



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharMahavidyalaya.ac.in

Ref. No.- M.G.M/

Date: 31/12/2019

## Report of Awareness Programme

Topic – An Awareness Programme on “Save Water Save Life”.

Date– 27/12/2019

Place– Alankarpur, Ramnagar-1, Digha - Contai Road, West Bengal 721441

Purpose – To improve the knowledge about the importance of Water Conservation in Life.

Programme – 1) Speech given by teacher and students. 2) Route march with the slogan on save water save life. 3) Drama was presented by the students.



*Bhali*  
31/12/2019  
Programme Coordinator

*[Signature]*  
31.12.2019  
H.O.D.  
HEAD  
Dept. of Physical Education  
Mugberia Gangadhar Mahavidyalaya  
Bhupatinagar, Purba Medinipur, W.B.

*[Signature]*  
31.12.2019  
Principal  
Principal  
Mugberia Gangadhar Mahavidyalaya



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Date: 18.12.2019

## Notice

It is hereby notified that the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya is going to celebrate an Awareness Programme on “Save Water Save Life” at Ramnagar Bazar, on 27<sup>th</sup> December 2019. So, all the students are informed to be present in the programme.



*Swapan Kumar Misra* 18.12.2019  
Dr. Swapan Kumar Misra

Principal

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya



Mugheria Gangesdham Mahavidyalaya  
Awareness Programme  
"Save Water Save Life"

Date: 1/1/  
Page: 1


Place: Alankarapur, Ramnagar-1,

Date: 27/12/2019

1)	Susata Ghoseh	M.P.Ed 1st Sem
2)	Nishant Thapa	M.P.Ed 1st sem
3)	Rubi Murmu	M.P.Ed 1st Sem
4)	Biswamangal Roy	M.P.Ed 1st sem
5)	Souman Pradhan	M.P.Ed 1st Sem
6)	Ruma Tung	M.P.Ed 1st sem
7)	Swamita pasrak	
8)	Subha Das	M.P.Ed 1st Sem
9)	Mrinal Kamati Mahapatra	M.P.Ed 1st Sem
10)	S.K.M.D Jha	M.P.Ed 1st sem
11)	Zareen Patra	M.P.Ed 1st sem
12)	Rakhi Ghoshani	M.P.Ed 1st sem
13)	Dubika Patra	M.P.Ed 1st sem
14)	Annab Barmen	M.P.Ed 1st sem
15)	Chiranjit Sarkar	M.P.Ed 1st sem
16)	Chyomika Mondal	M.P.Ed 1st Sem
17)	Krishna kamal pramanik	M.P.Ed - 1st sem
18)	Soumitra Jena	M.P.Ed - 1st sem
19)	Tamraj Mondal	M.P.Ed 1st sem
20)	Poulami Das	M.P.Ed 1st Sem
21)	Aparna Mandal	M.P.Ed 1st sem
22)	Oneha Basmal	M.P.Ed 1st sem
23)	Rimpa Patra	M.P.Ed 1st sem
24)	Kantika Mandal	M.P.Ed 1st sem
25)	Suman Das	M.P.Ed 1st Sem
26)	Abhishhek Naskar	M.P.Ed 1st sem
27)	Dharmendra Shaw	M.P.Ed 1st sem
28)	Baishaki Saha	M.P.Ed 1st sem
29)	Rupali Purty	M.P.Ed 1st sem
30)	Suchitra Hembram	M.P.E 1st sem
31)	Subha Mani	B.P.Ed 1st sem
32)	Sukanta Khadua	B.P.Ed 1st sem
33)	Sarashakti murmu	B.P.Ed 1st Sem
34)	Prabir Mondal	B.P.Ed 1st sem
35)	Soma mondal	B.P.Ed 1st sem
36)	Puspa Raj Tamang	B.P.Ed 1st sem
37)	Baishakh Khadua	B.P.Ed 1st sem
38)	Manas Murmu	B.P.Ed 1st sem
39)	Bilku Mishra	B.P.Ed 1st sem
40)	Annab Sahoo	B.P.Ed 1st sem
41)	Ramesh Mali	B.P.Ed 1st sem
42)	Siva Sahoo	B.P.Ed 1st Sem
43)	Sukanta Khadua	B.P.Ed 1st sem
44)	Soumitra Datta	B.P.Ed 1st sem
45)	Puspapas Tamang	B.P.Ed 1st sem
46)	Poulami Das	B.P.Ed 1st Sem





  
 31.12.2019  
 Principal  
 Mugberia Gangadhar Mahavidyalaya





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Ref. No.- M.G.M/

Date: 31.12.2019

## Report of Awareness Programme

**Topic** – Awareness Programme on “Cleaning Drive in the Coastal Area to Preserve Coastal Eco Diversity.”

**Date** – 29/12/2019

**Place** – Old Digha Sea Beach, Ramnagar-1, Contai, West Bengal 721441

**Purpose** – To look up the awareness about the Sea Pollution.

**Programme** –1) Route march with the slogan on save tree save life. 3) Drama was presented by the students.



*Bhali*  
31/12/19  
Programme Coordinator

*[Signature]*  
31.12.2019  
HEAD  
Dept. of Physical Education  
Mugberia Gangadhar Mahavidyalaya  
Bhupatinagar, Purba Medinipur, W.B.

*[Signature]* 31.12.2019  
Principal  
Principal  
Mugberia Gangadhar Mahavidyalaya





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Date: 18.12.2019

## Notice

It is hereby notified that the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya is going to celebrate an Awareness Programme on “Cleaning Drive in the Coastal Area to Preserve Coastal Eco Diversity” at Old Digha Sea beach on 29<sup>th</sup> December 2019. So, all the students are informed to be present in the programme.

 18.12.2019  
Dr. Swapan Kumar Misra

Principal

Mugberia Gangadhar Mahavidyalaya



Principal  
Mugberia Gangadhar Mahavidyalaya

Mugheria Gangadhar Mahavidyalaya  
Awareness Programme  
"Cleaning Drive in the Coastal Area  
to Preserve Coastal Ecosystem Diversity"  
Place :- Old Digsha Sea Beach,  
Date :- 29/12/2019

1)	Chinanjit Sankar	M.P.Ed 1st sem
2)	Susmita Patra	"
3)	Biswamangal Roy	M.P.Ed 1st Sem
4)	Susata Ghosh	M.P.Ed 1st Sem
5)	Souman Pradhan	M.P.Ed 1st Sem.
6)	Ruma Tung	M.P.Ed 1st sem
7)	Dipika Talra	M.P.Ed 1st sem
8)	S.K.M.D iqbal	M.P.Ed 1st sem
9)	Nishant Thapa	M.P.Ed 1st sem
10)	Rakhi Ghoshani	M.P.Ed 1st sem
11)	Rubi Murmu	M.P.Ed 1st Sem
12)	Subhan Das	M.P.Ed - 1st Sem
13)	Zareen Parveen	M.P.Ed 1st sem
14)	Mrinal Kanati Mahapatra	M.P.Ed 1st Sem
15)	Arnab Basman	M.P.Ed 1st Sem
16)	Ashyanka Mondal	M.P.Ed 1st Sem
17)	Krishna Kamal pramanik	M.P.Ed 1st Sem
18)	Saumitra jana	M.P.Ed - 1st Sem -
19)	Tanmay Mondal	M.P.Ed 1st Sem.
20)	Poulavi Das	M.P.Ed 1st Sem
21)	Aparna mandal	M.P.Ed 1st sem
22)	Briha Basmal	M.P.Ed 1st Sem
23)	Rimpa Patra	M.P.Ed 1st sem.
24)	Kuntal mandal	M.P.Ed 1st sem
25)	Suman dey	M.P.Ed 1st sem
26)	Abhishek naskar	M.P.Ed 1st Sem
27)	Dharmendra Shaw	M.P.Ed 1st sem
28)	Caishaki Saha	M.P.Ed 1st sem
29)	Rutali Puri	M.P.Ed 1st Sem
31)	Subha Mani	B.P.Ed 1st Sem
32)	Sukanta Khata	B.P.Ed 1st sem
33)	Sourasanki murmu	B.P.Ed 1st Sem
34)	Prabir Mondal	B.P.Ed 1st sem
35)	Soma mandal	B.P.Ed 1st sem
36)	Puspa Raj Tamang	B.P.Ed 1st sem.
37)	Biswajit Khata	B.P.Ed 1st sem
38)	Manas Murmu	B.P.Ed 1st sem.
39)	Bilal Mistri	B.P.Ed 1st sem
40)	Arnab Sahoo	B.P.Ed 1st sem.
41)	Romesh Mali	B.P.Ed 1st sem.
42)	Siva Sahoo	B.P.Ed 1st Sem
43)	Sukanta Khata	B.P.Ed 1st sem
44)	Soumya Dutta	B.P.Ed 1st sem.
45)	Puspata Tamang	B.P.Ed 1st sem
46)	Poulami Das	B.P.Ed 1st Sem





  
 31.12.2019  
 Principal  
 Mugberia Gangadhar Mahavidyalaya





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## REPORT On DENGUE & MALARIA AWARENESS CAMPAIGN 06-08-2022

Organized by  
Department of Bengali (UG & PG)  
Mugberia Gangadhar Mahavidyalaya

Date: 6th August, 2022

Time: 11:00 am

Visit Place: Surrounding the College  
Building

Taufiq 2020





# MUGBERIA GANGADHAR MAHAVIDYALAYA

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E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

Date: 08-08-2022

04

## NOTICE

### SUBJECT: DENGUE & MALARIA AWARENESS CAMPAIGN - 06-08-2022

Attention all Students (UG & PG) and Faculty of the Bengali Department, we are pleased to inform you that the Department of Bengali, Mugberia Gangadhar Mahavidyalaya, is conducting an awareness campaign on Dengue and Malaria on August 6, 2022, in the vicinity of the college building. We encourage all faculty and students of the Bengali Department (UG & PG) to attend and make this awareness campaign memorable.

Your presence and participation in the awareness campaign on Dengue and Malaria on August 6, 2022 are highly appreciated. We look forward to your active involvement in making this awareness campaign a grand success.

Thank you!

Sincerely,

Dr. Pintu Roy Chowdhury  
Head of Department  
Department of Bengali (UG & PG)  
Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya  
Department of Bengali, HOD  
(U.G./P.G.)

&

Signature of Principal  
Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya





## **ORGANIZING COMMITTEE**

### **DENGUE & MALARIA AWARENESS CAMPAIGN - 06-08-2022**

**Organized by**  
**Department of Bengali (UG & PG)**  
**Mugheria Gangadhar Mahavidyalaya**

**Date: 6<sup>th</sup> August, 2022**

**Time: 11:00 am**

**Visit Place: Surrounding the College Building**

#### **Organizing Committee**

##### **President**

Dr. Swapan Kumar Mishra, Principal, Mugheria Gangadhar  
Mahavidyalaya

##### **Organizing Secretary**

Dr. Pintu Roy Choudhury, Asst. Professor, Dept. of  
Bengali, Mugheria Gangadhar Mahavidyalaya

##### **Members**

Dr. Gautam Barman, Asst. Professor, Dept. of Bengali, MGM  
Mr. Sukal Soren, Asst. Professor, Dept. of Bengali, MGM  
Mr. Biswajit Samanta, SACT, Dept. of Bengali, MGM  
Mrs. Suparna Jana, SACT, Dept. of Bengali, MGM  
Sj. Rajesh Khan, SACT, Dept. of Bengali, MGM  
Sri. Pranab Mahapatra, Contractual Asst. Professor, Dept. of  
Bengali, MGM  
Sri. Saheb Kumar Hazra, Contractual Asst. Professor, Dept.  
of Bengali, MGM





**REPORT  
ON  
DENGUE & MALARIA AWARENESS CAMPAIGN - 06-08-2022**

**Organized by  
Department of Bengali (UG & PG)  
Mugberia Gangadhar Mahavidyalaya**

**Date: 6th August, 2022**

**Time: 11:00 am**

**Visit Place: Surrounding the College Building**

**Visit Place:** Surrounding the College Building

**Engagement:**

**Teachers:** Pintu Roychowdhury, Sukul Soren, Pranab Mahapatra and Saheb Hazra

**Students:** Soumen Paul, Susmita Maity, Arundhati Maity, and others.

**Activities:**

The Bengali Department (UG & PG) of Mugberia Gangadhar Mahavidyalaya conducted an awareness campaign on Dengue and Malaria on August 6, 2022, in the vicinity of the college building. The initiative aimed to educate both students and the local community about the prevention and risks associated with these vector-borne diseases.

**Chemical Spread:**

Various types of chemicals effective in controlling mosquito breeding were dispersed in and around the college premises. This proactive measure was taken to minimize the breeding grounds of mosquitoes, thereby reducing the risk of Dengue and Malaria transmission.

**Educational Component:**

Teachers, including Pintu Roychowdhury, Sukul Soren, Pranab Mahapatra, and Saheb Hazra, actively participated in delivering short speeches to impart knowledge on the symptoms, prevention, and treatment of Dengue and Malaria. The sessions were informative, encouraging the audience to adopt preventive measures and seek timely medical attention if needed.

**Student Involvement:**

Students, led by Soumen Paul, Susmita Maity, Arundhati Maity, and others, played a pivotal role in the execution of the awareness campaign. Their



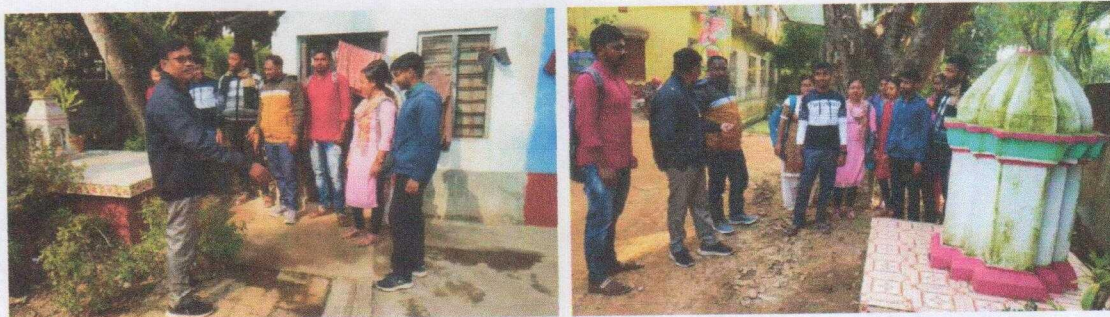


active participation in spreading chemicals and engaging with the local community amplified the impact of the initiative.

**Conclusion:**

The Dengue and Malaria awareness campaign conducted by the Bengali Department (UG & PG) was a collaborative effort that successfully blended chemical intervention with informative sessions. This initiative reflects the commitment of Mugberia Gangadhar Mahavidyalaya to the well-being of its students and the surrounding community.

**SELECTED PHOTOS OF THE AWARENESS CAMPAIGN**



Awareness Conversations about Dengue



Awareness Campaign (UG & PG Students, Dept. of Bengali)

**Report prepared by:**

*Rajesh Khan*

(Dr. Rajesh Khan)  
State Aided College Teacher - I (SACT-1)  
Department of Bengali (UG & PG)  
Mugberia Gangadhar Mahavidyalaya

**Report Submitted by:**

*Pintu Roy Choudhury*

(Dr. Pintu Roy Choudhury)  
HOD, Dept. of Bengali, Asst. Professor,  
Mugberia Gangadhar Mahavidyalaya

*Pintu Roy Choudhury*

Signature of HOD

Mugberia Gangadhar Mahavidyalaya  
Department of Bengali, HOD  
(U.G./P.G.)



*Pintu Roy Choudhury* 08.08.2022

Signature of Principal

Principal  
Mugberia Gangadhar Mahavidyalaya





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**Report of**

**International Webinar on "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"**

**One Day International Webinar**

**on**

**"Strategies to Boost Immunity by Functional Foods to Combat COVID-19" [SBIFFCC]**

**Date:15/07/2020;Time:3:00pm–**  
**7:00pm(India/SriLankatime)Date:**  
**15/07/2020; 10:30am-2:30pm**  
**(Portugal time)**

Organized by  
Dept. of Food Processing in collaboration with  
Dept. of Nutrition & Research Cell ,M.G.M.

**You Tube link for live webinar:**

**<https://youtu.be/LUHj-nBEeWs>**





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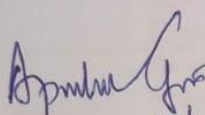
DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // [www.mugberiangangadharMahavidyalaya.ac.in](http://www.mugberiangangadharMahavidyalaya.ac.in)

Date: 01/07/2020

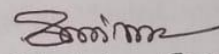
## NOTICE

It is hereby notified that Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya is going to organized **International Webinar** on "**Strategies to Boost Immunity by Functional Foods to Combat COVID-19**" in collaboration with Research Cell of Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, West Bengal, India on **15/7/2020**. All the students of B.Sc. (Honours), B.Voc (Food Processing), M.Voc (Food Technology, Nutrition and Management) students and faculties of the Dept. of Nutrition , are informed to join positively at 9:30 p.m. Zoom link will be provided through our whatsapp group.

  
01/07/2020

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

  
01.07.2020

Principal  
Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya



The international webinar aimed to explore effective strategies utilizing functional foods to enhance immunity and combat COVID-19. Hosted on [date], the event gathered experts, researchers, and participants .

**Objective:** The one-day national seminar aimed to provide a comprehensive understanding of vaccine basics and insights into the ongoing COVID-19 vaccine program.

### **Tentative Programme Schedule**

3:00pm– 3:10pm	Introductory Address by Dr. Apurba Giri (Convener), Coordinator, Dept of Food Processing; Assistant Professor & Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
3:10pm–3:15pm	Inaugural Address by Dr. Swapan Kumar Misra (Chair Person), Principal, Mugberia Gangadhar Mahavidyalaya
<b>3:15pm-4:45pm</b>	<b>Technical Session I (Coordinator: Dr. Bidhan Chandra Samanta, Coordinator, Research Cell Asso. Prof. &amp; Head, Dept. of Chemistry, Mugberia G. Mahavidyalaya)</b>
3:15pm– 3:45pm	<b>Speaker: Prof (Dr) Antony Gomes</b> Ex-Professor & UGC-Emeritus, UGC-BSR Fellow, Dept of Physiology, Calcutta University Kolkata, India <b>Topic: Fight against COVID-19 with nutrition &amp; dietary fiber</b>
3:45pm–4:15pm	<b>Speaker: Dr. (Mrs.) NMNK Narayana</b> Senior Lecturer, Department of Animal Science, Faculty of Agriculture, University of Ruhuna, Sri Lanka <b>Topic: Potential applications of immune boosting medicinal plants in functional foods to combat COVID-19</b>
4:15pm–4:45pm	<b>Speaker: Dr. Subrota Hati,</b> Assistant Professor, Dept. Dairy Microbiology, SMCC College of Dairy Sci., Anand Agricultural University, Anand, Gujarat, India <b>Topic: Application of probiotics in immunity boosting</b>
<b>4:45pm-5:40pm</b>	<b>Technical Session II (Coordinator: Dr. Apurba Giri)</b>
4:45pm-5:05pm	<b>Speaker: Dr. Maria Leonor Silva</b> Assistant Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal <b>Topic: Food anti-inflammatory properties and its immune benefits</b>
5:05pm-5:25pm	<b>Speaker: Dr. Alexandra Bernardo</b> Associate Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal <b>Topic: Food antioxidant activity – a potential property for immunity system</b>
5:25pm-5:45pm	<b>Speaker: Ms. Koyel Pal Chowdhury</b> Research Dietician, SSKMH Hospital; Guest lecturer in Haldia Institute of Health Science, IGNOU and Bangladesh Academy of Nutrition and Dietetics. <b>Topic: The importance of immune maintenance balanced diet in pandemic and postpandemic situation</b>
5:45pm–6:20pm	Question-Answer session Coordinator: Dr. Apurba Giri
6:20pm–6:30pm	Vote of Thanks by Ms. Monalisa Roy, Assistant Professor, Dept. of Food Processing, Mugberia Gangadhar Mahavidyalaya



## PHOTOS:



One Day International Webinar on

# Strategies to Boost Immunity by Functional Foods to Combat COVID-19 [SBIFFCC]

**Date: 15/07/2020; Time: 3:00 pm – 6:00 pm**

*Organized by*

**Dept. of Food Processing**

*in collaboration with*

**Dept. of Nutrition & Research Cell**

**Mugberia Gangadhar Mahavidyalaya**

**PO-Bhupatinagar; Dist. - Purba Medinipur, West Bengal -**

**721425, India, <http://www.mugberiangangadharmahavidyalaya.org>**

All interested persons are cordially invited to attend the international webinar on "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"

– Organizing Committee

- **For registration:** No registration fee, click on the link or copy the link and paste it in Google Chrome:  
<https://forms.gle/yxeey9JCYG8gMzah7>
- **Last date of registration:** 10<sup>th</sup> July, 2020 up to 5.00 pm
- **WhatsApp Group Link:**  
<https://chat.whatsapp.com/DKG9T0oR9nXDgZoK5oMrqi>
- **Platform:** Zoom apps Streaming on YouTube / Facebook Live
- **Joining link** for the lectures and related updates for each session will be provided in the respective e-mail & WhatsApp.
- **E-certificate** will be issued after sending filled feedback form.

**Invitation for full length paper:** The full length papers related to the theme of this webinar are invited for publication in the book with ISBN No. without charging any publication fees from the author. For this, interested authors are requested to send abstract (~250 words) of their paper to the convener at both e-mail id: [webinarsbiffcc@gmail.com](mailto:webinarsbiffcc@gmail.com), [apurbandri@gmail.com](mailto:apurbandri@gmail.com). The selected authors will be sent the detail guidelines to write full length paper and to submit the paper within 45 days.



*Chair Person*

**Dr. Swapan Kr. Misra,**  
Principal,  
Mugberia G. Mahavidyalaya



*Convener*

**Dr. Apurba Giri**  
Coordinator, Dept. of Food Processing  
Assistant Professor & Head, Dept. of  
Nutrition, Mugberia G. Mahavidyalaya



*Jt. Convener*

**Dr. Bidhan Ch. Samanta**  
Coordinator, Research Cell  
Asso. Prof. & Head, Dept. of Chemist  
Mugberia G. Mahavidyalaya

## Eminent Speakers of this International Webinar



**Dr. Maria Leonor Silva**

Assistant Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal

**Topic: Food anti-inflammatory properties and its immune benefits**



**Dr. Alexandra Bernardo**

Associate Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal

**Topic: Food antioxidant activity – a potential property for immunity system**



**Dr. (Mrs.) NMNK Narayana**

Senior Lecturer, Department of Animal Science, Faculty of Agriculture, University of Ruhuna, Sri Lanka

**Topic: Potential applications of immune boosting medicinal plants in functional foods to combat COVID-19**



**Prof(Dr) Antony Gomes**

Ex-Professor & UGC-Emeritus, UGC-BSR Fellow, Dept of Physiology, Calcutta University Kolkata, India

**Topic: Fight against COVID-19 with nutrition & dietary fiber**



**Dr. Subrota Hati,**

Assistant Professor, Dept. Dairy Microbiology, SMC College of Dairy Science

Anand Agricultural University, Anand, Gujarat, India

**Topic: Application of probiotics in immunity boosting**

**For communication:** Dr. Apurba Giri, Mob: +91 9564289290; Dr. Bidhan Chandra Samanta: Mob: +91 9732752907; E-mail: [webinarsbiffcc@gmail.com](mailto:webinarsbiffcc@gmail.com), [apurbandri@gmail.com](mailto:apurbandri@gmail.com)

# International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



Maria Leonor Tavar...



Mugberia Gangadha...



Prof. Swapan Kuma...



Khokan Chandra G...



Alexandra Bernard...



Nayana



Monalisa Roy



Antony Gomes



Subrata Hati



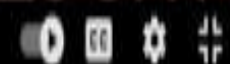
Koyel Pal Chowdh...



Mugberia Gangadha...

zoom

3:03:07 / 3:04:10

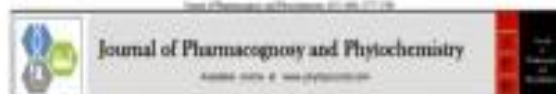




# International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"

I. Kural and B. Tasci\*

\*Faculty of Engineering, Dept. of Food Engineering, SSKS, Celal Bayar University, Samsun, Turkey (kural)  
Health High School, Dept. of Nutrition and Dietetics, SSKS, Celal Bayar University, Samsun, Turkey.



## A review on garlic (*Allium sativum* L.) as a functional food

Demetris Anagnostou and Daria Jozwicka

**Abstract**  
Garlic (*Allium sativum* L.) is a member of the Liliaceae family and Allium genus, is considered to be rich in medicinal properties. The medicinal value of garlic is well known and has been reported to affect blood clotting. Garlic is the most functional compound found in garlic following the organosulfur compounds. Presence of sulfur compounds can be found in most food and feed



## polyphenols and organosulfur compounds

59:00 / 7:30:10

# International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"

Antony Gome...

## Systemic:

- Fever
- Fatigue

## Kidneys:

- Decreased Function

## Intestines:

- Diarrhoea



## Respiratory:

- Sneezing
- Runny nose
- Sore Throat
- Dry Cough
- Shortness of Breath

## Circulatory :

- Decreased White Blood Cells

19:24 / 3:04:10





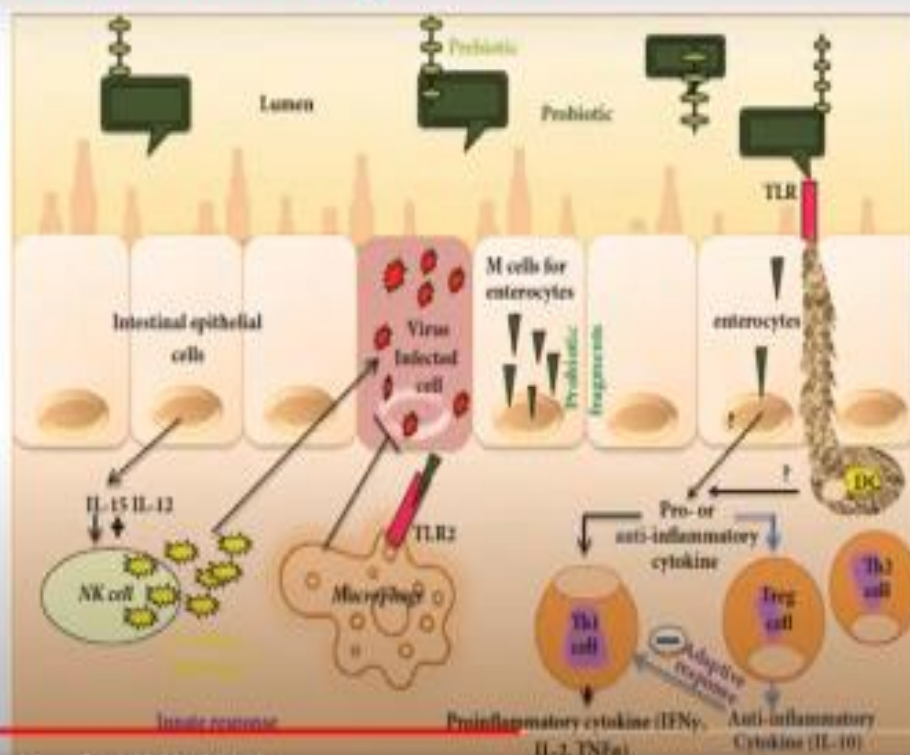
**WELCOME Participants**

## **Fight against Covid-19 with Nutrition & Dietary Fiber**

**A Gomes, Ph.D**

Ex-Professor & UGC Emeritus Fellow, Dept of Physiology,  
Calcutta University, Email : agomescu@gmail.com

zoom



zoom



International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



Mugberia Gangadha...



Maria Leonor Tavar...



Mugberia Gangadha...



Prof. Swapan Kuma...



Khokan Chandra G...



Alexandra Bernard...



Monalisa Roy



Antony Gomes



Subrota Hati



Koyel Pal Chowdhur...

zoom

2:30:06 / 3:04:10

International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



Maria Leonor Tavar...



Mugberia Gangadha...



Prof. Swapan Kuma...



Khokan Chandra G...



Alexandra Bernard...



Nayana



Monalisa Roy



Antony Gomes



Subrota Hati



Koyel Pal Chowdhur...



Mugberia Gangadha...

zoom

3:03:07 / 3:04:10



# International Webinar On "Strategies to Boost Immunity by Functional Foods to Combat COVID-19"



Maria Leonor Tavar...



Mugberia Gangadha...



Prof. Swapan Kuma...



Khokan Chandra G...



Alexandra Bernard...



Nayana



Monalisa Roy



Antony Gomes



Subrata Hati



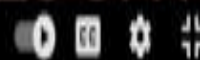
Koyel Pal Chowdh...



Mugberia Gangadha...

zoom

3:03:07 / 3:04:10





## Certificate:



### **Mugberia Gangadhar Mahavidyalaya**

[College with Potential for Excellence (UGC), Star College (DBT, Govt. of India),  
NAAC accredited with 'B+' Grade in 3<sup>rd</sup> cycle, Affiliated to Vidyasagar University]

PO-Bhupatinagar, Dist. - Purba Medinipur, West Bengal, India, Pin- 721425

#### **CERTIFICATE OF PARTICIPATION**

This is to certify that **Khokan Chandra Gayen** of **Vidyasagar University** has successfully participated in the one day International Webinar on “Strategies to Boost Immunity by Functional Foods to Combat COVID-19” organized by Dept. of Food Processing, in collaboration with Dept. of Nutrition and Research Cell of Mugberia Gangadhar Mahavidyalaya on 15th July, 2020.

**Chairperson**

**Dr. Swapan Kr. Misra**

**Principal**

**Mugberia Gangadhar Mahavidyalaya**

**Convener**

**Dr. Apurba Giri**

**Coordinator, Dept. of Food Processing**

**Assistant Professor & Head, Dept. of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**Jt. Convener**

**Dr. Bidhan Ch. Samanta**

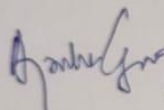
**Coordinator, Research Cell**

**Associate Professor & Head, Dept. of Chemistry**

**Mugberia Gangadhar Mahavidyalaya**



**Conclusion :** Functional foods rich in nutrients like vitamins C and D, zinc, and antioxidants can support a healthy immune system. While they won't directly prevent or treat COVID-19, maintaining overall well-being through a balanced diet may contribute to better immune function. However, vaccination and following public health guidelines remain crucial for protection. The webinar highlighted the significance of functional foods in fortifying the immune system against COVID-19. Encouraging collaboration between students, teachers, researcher, and the general public was emphasized for a comprehensive approach to immune health.

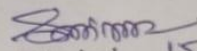
  
15/07/2020

Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

  
Principal

15-07-2020

Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya







# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // [www.mugberiagangadharmahavidyalaya.ac.in](http://www.mugberiagangadharmahavidyalaya.ac.in)

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## Report

## On

Awareness Camp related to exposure Visit of School Students to HC  
Institute

Organized by

Department of Chemistry (UG)

## Mugberia Gangadhar Mahavidyalaya

*ACCREDITED BY NAAC WITH GRADE B+*

*Affiliated to*

**Vidyasagar University**

**Bhupatinagar, Purba Medinipur – 721425**



## Minutes of the Departmental meeting held on 10.01.2023

### Members present:

1. Dr. Bidhan Ch. Samanta, HOD, Associate Prof., Dept. of Chemistry
2. Dr. Narottam Sutradhar, Assistant Prof., Dept. of Chemistry
3. Mr. Ribhu Maity, SACT Teacher, Dept. of Chemistry.
4. Mr. Mrigendu Midya, SACT Teacher, Dept. of Chemistry.
5. Mr. Goutam Kr. Jana, SACT Teacher, Dept. of Chemistry.
6. Mrs. Minakshi Maity. SACT Teacher, Dept. of Chemistry

A short meeting was arranged at 3 pm regarding the Awareness Camp related to exposure Visit of School Students to IIC Institute. All teachers of the department joined the meeting in time. **Dr. Bidhan Chandra Samanta, HOD of Dept. of Chemistry** chaired the meeting.

### Decision taken in the meeting:

- (1) It is decided that **Dr. Bidhan Chandra Samanta** will be co-ordinator of this programs.
- (2) The period of the camp will be scheduled from **6<sup>th</sup> Feb. 2023 – 10<sup>th</sup> Feb. 2023**
- (3) It is decided that the course will be delivered by lecture, interaction and doubt clearance along with demonstration.
- (4) HOD will forward the matter for approval of this program
- (5) Teachers are requested to prepare a routine for smooth running of the program.

**The meeting comes to end with a vote of thanks.**



**About the Camp:** These camps were organized in the local H.S. Schools to encourage and motivate the students towards higher studies in bioscience along with allied sciences like Chemistry, Mathematics. As the schools were situated in rural and backward areas of West Bengal and as almost 80% students are first generation learners so most of the parents are reluctant to admit their students in Science stream. So to create interest and to reduce fear of the students towards science, these awareness and motivational lectures were initiated to the local schools by the departments of Chemistry, Zoology and Mathematics under DBT Star College Scheme.

### Some of the glimpses about this camp

**VENUE 1:** Bhupatinagar kanya Vidyalaya, Bhupatinagar, Purba Medinipur.

**Date:** 07/02/2023





# MUGBERIA GANGADHAR MAHAVIDYALAYA

ESTD.—1964

P. O.—BHUPATINAGAR Dist.—PURBA MEDINIPUR  
S. T. D. Code—03220 Ph. No.—270236, Pin.—721425 (W. B.)

Ref. No.—M. G. M. / /  
From : The Principal / Secretary,

Dated, 20/01/2023.

To  
The Head Master/ Head Mistress/TIC  
Bhupatinagar Kanya Vidyalaya,  
Bhupatinagar, 721425

SUBJECT: Awareness Camp related to Exposure Visit of School Students to IIC Institute

Respected Sir,

This is for your kind information that, Departments of Zoology, Chemistry and Mathematics of Mugberia Gangadhar Mahavidyalaya is going to arrange an Awareness Camp related to "Exposure Visit of School Students to IIC Institute" tentatively on 07.02.2023 at 11.30 am onwards in your school under DBT-STAR College strengthening scheme.

Therefore, we heartily request you to arrange the said programme in your school so that we convey our message to your students about more and more hands on experiments on themes related to Bioscience and Allied Sciences.

We will be highly grateful to you if you kindly look into the matter and do the needful.

Dr. Swapan Kumar Mishra  
Principal

Principal  
Mugberia Gangadhar Mahavidyalaya,

Contact person

Dr. Bidhan Chandra Samanta (9732752907), Dr. Kalipada Maity (9434611354),

Dr. Kousik Kr. Mondal (9732606478)

Received  
Bkarm  
Headmistress, 20.1.23  
Bhupatinagar Kanya Vidyalaya  
P.O., Bhupatinagar, 721425  
Dist.- Purba Medinipur



## ATTANDECE OF STUDENTS:

1. Bharm H.M. Bhupatinagar Kanya Vidyalaya. 7.2.23.  
2. Kalipada Nayak, HOD, Dept. of Math, Kalyanika  
3. Bidhan Chandra Samanta HOD, Chemistry, Kalyanika  
4. Susama Das. class IX  
5. Anusima Bera. X  
6. Ananya Sahoo X  
7. Anvita Kuila Class X  
8. Sathi Poudit class IX  
9. Dimpita Maity. class - IX.  
10. Mamata Gayen. class - IX  
11. Anusrita Jana. class - IX  
12. Suranda pradhan, class - IX  
13. Kousik Kr Mondal - HOD, Dept. of Zoology, Kalyanika  
Cottage  
Maharaja Birajm

Bharm 7.2.23  
Headmistress,  
Bhupatinagar Kanya Vidyalaya  
P.O. - Bhupatinagar, 721425  
Dist. - Purba Medinipur

- 1) Salma Khatun (x)
- 2) Rekha Das (x)
- 3) Panchami Das (x)
- 4) Sangi Das (ix)
- 5) Sutavi Das (ix)
- 6) Nwajaham Khatun (ix)
- 7) Anita Das (ix)
- 8) Sangita Jana (x)
- 9) Susmita Sasral (x)
- 10) Rupa Santra (ix)
- 11) Puspita Phaka (ix)
- 12) Manasi Das (ix)
- 13) Piyanka Mondal (ix)
- 14) Supriya Manna (ix)
- 15) Suli Barai (ix)
- 16) Seuli Patra (ix)
- 17) Ankita Ghee (ix)
- 18) Sumitza Patra (ix)
- 19) Aparna Kamib (ix)
- 20) Shipra Das (ix)
- 21) Durga Patra (ix)
- 22) Sanchita Manik (ix)

Dhanu 7.2.23  
 Headmistress,  
 Bhupatinagar Kanya Vidyalaya  
 P.O. - Bhupatinagar, 721425  
 Dist. - Purba Medinipur

Department Of



### Class-IX

Ujjwal Barua  
Sahjoli Bhunia  
Sangita Maity  
Sahini Mandal  
Swastika Marik  
Shreaya Pillai  
Rukana Khatun  
Sangita Majhi  
Doulami Dalai  
Aditi Maity  
Tania Maikap  
Srijani Kamila  
Ankita Barai  
Tijiksha Grayen  
Ananya Bhunia

### Class-X

Radha Rahidas mitra  
Mandira Dey  
Ranita karan  
Ananya Patra  
Nasrin parvin

### Class XI


Ananta Patra

Bhannu 7.2.23  
Headmistress,  
Bhupatinagar Kanya Vidyalaya  
P.O.- Bhupatinagar, 721425  
Dist.- Purba Medinipur

**VENUE 2:** Mugberia Girls High School, Bhupatinagar, 721425

**Date:** 07/02/2023



 **GPS Map Camera**

**Bhupati Nagar, West Bengal, India**

**XPXQ+JHJ, Bhupati Nagar, West Bengal 721425, India**

**Lat 21.999107°**

**Long 87.738884°**

**07/02/23 12:40 PM GMT +05:30**

**Google**

Department





**MUGBERIA GANGADHAR MAHAVIDYALAYA**

ESTD. - 1964

P. O. - BHUPATINAGAR Dist. - PURBA MEDINIPUR  
S. T. D. Code - 03220 Ph. No. - 270236, Pin. - 721425 (W. B.)

Ref. No. - M. G. M. / 1 /

Dated: 20/01/2023

From: The Principal / Secretary,

To:  
The Head Master, Head Mistress, TIC  
Mugberia Girls' High School  
Bhupatinagar, 721425

**SUBJECT: Awareness Camp related to Exposure Visit of School Students to IIC Institute**

Respected Sir,

This is for your kind information that, Departments of Zoology, Chemistry and Mathematics of Mugberia Gangadhar Mahavidyalaya is going to arrange an Awareness Camp related to "Exposure Visit of School Students to IIC Institute" tentatively on 07.02.2023 at 11.30 am onwards in your school under DBT-STAR College strengthening scheme.

Therefore, we heartily request you to arrange the said programme in your school so that we convey our message to your students about more and more hands on experiments on themes related to Bioscience and Allied Sciences.

We will be highly grateful to you if you kindly look into the matter and do the needful.

*Swapan Kumar Mishra* 20.01.23  
Dr. Swapan Kumar Mishra  
Principal

Mugberia Gangadhar Mahavidyalaya

Contact person

Dr. Bidhan Chandra Samanta (9732752907) / Dr. Kalipada Maity (9434611514)  
Dr. Kousik Kr. Mondal (9732606478)

Received by *Head Mistress* 20.01.23  
Head Mistress  
Mugberia Girls' High School  
Vill. P. S. Mugberia Dist. 721425

## STUDENT ATTENDENCE

Mugberia Girls' High School  
Mugberia, Purba Medinipur

Anula Gole	A.T.
Amrita Khatu	A.T.
Sanjukta Koley	A.T.
Sama Mauna	A.T.
Bharati Mondal	A.T.
Kalipada Saha	HOD, Dept. of Math, N.A.M.
Sanjukta Koley	class - (X)
Koushi Barik	(X)
Bosha Pal	(IX)
Shrabani Sahoo	(IX)
Supriya Saha	(IX)
Sulagna Das	(IX)
Prapti Maity	(X)
Seyashree Panda	(X)
Mouparna Sahoo	(X)
Shrutama Guri	(X)
Supriya Jana	(X)

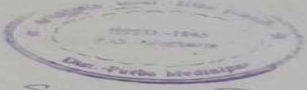
07.02.23  
Head Mistress  
Mugberia Girls' High School  
V.B.P.L. Mugberia Dist. T. 751001

Mugberia Girls' High School  
Mugberia, Purba Medinipur



Aditi Bhunia  
class - (X)

Anu Chakrabarti	class - (X)
Ananya Tripathy	class - (X)
Mammi Jana	class - (X)
Ruma Dhal	class - (X)
Smitasree Hazra	class - (X)
Prityanka Jana	class - (X)
Poulami Maity	class - (X)
Anindita Karan	class - (X)



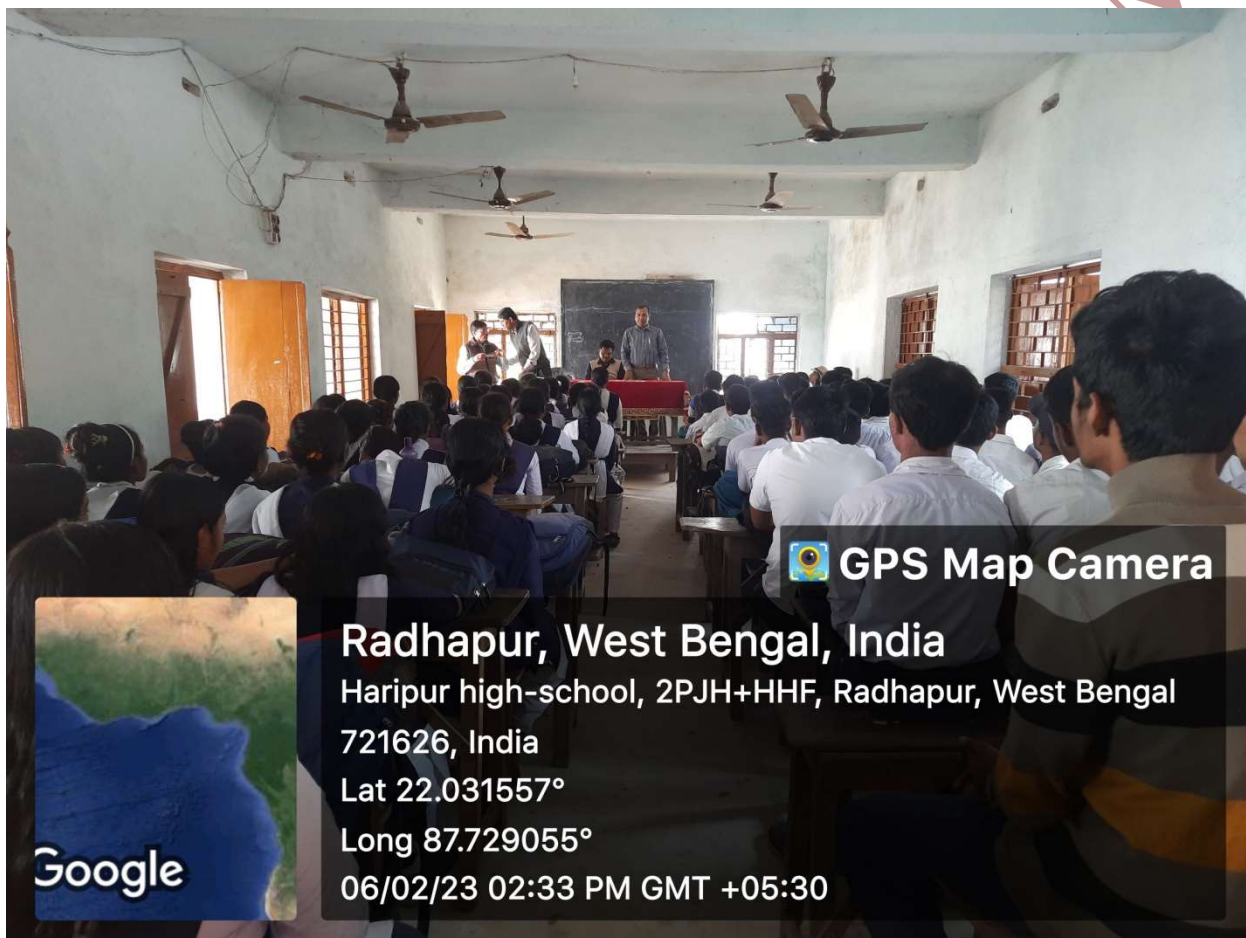


Name - Sangana Behena	class - IX
Name - Krishna Das	class - IX
Name - Priyanka Dolai	class - IX
Name - Sanjita Jata	class - IX
Name - Srisita Malik	class - IX
Name - Susmita Sahoo	class - IX
Name - Sanjita Santra	class - IX
Name - Madhumita Maji	class - IX
Name - Moumita Santra	class - IX
Name - Piyali Nanda	class - X
Name - Sujata Borman	class - X
Name - Monalisa Borman	class - X

- 
- 1) ~~Sangana Behena~~ Dikpati → IX
  - 2) Sarmistha Maity → IX
  - 3) Baishakhi Duary → IX
  - 4) Srijita Panda → IX
  - 5) Sulekha Sahoo → X
  - 6) Purabi Maity → X
  - 7) Mampi Maity → X
  - 8) Rubi Santra → IX
  - 9) Somashree Santra → IX
  - 10) Moumita Santra → IX
  - 11) Krishna Santra → IX
  - 12) Mampi Karan → X
  - 13) Aranya Kala → X
  - 14) Rama Maity → X
  - 15) Bilashini Maity → X
  - 16) Ritikona Singha → X
- 

**VENUE 3:** Haripur High School, Haripur, 721626

Date: 06/02/2023



Department





# MUGBERIA GANGADHAR MAHAVIDYALAYA

ESTD.—1964

P. O.—BHUPATINAGAR Dist.—PURBA MEDINIPUR

S. T. D. Code—03220 Ph. No.—270236, Pin.—721425 (W. B.)

Ref. No.—M. G. M. / /

Dated, 20/01/2023.....

From : The Principal / Secretary,

To  
The Head Master/ Head Mistress/TIC  
Haripur Highschool.  
Haripur, 721626

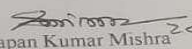
**SUBJECT: Awareness Camp related to Exposure Visit of School Students to IIC Institute**

Respected Sir,

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Therefore, we heartily request you to arrange the said programme in your school so that we convey our message to your students about more and more hands on experiments on themes related to Bioscience and Allied Sciences.


We will be highly grateful to you if you kindly look into the matter and do the needful.

  
Dr. Swapan Kumar Mishra  
Principal  
Principal  
Mugberia Gangadhar Mahavidyalaya

Contact person

Dr. Bidhan Chandra Samanta (9732752907), Dr. Kalipada Maity (9434611354),

Dr. Kousik Kr. Mondal (9732606478)

Received the letter  


21.01.23  
Headmaster  
Haripur High School (H.S.)  
P.O.- Madhabpur, Purba Medinipur

## STUDENT ATTENDANCE:

Date: 06/02/2023

**Awareness about Exposure**

Visit to ITC Lab (Mugheria Gangadhar Mahavidyalaya) under DBT star College strengthening scheme, Govt. of India.  
Venue - Haripur High School.

Members Signature:

1. Anabinda Das HM, Haripur High School (H.S.), 9732761538
2. Kalipada Maity, HOD, Dept. of Mathematics.
3. Keshab Chandra Pradhan,
4. Nilanjan Bajer, A.T. (Physics)
5. Anup Kumar Pradhan, A.T. (Chemistry)
6. Sutanu Nanda, A.T. (Mathematics)
7. Sutanu Kapri, A.T. (Chemistry)
8. Nikshat Jana (Nutrition)
9. Rajdhan Ch. Samanta, ASSO. Prof. Chemistry
10. Debraj Bhattacharya (Non-teaching staff)
11. Sudipa Maity X
12. Ankita Kula X
13. Rupsekha Jana XI
14. Poulami Jana XI
15. Rituzmi Dhara XI
16. Ranily Maity X
17. Sujata Bera X
18. Supriya Chaulia X
19. Atasi Bera X
20. Suparna Maity XI
21. Monalisa Maity XI
22. Subarna Das XI
23. Swadika Maji XI

**Anabinda Das**  
Headmaster 06-02-23  
Haripur High School (H.S.)  
P.O. - Medinipur, Purba Medinipur



24) Bimali Maity (ix)

25) Anika Maity (ix)

26) Mounita Patra (ix)

27) Soneha Maity (IX)

28) Saumyashree Khatua (IX)

29) Sonali Das (X)

30) Somashini Hazra (X)

31) Pooja Sahoo (IX)

32) Barmana Malakar (IX)

33) Sucheta Bera (XI)

34) Susmita Das (XI)

35) Sampati Maity (XI)

36) Jayshree Maity (XI)

37) Priya Khatua (XI)

38) Gayantani Das (XI)

39) Susmita Das (XI)

40) Arpana Pal (XI)

41) Jyoti Khatua (XI)

42) Sujata Das (XI)

43) Abhina Singh (X)

44) Mounita Bhattacharya (X)

45) Sushita Anand (IX)

46) Ritika Bhunia (IX)

47) Mounita Maity (IX)

48) Anika Sontra (IX)

49) Maya Maity (IX)

50) Mahuya Maity (IX)



Chemistry, MGM

Dep

- (51) Sonali pal (x)  
 (52) Jagassai Boudhan (x)  
 (53) Sanjukta jana (x)  
 (54) Anurima Santra (x)  
 (55) Suparna pradhan (x)  
 (56) Anisha Khatoon (x)  
 (57) Sohana Khatoon (x)  
 (58) Sakshi Anwar (x)  
 (59) Tahina Khatoon (x)  
 (60) Rigika GHORAI (x)  
 (61) Sanjita Ghemai (x)  
 (62) Sumana mara (x)  
 (63) Sonali Khatoon (x)  
 (64) Sutapa Das (x)  
 (65) Suman Khatoon (x)  
 (66) Suhana Khatoon (x)  
 (67) Sushila Marra (x)  
 (68) Sabani Bera (x)  
 (69) Suparna pradhan (ix)  
 70 Nandika Maity (ix)  
 71 Supata Maity (ix)  
 72 Bijali Jana - (ix)  
 73 moumita kulkarni (ix)  
 74 madhuri maikap (ix)  
 75 Anantika Dinda (ix)



76. Sayan Maity (x)  
 77. Subhanter Das (xi)  
 78. Soham Guhlait (x)  
 79. Debabrata Maji (x)  
 80. Subhajit Mondal (x)  
 81. Sparshajit Roy (x)  
 82. Ratib Kumar Jena (x)  
 83. Surya kanta pradhan (ix)  
 84. Surya kanta Jana (ix)  
 85. Souh av Das (ix)  
 86. Subhanil Maity (ix)  
 87. Sh. Akhil Rakib (ix)  
 88. Sandip Maikap (ix)  
 89. Tejash Pradhan (ix)  
 90. Surajit sathpati - X  
 91. Suman Maity - (ix)  
 92. Binitam ogha (ix)  
 93. Sh. Abdul Rakib (ix)  
 94. Sathip Maikap (ix)  
 95. ROKOSH MILK (ix)





76. Pritham Jana (XI)
77. Subhanwar Sahoo (XI)
78. Subhajit Maity (XI)
79. Sagnik Maity (XI)
100. Subhankar Maity (XI)
101. Alokemoy Jana (XI)
102. K. Rakesh (IX)
103. Debarjan Bera (IX)
104. Sandip Das (X)
105. Tirthankar Bhunia (IX)
106. Sebaditya Bera (XI)
107. Satsik Bera (XI)
108. Samrat Acharya (XI)
109. Sanjoy Jana (XI)
110. Subhajit Das (XI)
111. Pradip Acharya (IX)
112. Sobaj Acharya (IX)
113. Debesh Jana (X)
114. Rudhanjit Das (X)
115. Zvezd Mojzic (X)
116. Arifana Maity (X)
117. Subbar Maity (X)
118. Sovan Das (X)
119. Sakat Das (X)
120. Akshay Pradhan (X)

121. Sayam Maity (X)
122. Sk Mehabulla Ali (X)
123. Kallisonkar Das (X)
124. Debarjan Chaudhary (X)
125. Abhijit Shee (X)



06.02.22  
Headmaster  
Haripur High School (H.S.)  
P.O.- Madhabpur, Purba Medinipur

**VENUE 4:** Jukhiya K. N. Banimandir High School, jukhiya, 721626

Date: 09/02/2023



Depar





# MUGBERIA GANGADHAR MAHAVIDYALAYA

ESTD.—1964

P. O.—BHUPATINAGAR ☼ Dist.—PURBA MEDINIPUR

S. T. D. Code—03220 ☎ Ph. No.—270236, Pin.—721425 (W. B.)

Ref. No.—M. G. M. / /

Dated. 20/01/2023.....

From : The Principal / Secretary,

To  
The Head Master/ Head Mistress/TIC  
Jukhiya K.N. Banimandir High school  
Jukhiya, 721626.

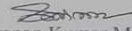
**SUBJECT: Awareness Camp related to Exposure Visit of School Students to IIC Institute**

Respected Sir,

This is for your kind information that, Departments of Zoology, Chemistry and Mathematics of Mugberia Gangadhar Mahavidyalaya is going to arrange an **Awareness Camp** related to "**Exposure Visit of School Students to IIC Institute**" tentatively on 08/02/2023 at 11.30 am onwards in your school under DBT-STAR College strengthening scheme. 09.02.2023

Therefore, we heartily request you to arrange the said programme in your school so that we convey our message to your students about more and more hands on experiments on themes related to Bioscience and Allied Sciences.

We will be highly grateful to you if you kindly look into the matter and do the needful.

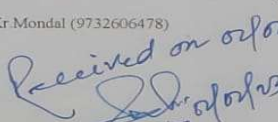
  
Dr. Swapan Kumar Mishra  
Principal

Principal  
Mugberia Gangadhar Mahavidyalaya

Contact person

Dr. Bidhan Chandra Samanta (9732752907), Dr. Kalipada Maity (9434611354),

Dr. Kousik Kr Mondal (9732606478)

  
Headmaster,  
Jukhiya K.N. Banimandir High School (H.S.)  
P.O. - Jukhiya Bazar, Dist. - Purba Medinipur

# STUDENT ATTENDANCE :

Dated: 09/02/2023

Awareness about Exposure visit to ITC  
Lab (Mugheria Gangadhar Mahavidyalaya) under DBT  
Star College Strengthening Scheme, Govt. of India.  
Venue - Jukhia K.N. Baidmandir High School

1. Asim Kumar Patra, H.T
2. Panchan Chandra Samanta
3. Soumenjit Sutar, AT in Chemistry
4. Kousik K. Mondal, HOD, Dept. of Zoology
5. Kalipada Reaib, HOD, Dept. of Mathematics
6. Shreejita Biswas - XI
7. Srija Sahoo - XI
8. Annabi Maity - XI
9. Usasi Mandal - XI
10. Anisha Paul - XI
11. Poojana Sarmal - XI
12. Supriya Maity - XI
13. Amrita Jana - XI
14. Paromita Patra - XI
15. Anushree Gini - XI
16. Atreyee Mishra - XI
17. Shreya Bera - XI
18. Susmita Singh - XI
19. Pamela Dolai - XI

09/02/2023  
Headmaster,  
Jukhia K.N. Baidmandir High School (H.S.)  
P.O. - Jukhia Bazar, Dist. - Purba Medinipur

Dated: 09/02/2023

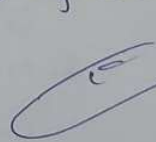
20. Archana Chakrabarty - XI
21. Manpi Gurriya - XI
22. Supriya Manna - XI
23. Dipshikha Bera - XI
24. Suchasita Bera - XI
25. Sumana Maity - XI
26. Nibedita Maity - XI
27. Susama Maity - XI
28. Samchita Bhunia - XI
29. Pooja Maity - XI
30. Ankana Barua - XI
31. Sriparna Khata - XI
32. Poulami Das - XI
33. Suparna Dinda - XI
34. Anushree Khata - XI
35. Saheli Maity - XI
36. Debajani Jana (class - X)
37. Srijit Das (class - X)
38. Subhajit Das (class - X)
39. Santan Jana (class - X)
40. Sagar Jana (class - XI)
41. Subhadip Patra (class - X)
42. Anurban Sahoo (class - X)
43. Soumya Dey (class - X)
44. Paromita Bhunia (class - X)
45. Argha Panda (class - X)
46. Manik Maity (class - X)
47. Jaydip Jana (class - XI)
48. Ujjwal Bera (class - XI)
49. Subhas Maity (class - XI)
50. Suman Jana (class - XI)
51. Sagorban Bhattacharya (class - XI)
52. Santanu Mandal (class - XI)
53. Rajat Gini (class - XI)
54. Satyam Ghoshal (XI)
55. Pradip Nanda (XI)
56. Priyan Gini (XI)
57. Sayam Roy (class - XI)
58. Subhasis Mondal (class - XI)

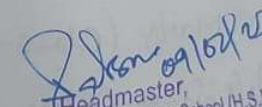


59. Preetam Adark (class - XI)  
60. Biplab Pramanik (class - XI)  
61. Sovan Jana ( XI )  
62. Anisuddha Mandal ( XI )  
63. Arnab Maji (XI)

Date: 09/02/2023

\* Total present in this workshop 63 of class (X) and class (XI) of Science Students.

  
09/02/23

  
Headmaster,  
Jukhia K.N. Bahinmandir High School (H.S.)  
P.O.- Jukhia Bazar, Dist.- Purba Medinipur

Department

**VENUE 5: Madhabpur M. N. Girls High School (H.s)**

**Date: 06/02/2023**

Dated: 06/02/2023

Awareness about Exposure  
visit to IIC Lab (Mugberia  
Gangadhar Mahavidyalaya)  
under DBT star college  
strengthening scheme,  
Govt. of India  
Venue: Madhabpur M. N. Girls  
High School (H.S.)

1. Asima Jana. H.O. Madhabpur M. N. Girls' High School (H.S.)  
2. Kalipada Maiti, HOD, Dept. of Mathematics, Mugberia  
Gangadhar Mahavidyalaya  
3. Kousik K. Mondal, HOD, Dept. of Zoology, Mugberia  
Gangadhar Mahavidyalaya  
4.  
5. Bidisha Afrose, AT, Chemistry (PG)  
6. Barnali Bar. A.T. (Life Sci)  
7. Dehika Khanna A.T. (Mathematics)  
8. Keipika Roy A.T. (Physical Science)  
9. ~~Soumi Patra~~

Students' Signature

1. Soumi Patra X  
2. Anirika Roy X  
3. Priyansmita Bera. ix  
4. Anvita Maiti. ix



5. Durbati Das - IX	29. Saita Pal - X
6. Neelam Pal - X	30. Sulekha Parida - X
7. Suchitra Barik - IX	31. Subomita Das - IX
8. Parvya Mondal - IX	32. Koyal Palna - X
9. Reshma Khalan - IX	33. Niladrita Das - X
10. Rakina Chakrabarti - IX	34. Sayantani Jana - X
11. Sulekha Pal - X	35. Anurita Palal - X
12. Swati Roy - X	36. Shikha Santhana - XI
13. Sangeeta Maity - X	37. Moumita Bera - XI
14. Ananya De. - X	38. Moumita Maity - XI
15. Monalisa Maity - XI	39. Mousumi Goswami - XI
16. Maipri Maikap - IX	40. Anika Roy - X
17. Sandhya Roy - IX	41. Bismita Maity - X
18. Ananya Maikap - IX	42. Anrita Maity - X
19. Ananya Maikap - IX	43. Sumana Maity - X
20. Mamani Mondal - XI	44. Sonali Pradhan - X
21. Subomita Pradhan - XI	45. Emily Maity - X
22. Anjana Mondal - XI	46. Mita Maikap - IX
23. Subha Mazhi - XI	47. Anrita Das - IX
24. Suparna Acharya - XI	48. Soumita Jana - IX
25. Lakshmi Maity - XI	49. Moumita Jana - IX
26. Supriya Manna - XI	50. Sanchari Mondal - IX
27. Moumuni Jana - XI	51. Rati Rudra - X
28. Ranita Manna - X	52. Uma Guiri - X
	53. Priu Pal - X
	54. Modhumita Bag - X

Name	Class
56. Sagnika Jana	IX
57. Sumanda Maity	IX
58. Sneha Maity	IX
59. Rituparna Thara	IX
60. Bhagyashree Pradhan	IX
61. Anurita Patra	IX
62. Dipanwita Pradhan	IX
63. Somdatta Maity	X
64. Smita Sengupta	IX
65. Pramita Maity	IX
66. Barnali Mahesh	IX
67. Suchismita Das	IX
68. Sonali Patra	IX

Asima Jana  
TEACHER-IN-CHARGE  
Madhabpur M.N. Girls High School (H.S.)  
P.O. Madhabpur, Dist. Purba Medinipur



Dr. Swapan Kumar Misra  
Principal

Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

## Awareness Camp on Obesity and Women Reproductive Health

Organized by  
Department of Zoology,  
Mugberia Gangadhar Mahavidyalaya

Under  
DBT star college strengthening scheme, Govt. of India

In association with  
Environmental Epigenomics Lab,  
Department of Environmental Science,  
University of Calcutta

Program Supervised by: Dr. Kousik Kr. Mondal

**Date: 12 & 13th July, 2022**

**Time: 11:00 AM**

**Venue: S. N. Bose Hall, Science Building, MGM**



*[Signature]*

13.07.2022

**Principal**  
Mugberia Gangadhar Mahavidyalaya



## Departmental meeting held on 09.07.2022

### Members present:

1. Dr. Kousik Kr.Mondal, HOD, SACT
2. Raju Majumdar, SACT
3. Sayantika Bera, SACT
4. Purnima Mandal, SACT
5. Sarbani Mahata, Contractual Asst.Professor

### Decision taken in the meeting is:

1. We are going to arrange the Awareness Camp on Obesity and Women Reproductive Health
2. The students will present and participate the above program.





# MUGBERIA GANGADHAR MAHAVIDYALAYA

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E-mail : mugberia\_college@rediffmail.com // [www.mugberiangangadharimahavidyalaya.ac.in](http://www.mugberiangangadharimahavidyalaya.ac.in)

Date-08/07/2022

## Notice

It is hear by informed that Department of Zoology in Mugberia Gangadhar Mahavidyalaya is going to organized a awareness camp on “ **Obesity and Women Reproductive Health**” on 12/07/2022 to 13/07/2022 at 11:00am under DBT Star College Strengthening Scheme in association with Environmental Epigenomics Lab ,Department of Environmental science,University of Calcutta . So all students must be present on this day.

  
**Dr. Swapan Kumar Misra**  
Principal  
Principal  
Mugberia Gangadhar Mahavidyalaya

  
**Dr. Kousik Kr. Mondal**  
HOD, Dept. of Zoology  
HOD  
Department of Zoology  
Mugberia Gangadhar Mahavidyalaya







# MUGBERIA GANGADHAR MAHAVIDYALAYA

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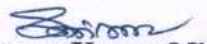
E-mail : mugberia\_college@rediffmail.com // [www.mugberiangangadharmahavidyalaya.ac.in](http://www.mugberiangangadharmahavidyalaya.ac.in)


Date-09/07/2022

## Notice

This is to notify that a special awareness lecture by **Dr. Dipak Kumar Manna**, Pediatrician, Bhupatinagar Mugberia rural hospital on the occasion of two day awareness camp on “**Obesity and Women Reproductive Health**” organized by Department of Zoology under DBT Star College Strengthening Scheme is schedule to be held on **11.07.2022 at 10.30 am** in S.N. Bose Seminar Hall.

All teaching, nonteaching and students are requested to be present in the above program.

 09.07.22  
**Dr. Swapan Kumar Misra**  
Principal  
Principal  
Mugberia Gangadhar Mahavidyalaya

 09.07.2022  
**Dr. Kousik Kr. Mondal**  
HOD, Dept. of Zoology  
HOD  
Department of Zoology  
Mugberia Gangadhar Mahavidyalaya

N.B.

Body composition analysis will be done

Blood sample and urine sample will be collected





# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

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DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Date-09/07/2022

## Notice

This is to notify that a special awareness lecture by **Dr. Abhishek Mondal**, BMOH, Bhupatinagr Mugberia rural hospital on the occasion of two day awareness camp on “**Obesity and Women Reproductive Health**” organized by Department of Zoology under **DBT Star College Strengthening Scheme** is schedule to be held on **12.07.2022 at 10.30 am** in **S.N. Bose Seminar Hall**.

All teaching, nonteaching and students are requested to be present in the above program.

*Swapan Kumar Misra 09.07.2022*  
**Dr. Swapan Kumar Misra**  
Principal  
Principal  
Mugberia Gangadhar Mahavidyalaya

*U. U. Zaidi 09.07.2022*  
**Dr. Kousik Kr. Mondal**  
HOD, Dept. of Zoology  
HOD  
Department of Zoology  
Mugberia Gangadhar Mahavidyalaya

N.B.

Body composition analysis will be done

Blood sample and urine sample will be collected





# Awareness Camp on Obesity and Women Reproductive Health



**DBT-STAR College Strengthening  
Scheme, Govt. of India**



*Organized by*  
**Department of Zoology,**  
**Mugheria Gangadhar Mahavidyalaya**  
*In association with*  
**Environmental Epigenomics Lab,**  
**Department of Environmental Science,**  
**University of Calcutta**

**Date: 12 & 13<sup>th</sup> July, 2022**

**Time: 11 am onwards**

**Venue: S. N. Bose Hall, Science  
Building, MGM**

DEPARTMENT



## **Awareness Camp on Obesity and Women Reproductive Health**

**Programme Director:**

Dr. Kousik Kr. Mondal, HOD, Dept. of Zoology

**Programme Coordinator:**

Sayantika Bera.

**Faculty Team:**

1. Dr. Kousik Kr. Mondal, HOD, SACT
2. Raju Majumdar, SACT
3. Sayantika Bera, SACT
4. Sarbani Mahata, Contractual Asst. Professor

**Guest:**

1. Dr. Swapan Kr. Misra, Principal, Mugberia Gangadhar Mahavidyalaya
2. Dr. Bidhan Chandra Samanta, HOD, Dept. of Chemistry
3. Dr. Kalipada Maity, HOD, Dept. of Mathematics
4. Dr. Dipak Kumar Manna, Pediatrician, Bhupatinagar Rural Hospital
5. Dr. Abhishek Mondal, BMOH, Bhupatinagar Rural Hospital
6. Sunandini Ghosh, Research Scholar, University of Calcutta
7. Ankita Das, Research Scholar, University of Calcutta
8. Indranil Rashit, Research Scholar, University of Calcutta

**Participants**

**Date: 11/07/2022**

- No. Total participant : 71
- No. of Teachers: 25
- No. of students: 42
- No of research scholar: 3
- No of male :32
- No of female: 39

**Date: 12/07/2022**

- No of total participant :69
- No of teachers:15
- No. of students :51
- No of research scholar : 3
- No of male:29
- No of female :40
- Health staff: 3





**Programme Schedule:**    **Date:** 11/07/2022 &

Time	Personnel Details	Contents Delivered
10am	Dr. Kousik Kr. Mondal, HOD, Dept of Zoology	Welcome Speech
10.05am	Dr.Swapan Kumar Misra , Principal, Mugberia Gangadhar Mahavidyalaya	Inaugural Speech
10.15am	Dr. Dipak Kumar Manna, Pediatrician, Bhupatinagar Rural Hospital	Speech on obesity

**Programme Schedule:**    **Date:** 12/07/2022

Time	Personnel Details	Contents Delivered
10am	Dr. Kousik Kr. Mondal, HOD, Dept of Zoology	Welcome Speech
10.05am	Dr.Swapan Kumar Misra , Principal, Mugberia Gangadhar Mahavidyalaya	Inaugural Speech
10.15am	Dr. Abhishek Mondal, BMOH, Bhupatinagar Rural Hospital	Speech on obesity and Women Reproductive Health



## List of Attendance:

Mugheria Gangadhar Mahavidyalaya.  
Awareness Camp on Obesity and Women Reproductive Health.

Day - I

11/07/2022

organized by department of Zoology

Attendees

Signature

1. Surpan Kumar Mishra - Principal - 11/07/22
2. Dipak Kumar Mahanta - Doctor, Bhupatnagar P.H.C.
3. Pradhan Ch. Samantar, ASSO. PROF. Chemistry 11.7.22.
4. Kalipada Maity, Associate Prof of Mathematics, 11.07.22
5. Tanushree Jona - Student, B.Voc. Food Processing, 11.7.22
6. Manisha Barik, student, B.Voc Food processing, 11.7.22
7. Biparna Maity, student, B.Voc. Food processing, 11.07.22
8. Saheli Gochhait, B. Voc food processing, 11.07.22
9. Sandipta Bera, B. Voc food processing, 11.07.22
10. Anvita Ghattacharya, B.Voc food processing, 11.07.22
11. Subhanip Mallik Das, B.Sc., Chemistry Department, 11/07/2022
12. Sambit Nanda, B.Sc. Chemistry Honors, 11/07/22.
13. Jisu Krishna Jona, Dept of Phy. Education, 11/07/2022, SACT Teach
14. Kalipada Barik, Dept. of English 11/07/22, SACT Teacher, M.G.M
15. Sudip Gini, Dept of English, 11/07/22, SACT, M.G.M.
16. Bodhi Sankar Pradhan, P.Education, 11/07/22, M.G.M.
17. B.K. Kishor Parida, SACT, Dept of mathematics, 11/07/22
18. Jagannath Maikap, Dept. of Sanskrit, 11/07/22
19. Anshu Kumar Kar, Dept. of Music, 11/07/22
20. Arindita Si, Dept. of Physical Education, 11/7/22
21. Raju Majumdar, Dept of Zoology, 11/7/22
22. Sutapa Gini, Dept of Sanskrit, 11/7/22
23. Sumana Jona, Dept of History, 11/7/22
24. Goutam Barman, 11.7.22 Dept of Bengali
25. Somashree Majhi, 11.7.22 Dept of Food Processing
26. Rakhi Majhi, student, B.Voc. Food Processing, 11.07.22
27. Monjima Barik, student, Zoology (H), 11.07.22
28. Anvita Jana, student, Zoology (H), 11.07.22
29. Sonali Nanda, student, Zoology (H), 11.07.22
30. Anvita Jona, student, Zoology (H), 11.07.22
31. Sunita Bhunia, student, Zoology (H), 11.07.22





34. Moumita Das, student, Zoology (H) 11.07.22
35. Agorani Jana, student, Zoology (H) 11.07.22
36. Pratap Chandra Raut, Dept. of Education, Chhatrapati
37. Pritam Kumar, Dept. of Music, Durgam
38. Soumen Mukherjee, Dept. of Music, Durgam
39. Gourchand Manna, Dept. of Physics (SACT)
40. Debashish Das, Dept. of Physics (SACT)
41. Nilam Pal, Food Processing (student)
42. Manmay Maji, Dept. of Food Processing (student)
43. Alik Maiti, Dept. of Food Processing 11.07.22
44. Samnath Saha, Dept. of Nutrition (B.Voc)
45. Sanjit Patra, Dept. of Food processing 11/07/22
46. Karan Tudu, student, Dept. of Zoology (H) 11.07.22
47. Rishi Samanta, student, Dept. of Zoology (H) 11.07.22
48. Pratin Pal, student, Dept. of Chemistry (H) 11.07.22
49. Soumyakanti Bera, Dept. of Chemistry (H) (student) 11.07.22
50. Sourav Pal, Dept. of Chem (H) (student) 11.07.2022
51. Pradip K. Jana, Dept. of Chem (H) (student) 11.7.2022
52. Ayes Kanti Das, Dept. of Chem (H)
53. Pravat Patra, - Dept. of Chemistry (H) (student) 11.07.22
54. Suran Bera - Dept. of Chemistry (H) (student) 11.07.22
55. Satyajit Mallick - Dept. of Zoology (H) (student) 11.07.22
56. Manikanchan maiti - Dept. of Zoology (H) (student) 11.07.22
57. Subhakar Das - Dept. of Zoology (H) (student) 11.07.22
58. Akash Maiti - Dept. of Zoology (H) (student) 11.7.22
59. Chandri Mondal - Dept. of Food Processing (student) 11.7.22
60. Soham Saha - Dept. of Food Processing (student) 11.7.22
61. Rudraprasad Das - Dept. of Zoology (H) - student - 11.7.22
62. Indip Gayen - Dept. of Zoology (H) - student - 11.7.22
63. Soubhani Mahata - Dept. of Zoology - Teacher - 11.7.22
64. Purnima Mandal - Dept. of Zoology - Teacher - 11.7.22
65. Sayantika Bera - Dept. of Zoology - Teacher - 11.7.22
66. Ankita Das - Dept. of Env. Sc., C.U. - Research Scholar 11.7.22
67. Sumandini Ghosh - Dept. of Env. Sc., C.U. - Research Scholar 11.7.22
68. Indranil Chatterjee - Dept. of Env. Sc., C.U. - Research Scholar 11.7.22
69. Dr. Kousik Kumar Mandal - Research Scholar, M.Sc. 11.7.22
70. Ananda Barui, Central Library 11.07.2022
71. Manoranjan Das, Asso. Prof. of Sanskrit, MGM

11.07.22

Principal

Mugheria Gangadhar Mahavidyalaya





Mugheria Gangadhar Mahavidyalaya.  
Awareness Camp on Obesity and Women Reproductive Health  
Organized by Department of Zoology  
Sang - 2  
Date: 12/7/2022

1. Swapan Kumar Mishra Panchal - 12.07.22
2. Dr. A. H. K. Mondal B.M.D., Bagnanpura 2
3. Kalipada Maity, Assoc. Prof. Dept. of Math. 12/07/22
4. Bidhan Ch. Samanta ASO. Prof, Chemistry 12/07/22
5. Sayantika Bera. Dept. of Zoology. Teacher 12/7/22.
6. Purnima Mandal. Dept. of Zoology Teacher 12/7/22
7. Sarbani Mahata. Dept. of Zoology Teacher 12/7/22
8. Milan Pal Dept. of Food Processing 12/7/22
9. Minmoy Maji DEPT. OF Food Processing (Student) 12/7/22.
10. Sanjit Patra Dept. of Food Processing (Student) 12/7/22
11. Nityajal Bar Dept. of Food Processing (Student) 12/07/22
12. Sushovan Kati Dept. of Food Processing (Student) 12/07/22
13. Anurita Bhattacharya Dept. of Food Processing (Student) 12/07/22
14. Parvina Khatun Dept. of Zoology (Student) 12/07/22
15. Manisha Mandal Dept. of Zoology (Student) 12/07/22
16. Kousik Wazed Dept. of Zoology (Teacher) 12/07/22
17. Jyoti Mishra Dept. of Political Science (Teacher) 12.07.22
18. Anshu Kumar Das Dept. of Music (Teacher) 12.07.22
19. Trilok Nathani. Dept. of Music. 12.07.22.
20. Binoyit Ghosh Dept. of Phys. Edu. 12.07.22.
21. Sukel Soren. Dept. of Bengali 12.07.22
22. Kingshuk Karan Dept. of Education 12.07.22
23. Manoranjan Das Dept. of Sanskrit, 12.07.22
24. Rym Majumdar Dept. of Zoology 12/07/22
25. Satyajit Maiti DEPT. OF Zoology (Homes) Student 12.07.22
26. Rajesh Saha Dept. of Zoology Student 12.07.22
27. Prabir Maji Dept. of Zoology student 12.07.22
28. Souradip Patra Dept. of Zoology Student 12.07.22
29. Naboday Giri DEPT. OF Food Processing Student 12.07.22
30. Shibasis Dhowrah. DEPT. OF Food Processing student-RK
31. Jit Senapati. Dept. of Nutrition. student-12.07.22
32. Rajkumar Das. Dept. Zoology Student.
33. Jayatu Das DEPT. OF Zoology (6th sem)





34. Arpita Sahoo Dept. of Zoology (H) 6th Sem student
35. Rupali Pradhan Dept. of Zoology (H) 6th sem student
36. Madhumita Kar Dept. of Nutrition 2nd sem (M.Voc) Student
37. Sathi Lohar Dept. of Nutrition 2nd sem (M.Voc) Student.
38. Bipana Jana Dept. of Nutrition 2nd Sem (M.Voc) Student
39. Puja Bhunia Dept. of Nutrition 2nd Sem (M.Voc) Student.
40. Tanushree Mondal Dept. of Nutrition 1st Sem (B.Voc) Student
41. Pin Mondal Dept. of Nutrition 4th sem (B.Voc) Student
42. Supradip Parua Dept. of Nutrition 4th Sem (B.Voc) student
43. Rima Dolui Dept. of Nutrition 4th Sem (B.Voc) student
44. Tanushree Jana Dept. of Nutrition 4th sem (B.Voc) student
45. Putul Gochhait Dept. of Nutrition 4th sem (B.Voc) student
46. Suchandra Bhattacharya Dept. of Nutrition 4th sem (B.Voc) student
47. Avishikta Dash Dept. of Nutrition 4th sem (B.Voc) student
48. Rakhi Jana Dept. of Nutrition 4th sem (B.Voc) student
49. Sanjukta Bhattacharya Dept. of Nutrition 4th sem (B.Voc) Student
50. Sarwati Gini Dept. of Mathematics (H) 6th sem (B.Sc) student
51. Bithi Maikap Dept. of " (H) 6th sem (B.Sc) student
52. Kamna Tudu Dept. of Zoology (H) 5th sem student
53. Roopi Samanta Dept. of Zoology (Hons) 2nd Sem Student
54. Monjima Kar Dept. of Zoology (Hons) 2nd sem student
55. Ankita Jana Dept. of Zoology (Hons) 2nd sem student
56. Rakhi Magui B.Voc. Food Processing 2nd sem student
57. Saranda Hazra Dept. of Zoology (Hons) 2nd sem student
58. Sonali Nanda Dept. of Zoology (H) 2nd sem student
59. Sunita Bhunia Dept. of Zoology (H) 2nd Sem Student
60. Jayasree Jana Dept. of Zoology (H) 2nd sem student
61. Bijali Sarmal Dept. of Zoology (H) 2nd Sem student
62. Agamani Jana Dept. of Zoology (H) 2nd sem student
63. Moumita Das Zoology (H) 2nd Sem student
64. Subhanwar Das Zoology (H) 2nd Sem student
65. Akash Marji Zoology (H) 2nd Sem student
66. Indip Gayen Zoology (H) BSc 2nd Sem Student.
67. Triparna Pradhan Zoology (H) BSc 4th sem student 12.07.22
68. Arpita Pradhan Zoology (H) BSc 4th sem student 12.07.22

12.07.22  
 Principal  
 Mugheria Gangadhar Mahavidyalaya





# Mugheria Gangadhar Mahavidyalaya.

## DNA ISOLATION

Orion

PAGE:  
DATE: 13/07/22

DAY - 3

1. Swapan Kumar Mishra
2. 13/07/22
3. 13/07/22
4. 13/07/22
5. Sayantika Bera, Dept. of Zoology - Teacher - 13/07/22
6. Sankhami Mahanta Dept. of Zoology - Teacher - 13/07/22
7. Purnima Mandal Dept. of Zoology - 13/07/22
8. Raju Majumdar Dept. of Zoology - Teacher 13/07/22
9. Subojit Maity Dept. of Zoology (Hons) Student 13.7.22
10. Raishu Saha Dept. of Zoology Student 13.7.22
11. Pratik Maji Dept. of Zoology (H) Student 13.07.22
12. Souradip Patra Dept. of Zoology (H) Student 13/07/22
13. Lijali Sasmal Dept. of Zoology (H) Student 13/07/22
14. Rimpi Samanta Dept. of Zoology (H) Student 13/07/22
15. Ajmani Jana Dept. of Zoology (H) Student 13.07.22
16. Moumita Das Zoology (H) 2nd sem Student 13.07.22
17. Jyassree Jana Zoology (H) 2nd sem Student 13.07.22
18. Sumita Bhunia Zoology (H) 2nd sem Student 13.07.22
19. Sananda Hossain Zoology (H) 2nd sem Student 13.07.22
20. Ankita Jana Zoology (H) 2nd Sem Student 13.07.22
21. Sonali Nanda Zoology (H) 2nd sem Student 13.07.22
22. Monjona Bara Zoology (H) 2nd sem Student 13.07.22
23. Pratima Kotal Zoology (H) 4th sem Student 13.07.22
24. Manisha Mandal Zoology (H) 4th sem Student 13.07.22
25. Indip Gayen Zoology (H) 2nd sem Student 13.07.22
26. Rudra Prasad Das - Zool (H) 2nd sem - Student 13.07.22
27. Triparna Pradhan - Zoology (H) 4th sem - Student 13.07.22
28. Ankita Pradhan - Zoology (H) 4th sem - Student 13.07.22

13.7.22

Principal  
Mugheria Gangadhar Mahavidyalaya





## REPORT

### **Awareness Camp on Obesity and Women Reproductive Health** **DBT-Star College Strengthening Scheme**

Organized by

Department of Zoology, Mugberia Gangadhar Mahavidyalaya

In association with

Environmental Epigenomics Laboratory, Department of Environmental Science,  
University of Calcutta

#### **Background: Obesity and health risk:**

It is well known that obesity is one of the most important public health problems worldwide. It is a major independent risk factor for chronic diseases like cardiovascular disease, diabetes mellitus, hypertension, osteoarthritis and also polycystic ovarian diseases; thus leading to complex metabolic syndrome. Obesity is also associated with high morbidity and mortality. The worldwide prevalence of obesity more than doubled between 1980 and 2014. According to ICMR INDIAB study 2015, prevalence rate of obesity varies from 11.8% to 31.3%. In case of women reproductive health, 20% of Indian women suffer from PCOD (The Hindu, 2019). The problem is expected to get worse as obesity is increasing.

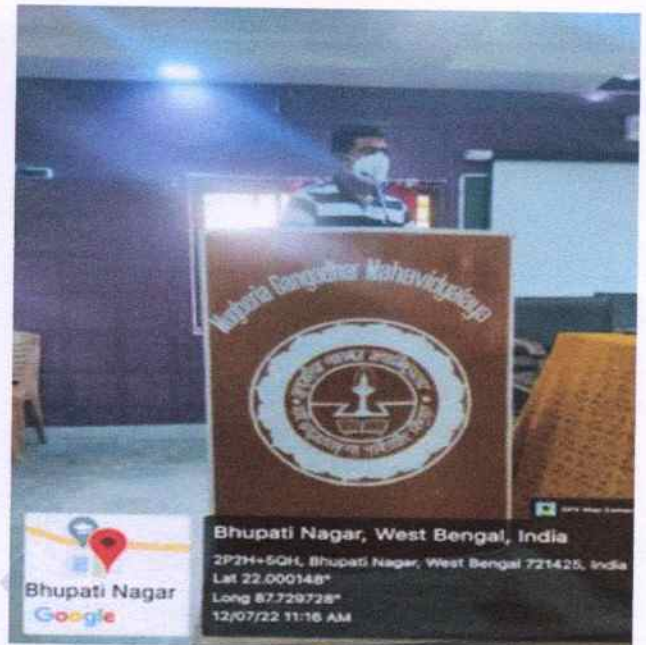
#### **Awareness Program:**

A two day awareness camp on the risk of obesity and associated women reproductive health was conducted at Mugberia Gangadhar Mahavidyalaya, under the DBT-Star College Strengthening Scheme on 12<sup>th</sup> and 13<sup>th</sup> July, 2022. The initiative was taken by the Department of Zoology, Mugberia Gangadhar Mahavidyalaya in association with the Environmental Epigenomics Laboratory of Dr. Pritha Bhattacharjee, Assistant Professor and Head of the Department of Environmental Science, University of Calcutta. Eminent doctors and research scholars from the University of Calcutta demonstrated the adverse effects of improper lifestyle on obesity and female reproductive health. Around 100 volunteers from Mugberia Gangadhar Mahavidyalaya of the age group 18 to 60 years participated in the health check up camp which involved body composition analysis determining the fat and muscle ratio and blood pressure monitoring. Biological samples were collected from volunteers with their proper written consent and institutional ethical permission (Ref No. 003/17-18/1676). DNA isolation from individual blood samples was demonstrated by the team of researchers to the faculties and students of the Department of Zoology, Mugberia Gangadhar Mahavidyalaya.





### Glimpses of the Awareness Camp:







13.07.22  
 Principal  
 Mugberia Gangadhar Mahavidyalaya



**MUGBERIA GANGADHAR MAHAVIDYALAYA**

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : [mugberia\\_college@rediffmail.com](mailto:mugberia_college@rediffmail.com) // [www.mugberiagangadharimahavidyalaya.ac.in](http://www.mugberiagangadharimahavidyalaya.ac.in)

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**A report on**  
**“Awareness programme**  
**on Anti-Ragging”**

**on 17.08.2023**

**Venue: S.N. Bose Hall**

**Time: 1.00 pm**

**organized by**  
**Dept of Nutrition,**  
**Mugberia Gangadhar Mahavidyalaya**

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Report prepared by Khokan Chandra Gayen, Assistance Professor, Dept.  
of Nutrition, Mugberia Gangadhar Mahavidyalaya





# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // [www.mugberiangangadharmahavidyalaya.ac.in](http://www.mugberiangangadharmahavidyalaya.ac.in)

Date: 10.08.2023

## NOTICE

It is hereby notified that an "Awareness programme on Anti-Ragging" is schedule to be held on 17.08.2023 at 01.00 AM at S.N. Bose Hall of Mugberia Gangadhar Mahavidyalaya. All students of Nutrition Department are informed to be present in this said programme.

Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya





**Mugberia Gangadhar Mahavidyalaya**  
(A College with Potential for Excellence, DBT Star College, Re-  
accredited by NAAC 3rd Cycle with Grade B+, Affiliated to Vidyasagar  
University, West Bengal, India)

## **AWARENESS PROGRAMME ON ANTI-RAGGING**

**Organized by-**

**DEPARTMENT OF NUTRITION, Mugberia Gangadhar Mahavidyalaya**

### **Speakers**

**Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya**

**Dr. Prasenjit Ghosh, IQAC Coordinator**

**Dr. Apurba Giri, Assistant Professor & HOD, Department of Nutrition**

**Programme Coordinator-**

**Khokan Chandra Gayen, Assistant Professor, Department of Nutrition**



**Date: 17/08/2023**



**Venue: SN Bose Hall**



**Time: 1.00 pm**

“Awareness programme on Anti-Ragging” was organized by Dept of Nutrition, Mugberia Gangadhar Mahavidyalaya on 17.08.2023 at S.N. Bose Hall at 1.00 pm. Speaker 4, Participated 7 teachers and 129 students.

Ragging is a disturbing reality in the higher education system of our country. Despite the fact that over the years ragging has claimed hundreds of innocent lives and has ruined careers of thousands of bright students, the practice is still perceived by many as a way of ‘familiarization’ and an ‘initiation into the real world’ for young college-going students. Any act of physical or mental abuse targeted at another student (fresher or otherwise) on the ground of color, race, religion, caste, ethnicity, gender (including transgender), sexual orientation, appearance, nationality, regional origins, linguistic identity, place of birth, place of residence or economic background. The awareness programmed was very much successful.

Department of Nutrition of Mugberia Gangadhar Mahavidyalaya was conducted an awareness programme on anti-ragging on the . The event aimed to sensitize students on the importance of eradicating ragging in educational institutions.



The primary objective of the programme was to create a safe and welcoming environment for all students and to promote a zero-tolerance policy towards ragging. The event intended to educate the college community about the legal consequences and psychological impact of ragging on victims.

**Participants:**

The programme saw active participation from the following groups:

- 1) Students: Both new (B.Sc 1<sup>st</sup> & B.Voc 1<sup>st</sup> year) and existing students were encouraged to attend.
- 2) Faculty and Staff: All departmental teachers, lab attendant, and support staff were encouraged to join.

**Programme Coordinator:**

Khokan Chandra Gayen, Assistant Professor, Department of Nutrition.

**Event Highlights:**

- 1) **Inaugural Session:** The programme commenced at 01:00 AM in the S.N. Bose Hall with an inaugural session. The Principal of Mugberia Gangadhar Mahavidyalaya, Dr. Swapan Kumar Misra, welcomed the attendees and stressed the importance of creating a safe and harassment-free environment within the institution.
- 2) **Guest Speaker:** A renowned psychologist and anti-ragging activist, Dr. Prasenjit Ghosh, IQAC Coordinator, Mugberia Gangadhar Mahavidyalaya was invited to deliver a speech on the psychological trauma faced by victims of ragging. The speaker also highlighted the legal consequences of indulging in ragging activities.
- 3) **Interactive Session:** An interactive session followed the guest speaker's address, during which students and staff were encouraged to share their views and experiences related to ragging. The session emphasized the role of bystanders in reporting and preventing ragging incidents.
- 4) **Legal Awareness:** A legal expert, Dr. Apurba Giri, Assistant Professor & HOD, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya provided insights into the legal framework related to ragging and the penalties for those involved in such activities.
- 5) **Pledge against Ragging:** The programme concluded with all attendees taking a collective pledge to stand against ragging and support a harmonious educational environment. This pledge was administered by the college principal.

**Conclusion:**

The "Awareness Programme on Anti-Ragging" held at Mugberia Gangadhar Mahavidyalaya on 17th August 2023 was a significant step in creating a safe and supportive environment within the college. It emphasized the importance of preventing and reporting ragging incidents, as well as the legal and psychological consequences associated with such actions.

The active participation of students, faculty, and staff a collective commitment to eradicating ragging from the institution. The event successfully educated attendees about the devastating impact of ragging on victims and encouraged them to stand up against it.

We hope that this initiative will contribute to a more inclusive and secure atmosphere at Mugberia Gangadhar Mahavidyalaya and inspire other educational institutions to take similar steps to combat ragging.

## Some photos of Awareness programme on Anti-Ragging







Twitter Link: <https://twitter.com/MugberiaM/status/1692951583578116363/photo/3>

## Attendance of participants during Awareness programme on Anti-Ragging

Date: 17/08/2023

Awareness programme on Anti-Ragging

**Speakers:**

1. Swapan Kumar Mishra - Principal
2. Prasunjit Ghosh - JATC
3. Dr. Apurba Giri, Assistant Prof & Head, Dept of Nutrition
4. Khokan Chandra Rayen, Assistant Prof., Dept. of Nutrition

**Teachers present**

1. Apur Mondal
2. Tanmay Kumar Giri
3. Monalisa Das
4. Pranati Barua
5. Kanya Dash
6. Moumita Samanta
7. Rabiraj Jana

**Students Present**

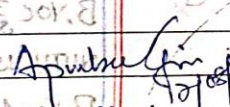
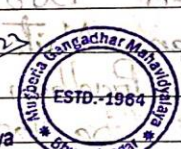
Students' Name	Class	Students' Name	Class
1. Nibedita Samal	B.Voc-1st	21. Jayashree Mishra	B.Voc-1st
2. Surasree Karan	B.Voc-1st	22. Suparna Shit	B.Voc-1st
3. Animesha Giri	B.Voc-1st	23. Poyel Barik	NUTH-1st
4. Seeliasadas	B.Voc-1st	24. Priyanka Maity	NUTH-1st
5. Sangita Jana	B.Voc-1st	25. Koyel Barik	NUTH-1st
6. Jayasni Maity	B.Voc-1st	26. Lilima Panda	NUTH-1st
7. Tanushree Pathanyak	B.Voc-1st	27. Trisha mal	NUTH-1st
8. Subhadra Mondal	B.Voc-1st	28. Koyel Khutua	NUTH-1st
9. Debarati Mondal	B.Voc-1st	29. Chaitali Mal	NUTH-1st
10. Rupsha Mal	B.Voc-1st	30. Minakshi Das	B.Voc-1st
11. Anupama Kamila	B.Voc-1st	31. Smitama Pradhan	B.Voc-1st
12. Pampa Das	B.Voc-1st	32. Garima Pande Das	B.Voc-1st
13. Sima Maity	B.Voc-1st	33. Sonali Kar	B.Voc-1st
14. Sumana Pradhan	B.Voc-1st	34. Rupsha Bag	B.Voc-1st
15. Tamara Sanjibina	B.Voc-1st	35. Sukanya Jana	B.Voc-1st
16. Soumili Das	NUTH-1st	36. Soumili Manna	B.Voc-1st
17. Suramita See	NUTH-1st	37. Sudeshna Ghosh	B.Voc-1st
18. Binimitha Mahapatra	B.Voc-1st	38. Anusree Manna	B.Voc-1st
19. Sagatika Patra	NUTH-1st	39. Barsha Patra	B.Voc-1st



Students' Name	Class	Students' Name	Class
38 Asima Maity	NUTH 4th Sem	37 Subrata Samanta	B.Voc 3rd Sem
39 Sathi Jana	NUTH 4th Sem	38 Ranjit Bera	B.Voc 3rd Sem
40 Jayasri Giri	NUTH 4th Sem	39 Sudip Jana	B.Voc 3rd Sem
41 Shidli Bera	NUTH 4th Sem	40 Nirupam Bera	B.Voc 3rd Sem
42 Debjani Adak	NUTH 4th Sem	41 Shinde Karan	B.Voc 1st Sem
43 Susmita Maity	NUTH 4th Sem	42 Santanu Jana	B.Voc 1st Sem
44 Anpita Jana	NUTH 4th Sem	43 Karlick Pal	NUTH 1st Sem
45 Anuraksh Bhattacha	B.Voc 3rd Sem	44 Bibekauada Sahoo	NUTH 1st Sem
46 Santib Das	B.Voc 3rd Sem	45 Sandip Manna	NUTH 1st Sem
47 Sayan Maity	B.Voc 3rd Sem	46 Soumen Das	B.Voc 1st Sem
48 Anpita Samanta	B.Voc 3rd Sem	47 Surajit Mandal	B.Voc 1st Sem
49 Suchitra Banik	B.Voc 3rd Sem	48 Alekha Maity	B.Voc 1st Sem
50 Manjushree Karan	B.Voc 3rd Sem	49 Subrata Maity	B.Voc 1st Sem
51 Jayasri Das	B.Voc 3rd Sem	50 Ritwik Maity	B.Voc 1st Sem
52 Sumita Maity	B.Voc 3rd Sem	51 Amit Mandal	B.Voc 1st Sem
53 Monalisa Patra	B.Voc 3rd Sem	52 Soumyajit Mandal	B.Voc 1st Sem
54 Sheelma Bhunia	B.Voc 3rd Sem	53 Debasis Maity	B.Voc 3rd Sem
55 Ritwikree Sinda	B.Voc 3rd Sem	54 Amit Pal	B.Voc 3rd Sem
56 Ranita Roy	B.Voc 3rd Sem	55 Surajit Barui	B.Voc 3rd Sem
57 Ananya Bhunia	B.Voc 3rd Sem	56 Susmita Bhunia	B.Voc 3rd Sem
58 Sanghamitra Chowdhury	B.Voc 3rd Sem	57 Sneha Acharya	B.Voc 3rd Sem
59 Susmita Ghoshal	B.Voc 3rd Sem	58 Ankan Das	B.Voc 3rd Sem
60 Oindrila Samanta	M.Voc 3rd Sem	59 Purnima Maity	NUTH 1st Sem
61 Nabarupa Bar	M.Voc 3rd Sem	60 Sneha Pradhan	B.Voc 1st Sem
62 Debasita Pradhan	M.Voc 3rd Sem	61 Sapta Lepa Hazra	B.Voc 1st Sem
63 Chinmit Pal	M.Voc 3rd Sem	62 Sujata Giri	B.Voc 1st Sem
64 Songata Acharya	M.Voc 3rd Sem	63 Meeta Ghosh	NUTH 1st Sem
65 Prasanna Pal	M.Voc 3rd Sem	64 Meghna Das	NUTH 1st Sem
66 Nilima Maity	M.Voc 3rd Sem	65 Susmita Das	NUTH 1st Sem
67 Sapti Qjha	M.Voc 3rd Sem	66 Supriya Karan	NUTH 1st Sem
68 Debalina Patra	B.Voc 3rd Sem	67 Sangita Bera	NUTH 1st Sem
69 Bayel Manna	B.Voc 3rd Sem	68 Subhreeha Majhi	NUTH 1st Sem
70 Ipsita Patra	B.Voc 3rd Sem	69 Anurita Mal	NUTH 1st Sem
71 Pallabi Maity	B.Voc 3rd Sem	70 Susmita Manna	NUTH 1st Sem
72 Saptami Maity	B.Voc 3rd Sem	71 Agamani Bera	NUTH 1st Sem





108	Shiuli Bera	Nuth 1 <sup>st</sup> sem
109	Rajaswree Kamola	Nuth 1 <sup>st</sup> sem
110	Anushree Mandal	Nuth 1 <sup>st</sup> sem
111	Jina Jana	Nuth 1 <sup>st</sup> sem
112	Purnima Pradhan	Nuth 1 <sup>st</sup> sem
113	Tusha Sarmal	Nuth 1 <sup>st</sup> sem
114	Dipali Sahoo	Nuth 1 <sup>st</sup> sem
115	Radha Bar	Nuth 1 <sup>st</sup> sem
116	Papiya Pradhan	Nuth 1 <sup>st</sup> sem
117	Dipti Pramanik	Nuth 1 <sup>st</sup> sem
118	Bandana Gini	Nuth 1 <sup>st</sup> sem
119	Suparna Chandra	Nuth 1 <sup>st</sup> sem
120	Debanjida parida	NUTH 1 <sup>st</sup> sem
121	Barsha Bera	NUTH 1 <sup>st</sup> sem
122	Saheli Pal	B.Voc 1 <sup>st</sup> sem
123	Sudeshna Panda	B.Voc 1 <sup>st</sup> sem
124	Dipika Panda	B.Voc 1 <sup>st</sup> sem
125	Mallika Jana	B.Voc 1 <sup>st</sup> sem
126	Sumandita Pradhan	B.Voc 1 <sup>st</sup> sem
127	Ankita Manna	B.Voc 1 <sup>st</sup> sem
128	Susmita Bera	B.Voc 1 <sup>st</sup> sem
129	Mousumi Roy	B.Voc 1 <sup>st</sup> sem
 <b>Head</b> Dept. of Nutrition Mugheria Gangadhar Mahavidyalaya		 <b>Principal</b> Mugheria Gangadhar Mahavidyalaya



# Feedback of Participants

## Feedback Form Awareness programme on Anti-Ragging Nutrition Dept., Mugberia Gangadhar Mahavidyalaya

Full Name Ritushree Dinda

Mobile number 9339378543

Programme Name: B.Sc (NUTH) ☐ B.Voc (FP) ☒ M.Voc (FTNM) ☐

A. Please answer all questions by circling one out of numbers 1 -5 against each statement.

The number 1 - 5 correspond to the statement:

5 - Strongly agree

4 - Agree

3 - Neither agree nor disagree

2 - Disagree

1 - Strongly disagree

I	The program was timely.	1	2	3	4	5
II	The program was well organized	1	2	3	4	5
III	The program was useful to strengthen knowledge	1	2	3	4	5
IV	Atmosphere of the college	1	2	3	4	5
V	I recommend this program to be continued.	1	2	3	4	5
VI	Program was use full for the life	1	2	3	4	5

B. How do you evaluate your overall programme?

Very good ☒ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

C. Give any suggestions to improve the programme:

we want this programme every year.

Ritushree Dinda

Student signature 17.08.2023

**Feedback Form**  
**Awareness programme on Anti-Ragging**  
**Nutrition Dept., Mugheria Gangadhar Mahavidyalaya**

Full Name Malika Jana

Mobile number 9864558270

Programme Name: B.Sc (NUTH) ☐ B.Voc (FP) ☒ M.Voc (FTNM) ☐

**A. Please answer all questions by circling one out of numbers 1 -5 against each statement.**

The number 1 - 5 correspond to the statement:

5 - Strongly agree

4 - Agree

3 - Neither agree nor disagree

2 - Disagree

1 - Strongly disagree

I	The program was timely.	1	2	3	4	5
II	The program was well organized	1	2	3	4	5
III	The program was useful to strengthen knowledge	1	2	3	4	5
IV	Atmosphere of the college	1	2	3	4	5
V	I recommend this program to be continued.	1	2	3	4	5
VI	Program was use full for the life	1	2	3	4	5

**B. How do you evaluate your overall programme?**

Very good ☒ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

**C. Give any suggestions to improve the programme:**

Everything is well performance.

Malika Jana 17/8/23  
Student signature



**Feedback Form**  
**Awareness programme on Anti-Ragging**  
**Nutrition Dept., Mugheria Gangadhar Mahavidyalaya**

Full Name Nilima Maiti

Mobile number 8509870848

Programme Name: B.Sc (NUTH) ☐ B.Voc (FP) ☐ M.Voc (FTNM) ☒

**A. Please answer all questions by circling one out of numbers 1 -5 against each statement.**

The number 1 - 5 correspond to the statement:

5 - Strongly agree

4 - Agree

3 - Neither agree nor disagree

2 - Disagree

1 - Strongly disagree

I	The program was timely.	1	<input checked="" type="radio"/>	3	4	5
II	The program was well organized	1	2	3	4	<input checked="" type="radio"/>
III	The program was useful to strengthen knowledge	1	2	3	<input checked="" type="radio"/>	5
IV	Atmosphere of the college	1	2	3	4	<input checked="" type="radio"/>
V	I recommend this program to be continued.	1	2	3	4	<input checked="" type="radio"/>
VI	Program was use full for the life	1	2	3	4	<input checked="" type="radio"/>

**B. How do you evaluate your overall programme?**

Very good ☐ Good ☒ Satisfactory ☐ Poor ☐ Very poor ☐

**C. Give any suggestions to improve the programme:**

Program was very well organized and it was useful to strength  
knowledge, and it was inovative. we learn many new things about  
anti ragging programme.

Nilima Maiti (17/08/23)

Student signature

**Feedback Form**  
**Awareness programme on Anti-Ragging**  
**Nutrition Dept., Mugheria Gangadhar Mahavidyalaya**

Full Name Alekhy Maity

Mobile number 6295750421

Programme Name: B.Sc (NUTH) ☐ B.Voc (FP) ☒ M.Voc (FTNM) ☐

**A. Please answer all questions by circling one out of numbers 1 -5 against each statement.**

The number 1 - 5 correspond to the statement:

5 - Strongly agree

4 - Agree

3 - Neither agree nor disagree

2 - Disagree

1 - Strongly disagree

I	The program was timely.	1	2	3	4	5
II	The program was well organized	1	2	3	4	5
III	The program was useful to strengthen knowledge	1	2	3	4	5
IV	Atmosphere of the college	1	2	3	4	5
V	I recommend this program to be continued.	1	2	3	4	5
VI	Program was use full for the life	1	2	3	4	5

**B. How do you evaluate your overall programme?**

Very good ☒ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

**C. Give any suggestions to improve the programme:**

NO

Alekhy Maity 17/08/23  
Student signature



**Feedback Form**  
**Awareness programme on Anti-Ragging**  
**Nutrition Dept., Mugheria Gangadhar Mahavidyalaya**

Full Name Susmita Hanna Mobile number 9939240157

Programme Name: B.Sc (NUTH) ☒ B.Voc (FP) ☐ M.Voc (FTNM) ☐

A. Please answer all questions by circling one out of numbers 1-5 against each statement.

The number 1 - 5 correspond to the statements:

- 5 - Strongly agree  
4 - Agree  
3 - Neither agree nor disagree  
2 - Disagree  
1 - Strongly disagree

I	The program was timely.	1	2	3	4	5
II	The program was well organized	1	2	3	4	5
III	The program was useful to strengthen knowledge	1	2	3	4	5
IV	Atmosphere of the college	1	2	3	4	5
V	I recommend this program to be continued.	1	2	3	4	5
VI	Program was use full for the life	1	2	3	4	5

B. How do you evaluate your overall programme?

Very good ☒ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

C. Give any suggestions to improve the programme:

---

---

Susmita Hanna

Student signature 17-08-2023

Apurba Ghosh  
17/08/2023  
Head  
Dept. of Nutrition  
Mugheria Gangadhar Mahavidyalaya



Sonika

17-08-2023

Principal  
Mugheria Gangadhar Mahavidyalaya



**MUGBERIA GANGADHAR MAHAVIDYALAYA**

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

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***REPORT***

***ON***

**AWARNESS CAMP ON “FOOD SAFTY”**

***ORGANIZED BY***

**Department of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**3<sup>rd</sup> September 2019**

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**Report prepared by Mrs. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya**





# MUGBERIA GANGADHAR MAHAVIDYALAYA

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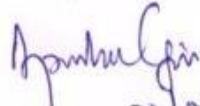
DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // [www.mugberiagangadharmahavidyalaya.ac.in](http://www.mugberiagangadharmahavidyalaya.ac.in)

## NOTICE

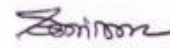
It is hereby notified that we are going to organize a one day awareness camp on “Food Safety” on 03.09.2019 in the Dept. of Nutrition at Mugberia Gangadhar Mahavidyalaya. All the B. Sc. and B. Voc students of the department are requested to attend this program positively.

Date: 22.08.2019

  
Head 22/08/2019

Dept. of Nutrition  
Mugberia G. Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

  
Principal 22.08.2019

Mugberia Gangadhar  
Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya



# MUGBERIA GANGADHAR MAHAVIDYALAYA

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## Awareness camp on "Food safety" on 3rd September, 2019

### REPORT:

Department of Nutrition organized a One day awareness camp on "Food safety" on 3rd September, 2019 at 11 am-3pm onwards to help, motivate and encourage for student. Principal Dr. Swapan Kumar Misra, Coordinator of Food Processing Department and Head of Nutrition Department, Dr. Apurba Giri spoke in front of the students of the college. Coordinator and Head of Department of Mathematics Dr. Kalipada Maiti Research Cell Coordinator and Head of Department of Chemistry Dr. Bidhan chandra Samanta and Food Safety Officer Dr. Devastattva Poddar, Dr. Joydip Adhikari, and Sakir Hosen. In the organized program, food safety and its necessity, various infections in food, food safety related complaint methods were discussed in detail. Food Safety Important Food borne illnesses are a preventable and underreported public health problem. These illnesses are a burden on public health and contribute significantly to the cost of health care. They also present a major challenge to certain groups of people. The awareness camp was very much successful.



**Some photos of the programme:**









## **ATTENDANCE OF PARTICIPANTS**

- |                       |                        |
|-----------------------|------------------------|
| 1. Buddhadev Jana     | 22. Piyali nayak       |
| 2. BuddhadevMistri    | 23. Rakhi Jana         |
| 3. DebdulalSahoo      | 24. Answaya panda      |
| 4. KousikMandal       | 25. Sagar Maity        |
| 5. Madhumanti Pradhan | 26. Chiranjit pal      |
| 6. MahaswetaMaity     | 27. Debebrotto pradhan |
| 7. PrabinNayak        | 28. Mrinal kanti bera  |
| 8. Puja Bhunia        | 29. Nilima maity       |
| 9. Rakhi Rani Guria   | 30. Pralay das         |
| 10. RanajitMaity      | 31. Prasenjit pal      |
| 11. Sanjib Das        | 32. Sougata acharaya   |
| 12. Saswati Jana      | 33. Subrata ghose      |
| 13. ShyamsundarGole   | 34. Suman jana         |
| 14. SomashreePatra    | 35. Sumit patra        |
| 15. Subha Das         |                        |
| 16. SudiptaBera       |                        |
| 17. SujataSasmal      |                        |
| 18. Susmita Kamila    |                        |
| 19. Shneha Hatua      |                        |
| 20. Sudeshna Sau      |                        |
| 21. Dabayani Sahu     |                        |

## **RESOLUTION:**

1. Increasing the food safety knowledge of the food handlers.
2. Implementing good hygienic practices remain the most effective strategies to control and minimize the burdens of food borne disease.
3. Knowledge of food safety personal hygiene, time and temperature control, food borne disease, and cross contamination.



## FEEDBACK:

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Awareness Camp on Food Safety (03 September, 2022)

Student's feedback form

Students name: *Snaha Hatwa*

Semester Name: *5th Semester*

1. Are you satisfied for such career counseling programmed in our department?

☒ a) yes

b) no

2. Have their organized such program in your department before?

☒ a) yes

b) no

3. Is this programmed awarded us for food safety in our daily life?

☒ a) yes

b) no

4. Women empowerment is important for our regular life

☒ a) Agree

b) Strongly agree

c) Disagree

5. Please give your opinion for such programmed..... *Increasing*  
*the food safety knowledge*

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Awareness Camp on Food Safety (03 September, 2022)

Student's feedback form

Students name:

Sougata Jana

Semester Name:

3rd

1. Are you satisfied for such career counseling programmed in our department?

☒ a) yes

b) no

2. Have their organized such program in your department before?

☒ a) yes

b) no

3. Is this programmed awarded us for food safety in our daily life?

a) yes

☒ b) no

4. Women empowerment is important for our regular life

a) Agree

☒ b) Strongly agree

c) Disagree

5. Please give your opinion for such programmed.....

Knowledge  
food safety program and opinion





**MUGBERIA GANGADHAR MAHAVIDYALAYA**

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**Report**

**On**

**NO TOBACCO DAY**

**Observation**

**Organized by**

**Department of Zoology**

**Mugberia Gangadhar Mahavidyalaya**

**Under**

**DBT star college strengthening scheme, Govt. of India**

**Event: Oral Presentations**

**Program Supervised by: Sayantika Bera**

**Date: 31 May, 2023**

**Time: 11:00 AM**

**Venue: Department of Zoology**

## Minutes of the Departmental meeting held on 30.05.2023

### Members present:

1. Dr. Kousik Kr.Mondal, HOD, SACT
2. Raju Majumdar, SACT
3. Sayantika Bera, SACT
4. Purnima Mandal, SACT
5. Sarbani Mahata, Guest Teacher

### Decision taken in the meeting is:

1. We are going to celebrate the NO TOBACCO DAY on 31 May 2023 in our department.
2. The students will present oral presentations related to this auspicious day.





## MUGBERIA GANGADHAR MAHAVIDYALAYA



ESTD - 1964

P.O. - BHUPATINAGAR Dist. - PURBAMEDINIPUR  
S.T.D. Code - 03220 Ph. No. - 270236, Pin. - 721425 (W. B)

.....

Date: 30.05.23

It is hereby informed to all the Department of Mugberia Gangadhar Mahavidyalaya, that the Department of Zoology is going to celebrate **No Tobacco Day** on 31 May 2023, at 11:00am under DBT star college strengthening scheme. Therefore active presence of all students is highly solicited.

*Swapan Kumar Misra*  
30.05.23  
**Dr. Swapan Kumar Misra**  
Principal  
*Principal*  
Mugberia Gangadhar Mahavidyalaya

*Kousik Kr. Mondal*  
**Dr. Kousik Kr. Mondal**  
HOD, Dept. of Zoology  
**HOD**  
Department of Zoology  
Mugberia Gangadhar Mahavidyalaya





# World No Tobacco Day

Organized  
By  
Department of Zoology  
Mugberia Gangadhar  
Mahavidyalaya

31st May, 2023

Under DBT Star College Strengthening  
Scheme

*"We Need Food,  
Not Tobacco"*





## WORLD NO TOBACCO DAY:-

### Programme Director:

Sayantika Bera, Dept. of Zoology

### Programme Coordinator:

Sarbani Mahata

### Faculty Team:

1. Dr. Kousik Kr.Mondal, HOD, SACT
2. Raju Majumdar, SACT
3. Purnima Mandal,SACT
4. Sayantika Bera, SACT
5. Sarbani Mahata, Contractual Assistant Professor

### Guests:

1. Dr. Swapan Kumar Misra,Principal
2. Dr. Bidhan Chandra Samanta, HOD, Dept. of Chemistry
3. Dr. Manas Khalua, HOD, Dept of Botany

### Students:

Total: 32 (Male:5, Female: 27)

### Programme Schedule:

Time	Personnel Details	Contents Delivered
11:00AM	Sayantika Bera, Dept of Zoology	Welcome Speech
11:30 AM	Dr. Swapan Kumar Mishra, Principal, Mugberia Gangadhar Mahavidyalaya	Inaugural Speech
12:15PM	Dr. Bidhan Ch. Samanta, HOD, Dept of Chemistry	Significance of World No Tobacco Day
01:15PM	Prof. Manas Khalua, HOD, Dept of Botany	Importance of World No Tobacco Day
01:30 PM	Departmental Students	Oral Presentation
04:00 PM	Sayantika Bera	Vote of Thanks





# List of Attendance:

<p align="center"> <b>'World NO Tobacco day'</b>              under DBT STAR College              Strengthening scheme           </p>		31/05/23 PAGE 3 DATE
<b>Members Present:</b>		
1. Swapan Kumar Mishra	Principal	
2. Sayantika Bera	Teacher	
3. Sarbani Mahata	Teacher	
4. Jaidip Gayen	Student (4th Sem)	
5. Saranda Hazra	Student (4th Sem)	
6. Moumita Das	Student (4th Sem)	
7. Rimpi Samanta	Student (4th Sem)	
8. Sumita Bhunia	Student (4th Sem)	
9. Manjima Bera	Student (4th Sem)	
10. Ankita Saha	Student (4th Sem)	
11. Purnima Das	Student (4th Sem)	
12. Rajashree Panda	Student (4th Sem)	
13. Ratna Tudu	Student (4th Sem)	
14. Sunanda Maity	Student (4th Sem)	
15. Jayashree Jaha	Student (4th Sem)	
16. Agamami Jana	Student (4th Sem)	
17. Rudratrasad Das	Student (4th Sem)	
18. Piyali Sarmal	" "	
19. Krishna Bera		
20. Saheli Mandal	Student (2nd Sem)	
21. Shipra Jana	Student (2nd Sem)	
22. Arpita Maity	Student (2nd Sem)	
23. Susmita Khatua	Student (2nd Sem)	
24. Sangita Lal	Student (2nd Sem)	
25. Susmita Bera	Student (2nd Sem)	
26. Pallabi Barman	Student (2nd Sem)	
27. Swita Bhunia	Student (2nd Sem)	
28. Somrita Paria	Student (2nd Sem)	
29. Parasmrita Samanta	Student (2nd Sem)	
30. Purnima Jana	Student (2nd Sem)	
31. Keshab Chandra Nayak	(2nd Sem)	
32. Dibyendu Gini	(2nd Sem)	
33. Pritama Khatua	(2nd Sem)	
34. Debasmrita Nanda	(2nd Sem)	
35. Rituparna Bera	(2nd Sem)	





### List of Participants:

S.L.No	Students Name	Topic Name	Semester
1	Rudraprasad Das	E-Vapers	4 <sup>th</sup>
2	Agamani Jana	Effect of Tobacco on Health	4 <sup>th</sup>
3	Souradip Patra	Active and Passive smoking	6 <sup>th</sup>
4	Swagata Chakraborty	Effect on Environment and Society	6 <sup>th</sup>
5	Prantik Maji	Awareness and control	6 <sup>th</sup>
6	Swita Bhunia	History of Tobacco	2 <sup>nd</sup>
7	Keshab Chandra Nayak	Disease	2 <sup>nd</sup>
8	Moumita Das	History of Tobacco	4 <sup>th</sup>





## Pictures of World No Tobacco Day at 31<sup>st</sup> May, 2023



Principal addressing about the relevance of the World No Tobacco Day



Prof. Sayantika Bera commencing the world no tobacco day programme







Speech on Effect on Environment and Society by Agamani Jana



Speech on E-vapers by Rudraprasad Das







**Bhupati Nagar, West Bengal, India**

Mugberia Gangadhar Mahavidyalaya, 2P2H+6C7, Bhupati Nagar, West

Bengal 721425, India

Lat 22.000525°

Long 87.728513°

31/05/23 02:00 PM GMT +05:30

Speech on Active and  
Passive Smoking by  
Souradip Patra

Speech on  
Effect on  
Environment  
and Society by  
Swagata  
Chakrabarty



**Bhupati Nagar, West Bengal, India**

Mugberia Gangadhar Mahavidyalaya, 2P2H+6C7, Bhupati Nagar, West

Bengal 721425, India

Lat 22.000517°

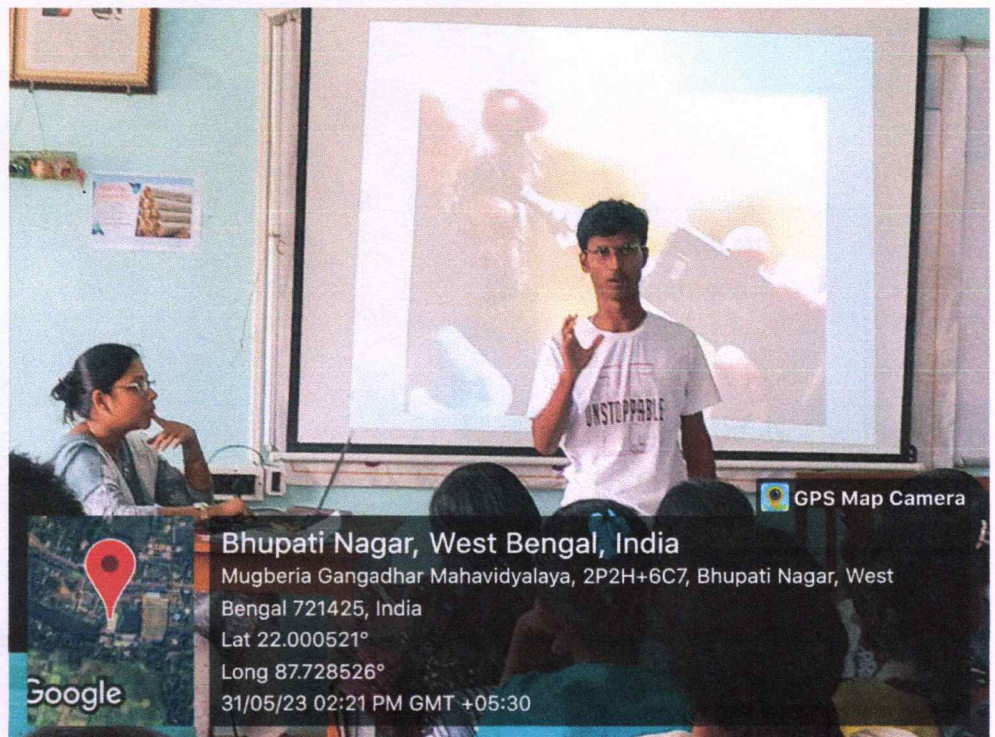
Long 87.72854°

31/05/23 01:56 PM GMT +05:30





Speech on Awareness  
and Control on  
Tobacco by Prantik  
Maji



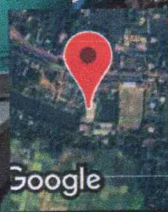
Speech on History of  
Tobacco by Swita Bhunia







Speech on  
Diseases  
caused by  
tobacco by  
Keshab Ch.  
Nayek



**Bhupati Nagar, West Bengal, India**  
Mugberia Gangadhar Mahavidyalaya, 2P2H+6C7, Bhupati Nagar, West  
Bengal 721425, India  
Lat 22.000533°  
Long 87.728538°  
31/05/23 01:51 PM GMT +05:30

Speech on  
History of  
Tobacco by  
Moumita Das



GPS Map Camera



**Bhupati Nagar, West Bengal, India**  
Mugberia Gangadhar Mahavidyalaya, 2P2H+395, Bhupati Nagar, West  
Bengal 721425, India  
Lat 22.000151°  
Long 87.728554°  
31/05/23 01:41 PM GMT +05:30



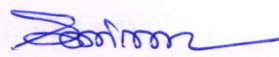


## Outcomes:

World No Tobacco Day is an important global campaign aimed at raising awareness about the health risks associated with tobacco use and advocating for effective tobacco control policies. As part of our commitment to a healthy and tobacco-free environment, the Department of Zoology at Mugberia Gangadhar Mahavidyalaya celebrated World No Tobacco Day on 31<sup>st</sup> May, 2023. This project outcome report highlights the activities conducted during the observance and the positive impact it had on our department and the wider community.

1. **Increased Awareness:** The observance of World No Tobacco Day significantly raised awareness about the health risks associated with tobacco use, as well as the benefits of leading a tobacco-free lifestyle. The informative sessions, engaging activities, and creative displays effectively conveyed the message to a wide audience, ensuring that individuals were well-informed about the dangers of tobacco consumption.
2. **Promoting Quitting Efforts:** The project successfully encouraged individuals to consider quitting smoking or supporting others in their journey to quit. The counseling sessions and distribution of cessation resources played a crucial role in empowering individuals to take concrete steps towards a smoke-free life. Many participants expressed their commitment to quitting, demonstrating the positive influence of the observance.
3. **Strengthening Community Bonds:** The World No Tobacco Day observance brought together students, faculty, and staff members, fostering a sense of community and unity within the Department of Zoology. Collaborative efforts towards a shared cause created a positive environment and encouraged ongoing support for tobacco control initiatives. By working together, the department demonstrated its commitment to the well-being of its members.
4. **Spreading Awareness Beyond the Department:** Through social media campaigns, press releases, and community engagement, the activities conducted on World No Tobacco Day reached a broader audience. The impact of the project extended beyond the department's immediate surroundings, contributing to a wider awareness of the harmful effects of tobacco use and inspiring positive change in the community. By leveraging various communication channels, the department maximized its impact and effectively disseminated key messages about tobacco control.



  
31.05.2023  
Principal  
Mugberia Gangadhar Mahavidyalaya



**MUGBERIA GANGADHAR MAHAVIDYALAYA**

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**REPORT ON**  
**SENSITIZATION CAMPAIGN**  
**ON TOBACCO CONTROL**

Organized by

The Department of Zoology

**Mugberia Gangadhar Mahavidyalaya**

In Association with

**Mugberia Rural Hospital**

Date: 29/01/2022

**SESSION: 2023-2024**



## NOTICE

### MUGBERIA GANGADHAR MAHAVIDYALAYA

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S.T.D. Code - 03220 Ph. No. - 270236, Pin. - 721425 (W. B)

Ref. No. - M.G.M. / ZOO / 2023 - 2024

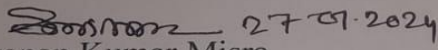


Dated - 27/01/2024

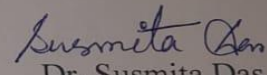
### NOTICE

It is hereby notified that a sensitization campaigning programme about Tobacco control under NTCP (National Tobacco Control Programme) is scheduled to be held at Department of Zoology, Mugberia Gangadhar Mahavidyalaya in collaboration with Block Mugberia Rural Hospital (Bhagwanpur -II Block) on **29<sup>th</sup> January 2024 at 1 pm**. This programme has been arranged for the purpose of **awareness about the harmful effects of tobacco consumption** under the supervision of Block Medical Health Officers.

Active participation of all will be highly appreciated.

  
Dr. Swapan Kumar Misra  
Principal

Principal  
Mugberia Gangadhar Mahavidyalaya

  
Dr. Susmita Das  
HOD  
Department of Zoology  
Mugberia Gangadhar Mahavidyalaya

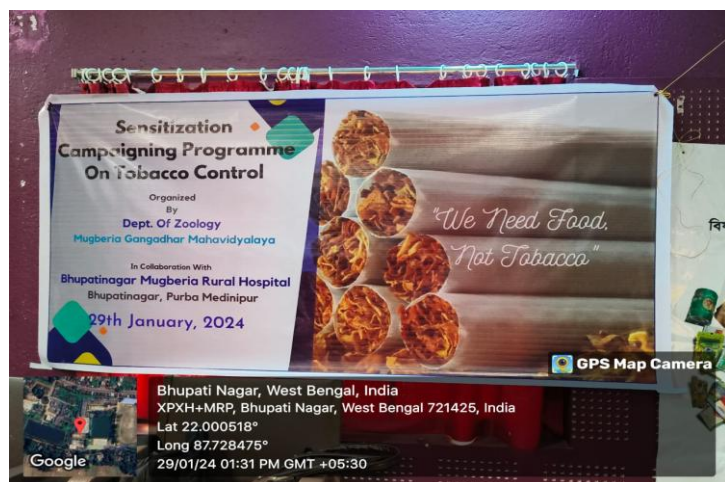
The Department of Zoology at Mugberia Gangadhar Mahavidyalaya, in collaboration with Mugberia Rural Hospital, successfully conducted a sensitization campaign on Tobacco Control. The event aimed to raise awareness about the adverse effects of tobacco use and promote a healthier lifestyle among the participants.

### **Participants:**

**Students:** 104

**Teachers:** 6

**Hospital Staff:** 6



[https://x.com/MugberiaM/status/1751972858786660803?t=n6PV3EOW0vGalsu\\_2NIDLQ&s=08](https://x.com/MugberiaM/status/1751972858786660803?t=n6PV3EOW0vGalsu_2NIDLQ&s=08)

### **Guest Speaker:**

**Dr. Debalina Gangopadhyay** shared valuable insights on the health hazards associated with tobacco consumption, emphasizing the importance of preventive measures and lifestyle choices.





## Program Highlights:

**Interactive Sessions:** Engaging discussions were held to address queries and concerns related to tobacco use.





<https://x.com/MugberiaM/status/1751973347779620884?t=iaBqB0WrvTEL4xoGoNBqOO&s=08>

**Multimedia Presentations:** Visual aids were used to enhance understanding and convey the impact of tobacco on health.



[https://x.com/MugberiaM/status/1751970464388563307?t=5\\_-3Y7XvFuoldrdEeQg7Xw&s=08](https://x.com/MugberiaM/status/1751970464388563307?t=5_-3Y7XvFuoldrdEeQg7Xw&s=08)



**Distribution of Informational Material:** Pamphlets and brochures were distributed to reinforce key messages and provide additional resources.



### **Impact and Feedback:**

Participants expressed gratitude for the informative session, with many indicating a heightened awareness of the dangers of tobacco. The engaging format of the campaign facilitated effective communication and increased receptiveness to the anti-tobacco message.



### **Future Initiatives:**

The success of this program encourages the Department to plan similar initiatives in the future, focusing on health education and community well-being. Collaboration with healthcare professionals and institutions will continue to be a cornerstone of such endeavors.

In conclusion, the Tobacco Control Sensitization Campaign proved to be a significant step towards building a healthier community. The collective efforts of the Department of Zoology, Mugberia Gangadhar Mahavidyalaya, and Mugberia Rural Hospital contribute to fostering a tobacco-free environment for the well-being of all.



  
Principal 31.01.2024  
Mugberia Gangadhar Mahavidyalaya



**REPORT**

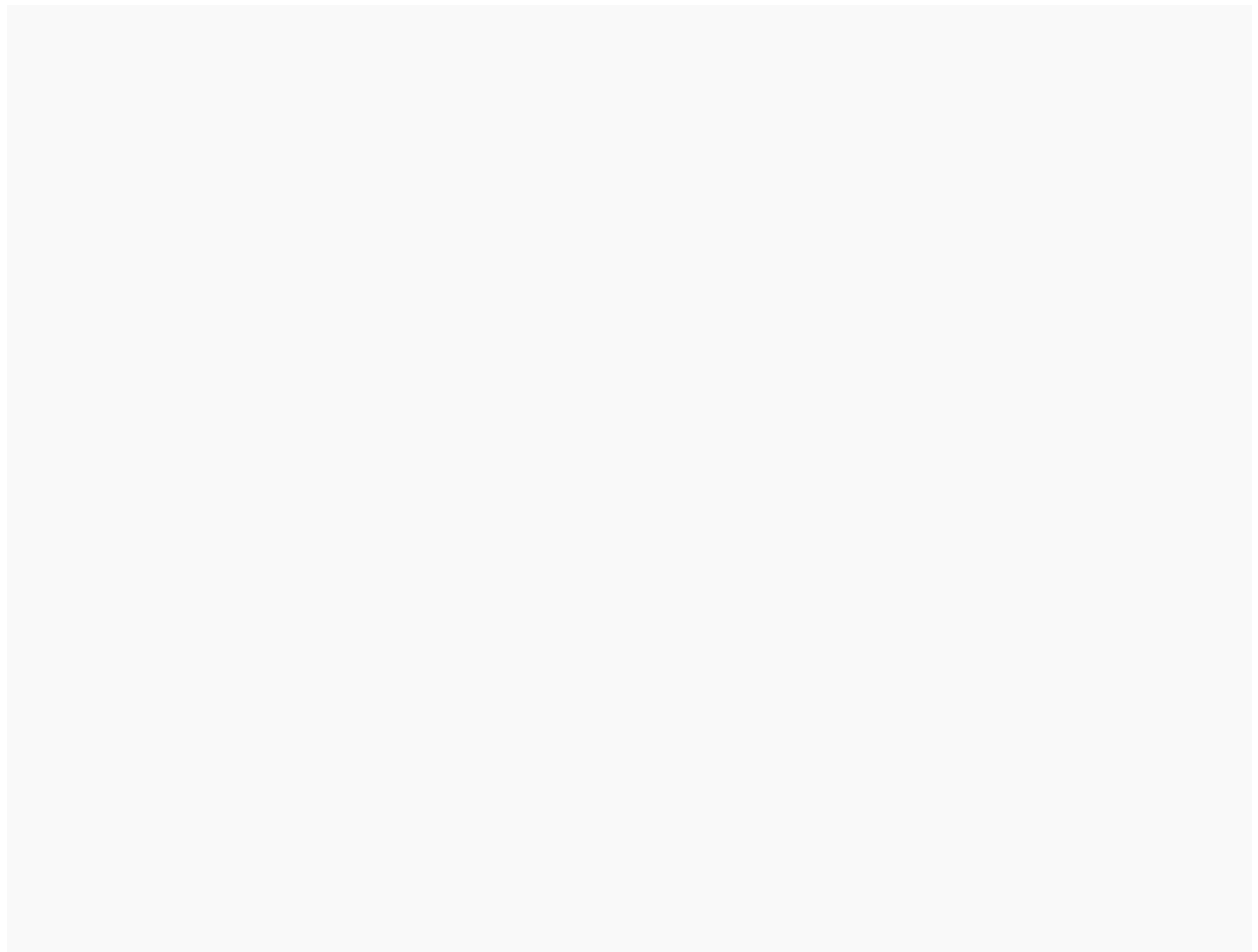
**ON**

**Awareness programmed on Anti Ragging**

**ORGANIZED BY**

**Department of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**





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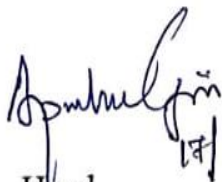
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E-mail : mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Date: 17.01.2023

## NOTICE

It is hereby notified that an “Awareness programme on Anti Ragging” is schedule to be held on 24.01.2023 at 11.00 AM at Nutrition Department of Mugberia Gangadhar Mahavidyalaya. All 1<sup>st</sup> year students of Nutrition Department are informed to be present in this said programme.

  
17/01/2023

Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

  
17-01-2023

Principal

Mugberia Gangadhar Mahavidyalaya

*Principal*  
Mugberia Gangadhar Mahavidyalaya







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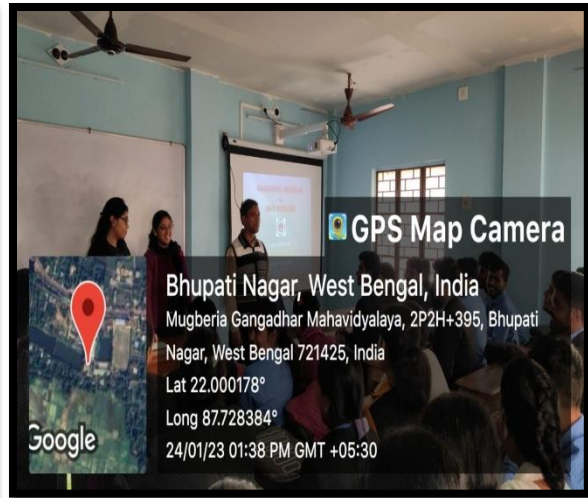
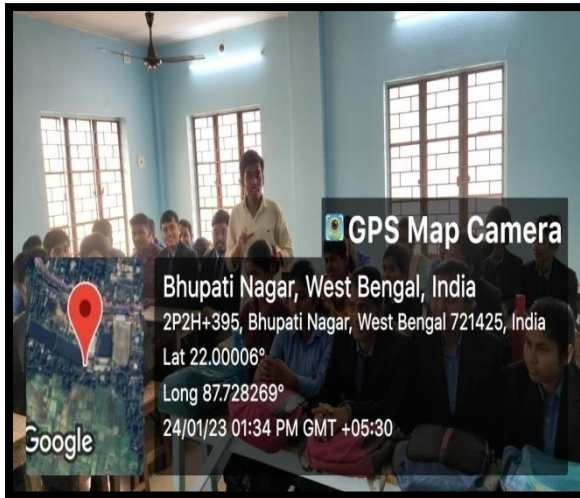
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## **Awareness programmed on Anti Ragging On 24.01.2023**

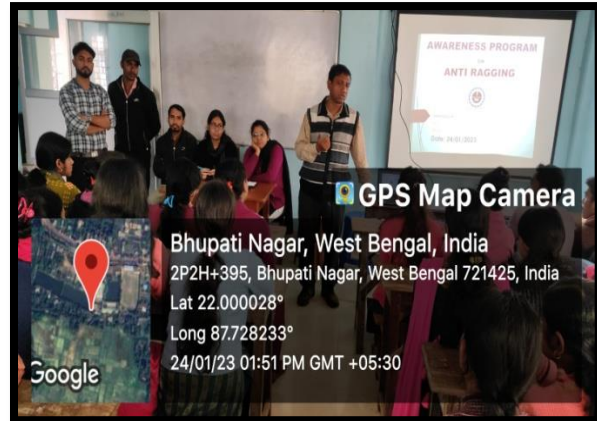
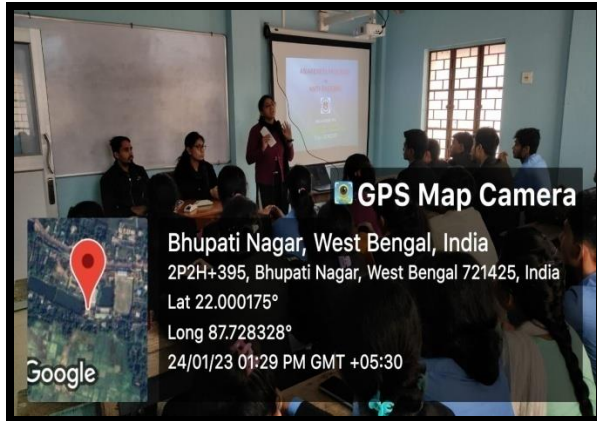
### **REPORT:**

Department of Nutrition organized a One day awareness programme on "Anti Ragging" on 24<sup>th</sup> January, 2024 at 11 am-2pm onwards to help, motivate and encourage for student. Dr. Apurba Giri H.O.D. Dept of Nutrition was the main speaker of this program. Mr. Tanmoy Kumar Giri, Mrs. Sucheta Sahoo, Sruti Mandal teacher Dept. of Nutrition was valuable lecture provided in this programme. Total 38 students (Female: 26, Male: 12) with 6 faculty members (Male: 04 and Female: 02) participated in this program. Any act of physical or mental abuse targeted at another student (fresher or otherwise) on the ground of color, race, religion, caste, ethnicity, gender (including transgender), sexual orientation, appearance, nationality, regional origins, linguistic identity, place of birth, place of residence or economic background. The awareness programmed was very much successful.

## PHOTOS:







**Attendance of participate:**

Adariness Program on Anti Ragging

Page :  
Date :

Date:- 24.01.2023

Speakers Name:-

- 1) Dr. Apurba Giri
- 2) Sucheta Sahoo
- 3) Tanmoy Kumar Giri
- 4) Sruti Mandal

Teachers Name:-

- 1) Khokan Chandra Gayen
- 2) Ayan Mondal



Sl. No.	Students & Name	Signature
①	Sneha Acharya	① S. A
②	Ananya Bhunia	② A. B.
③	Susmita Ghoshai	③ S. G.
④	Debalina Patra	④ D. P.
⑤	Srejata Roy	⑤ S. R.
⑥	Rumpa Roy.	⑥ R. R.
⑦	Shilpa Bhunia	⑦ S. B.
⑧	Anpita Samanta	⑧ A. S.
⑨	Lithilekha Jana	⑨ T. J.
⑩	Suchitna Banik	⑩ S. B.
⑪	Shreelna Bhunia	⑪ S. B.
⑫	Sudip Jana	⑫ S. J.
⑬	Subrata Samanta	⑬ S. S.
⑭	Surjit Barui	⑭ S. B.
⑮	Sanjib Das	⑮ S. Das
⑯	Anrab Jana	⑯ A. J.
⑰	Saptami Maity	⑰ S. M.
⑱	Biswajit Bhunia	⑱ B. Bhunia
20	Swarajit Jana	S. J.
21	Abiraksh Bhakta	A. Bhakta
22	Jagannath Mondal	J. M.
23	Kanajit Das	R. B.
24	Pallabi Maity	P. Maity
25	Sonal Maity	S. Maity
26	Sulekha Giri	G. S.
27	Sanghamitra Chowdhury.	S. C.
28	Payel Manna.	P. M.
29	Prisita Patra	P. P.
30	Anupama Karmila	A. K.
31	Sumita Maity	S. M.
32	Manjushree Kanan	M. K.
33	Jayesh Das.	J. D.

Sl. No	Students Name	Signature
33	Tanushree Maity	T. M.
34	Soyan Maity	S. M.
35	Amel Pal	A. P.
36	Debasia Maity	D. M.
37	Ritushree Binda	R. B.
38	Monalisa Patra	M. P.

**RESOLUTION:**

1. To aware the students of dehumanizing effect of ragging inherent in its perversity.
2. To keep a continuous watch and vigil over ragging so as to prevent its occurrence and recurrence.
3. To promptly and stringently deal with the incidents of ragging brought to our notice.
4. To create awareness among the students about Anti ragging.
5. To take all necessary measures for prevention of Ragging inside the Campus/ Hostels.



Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Antiragging Awareness Camps(<sup>24.01.2023</sup>~~09.04.2021~~)  
Student's feedback form

1.Are you interested do such programme in future?

- ☒ a)yes  
☐ b)no

2. I. Have you feel any communication problem at the time of Industrial Visit?

- ☐ a)yes  
☒ b)no

3.At the time of awareness camp your level of communication was

- ☐ a) good  
☒ b)very good  
☐ c)excellent.

4.Is the programme was well placed within the allotted time?

- ☒ a)yes  
☐ b)no

5..Have you any opinion about this type of awareness camp?

I think this kind of Awareness programme is  
so beneficial for our 1st year student.

Avishikta Dash  
1st year student  
B.VOC 1st year  
student

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Antiragging Awareness Camps(<sup>24.01.2023</sup>~~09.04.2021~~)  
Student's feedback form

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- ☒ a) good  
☐ b)very good  
☐ c)excellent.

4.Is the programme was well placed within the allotted time?

- ☒ a)yes  
☐ b)no

5..Have you any opinion about this type of awareness camp?

This is very excellent programme.

Subrota Bhoshu  
2nd year student  
(B.VOC) processing  
food

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Antiragging Awareness Camps(24.01.2023)  
(09-04-2021)

Student's feedback form

1. Are you interested do such programme in future?

- ☒ a) yes  
☐ b) no

2. I. Have you feel any communication problem at the time of Industrial Visit?

- ☐ a) yes  
☒ b) no

3. At the time of awareness camp your level of communication was

- ☐ a) good  
☒ b) very good  
☐ c) excellent

4. Is the programme was well placed within the allotted time?

- ☒ a) yes  
☐ b) no

5. Have you any opinion about this type of awareness camp?

We want this type of camp in our  
college in future.

Monothosh Bhakta  
1st year student  
in B.Voc

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Antiragging Awareness Camps(24.01.2023)  
(09-04-2021)

Student's feedback form

1. Are you interested do such programme in future?

- ☒ a) yes  
☐ b) no

2. I. Have you feel any communication problem at the time of Industrial Visit?

- ☐ a) yes  
☒ b) no

3. At the time of awareness camp your level of communication was

- ☐ a) good  
☐ b) very good  
☒ c) excellent


4. Is the programme was well placed within the allotted time?

- ☒ a) yes  
☐ b) no

5. Have you any opinion about this type of awareness camp?

This type of camp in our college is  
good for us.



  
24-01-2023  
Principal  
Mugberia Gangadhar Mahavidyalaya

Sayan Maity  
1st sem student  
B.Voc





# Signature of the Students

Sl.No	Students Name	Signature
1.	Tanushree Mondal	T. Mondal
2.	Pupa Gini	P. Gini
3.	Tanushree Jana	T. Jana
4.	Pu Mondal	P. Mondal
5.	Rima Dolui	R. Dolui
6.	Aishikta Dash	A. Dash
7.	Rakhi Jana	R. Jana
8.	Sanjukta Bharya	S. Bharya
9.	Sumit Patra	S. Patra
10.	Prasenjit Pal	P. Pal
11.	Nidima Mahto	N. Mahto
12.	Dipsikha Panigrahy	D. Panigrahy
13.	Aparna Rajak	A. Rajak
14.	Anuja Ghosh	A. Ghosh
15.	Subrata Ghosh	S. Ghosh
16.	Sagar Maity	S. Maity
17.	Debnata Pradhan	D. Pradhan
18.	Sangata Acharya	S. Acharya
19.	Suryakanta Das	S. Das
20.	Jeet Senapati	J. Senapati
21.	Prasenjit Das	P. Das
22.	Abhis Kr. Khutua	A. K. Khutua
23.	Rekhabrata Patra	R. Patra
24.	Subhrajit Maity	S. Maity
25.	Palas Maity	P. Maity
26.	Nabakip Maity	N. Maity
27.	Pratim Ghosh	P. Ghosh
28.	Rabin Nanda Goswami	R. N. Goswami
29.	Sanjib Das	S. Das



# Awareness Program on Anti Raping

Page: 1  
Date: / /

Date:- 25/11/2021

## Speakers Name:-

- ① Dr. Apurba Ghiri
- ② Sucheta Sahoo
- ③ Smiti Mandal

## Teachers Name:-

- ① Dr. Apurba Ghiri
- ② Sucheta Sahoo
- ③ Smiti Mandal
- ④ Monalisa Roy
- ⑤ Tannoy Kumar Ghiri



**MUGBERIA GANGADHAR MAHAVIDYALAYA**

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : [mugberia\\_college@rediffmail.com](mailto:mugberia_college@rediffmail.com) // [www.mugberiagangadharmahavidyalaya.ac.in](http://www.mugberiagangadharmahavidyalaya.ac.in)

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**REPORT**  
**ON**  
**AWARENESS PROGRAMMED ON “THE**  
**ROLE OF MOTHER IN PROTECTING**  
**CHILD NUTRITION AND HEALTH”**  
**ORGANIZED BY**  
**Department of Nutrition**  
**Mugberia Gangadhar Mahavidyalaya**  
**11.02.2023**





# MUGBERIA GANGADHAR MAHAVIDYALAYA

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E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

## UTTARKHAMAR BISWANATH NURSERY SCHOOL

(ESTD.— 1991)

P.O.— ALUKARANBARH ★ P.S. - BHUPATINAGAR  
DIST.— PURBA MEDINIPUR ★ PIN - 721454

Regd. No. - S/1L/82494 □ DISE Code No. - 19192003902

Ref No. ....

Date 06.02.2023

To

The Principal ,

Mugberia Gangadhar Mahavidyalaya ,

Bhupatinagar, Purbamidnapur .

**Subject: Prayer for sending two professors in Nutrition including HOD and two student to attend the Awareness camp.**

Respected Sir,

With due honour , I the Secretary of Uttarkhamar Biswanath Nursery School (of Uttarkhamar, Alukaranbarh, Purba Midnapur) beg to state that our school is going to organise an awareness camp on The Role of Mother in protecting Child's nutrition and health . It would be held in our school premises on 11.02.2023 ,Saturday at 11 a.m Needless to say , the camp would play an important role in spreading awareness among the mothers in our locality.

You are also informed here that we desire to have two honourable professors on Nutrition including the HOD and also two students of your esteemed college as honourable guests and speakers in the discussion of the camp.

I would therefore pray to you to consider our earnest desire and send the professors and the students to attend the much needed camp to make it a glorious and successful one.

Thanking You ,

Yours Sincerely,

*Satyendra Nath Bhattacharyya*  
Satyendranath Bhattacharyya

Secretary,

Uttarkhamar Biswanath Nursery School

To  
HOD  
for consideration  
06.02.2023

- Transportation arrangements will be made by the school.



# MUGBERIA GANGADHAR MAHAVIDYALAYA

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## Awareness programmed on “The role of mother in protecting child nutrition and health” “11.02.23

### REPORT:

An awareness programme on "The role of mother in protecting child's nutrition and health", was organized by Uttarkhamar Biswanath Nurseary School in collaboration With Mugberia Gangadhar Mahavidyalaya on 11.02.2023 at Uttarkhamar Biswanath Nurseary School. The programme was inaugurated by Satyendra nath Bhattacharyya Secretary Uttarkhamar Biswanath Nurseary School at 11 a.m. After that the nutritional and health related speech was given by Dr. Apurba Giri, (Assistant Professor and Head), Mrs. Moumita Samanta (SACT), Mrs. Rikta Jana (SACT). In between their speech B.Sc 6<sup>th</sup> sem nutrition (Hons) students Sukanta Bhunia, Rajaram Giri, Krishna Jana, Kabita Das, presented their poster শিশুর আহাৰজনিত সমস্যা ও সমাধান, প্রোটিন শক্তি অপুষ্টি, অনুপূৰক খাদ্য , শিশুর স্বল্প মূল্যের সুষম খাদ্য. At the end of programmed two mothers share their feedback verbally. The programmed was ended at 2p.m. with lunch to children's, mothers, speaker and other guests .The mother and organizing comity members wears highly satisfied by these valuable lecture.



## PHOTOS:





## ATTENDANCE OF PARTICIPATE:

Date: 11.02.2021

Harmonious Camp: The Role of Mother in protecting child's nutrition & health  
 Organized by Uttarakhand Sahasra Shiksha Mission, Govt. of Uttarakhand  
 Venue: Uttarakhand Sahasra Shiksha Mission, Govt. of Uttarakhand

Attendance

Sl. No.	Name	Sl. No.	Name
1	Minati Guchhait	11	Bhaskari Maity (Govt)
2	SAMI Sarva	12	Satish Mandal Pramanik
3	Sumita Osha	13	Niharika Bera
4	Sumita Osha	14	Pratibha Maity
5	Mamata Pradhan Sarmal	15	Pratibha Maity
6	Anika Das	16	Mounika Bera
7	Sushma Maity		
8	Rubal Patra (Maity)		
9	Satish Mandal		
10	Atasi Maity		
11	Bhaskari Maity (Govt)		
12	Satish Mandal Pramanik		
13	Niharika Bera		
14	Pratibha Maity		
15	Pratibha Maity		
16	Mounika Bera		

Sl. No.	Name	Sl. No.	Name
17	Saraswati Maity Mandal	27	Shyamali Jana
18	Rukmini Manna Jana	28	Susama Mandal
19	Sumita Pal Mandal		
20	Susmita Sanyal Das		
21	Susmita Sanyal Das		
22	Susmita Sanyal Das		
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98	Susmita Sanyal Das		
99	Susmita Sanyal Das		
100	Susmita Sanyal Das		

Sl. No.	Name	Sl. No.	Name
1	Ankita Pattanayak	11	Bhaskari Maity (Govt)
2	Diksha Mishra	12	Satish Mandal Pramanik
3	Mounika Mishra	13	Niharika Bera
4	Silpha Pramanik	14	Pratibha Maity
5	Rina Sarmal	15	Pratibha Maity
6	Anandita Maity	16	Mounika Bera
7	Krishna Maity		
8	Mounika Maity		
9	Satish Mandal		
10	Mounika Sanyal		
11	Atasi Maity		
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70	Pratibha Maity		
71	Mounika Bera		
72	Bhaskari Maity (Govt)		
73	Satish Mandal Pramanik		
74	Niharika Bera		
75	Pratibha Maity		
76	Pratibha Maity		
77	Mounika Bera		
78	Bhaskari Maity (Govt)		
79	Satish Mandal Pramanik		
80	Niharika Bera		
81	Pratibha Maity		
82	Pratibha Maity		
83	Mounika Bera		
84	Bhaskari Maity (Govt)		
85	Satish Mandal Pramanik		
86	Niharika Bera		
87	Pratibha Maity		
88	Pratibha Maity		
89	Mounika Bera		
90	Bhaskari Maity (Govt)		
91	Satish Mandal Pramanik		
92	Niharika Bera		
93	Pratibha Maity		
94	Pratibha Maity		
95	Mounika Bera		
96	Bhaskari Maity (Govt)		
97	Satish Mandal Pramanik		
98	Niharika Bera		
99	Pratibha Maity		
100	Pratibha Maity		



## RESOLUTION:

1. Poor diets in early childhood can lead to deficiencies in essential vitamins and nutrients – such as vitamin A deficiency, which weakens children's immunity, increases their risk of blindness and can lead to death from common childhood diseases like diarrhea.
2. Children need proper nutrients stay healthy and strong, and grow up healthy and strong. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that child can apply throughout life.
3. Preschoolers need to eat foods from all five healthy food groups – vegetables, fruit, grain foods, dairy and protein.
4. Healthy foods have nutrients that are important for growth, development and learning.
5. Encourage preschoolers to try new foods.
6. Keep healthy snacks on hand in classroom.

*Principal*  
Mugberia Gangadhar Mahavidyalaya  
11.02.2023





**MUGBERIA GANGADHAR MAHAVIDYALAYA**

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---

## ***REPORT***

## ***ON***

# **AWARENESS PROGRAMMED ON “THE ROLE OF MOTHER IN PROTECTING CHILD NUTRITION AND HEALTH”**

## ***ORGANIZED BY***

**Department of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**11.02.2023**

---

**Report prepared by Mrs. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia  
Gangadhar Mahavidyalaya**





# MUGBERIA GANGADHAR MAHAVIDYALAYA

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## UTTARKHAMAR BISWANATH NURSERY SCHOOL

(ESTD.— 1991)

P.O.— ALUKARANBARH ★ P.S. - BHUPATINAGAR

DIST.— PURBA MEDINIPUR ★ PIN - 721454

Regd. No. - S/1L/82494 □ DISE Code No. - 19192003902

Ref No: .....

Date 06.02.2023

To

The Principal ,

Mugberia Gangadhar Mahavidyalaya ,

Bhupatinagar, Purbamidnapur .



**Subject: Prayer for sending two professors in Nutrition including HOD and two student to attend the Awareness camp.**

Respected Sir,

With due honour , I the Secretary of Uttarkhamar Biswanath Nursery School (of Uttarkhamar, Alukaranbarh, Purba Midnapur) beg to state that our school is going to organise an awareness camp on The Role of Mother in protecting Child's nutrition and health . It would be held in our school premises on 11.02.2023 ,Saturday at 11 a.m Needless to say , the camp would play an important role in spreading awareness among the mothers in our locality.

You are also informed here that we desire to have two honourable professors on Nutrition including the HOD and also two students of your esteemed college as honourable guests and speakers in the discussion of the camp.

I would therefore pray to you to consider our earnest desire and send the professors and the students to attend the much needed camp to make it a glorious and successful one.

Thanking You ,

Yours Sincerely,

Satyendra nath Bhattacharyya .

Satyendranath Bhattacharyya

Secretary,

Uttarkhamar Biswanath Nursery School

To  
HOD  
for consideration  
66.02.2023

- Transportation arrangements will be made by the school.



# MUGBERIA GANGADHAR MAHAVIDYALAYA

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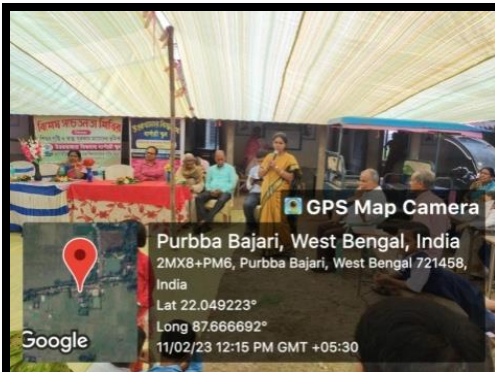
**Awareness programmed on “The role of mother in protecting child nutrition and health  
“11.02.23**

## **REPORT:**

An awareness programme on "The role of mother in protecting child's nutrition and health", was organized by Uttarkhamar Biswanath Nurseary School in collaboration With Mugberia Gangadhar Mahavidyalaya on 11.02.2023 at Uttarkhamar Biswanath Nurseary School. The programme was inaugurated by Satyendra nath Bhattacharyya Secretary Uttarkhamar Biswanath Nurseary School at 11 a.m. After that the nutritional and health related speech was given by Dr. Apurba Giri, (Assistant Professor and Head), Mrs. Moumita Samanta (SACT), Mrs. Rikta Jana (SACT). In between their speech B.Sc 6<sup>th</sup> sem nutrition (Hons) students Sukanta Bhunia, Rajaram Giri, Krishna Jana, Kabita Das, presented their poster শিশুর আহাৰজনিত সমস্যা ও সমাধান, প্রোটিন শক্তি অপুষ্টি, অনুপূৰক খাদ্য , শিশুর স্বল্প মূল্যের সুষম খাদ্য. At the end of programmed two mothers share their feedback verbally. The programmed was ended at 2p.m. with lunch to children's, mothers, speaker and other guests .The mother and organizing comity members wears highly satisfied by these valuable lecture.



## Some photos of the programmed:





**ATTENDANCE OF PARTICIPATE:**

Date: 11-02-2023

Assamien Camp: The Role of Mother in protecting child's nutrition & health  
organised by Uttarakhamas Bhaba Medical Mission  
Uttarakhamas Bhaba Medical Mission in collaboration with D.O. of Nalbari  
Uttarakhamas Bhaba Medical Mission, Nalbari

Attendance

1) Gourchand Patra - M, Dibrugarh Dist. High School  
2) Jyoti Chandra - President, Uttarakhamas Bhaba Medical Mission  
3) Byom Kishore Bora  
4) Nita B. Dima - U.P. Dibrugarh, Dibrugarh Dist.  
5) Satyendra Kumar Borthakur - Dibrugarh, Uttarakhamas Bhaba Medical Mission  
6) Symalbaran Santra - Uttarakhamas Bhaba Medical Mission  
7) Gami Gopal Barman  
8) Sankar Kumar Dasgupta - Ex-teacher, Kalyanpur Dibrugarh  
9) Dr. Apurva - Dibrugarh  
10) Rajaram Givi - Dibrugarh  
11) Rishi Bora - Dibrugarh  
12) Kishna Das  
13) Sumanta Bhowmik

Attendance of Mother

1) Minati Guchhait - Enigita Guchhait  
2) SATYA ZANA - ISHAN ZANA  
3) Sumita Ojha - Shantam Ojha  
4) Sumita Ojha - Shubham Ojha  
5) Mamata Pradhan Sarma - Rayan Sarma  
6) Meeta Das - Preshkha Das  
7) Subho Maiti - Sonalla Maiti  
8) Rufai Patra (Maiti) - Anshu Maiti  
9) Subho Maiti - Subho Maiti  
10) Abhi Maiti - Prathusha Maiti  
11) Bhaskar Maiti (Son) - Bhanu Son  
12) Sabita-Manal Bhowmik - Sitabanta Bhowmik  
13) Nalazeta Bora - Anan Bora  
14) Pratibha Bora - Pratibha Bora  
15) Pratibha Bora - Pratibha Bora  
16) Mamita Bora - Ishita Bora

40 Saraswati Maity Mandal	Debasmita Mandal
41 Rukmini Manna Jana	Ranita Jana
42 Sumita Pal Mandal	Dipansa Mandal
43 Susmita Samanta Das	Arundha Das, Anusmita Das
44 Sushil Maity	Sushil Maity
45 Sumita Kula Santra	Ankita Santra
46 Madhumita Jana Mandal	Ankan Mandal
47 Aparna Rani Maity Koro	Soumit Koro
48 Rumpa Pal	Sourav Pal
49 Pinki Maity	Sourjit Maity
50 Moumuni Mishra	Sudhechha Mishra
51 Ruma Giri	Dipali Giri
52 Sonita Jana	Saparna Jana
53 Sushil Maity	Sourav Maity
54 Pooja Maity	Gita Maity
55 Jagana Santra	Sukhraj Santra
56 Arpan Maity	Rishi Maity
57 Archana Mandal Pradhan	Abhinav Pradhan
58 Moumuni Bhunia Maity	Sudhakarshina Maity
59 Sumitri Maity Manna	Shikha Maity (Sankha Maity)
60 Sonamani Singh Dinda	Mohini Dinda
61 Barakshi Maity Dinda	Anita Dinda
62 Aa Rara	Sourajit Rara
63 Sujata Jana	Sivam Jana
64 Bita Jana Bhunia	Uttara Bhunia
65 Dilli Pal Mandal	Soumali Mandal
66 Sumitri Maity	Debasmita Maity
67 Sita Maity	Sita Maity
68 Moumuni Jana	Debasmita Jana
69 Kalluna Jana Manna	Deeptika Manna
70 Arpita Maity (Manna)	Rupam Manna
71 Manali Santra	Debasmita Santra
72 Sonali Kula Koro	Sourajit Koro
73 Debarati Maity	Sourav Maity
74 Batima Khanna Maity	Dipayan Maity

14 Ankita Pattanayak ଅନିତା ପଟ୍ଟନାୟକ	Aningata Pattanayak ଅନିଗତା ପଟ୍ଟନାୟକ
19 Pooja Mishra ପୁଜା ମିଶ୍ର	Pooja Mishra ପୁଜା ମିଶ୍ର
20 Moumita Mishra ମୁରମିତା ମିଶ୍ର	Bonmita Mishra ବୋନମିତା ମିଶ୍ର
21 Srikha Pramanik ସ୍ବରୀକ୍ଷା ପ୍ରମାଣିକ	Sourajit Pramanik ସୁରାଜିତ ପ୍ରମାଣିକ
22 Rina Sasmal ରିନା ସାସମାଲ	Rehan Sasmal ରିହାନ ସାସମାଲ
23 Anandita Maity ଆନନ୍ଦିତା ମାୟି	Anurag Maity ଆନୁରାଗ ମାୟି
24 Krishna Maity କ୍ରିଷ୍ଣା ମାୟି	Sury Maity ସୂର୍ଯ୍ୟ ମାୟି
25 Mounita Maiti ମୁରମିତା ମୈତି	Alakesh Maiti ଆଳେଶ ମୈତି
26 Smita Saha ସମିତା ସାହା	Gitan Saha ଗିତା ସାହା
27 Mounita Saha ମୁରମିତା ସାହା	Ankita Saha ଅନିତା ସାହା
28 Smita Saha ସମିତା ସାହା	Anandita Maity ଆନନ୍ଦିତା ମାୟି
29 Ananya Maity ଆନନ୍ୟା ମାୟି	Pallabi Saha ପାଲ୍ଲବୀ ସାହା
30 Pasi - Maiti ପାସୀ - ମୈତି	Sampati - Maiti ସାମ୍ପତି - ମୈତି
32 Madhumita Maiti ମାଦ୍ଧୁମିତା ମୈତି	Anam Maiti ଆନାମ ମୈତି
33 Parbati Maiti ପାର୍ବତୀ ମୈତି	Ayan Maiti ଆୟନ ମାୟି
34 Brahami Pramanik ବ୍ରହ୍ମାଣୀ ପ୍ରମାଣିକ	Dipankaz Pramanik ଡିପାଙ୍କାଜ ପ୍ରମାଣିକ
35 Jayanti Pramanik ଜୟାନ୍ତୀ ପ୍ରମାଣିକ	Riga Pramanik ରିଗା ପ୍ରମାଣିକ
36 Smita Saha ସମିତା ସାହା	Smita Saha ସମିତା ସାହା
37 Bulki Pandit Pramanik ବୁଲ୍‌କି ପାଣ୍ଡିତ ପ୍ରମାଣିକ	Anubrata Pramanik ଆନୁବ୍ରତା ପ୍ରମାଣିକ
38 Atasi Maity ଆତାସୀ ମାୟି	Sajita Pradhan ସାଜିତା ପ୍ରାଧାନ
39 Marasi Maiti ମାରାସୀ ମୈତି	Anori Gera ଆନୋରି ଗେରା
41 Moumita Patra ମୁରମିତା ପାତ୍ର	Anjibrata Patra ଆଞ୍ଜିବ୍ରତା ପାତ୍ର
42 Smita Saha ସମିତା ସାହା	Smita Saha ସମିତା ସାହା

28	Shyamali Jana	Arifan Jana
29	Susama Mondal	Abir Mondal



## RESOLUTION:

1. Poor diets in early childhood can lead to deficiencies in essential vitamins and nutrients – such as vitamin A deficiency, which weakens children's immunity, increases their risk of blindness and can lead to death from common childhood diseases like diarrhea.
2. Children need proper nutrients stay healthy and strong, and grow up healthy and strong. Nutrition for children can also help establish a foundation for healthy eating habits and nutritional knowledge that child can apply throughout life.
3. Preschoolers need to eat foods from all five healthy food groups – vegetables, fruit, grain foods, dairy and protein.
4. Healthy foods have nutrients that are important for growth, development and learning.
5. Encourage preschoolers to try new foods.
6. Keep healthy snacks on hand in classroom.

*Principal*  
Mugberia Gangadhar Mahavidyalaya  
11-02-2023





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Date: 24.06.2023

## NOTICE

This is hereby notified that Department of Nutrition in collaboration with NSS and Unnat Bharat Abhiyan, Mugberia Gangadhar Mahavidyalaya is going to organise an Exposure visit of students for bio village project at Baghadari on 30<sup>th</sup> June, 2023, Friday at 11:00 am. In this programme Mr. Gourhori Acharyya, Retired Government employee Dept of Agriculture, Assistant farm manager Bhagwanpur II block. Will Exposure visit and lecture on the topic “Bio village of Agriculture”. Students of B. Sc 4<sup>th</sup> Sem must attend this programme.

  
Dr. Swapan Kumar Misra  
Principal  
Mugberia Gangadhar Mahavidyalaya  
*Principal*  
Mugberia Gangadhar Mahavidyalaya

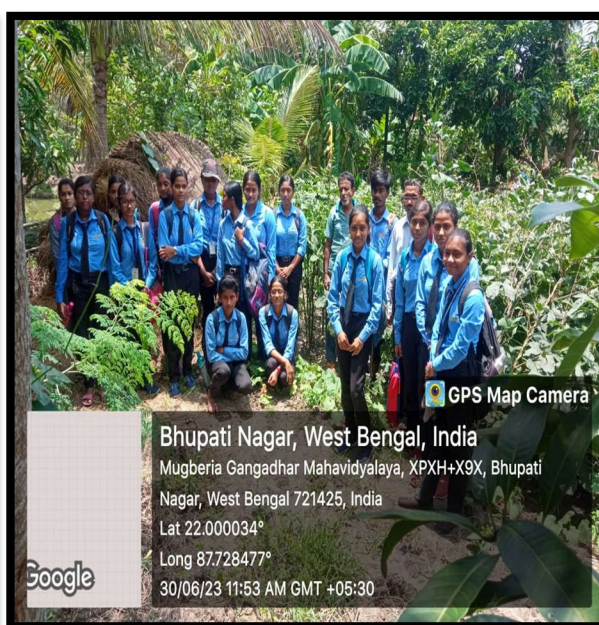
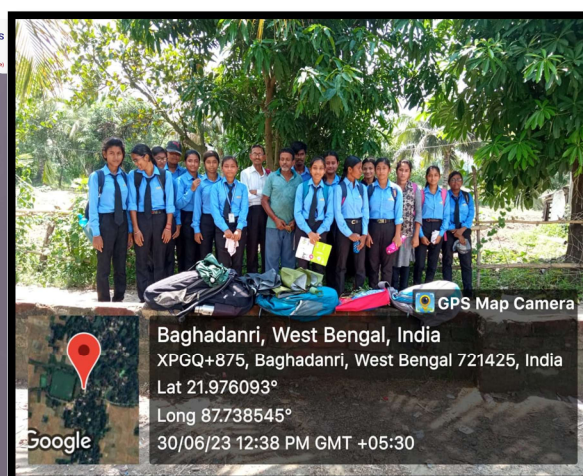


## Exposure visit of students for Bio village project at Baghdadari on 30 June 2023

### REPORT:

Department of Nutrition in collaboration with NSS and Unnat Bharat Abhiyan , Mugberia Gangadhar Mahavidyalaya is going to organise an Exposure visit of students for bio village project at Baghdadari on 30<sup>th</sup> June, 2023, Friday at 11:00 am. Mr.Gourhori Acharyya, Retired Government employee Dept of Agriculture, Assistant farm manager Bhagwanpur II block. Will Exposure visit and lecture on the topic “Bio village of Agriculture” B. Sc 4<sup>th</sup> Sem attend this programme. Total 18 students (Female: 17, Male:1) with 1 faculty members (Male: 01 ) . This exposure visit 3 farmers are communicate and help everyone. Overall this visit programmed was very much successful

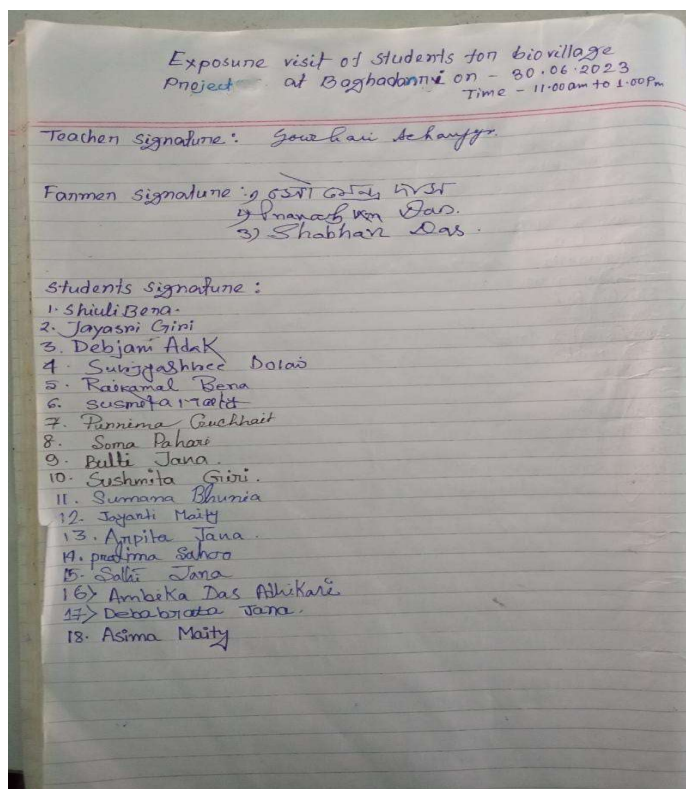
### PHOTOS:







### Attendance of Students:



### Resolution:

1. Introduced about bio village and agriculture farmer.
2. Ensuring protection of best utilization of cultivated land and tree plantation.
3. Motivated students to involve agricultural field.
4. Provided innovative idea to develop agricultural products.
5. A biocentre is considered as a hub of the biovillage programmed which is based on participatory research and the involvement of the rural people in every process of the project.



Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition  
Exposure visit of students for Bio village project at Baghdadari on 30 June 2023  
Student's feedback form

Name of the student: Soma Pokari  
Village name: Baghadari

1. How many students were participate in such programme?

- a) 10  
b) 12  
c) 15  
d) 18  
e) 20

2. Communication skill between student and farmer.

- a) good  
b) very good  
c) excellent

3. What was your overall impression of the programmed?

- a) good  
b) very good  
c) excellent

4. Do you want to arrange such in your college every year?

- a) yes  
b) no

5. Aims and objectives of the visit were explained at the beginning?

- a) good  
b) very good  
c) excellent

6. Do you have any concerns or comments regarding such programmed?

As a result of such program I have known to produce  
poison free crops.

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition

Exposure visit of students for Bio village project at Baghdadari on 30 June 2023  
Student's feedback form

Name of the student: Purnima Guchhait  
Village name: Baghadari

1. How many students were participate in such programme?

- a) 10  
b) 12  
c) 15  
d) 18  
e) 20

2. Communication skill between student and farmer.

- a) good  
b) very good  
c) excellent

3. What was your overall impression of the programmed?

- a) good  
b) very good  
c) excellent

4. Do you want to arrange such in your college every year?

- a) yes  
b) no

5. Aims and objectives of the visit were explained at the beginning?

- a) good  
b) very good  
c) excellent

6. Do you have any concerns or comments regarding such programmed?

It's very helpful for us to know about organic agriculture  
process which is good for nature and also healthy for  
human being.

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition

Exposure visit of students for Bio village project at Baghdadari on 30 June 2023  
Student's feedback form

Name of the student: Shubhena  
Village name: Baghadari

1. How many students were participate in such programme?

- a) 10  
b) 12  
c) 15  
d) 18  
e) 20

2. Communication skill between student and farmer.

- a) good  
b) very good  
c) excellent

3. What was your overall impression of the programmed?

- a) good  
b) very good  
c) excellent

4. Do you want to arrange such in your college every year?

- a) yes  
b) no

5. Aims and objectives of the visit were explained at the beginning?

- a) good  
b) very good  
c) excellent

6. Do you have any concerns or comments regarding such programmed?

It is very helpful for us to know about organic agriculture  
process which is very good for nature and also healthy  
for people.

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition

Exposure visit of students for Bio village project at Baghdadari on 30 June 2023  
Student's feedback form

Name of the student: Sumana Bhunia  
Village name: Panchbajani

1. How many students were participate in such programme?

- a) 10  
b) 12  
c) 15  
d) 18  
e) 20

2. Communication skill between student and farmer.

- a) good  
b) very good  
c) excellent

3. What was your overall impression of the programmed?

- a) good  
b) very good  
c) excellent

4. Do you want to arrange such in your college every year?

- a) yes  
b) no

5. Aims and objectives of the visit were explained at the beginning?

- a) good  
b) very good  
c) excellent

6. Do you have any concerns or comments regarding such programmed?

Through this program we have  
learned about toxin free crop  
production methods.



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## **Report on** **One Day State Level Webinar on** **“Public Health: Water & Sanitation”**

**Organized by**  
**Department of Zoology**

**Mugberia Gangadhar Mahavidyalaya**

**Under**  
**DBT star college strengthening scheme, Govt. of India**

**Programme Supervised by: Dr. Soma Karmakar**

**Date: 27<sup>th</sup> June, 2021**

**Time: 3pm to 5pm**

**Platform: Zoom app streaming**



*Soma Karmakar*  
27.06.2021

**Principal**  
Mugberia Gangadhar Mahavidyalaya



## Departmental meeting held on 16.06.2021

### Members present:

1. Dr.Soma Karmakar, HOD ,Asst Professor
2. Kousik Kr.Mondal, , SACT
3. Raju Majumdar, SACT
4. Sayantika Bera, SACT
5. Purnima Mandal, SACT
6. Dr.Bidhan Chandra Samanta, Associated Professor(Chemistry)

### Decision taken in the meeting:

The meeting was held through online mode with Google meet app. We are going to organize one day State level Webinar. This webinar will help for participant to understand the following path

1. Understanding the link between water and sanitation and public health: The seminar will explore the connection between the availability of clean water, proper sanitation facilities, and the health of individuals and communities.
2. Highlighting waterborne diseases and their prevention: The seminar will address common waterborne diseases, their causes, and the methods to prevent them through improved water quality and sanitation practices.
3. Promoting access to clean water and sanitation facilities: The seminar will emphasize the importance of equitable access to clean water and proper sanitation facilities, especially for vulnerable populations in both urban and rural settings.
4. Discussing sustainable water and sanitation solutions: Participants will be introduced to sustainable and cost-effective methods for water treatment and sanitation, including technologies and best practices.
5. Encouraging community involvement and behaviour change: The seminar will focus on the role of communities in maintaining and promoting water and sanitation hygiene, leading to positive behaviour changes and improved public health outcomes.
6. Addressing challenges and opportunities in water and sanitation: Participants will identify the challenges faced in providing clean water and sanitation services, and explore potential solutions and opportunities for improvement.
7. Sharing research and case studies: The seminar will provide a platform to present research findings and successful case studies related to water and sanitation interventions and their impact on public health.





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## Notice

### Department of Zoology

We are pleased to announce a webinar on "Public Health: Water & Sanitation" organized by **Department of Zoology of Mugberia Gangadhar Mahavidyalaya**. This webinar aims to create awareness about the crucial role of water and sanitation in public health, and it is open to all students interested in the field of public health and environmental sciences.

Details of the webinar are as follows:

**Date:** 27<sup>th</sup> June 2021

**Time:** 3pm to 5pm

**Platform:** Zoom streaming

**Speaker:** Prof. Arunabha Majumder, Chairman, Indian Water Works Association (IWWA) and Ex-Director-Professor & Head, Department of Sanitary Engineering, AIHH&PH, Kolkata, Professor Emeritus, Jadavpur University

#### Topic Highlights:

- Importance of Access to Clean Water
- Sanitation and Hygiene Practices
- Waterborne Diseases and their Prevention
- Sustainable Water Management
- Public Health Policies and Initiatives

This webinar presents an excellent opportunity to broaden your knowledge in the field of public health and gain insights into the significance of water and sanitation in maintaining a healthy society.

We look forward to your active participation in this informative session.

Sincerely,

**Dr. Swapan Kumar Misra**  
Principal

**Dr. Kousik Kr. Mondal**  
Jt. Convenor







## One Day State Level Webinar on "Public Health : Water & Sanitation" Organized By



Department of Zoology, Mugheria Gangadhar Mahavidyalaya  
Bhupatinagar, Purba Medinipur -721425

Under DBT Star College Strengthening Scheme (Govt. Of India)

Date: 27.06.2021 Time: 3PM onwards



Invited Speaker : Prof. Arunabha Majumder, Chairman, Indian Water Works Association (IWWA) and Ex-Director-Professor & Head, Department of Sanitary Engineering, AIH&PH, Kolkata, Professor Emeritus, Jadavpur University



Chair Person  
Dr. Swapan Kr.  
Misra  
Principal  
Mugheria  
Gangadhar  
Mahavidyalaya



Dr. Bidhan Ch.  
Samanta  
Coordinator,  
DBT Star  
College  
Program  
HOD, Dept. of  
Chemistry



Dr. Soma  
Karmakar  
Convenor  
HOD, Dept.  
of Zoology



Dr. Kousik Kr.  
Mondal  
Jt. Convenor  
Faculty, Dept.  
of Zoology



Registration Link: [https://docs.google.com/forms/d/e/1FAIpQL5d7naaP2TAIwjoqC4quscEkx1EwtQ4JdU\\_1UoLMomBx\\_rK7A/viewform?vc=0&c=0&w=1&lr=0](https://docs.google.com/forms/d/e/1FAIpQL5d7naaP2TAIwjoqC4quscEkx1EwtQ4JdU_1UoLMomBx_rK7A/viewform?vc=0&c=0&w=1&lr=0)  
WhatsApp group Link: <https://chat.whatsapp.com/HqvJDfAIBUSxILUF6xm>

Zoom Link: <https://us02web.zoom.us/j/82920176513?pwd=MmtxWURJZUp3WmZYSXFLdy1QVXh0Zk09>

Youtube Link: <https://youtu.be/O8m3GFqY-YI>





## State Level Webinar on “Public Health: Water & Sanitation

### Programme Director:

Dr. Soma Karmakar , HOD, Dept. of Zoology

### Programme Coordinator:

Dr. Kousik Kumar Mondal, SACT, Dept. of Zoology

### Faculty Team:

1. Dr. Bidhan Samanta Dept of Chemistry, HOD
2. Raju Majumdar, SACT
3. Purnima Mondal, SACT
4. Sayantika Bera, SACT

### ZOOLOGY WEBINAR SCHEDULE

2.45 PM	Joining
3 PM	Introductory Remarks of the Webinar by Dr. Soma Karmakar
3.05 PM	Welcome address by Dr. Kousik Kumar Mondal
3.10 PM	Inaugural speech by Principal Dr. Swapan Kumar Mishra
3.15 PM	Introduction of invited speaker and call him for speech by Dr. Bidhan Chandra Samanta
3.20-4.30 PM	Invited speech by Prof. Arunabha Majumdar
4.30-4.50 PM	Question and answer session conducted by Dr. Bidhan Chandra Samanta
4.50 PM	Thanks giving and official ending of webinar by Dr. Soma Karmakar

















## List of attendance and Glimpses

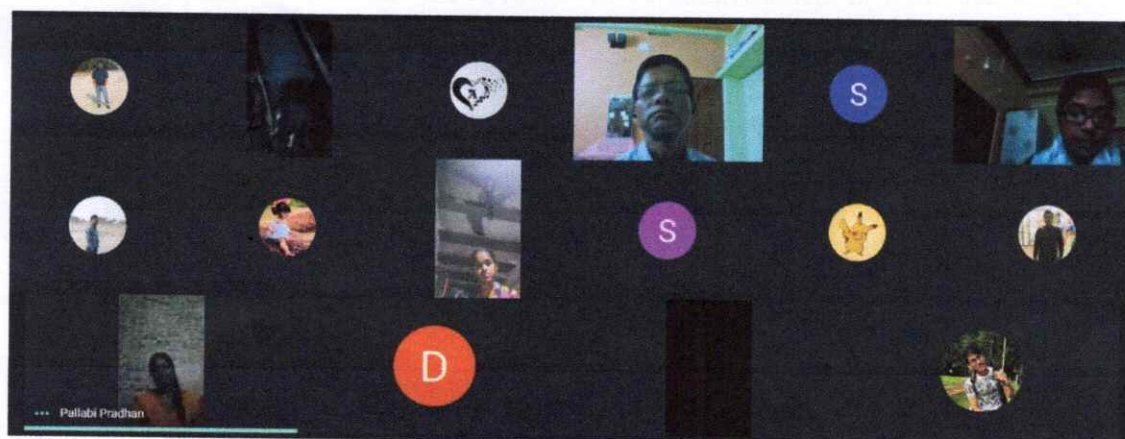
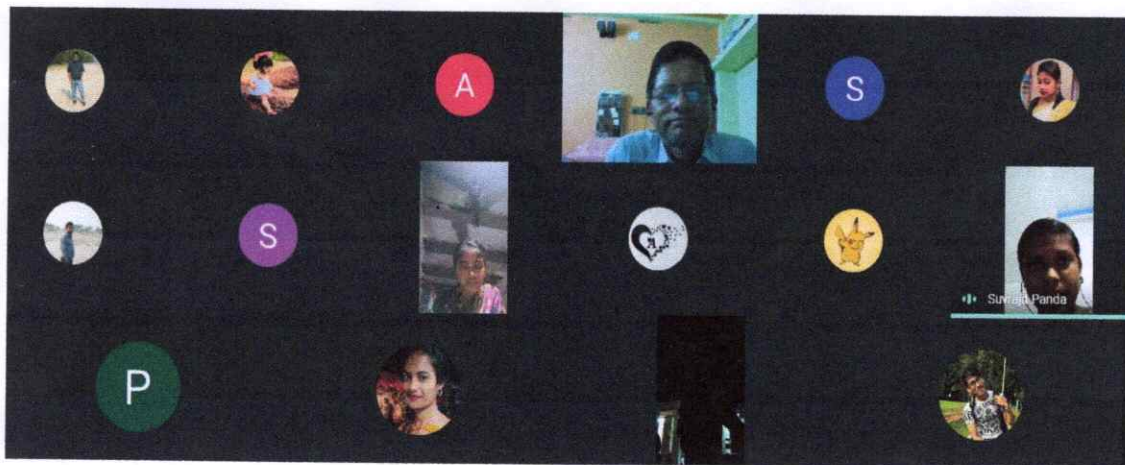












### Live chat replay

Top messages

-  Arnab Ojha good afternoon to all. myself Dr. ARNAB KANTI OJHA, ASSISTANT PROFESSOR in chemistry, MAHISHADAL GIRLS' COLLEGE.
-  Swapnadip Roy good afternoon one n all present here. its Swapnadip Roy here, dept of chemistry, bankura sammilani college,
-  Dr. Soumen Das Good afternoon to all. Myself Dr. Soumen Das, Assistant Professor, department of Commerce, Mugberia Gangadhar Mahavidyalaya, West Bengal
-  Sourav Bose good afternoon ...
-  Sourav Bose Sourav Bose, Egra SSB College...
-  Suryatapa De Dr Sutapa Saha. Good afternoon to all...
-  Susmita Sahoo Good afternoon all.... I am Susmita Sahoo, Bsc 2nd sem, Department of Nutrition (H), Bajkul Milani Mahavidyalaya (Vidyasagar University)
-  Rajsekhar Bhunia good afternoon all
-  Pritam Katham Good afternoon to everybody.
-  Anamika Garai good afternoon everyone
-  Biswajit Samanta MGM and afternoon...
-  Anamika Garai I am Anamika Garai, department of





-  Josibul Haque thank you so much
-  AMRITENDU MISRA good afternoon to all
-  ramhari batabyal good afternoon everyone.... nice presentation and informative session.
-  DILIP MAITY very informative session
-  Aparajita Mukherjee Very enriching session
-  Swagata Bera Good afternoon myself Swagata Bera Department of Zoology (University of Calcutta)
-  Swatilekha Ghosh very informative session
-  Achintya Kumar Samanta very meaningful presentation
-  Uttam Kumar Kanp very informative lecture.
-  Koushik Dey Very informative discussion





## OUTCOME OF THE WEBINER

The webinar covered a wide range of topics related to water and sanitation, including:

- The importance of clean water and sanitation for public health.
- The challenges of providing clean water and sanitation in low-resource settings.
- The latest technologies for improving water and sanitation.
- The role of government, non-governmental organizations, and the private sector in improving water and sanitation.

The webinar concluded with a panel discussion on the future of water and sanitation in the state. The panelists discussed the need for increased investment in water and sanitation, the importance of community participation, and the challenges of scaling up successful interventions.

The following are some of the key outcomes of the webinar:

- Increased awareness of the importance of clean water and sanitation for public health.
- A better understanding of the challenges of providing clean water and sanitation in low-resource settings.
- An appreciation for the latest technologies for improving water and sanitation.
- A renewed commitment to working together to improve water and sanitation in the state.

The webinar was a valuable opportunity to share information and ideas on how to improve water and sanitation in the state. The outcomes of the webinar will help to inform future efforts to improve public health in the state.

In addition to the outcomes listed above, the webinar also generated a number of recommendations for action. These recommendations include:

- Increasing investment in water and sanitation.
- Strengthening the capacity of government and non-governmental organizations to deliver water and sanitation services.
- Increasing community participation in water and sanitation projects.
- Promoting the use of innovative technologies to improve water and sanitation.

The webinar organizers are confident that these recommendations will help to improve water and sanitation in the state. They are committed to working with all stakeholders to ensure that these recommendations are implemented.



*[Signature]*  
27.06.2021  
Principal  
Mugberia Gangadhar Mahavidyalaya