

**ANNUAL REPORT**  
**ON**  
**CAREER COUNSELLING AND PLACEMENT ACTIVITIES OF**  
**SHAHID MATANGINI HAZRA GOVERNMENT GENERAL**  
**DEGREE COLLEGE FOR WOMEN**  
**(2021-2022)**

Career Counselling is a procedure that focuses on helping student understand students's own self, as well as work trends, so that student can take an informed decision about career and education. The Career counseling and placement sub-committee of Shahid Matangini Hazra Government General Degree College For Women has been organizing several programmes that help students to explore different paths in higher studies as well as in the field of job. Career Counselling helps manage a diverse range of problems such as low concentration levels to poor time management, trust issues with family to non-agreement between parents and children on which career to choose. The College, under the aegis of Career Counselling and Placement Sub-committee, organised a one day workshop on "Career Counselling : Avenues and Opportunities" by well known Inspirational resource person Ms Shormi Roy Choudhury, Location Head, Tech Mahindra Foundation on 27<sup>th</sup> April, 2021 at 12 pm onwards. The session was attended by Faculty members and a huge no.of students of various departments. She drew the attention of the students to various aspects related to goal setting, focus and planning to achieve the goals they have set for themselves. The speaker emphasised on the need to plan smartly according to one's energy and intelligence levels. She used various anecdotes and stories to support his advice. The focus is to increase our impact on the wellbeing and prosperity of students and facilitate with opportunities, creating awareness on job demands in the market. Student friendly approach makes the students be open minded to discuss and understand the where about's of opportunities and steps to prepare for jobs.

Here are a few ways in which career counselling helps students to:

1. pick the right career.
2. provide expert resources.
3. gain self-confidence and insight.
4. change unwanted behavior patterns.
5. remove career-related frustration.
6. provides a role-model.
7. bring stability in thought.
8. enhancing the Employability Skill





