Prof. Santwana Acharya, Department of Music, GTCH

**Contribution to report writing and Technical support:**

Subhankar Das (1 <sup>st</sup> Semester) Roll No. 31 Arnab Biswas (1 <sup>st</sup> Semester) Roll No. 50 Sandeep Sharma (1 <sup>st</sup> Semester) Roll No. 19 Arindam Mudi (1 <sup>st</sup> Semester) Roll No. 26 Brojakanta Sardar (1 <sup>st</sup> Semester) Roll No. 28 Bishal Ghosh (1 <sup>st</sup> Semester) Roll No. 39 Samya Chakraborty (1 <sup>st</sup> Semester) Roll No. 08 Argha Mallick (1 <sup>st</sup> Semester) Roll No. 44 Binay Mondal (1 <sup>st</sup> Semester) Roll No. 21 Snehashis Bhattacharya (1 <sup>st</sup> Semester) Roll No. 53 Sayan Saha (1 <sup>st</sup> Semester) Roll No. 38	Sankhadwip Mandal (1 <sup>st</sup> Semester) Roll No. 45 Sourik Dev Gupta (1 <sup>st</sup> Semester) Roll No. 37 Somar Mandal (1 <sup>st</sup> Semester) Roll No. 03 Subhradeep Baksi (1 <sup>st</sup> Semester) Roll No. 06 Sujit Malik (1 <sup>st</sup> Semester) Roll No. 43 Sampad Ghosh (1 <sup>st</sup> Semester) Roll No. 02 Sourav Ghosh (1 <sup>st</sup> Semester) Roll No. 42 Sk Firoz Ali (1 <sup>st</sup> Semester) Roll No. 20 Tushar Saha (1 <sup>st</sup> Semester) Roll No. 23 Arpa Banerjee (1 <sup>st</sup> Semester) Roll No. 40 Sandip Majhi (1 <sup>st</sup> Semester) Roll No. 10
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**Report compiled by:**

Debashis Halder (1<sup>st</sup> Semester, Session: 2025-2027)

Subject: Life Science, Roll No. 29

**Dr. Goutam Patra**

**Principal**

**Govt. Training College, Hooghly**