



REGENT EDUCATION & RESEARCH FOUNDATION

Group of Institutions

“A Box Full of Colors” – Counselling Session and Art Therapy Workshop

The Internal Committee of Regent Education and Research Foundation Group of Institutions organized a Student Counselling Session titled “A Box Full of Colors” on 13th May at the RERFGI Seminar Hall. All students and faculty members were cordially invited to participate in this program.

About the Program:

Mental wellbeing plays a crucial role in academic achievement, emotional balance, and personal growth. Recognizing the importance of psychological wellness within the educational environment, the Internal Committee organized this counselling session to create awareness about emotional expression, self-understanding, and interpersonal connections through experiential activities.

The program was designed to provide participants with a safe and supportive space for self-exploration using creative and therapeutic techniques. The session aimed to promote emotional awareness, enhance self-reflection, and encourage healthy communication of thoughts and feelings.

The workshop was conducted in an interactive manner, allowing participants to engage actively in guided activities, reflections, and group discussions. The use of art-based interventions enabled participants to explore aspects of their identity and relationships in a non-threatening and creative format.

Campus : Regent Education & Research Foundation Group of Institutions

E-mail : rerfkolkata@gmail.com, Website : www.rerf.in

Campus Address:

**Bara Kanthalia, Barrackpore
P.O: Sewli Telinipara, P.S.: Mohanpur
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Regd. Office Address:

**11/3, Biresh Guha Street
7th Floor, Kolkata - 700 017
Tel.: 033-3221-3013**



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Organizing Committee:

Name	Designation	Position
Dr. Nibedita Mukherjea	Professor	Chairperson
Ms. Labani Nandi	HoD (CE)	Convener
Ms. Payel Chakraborty	Assistant Professor	Member
Ms. Munmoon Chaki	Assistant Professor	Member
Ms. Ashmita Guha Chowdhury	Assistant Professor	Member
Ms. Mitali Shaw	Assistant Professor	Member
Ms. Madhabi Ghosh	Assistant Professor	Member
Mr. Sourav Kundu	Assistant Professor	Member
Mr. Ashes Rakshit	Assistant Professor	Member
Ms. Saheli Ghosh Mukhopadhyaya	Assistant Professor	Member
Ms. Saraswati Mondal	Marketing Executive	Non-Teaching Member
Ms. Deblina Chatterjee	Psychological Counsellor	Non-Teaching Member
Ms. Shreya Chakraborty	Assistant Professor	External Member
Mr. Tanmay Bose	Student	Student Member
Ms. Muskan Shaw	Student	Student Member
Ms. Antima Bera	Student	Student Member

Inauguration: The program commenced with a welcome address by Ms. Labani Nandi, Convenor of IC Cell, RERFGI highlighting the significance of mental health awareness and psychological wellbeing within the academic community.

Venue: Seminar Room, RERFGI

Number of Staff Participants: 61

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Session Proceedings:

The counselling session began with a Mindfulness with Sound Exercise, which helped participants become present-focused, improve concentration, and develop awareness of their internal experiences. The activity created a calm and receptive atmosphere for the workshop.

The session was followed by an Art Therapy Workshop utilizing expressive and projective techniques designed to facilitate self-exploration and emotional insight.

Self-Symbolizing Technique:

Participants were encouraged to represent themselves through colors, symbols, shapes, and drawings. This exercise facilitated reflection on personal identity, emotions, strengths, aspirations, and lived experiences. The activity encouraged creative expression and promoted greater self-awareness.

Social Atom Exercise:

The Social Atom Exercise was conducted to help participants visualize their social relationships and support systems. Through the activity, participants mapped significant individuals and groups in their lives, allowing them to gain insight into interpersonal connections, emotional closeness, and sources of support. The exercise promoted understanding of social networks and their role in psychological wellbeing.

The activities were followed by group reflections and discussions, during which participants shared observations and insights gained from the exercises. The session emphasized self-awareness, emotional expression, resilience, and the importance of seeking support when needed.

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Trainer Details:



Ms. Deblina Chatterjee

The session was facilitated by Ms. Deblina Chatterjee, Psychological Counsellor at Regent Education and Research Foundation Group of Institutions. Ms. Deblina Chatterjee has joined RERFGI as a Psychological Counsellor in a permanent position. She holds an M.Sc. in Psychology and resides in Barrackpore. She is also NET (2025) and GATE (2026) qualified.

Mental wellness is integral to academic and personal success. As part of her professional responsibilities, she actively conducts individual counselling sessions with students. Students experiencing anxiety, stress, emotional concerns, and adjustment-related difficulties receive professional support and guidance through these counselling services. A safe, confidential, and non-judgmental environment is maintained to facilitate open communication and emotional expression. Counselling interventions focus on the development of healthy coping strategies, time-management skills, resilience, emotional regulation, and overall psychological wellbeing. Students continue to benefit from these services through improved self-awareness and adaptive functioning. Selected case examples and practical illustrations were presented during the seminar to demonstrate the application of counselling principles in student wellbeing initiatives.

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Flyer:

**REGENT EDUCATION AND RESEARCH
FOUNDATION GROUP OF INSTITUTIONS**

"Counselling Session"
ORGANIZED BY INTERNAL COMMITTEE

A Box Full of Colors

Explore inner colors through a guided art process
Facilitated by
Ms. Deblina Chatterjee
(Counselling Psychologist)

Students, faculty, and staff —
all are welcome.

Requirements:
Participants are requested to
bring any one colouring medium
(crayons / oil pastels / sketch
pens / colour pencils, etc.)

Disclaimer:
No art skills or prior experience
required.

Date
13th May
Time
2:00 p.m. onwards
Venue
RERF Seminar Hall

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Event Photos:



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Certificate of Participation:



[Signature]
Ms. Labani Nandi
Convener, IC, RERFGI

[Signature]

Mr. Suprovat Basu
Registrar, RERFGI

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Regent Education & Research Foundation Group of Institutions

Participation

Event Name: Counselling Session

Organizing Committee: Internal Committee

Date: 13th May'2026

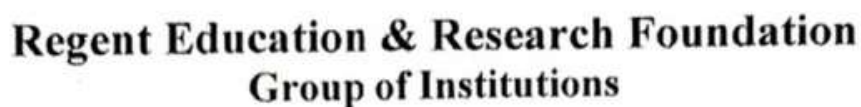
Time: 2:00 p.m.

Sl No.	Name	Designation	Department	Institute	Full Signature
1.	Soyandip Sengupta	Student	BBA	SVIMS	S. Sengupta.
2.	Tushar Das	Student	BBA	SVIMS	Tushar Das
3.	Astick kerr	Student	BBA	SVIMS	Astick kerr
4.	Phitom Phomoni K	Student	BBA	SVIMS	Phitom Phomoni K.
5.	Aditya Sengh	Student	BBA	SVIMS	Aditya Sengh
6.	Anand Jha	Student	BBA	SVIMS	Anand Jha
7.	Debarun Biswas	Student	EEF	RERF	Debarun Biswas
7.	Aropana Paul	Student	BBA	SVIMS	Aropana Paul
8.	Submita shaw	Student	BBA	SVIMS	Submita shaw
9.	Sahini Maity	Student	BBA	SVIMS	Sahini Maity
10.	Rupsa Mondal	Student	BBA	SVIMS	Rupsa Mondal
11.	Ravkhi Sore	Student	BBA	SVIMS	Ravkhi Sore
12.	Sumit Das	Student	BBA	SVIMS	S. Das
13.	Sritanya Maity	Student	BBA	SVIMS	S.M
14.	Rudranil mal	Student	BBA	SVIMS	Rudranil mal
15.	Himesh Biswas	Student	BBA	SVIMS	H.m.
16.	Sourmik Ghosh	Student	BCA	SVIMS	S. Ghosh

Handwritten signature



Ami



Ami