



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

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7.1.1: Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years. Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc.



GENDER EQUITY (2018-2023)

EXECUTIVE SUMMARY:

The Executive Summary provides a comprehensive overview of the transformative journey undertaken by Mugberia Gangadhar Mahavidyalaya's Gender Equity Cell from 2018 to 2023. This period has been characterized by the GEC's unwavering dedication to advancing gender equality and inclusivity within the college community. Through a multifaceted approach encompassing a diverse array of initiatives, the GEC has served as a catalyst for change, fostering an environment where all individuals are empowered to thrive regardless of gender identity. Central to the GEC's mission has been its commitment to raising awareness through impactful campaigns, engaging workshops, and thought-provoking discussions. These endeavors have not only sensitized the college populace to gender-related issues but have also spurred meaningful dialogue and reflection. Moreover, the GEC's provision of counseling services and support networks has been instrumental in providing a safe and nurturing space for those impacted by gender-based discrimination or violence.

In addition to its proactive outreach efforts, the GEC has also prioritized the pursuit of knowledge through research initiatives aimed at deepening understanding and informing evidence-based interventions. By collaborating with various stakeholders, including governmental agencies, non-governmental organizations, and academic institutions, the GEC has facilitated the exchange of ideas, resources, and best practices, thereby amplifying its impact and reach. The culmination of these collective endeavors has been the tangible transformation witnessed within the college community. From heightened awareness and attitudinal shifts to concrete policy changes and institutional reforms, the impact of the GEC's work reverberates across all facets of campus life. However, the journey towards gender equity is not without its challenges. The GEC continues to grapple with resource constraints, entrenched societal norms, and the ever-evolving nature of gender dynamics.

Looking ahead, Mugberia Gangadhar Mahavidyalaya remains steadfast in its commitment to championing diversity, equality, and empowerment. As the Gender Equity Cell charts a course for the future, it does so with a renewed sense of purpose and determination. Through sustained collaboration, innovation, and advocacy, the GEC seeks to build upon its past successes and pave the way for a more equitable and inclusive future for all members of the college community.

CONTENT

Introduction.....	4
Structure and organization of the gender equity cell.....	5
Curricular activities.....	7
Co-curricular activities and programs	9
Seminars on awareness on prevention of sexual harassment.....	11
Seminars on the awareness on anti-ragging.....	15
Seminars on posh act.....	18
Observation of woman's day.....	22
Seminars on women and child health.....	25
Awareness programme on obesity and women's reproductive health.....	26
An awareness programme on "the role of mother in protecting Child's nutrition and health''	28
Observation of international girl child's day	31
Observation of human's rights day	34
Swacchata awareness & cleaning programme.....	39
Observation of national voter's day.....	42
Workshops and training sessions.....	45
Career counselling.....	45
Mental wellbeing programs	54
Yoga programs.....	57
Placement cell programs.....	63
Community work.....	65
NSS programs.....	67
Facilities and codes in college.....	74
Women cell's activities.....	82
Women's football team.....	85
Food carnival.....	87
Social work.....	89
Women empowerment.....	90
Physical fitness.....	90
Special facilities.....	91
Other initiatives.....	92
Impact and outcomes	120
Challenges and future directions.....	131
Conclusion.....	132

INTRODUCTION

In the fabric of academia, where knowledge intertwines with societal dynamics, Mugberia Gangadhar Mahavidyalaya stands as a bastion of enlightenment and progress. Within this esteemed institution lies a nucleus of change, the Gender Equity Cell (GEC), an embodiment of the college's ethos of inclusivity and social responsibility. The genesis of the GEC was rooted in a profound recognition of the systemic inequalities that permeate our society, particularly concerning gender. It emerged as a response to the pressing need to confront and dismantle the barriers that hinder the realization of true equality, both within the hallowed halls of academia and beyond.

The journey of the GEC is one marked by a deep-seated commitment to challenging the status quo, igniting conversations, and catalyzing transformative action. Its genesis was not merely administrative but stemmed from a collective awakening, a realization that true progress necessitates a deliberate and concerted effort to address the multifaceted layers of discrimination and oppression. Through the lens of gender, the GEC seeks to unravel the intricate tapestry of societal norms, power structures, and biases that perpetuate inequity and marginalization.

At its core, the GEC is a beacon of hope, a rallying point for those who dare to envision a world where every individual, regardless of gender identity or expression, is afforded equal opportunities and dignity. It embodies the college's unwavering commitment to nurturing an environment where diversity is celebrated, and every voice is heard and valued. As Mugberia Gangadhar Mahavidyalaya embarks on its quest for excellence, the GEC stands as a testament to the institution's moral compass, guiding its journey towards a future characterized by justice, equity, and empowerment.

In the chapters that follow, we embark on a retrospective journey, tracing the evolution of the GEC from its nascent beginnings to its current standing as a catalyst for change. Through an exploration of its structure, initiatives, challenges, and triumphs, we endeavor to unveil the transformative impact of the GEC on the fabric of our college community. More than a mere administrative entity, the GEC is a testament to the power of collective action, a testament to what can be achieved when individuals unite in pursuit of a common cause. As we delve deeper into the annals of the GEC's history, let us not only reflect on its past achievements but also envision a future where its guiding principles of equality, justice, and inclusion are embraced by all.

STRUCTURE AND ORGANIZATION OF THE GENDER EQUITY CELL:

Within the intricate framework of Mugberia Gangadhar Mahavidyalaya's administrative apparatus lies a cornerstone of advocacy and empowerment—the Gender Equity Cell (GEC). At the helm of this transformative initiative is a carefully appointed faculty coordinator, charged with the solemn duty of steering the GEC towards its lofty goals. Supported by a cadre of dedicated faculty members hailing from diverse disciplines, the GEC embodies the spirit of collaboration and interdisciplinary engagement. Moreover, recognizing the indispensable role of student voices in shaping the discourse surrounding gender equity, the GEC boasts representation from the student body, ensuring that the perspectives and concerns of the college's vibrant student community are duly acknowledged and integrated into its initiatives.

The organizational structure of the GEC is designed to facilitate synergy and cohesion, fostering an environment where ideas can flourish and initiatives can be seamlessly executed. Through regular meetings, brainstorming sessions, and collaborative endeavors, members of the GEC work in concert to strategize, plan, and implement a myriad of programs aimed at promoting gender equality and inclusivity. This collective approach not only enhances the efficacy of the GEC's initiatives but also fosters a sense of ownership and belonging among its members.

Central to the ethos of the GEC is the principle of inclusivity, which permeates every aspect of its organizational structure. Recognizing the intersecting nature of oppression and discrimination, the GEC endeavors to create a space where individuals from all walks of life—regardless of gender identity, socioeconomic status, or cultural background—feel welcomed, respected, and empowered. Through its commitment to diversity and inclusion, the GEC serves as a beacon of hope and solidarity, inspiring others to join in the noble pursuit of a more just and equitable society.

As Mugberia Gangadhar Mahavidyalaya embarks on its journey towards academic excellence and social responsibility, the Gender Equity Cell stands as a testament to the college's unwavering commitment to fostering an environment where all individuals can thrive and flourish. In the chapters that follow, we delve deeper into the myriad initiatives and programs spearheaded by the GEC, exploring their impact and significance in advancing the cause of gender equality within our college community and beyond.

GENDER EQUITY CELL MEMBERS

SL. No	Name	Position	Contact No.
1.	Dr. Swapan Kr. Mishra	Chairman	9002275816
2.	Jonaki Biswas	Member	8918438311
3.	Dr. Sutapa Saha	Member	6290869467
4.	Taniya Neogi	Member	8777012620
5.	Irani Banerjee Chatterjee	Member	9836930593
6.	Sayantika Bera	Convenor	9735781258
7.	Subha Sahoo Jana	Member	9434361092
8.	Ranita Bain	Member	9330083349
9.	Suparna Das	Member	9907136974

CURRICULAR ACTIVITIES

Sl. No.	Program Name and Semester	Course Name	Topics in curriculum related to cross-cutting issues
			Gender
1	English (Hon.) 5 th Sem.	CC-12	<p>Women's Writing</p> <p>Poetry:</p> <ol style="list-style-type: none"> Emily Dickinson: 'I cannot live with you', 'I'm wife; I've finished that' Sylvia Plath: 'Daddy' Eunice De Souza: 'Advice to Women', <p>Fiction:</p> <ol style="list-style-type: none"> Mahashweta Devi 'Draupadi', tr. Gayatri Chakravorty Spivak (Calcutta: Seagull, 2002) Toni Morrison: Beloved <p>Non-Fiction:</p> <ol style="list-style-type: none"> Baby Kamble: Our Wretched Life Rassundari Debi Excerpts from Amar Jiban in Susie Tharu and K. Lalita, eds., Women's Writing in India, vol. 1 (New Delhi: OUP, 1989) pp. 191-2.
2	English (Hon.) 4 th Sem.	GE-4	<p>Gender & Human Rights</p> <ol style="list-style-type: none"> Poetry: Meena Kandasamy "Aggression" Tamsula Ao "Laburnum for My Head" Drama: Manjula Padmanabhan Lights Out Essay: Virginia Woolf "Professions for Women", Women's Rights are Human Rights. Section V "The Human Rights Framework in Practice"
4	English (General) 3 rd Sem.	DSC-1C	<p>Contemporary India: Women and Empowerment</p> <p>Social Construction of Gender:</p> <ol style="list-style-type: none"> Masculinity, Femininity Patriarchy Sex & Gender Gender Socialization Gender discrimination Gender stereotyping <p>Texts: (any one)</p> <p>Nivedita Menon : <i>Sexualities: Issues in Contemporary Indian Feminisms</i> (selections)</p> <p>Nivedita Menon : <i>Gender and Politics in India</i> (Selections)</p> <p>1. History of Women's Movements in India (Pre- and Post-Independence):</p> <ol style="list-style-type: none"> Women and Nationalism Women and Partition Women and Political Participation <p>Text: (any two)</p> <ol style="list-style-type: none"> "Letters to a Wife: Satyendranath Tagore's Letters to Jynadanandini Tagore" from Epistolary Cultures in 19th century Bengal, Stree Samya, Kolkata,

			<p>3) Gholam Murshed “Chapter Four” from The Reluctant Debutante.</p> <p>4) Urvashi Butalia ‘Beginnings’ from The Other Side of Silence</p> <p>5) Jashodhara Bagchi and Shubharanjan Dasgupta. The Trauma and The Triumph: Gender and Partition in Eastern India, Vol I (“Introduction”)</p> <p>3. Women and Law:</p> <ol style="list-style-type: none"> 1) Women and the Indian Constitution 2) Personal Laws 3) Customary practices on inheritance and Marriage <p>Text: (Selections from any one text)</p> <ol style="list-style-type: none"> 1. Flavia Agnes. Ed. Women and Law in India: An Omnibus Comprising 2. Flavia Agnes. Enslaved Daughters (selections). 3. Sudhir Chandra. Hindu Women and Marriage Law 4. Monomoyee Basu. Law and Gender Inequality. <p>4. Women and Violence:</p> <ol style="list-style-type: none"> a. State interventions b. Domestic violence c. Female foeticide d. Sexual harassment <p>Texts: (any one)</p> <ol style="list-style-type: none"> 1. Rokeya Sakhawat Hussain – Sultana’s Dream 2. Bama Faustina Soosairaj – Karukku
5	English (General) 5 th Sem.	GE-1	<p>Gender & Human Rights Or Contemporary India: Women and Empowerment</p> <ol style="list-style-type: none"> 1. Poetry: Meena Kandasamy “Aggression” Temsula Ao “Laburnum for My Head” 2. Drama: Manjula Padmanabhan Lights Out 3. Essay: Virginia Woolf “Professions for Women”, Women’s Rights are Human Rights. Section V “The Human Rights Framework in Practice” 4. Novel: Tehmina Durrani’s Blasphemy
7	History (Hon.) 3 rd Sem.	GE-3	<p>Some Perspectives on Women's Rights in India</p> <p>I. Definition of Human Rights Human Rights and Women, a survey of the Charter Interrogating Human Rights vis-à-vis personal laws in India UN Convention and Indian Context II. Indian Constitution and Women’s Rights Fundamental Rights and Women Directive Principles and Women Major legal cases defending women’s rights vis-à-vis the Constitution III. Preventive Acts Minimum Wage Act 1948, Family Courts Act 1986, PNDT Act 1994, Latest Measures IV. Issues of Violence against Women and Remedial Measures Domestic Violence Act, Prevention of Sexual Harassment at Workplace Practical application and Problems, Remedial Measures V. Role of Non-Government Institutions Non-Government Organizations and Human Rights Women and Non-Government Organizations – Participations VI. Present Status Issues of enabling and empowering modalities – Debate on uniform civil code</p>
8	History (General) 6 th Sem.	GE-2	<p>Some Perspectives on Women's Rights in India or Gender & Education on India</p> <ol style="list-style-type: none"> 1. Definition of Human Rights 1. Human Rights and Women, a survey of the Charter 2. Interrogating Human Rights vis-à-vis personal laws in India 3. UN Convention and Indian Context <p>II. Indian Constitution and Women’s Rights</p> <ol style="list-style-type: none"> 1. Fundamental Rights and Women

			<p>2. Directive Principles and Women</p> <p>3. Major legal cases defending women's rights vis-à-vis the Constitution</p> <p>II. Preventive Acts</p> <p>Minimum Wage Act 1948, Family Courts Act 1986, PNDT Act 1994, Latest Measures</p> <p>III. Issues of Violence against Women and Remedial Measures</p> <p>1. Domestic Violence Act, Prevention of Sexual Harassment at Workplace</p> <p>2. Practical application and Problems, Remedial Measures</p> <p>IV. Role of Non-Government Institutions</p> <p>1. Non-Government Organizations and Human Rights</p> <p>2. Women and Non-Government Organizations – Participations</p> <p>V. Present Status</p> <p>Issues of enabling and empowering modalities – Debate on uniform civil code</p>
18	Political Science (Hon.) 6 th Sem.	DSE-3	<p>Women, Power and Politics</p> <p>Unit-I</p> <p>Groundings</p> <p>1. Patriarchy</p> <p>a. Sex-Gender Debates</p> <p>b. Public and Private</p> <p>c. Power</p> <p>2. Feminism</p> <p>3. Family, Community, State</p> <p>a. Family</p> <p>b. Community</p> <p>c. State</p> <p>Unit-II</p> <p>Movements and Issues</p> <p>1. History of the Women's Movement in India</p> <p>2. Violence against women</p> <p>3. Work and Labour</p> <p>a. Visible and Invisible work</p> <p>b. Reproductive and care work</p>

CO-CURRICULAR ACTIVITIES AND PROGRAMS

a. Awareness Campaigns

- To ascertain proper gender sensitization, the college has a Gender Sensitization Committee Against Sexual Harassment (GSCASH) established in the year 2014, after the Vishakha cell legislation was passed in 2013.
- The institution has posters with displayed phone numbers that encouraging students to contact the authority in case of slight discomfort regarding his/ her safety and security inside and outside the campus.

Awareness Campaigns Report (2018-2023)

I. Introduction:

- Awareness campaigns serve as powerful tools in promoting gender equity by raising consciousness, challenging societal norms, and fostering attitudinal changes. These campaigns aim to illuminate the pervasive nature of gender-based discrimination and inequality, while also advocating for the rights and dignity of all individuals, regardless of gender identity or expression. Through targeted messaging, education, and advocacy efforts, awareness campaigns create opportunities for dialogue, reflection, and action within communities, institutions, and societies at large. By shedding light on issues such as gender stereotypes, gender-based violence, and unequal access to opportunities, awareness campaigns play a crucial role in mobilizing support for policy reforms, institutional changes, and grassroots initiatives aimed at advancing gender equality. Ultimately, the purpose and significance of awareness campaigns lie in their ability to galvanize collective action, inspire social change, and pave the way towards a more just and equitable world for all genders.

II. Objectives of Awareness Campaigns:

The objectives of awareness campaigns are meticulously crafted to address specific facets of gender inequality and promote meaningful change within society. These objectives typically include:

1. **Raising Awareness:** To increase understanding and knowledge about the prevalence and impact of gender-based discrimination, stereotypes, and inequalities.
2. **Challenging Stereotypes:** To challenge harmful gender stereotypes and societal norms that perpetuate inequality and limit opportunities for individuals based on their gender.
3. **Promoting Gender Equality:** To advocate for equal rights, opportunities, and treatment for all genders, regardless of societal expectations or traditional roles.
4. **Preventing Gender-Based Violence:** To raise awareness about the prevalence and consequences of gender-based violence, and to promote strategies for prevention and support for survivors.
5. **Empowering Individuals:** To empower individuals to recognize and resist gender-based discrimination, and to advocate for their own rights and those of others.

6. **Fostering Inclusivity:** To create inclusive spaces and communities where all individuals feel respected, valued, and included regardless of their gender identity or expression.

7. **Building Solidarity:** To foster solidarity and allyship among individuals and communities in support of gender equality and social justice.

These objectives are designed to guide the planning, implementation, and evaluation of awareness campaigns, ensuring that they are targeted, impactful, and aligned with broader goals of promoting gender equity and social change.

III. Overview of Awareness Campaigns Conducted:

I. Seminars on Awareness on Prevention of Sexual Harassment

(2018-2023)

Every Year, Mugheria Gangadhar Mahavidyalaya's Gender Equity Cell (GEC) organized a seminar titled "Awareness on Prevention of Sexual Harassment." The seminar aimed to educate students, faculty, and staff about the prevalence of sexual harassment, its impact, and strategies for prevention and response.

Anti-Sexual Harassment Sub-Committee:

SL. No	Name	Position	Contact No.
1.	Jonaki Bisaws	Convenor	8918438311
2.	Dr. Prasenjit Ghosh	Member	9434417849
3.	Dr. Sutapa Saha	Member	6290869467
4.	Dr. Bidhan Ch. Samanta	Member	9732752907
5.	Jyoti Mishra	Member	7407202660




6.	G.S. of Students Union	Member	8001007763
7.	Subha Sahoo Jana	Member	9434361092
8.	Ranita Bain	Member	9330083349


Objectives:

1. To raise awareness about the various forms of sexual harassment.
2. To inform participants about their rights and responsibilities regarding sexual harassment.
3. To provide strategies for preventing and addressing incidents of sexual harassment.
4. To foster a culture of respect, dignity, and inclusivity within the college community.

Seminar Highlights:

Academic Years	Seminar Themes and Key Highlights	Picture
2018-19	<p>Understanding Sexual Harassment: Definitions, Myths, and Realities</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>Inaugural seminar objectives:</p> <ul style="list-style-type: none"> - Define sexual harassment - Debunk myths surrounding sexual harassment - Highlight the real challenges faced by individuals <p>Legal perspective:</p> <ul style="list-style-type: none"> - Renowned legal experts provided insights into legal frameworks <p>Workshops and discussions:</p> <ul style="list-style-type: none"> - Addressed bystander intervention strategies - Explored methods for creating safe workplace environments <p>Participant feedback:</p> <ul style="list-style-type: none"> - Appreciated informative sessions - Emphasized the importance of raising awareness 	

	
2019-20	<p>Empowering Survivors: Support Systems and Resources</p> <p><i>Key Speaker: Dr. Prasenjit Ghosh, HOD of History</i></p> <p>Empowering survivors:</p> <ul style="list-style-type: none"> • This year focus on supporting survivors • Psychologists specialized in trauma recovery led interactive sessions • Role-playing exercises and support group discussions implemented
2020-21	<div data-bbox="312 1059 761 2022"> <p>Preventing Sexual Harassment in Educational Institutions: Policies, Procedures, and Accountability</p> <p>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</p> <p>2020-2021 focus:</p> <ul style="list-style-type: none"> - Seminar shifted to prevent sexual harassment in educational institutions <p>Expert panels:</p> <ul style="list-style-type: none"> - Discussed policies, procedures, and institutional accountability. - Proposed revisions for improved effectiveness <p>Participant feedback:</p> <ul style="list-style-type: none"> - Emphasized institutional accountability importance - Recognized need for proactive prevention measures. </div> <div data-bbox="783 1059 1321 1301">  </div> <p>Courtesy:</p> <p>https://twitter.com/MugberiaM/status/1468964132200189961/photo/3</p> <div data-bbox="783 1498 1326 1738">  </div> <p>Courtesy:</p> <p>https://twitter.com/MugberiaM/status/1468963457835823106/photo/2</p>

2021-22	<p>Online Safety and Cyber Harassment: Navigating Digital Spaces</p> <p><i>Key Speaker: Dr. Kalipada Maity, HOD of Mathematics</i></p> <p>2021-22 focused:</p> <ul style="list-style-type: none">-Seminar addressed online safety and cyber harassment-Covered protecting personal information and reporting online harassment-Emphasized promoting digital well-being	
2022-23	<p>Building a Culture of Respect and Consent: Promoting Positive Relationships</p> <p><i>Key Spaker: Dr. Bidhan Ch. Samanta, HOD of Chemistry</i></p> <p>Fifth-year focus</p> <ul style="list-style-type: none">- Building a culture of respect and consent, promoting positive relationships-Covered understanding consent, setting boundaries, and fostering respectful communication <p>Emphasis:</p> <ul style="list-style-type: none">- Highlighted importance of mutual respect and consent in all interactions <p>Participant feedback:</p> <ul style="list-style-type: none">-Appreciated focus on promoting positive relationships and communication skills	 <p>Courtesy: https://x.com/Swapank26545954?s=20</p> <p>Courtesy: https://x.com/Swapank26545954?s=20</p>

Potential Outcomes:

- Increased awareness among participants about the different forms of sexual harassment and its impact on individuals and communities.

- Enhanced understanding of the legal framework and institutional mechanisms for addressing sexual harassment.
- Empowerment of participants to recognize and respond to instances of sexual harassment in a proactive and supportive manner.
- Strengthened commitment among attendees to promote a safe and respectful environment within the college.

Conclusion:

The seminar on "Awareness on Prevention of Sexual Harassment" served as a crucial platform for educating and empowering the college community to combat sexual harassment. By fostering dialogue, providing information, and promoting proactive measures, the seminar contributed to creating a safer and more inclusive campus environment. The Gender Equity Cell reaffirms its commitment to organizing similar initiatives in the future to continue the fight against sexual harassment and promote gender equity within Mugberia Gangadhar Mahavidyalaya.

Ii. Seminars on the Awareness on Anti-Ragging

(2018-2023)

Introduction:

Every year, Mugberia Gangadhar Mahavidyalaya's Gender Equity Cell (GEC) organized a seminar titled "Awareness on Anti-Ragging." The seminar aimed to educate students, faculty, and staff about the harmful effects of ragging, legal provisions against it, and strategies for prevention and intervention.

Anti-Ragging Cell:

SL. No	Name	Position	Contact No.
1.	Dr. Swapan Kr. Mishra	Chairman	9002275816
2.	Dr. Prasenjit Ghosh	Member	9434417849
3.	Ranita Bain	Convenor	9330083349
4.	Jonaki Biswas	Jt. Convenor	8918438311
5.	Dr. Sutapa Saha	Member	6290869467
6.	G.S. of Students Union	Member	8001007763

Objectives:

1. To raise awareness about the detrimental effects of ragging on students' physical and mental well-being.
2. To inform participants about the legal framework and institutional policies against ragging.
3. To provide guidance on how to recognize, report, and address incidents of ragging.
4. To foster a culture of respect, empathy, and mutual support within the college community.

Seminar Highlights:

Academic Years	Themes of Seminars & Seminar Highlights	Pictures
2018-19	<p>Understanding the Impact of Ragging</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>The inaugural seminar focused on understanding the detrimental effects of ragging on victims, perpetrators, and the college community as a whole. Renowned psychologists and sociologists shed light on the psychological, emotional, and social repercussions of ragging. Interactive sessions and survivor testimonials underscored the urgency of addressing ragging and promoting empathy and respect.</p>	
2019-20	<p>Building Support System for Ragging Victims</p> <p><i>Key Spaker: Dr. Bidhan Ch. Samanta, HOD of Chemistry</i></p> <p>In the second year, the seminar centered on building robust support systems for ragging victims. Experts in counseling and student support services discussed strategies for identifying and supporting victims of ragging. Workshops on mental health, peer support, and conflict resolution equipped participants with practical tools and resources to provide assistance and intervention.</p>	
2020-21	<p>Legal Frameworks and Institutional Responsibilities</p> <p><i>Key Speaker: Dr. Kalipada Maity, HOD of Mathematics</i></p> <p>The focus of the third year's seminar was on legal frameworks and institutional responsibility in addressing ragging. Legal experts elucidated</p>	

	<p>the legal provisions and obligations pertaining to ragging prevention and punishment. Discussions on institutional policies, reporting mechanisms, and disciplinary actions emphasized the importance of institutional accountability in creating a safe and conducive learning environment.</p>
2021-22	<p>Harnessing Technology for Ragging Prevention</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>In 2022, the seminar explored the role of technology in ragging prevention and intervention. Cybersecurity experts and IT professionals discussed innovative approaches and tools for monitoring, reporting, and preventing ragging incidents. Workshops on cyberbullying, online safety, and digital awareness empowered participants to leverage technology responsibly and combat ragging in virtual spaces.</p>
2022-23	<p>Community Engagement and Collective Responsibility</p> <p><i>Key Speakers: Dr. Swapan Kr. Mishra, Principal</i> <i>Dr. Prasenjit Ghosh, IQAC Coordinator</i> <i>Dr. Apurba Giri, HOD of Nutrition</i></p> <p>The fifth year's seminar emphasized community engagement and collective responsibility in eradicating ragging. Panel discussions with college administrators, faculty members, students, and local community leaders explored collaborative approaches and grassroots initiatives for ragging prevention. Community outreach activities, including awareness campaigns and neighborhood patrols, fostered solidarity and collective action against ragging.</p> <div data-bbox="837 817 1370 1099" data-label="Image"> </div> <p>Courtesy: https://x.com/Swapank26545954?s=20</p> <div data-bbox="837 1234 1370 1507" data-label="Image"> </div> <p>Courtesy: https://x.com/Swapank26545954?s=20</p> <div data-bbox="837 1637 1370 1928" data-label="Image"> </div> <p>Details: Awareness program on anti-ragging organized by Dept. of Nutrition,</p>

		Mugberia Gangadhar Mahavidyalaya on 24.01.2023 https://twitter.com/Swapank26545954/status/1621001729667121154/photo/1
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Potential Outcomes:

- Increased awareness among participants about the detrimental effects of ragging and the importance of preventing it.
- Enhanced understanding of the legal provisions and institutional measures in place to address ragging.
- Empowerment of participants to take proactive steps in preventing ragging and supporting victims.
- Strengthened commitment among attendees to uphold a zero-tolerance policy towards ragging and promote a safe and inclusive campus environment.

Conclusion:

The seminar on "Awareness on Anti-Ragging" served as a crucial platform for educating and mobilizing the college community to combat ragging. By fostering dialogue, providing information, and promoting proactive measures, the seminar contributed to creating a safer and more supportive campus environment. The Gender Equity Cell reaffirms its commitment to organizing similar initiatives in the future to continue the fight against ragging and uphold the dignity and well-being of all students at Mugberia Gangadhar Mahavidyalaya.

Iii. Seminars on the awareness on the Prevention of Sexual Harassment of Women at Work place, (POSH Act, 2013)

(2018-2023)

Introduction:



Every Year, Mugberia Gangadhar Mahavidyalaya's Gender Equity Cell (GEC) organized a seminar titled "Awareness on Prevention of Sexual Harassment at Workplace (POSH Act, 2013)." The seminar aimed to educate faculty, staff, and students about the provisions of the POSH Act, raise awareness about sexual harassment at the workplace, and provide guidance on prevention and redressal mechanisms.


Objectives:

1. To familiarize participants with the key provisions of the POSH Act, 2013.
2. To raise awareness about the forms and impact of sexual harassment at the workplace.
3. To provide guidance on preventive measures and appropriate responses to incidents of sexual harassment.
4. To foster a culture of respect, safety, and equality within the workplace.

Seminar Highlights:

Academic Year	Themes of Seminars & Key Highlights	Pictures
2018-19	<p>Understanding the POSH Act and Legal Obligations</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>The inaugural seminar focused on familiarizing participants with the provisions of the POSH Act and their legal obligations as employers and employees. Legal experts elucidated the definitions of sexual harassment, the reporting mechanisms, and the disciplinary actions prescribed under the Act. Interactive sessions and case studies provided practical insights into implementing the Act within the college context.</p>	
2019-20	<p>Creating a Culture of Respect and Accountability</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>In the second year, the seminar emphasized the importance of fostering a culture of respect and accountability to prevent sexual harassment. Workshops on bystander intervention, communication skills, and conflict resolution equipped participants with tools to promote respectful workplace interactions. Discussions on organizational values, policies, and leadership's role in setting the tone for a harassment-free workplace were conducted.</p>	
2020-21	<p>Empowering Employees through Awareness and Training</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>The third-year seminar focused on empowering employees through awareness and training initiatives. Training sessions on identifying and responding to sexual harassment incidents, conducting fair and impartial investigations, and providing support to survivors were conducted. Role-playing exercises and simulations enhanced participants' skills in handling</p>	

	<p>harassment complaints and creating a supportive work environment.</p>  <p>Details: One day awareness program on sexual Harassment of women at workplace to sensitized the students and employees on 9th December 21 https://twitter.com/MugberiaM/status/1468964132200189961/photo/3</p>
2021 -22	<p>Harnessing Technology for Prevention and Reporting</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>In 2022, the seminar explored the role of technology in enhancing sexual harassment prevention and reporting mechanisms. IT experts demonstrated software solutions for anonymous reporting, online training modules, and digital documentation of complaints and investigations. Discussions on data privacy, cybersecurity, and confidentiality measures ensured the secure handling of sensitive information.</p>
2022 -23	<p>Promoting Gender Equity and Diversity in the Workplace</p> <p><i>Key Speaker: Dr. Poulami Mukherjee</i></p> <p>The fifth year's seminar underscored the importance of promoting gender equity and diversity as integral components of sexual harassment prevention. Panel discussions on gender bias, inclusive leadership, and diversity initiatives highlighted the link between workplace culture, diversity, and harassment prevention.</p> 

	<p>Strategies for promoting gender-balanced leadership and creating inclusive policies and practices were explored.</p>	<p>This session was handled by Special guest, Dr. Poulami Mukherjee.</p> <p>Courtesy: https://x.com/Swapank26545954?s=20</p>  <p>Courtesy: https://x.com/Swapank26545954?s=20</p>
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Potential Outcomes:

- Increased awareness among participants about the provisions of the POSH Act, 2013, and their implications for workplace conduct.
- Enhanced understanding of the forms and consequences of sexual harassment at the workplace.
- Empowerment of participants to recognize, report, and address incidents of sexual harassment effectively.
- Strengthened commitment among attendees to contribute to a safe and respectful work environment by upholding zero-tolerance policies towards sexual harassment.

Conclusion:

The seminars on "Awareness on Prevention of Sexual Harassment at Workplace (POSH Act, 2013)" served as a valuable platform for educating and empowering participants to combat sexual harassment in the workplace. By providing information, guidance, and resources, the seminar contributed to creating a safer and more inclusive workplace environment. The Gender Equity Cell remains dedicated to organizing similar initiatives in the future to promote compliance with the POSH Act,

uphold the rights of all employees, and foster a culture of dignity and respect at Mugberia Gangadhar Mahavidyalaya.

Iv. Observation of Woman's Day

(2018-2023)

Introduction:

Every year, Mugberia Gangadhar Mahavidyalaya celebrated International Women's Day with enthusiasm and fervor. The occasion was marked by a series of events organized by the Gender Equity Cell (GEC) to honor the achievements of women, raise awareness about gender equality, and advocate for women's rights.

Objectives:

- To celebrate the social, economic, cultural, and political achievements of women.
- To raise awareness about gender-based discrimination and inequality.
- To promote gender equality and women's empowerment.
- To inspire and encourage women to pursue their goals and aspirations.

Event Highlights:

Academic Year	Seminar Theme and Key Highlights	Pictures
2018-19	<p>Celebrating Women's Achievements and Contributions</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>The inaugural observation of IWD focused on celebrating the achievements and contributions of women in diverse fields, including academia, sports, arts, and activism. Panel discussions, film screenings, and cultural performances showcased the resilience, talent, and leadership of women, inspiring students and faculty to challenge gender stereotypes and support women's empowerment initiatives.</p>	
2019-20	<p>Empowering Women through Education and Skills Development</p> <p><i>Key Speaker: Dr. Prasenjit Ghosh, IQAC Coordinator</i></p>	

	<p>In the second year, the observation of IWD emphasized the importance of education and skills development in empowering women and girls. Workshops on leadership, entrepreneurship, and financial literacy were conducted to equip women with the tools and resources to succeed in their personal and professional lives. Career counseling sessions and mentorship programs provided guidance and support to aspiring female students.</p>	
2020-21	<p>Advocating for Gender Equality and Women's Rights</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>The third-year observation of IWD centered on advocating for gender equality and women's rights, both within the college community and beyond. Awareness campaigns, rallies, and panel discussions addressed pressing gender issues, including gender-based violence, unequal representation, and reproductive rights. Participants engaged in advocacy efforts to promote policy changes and social reforms aimed at advancing women's rights.</p>	 <p>Courtesy: https://x.com/Swapank26545954?s=20</p>  <p>Details: Observation of Women's Day at Mugberia Gangadhar Mahavidyalaya on 08.03.2021</p>
2021-22	<p>Breaking Barriers: Women in Leadership and Decision-Making</p> <p><i>Key Speaker: Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>In 2022, the observation of IWD focused on breaking barriers and</p>	

	<p>promoting women's leadership and representation in decision-making roles. Inspirational talks by female leaders, networking events, and leadership workshops highlighted the importance of gender diversity in leadership positions and the need to dismantle systemic barriers that hinder women's advancement.</p>  <p>https://twitter.com/MugberiaM/status/1501766364830203906/photo/4</p>
2022-23	<p>Fostering Solidarity and Collective Action for Gender Equity</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>The fifth year's observation of IWD emphasized the importance of fostering solidarity and collective action for gender equity. Community service projects, collaborative initiatives with local organizations, and advocacy campaigns mobilized students and faculty to take tangible actions towards promoting gender equality and women's empowerment. Participants pledged to continue advocating for gender equity in their communities and workplaces.</p>  <p>Courtesy: https://twitter.com/Swapank26545954/status/1633887611881422848/photo/1</p>

Potential Outcomes:

- Increased awareness and appreciation of women's contributions to society across various domains.
- Empowerment and motivation of women to pursue their dreams and aspirations, overcoming obstacles and challenges.
- Strengthened commitment among participants to advocate for gender equality and women's rights.
- Enhanced solidarity and support for women's empowerment initiatives within the college community.

Conclusion:

The observation of International Women's Day served as a poignant reminder of the importance of gender equality and women's empowerment in creating a more just and inclusive society. The event not only celebrated the achievements of women but also provided a platform for dialogue, reflection, and action towards gender equity. As Mugberia Gangadhar Mahavidyalaya continues its journey towards fostering a culture of respect and equality, the Gender Equity Cell remains committed to organizing similar initiatives to empower and uplift women within the college and beyond.

V. Seminars on Women and Child Health

Introduction:

Every year, Mugberia Gangadhar Mahavidyalaya hosted a seminar dedicated to the critical topic of Women and Child Health. This event was a crucial platform for fostering dialogue, raising awareness, and sharing insights on various aspects of women's and children's health, addressing pertinent issues, and exploring innovative solutions.

Objectives:

1. Awareness: To raise awareness about the unique health challenges faced by women and children, including maternal health, reproductive health, and child nutrition.
2. Education: To provide participants with evidence-based information and insights on preventive measures, healthcare services, and interventions aimed at promoting women's and children's health.

3. Empowerment: To empower attendees with knowledge, resources, and tools to make informed decisions about their health and well-being, as well as that of their families.

4. Advocacy: To advocate for policies and initiatives that prioritize the health and rights of women and children, ensuring equitable access to healthcare services and support.



Courtesy: <https://twitter.com/Swapank26545954/status/1575739781317029889/photo/2>

Conclusion:

The seminars on Women and Child Health held at Mugberia Gangadhar Mahavidyalaya on the 28th of September, 2022, served as a pivotal platform for advancing the discourse on women's and children's health, fostering collaboration, and catalyzing positive change. By bringing together diverse stakeholders and voices, the seminar contributed to raising awareness, empowering communities, and advocating for policies and initiatives that prioritize the health and rights of women and children. As the college continues its commitment to promoting health equity and social justice, it remains dedicated to organizing similar initiatives in the future to address emerging health challenges and promote the well-being of all members of society.

Vi. Awareness Programme on Obesity and Women's Reproductive Health

Introduction:

Mugberia Gangadhar Mahavidyalaya hosted a vital awareness program focusing on the intersection of obesity and women's reproductive health. This event aimed to shed light on the adverse effects of obesity on women's reproductive health, raise awareness about preventive measures, and encourage healthy lifestyle choices among women.

Objectives:

- Education: To educate participants about the link between obesity and various reproductive health issues such as infertility, menstrual disorders, and complications during pregnancy.
- Awareness: To raise awareness about the prevalence of obesity among women and its impact on reproductive health outcomes.
- Prevention: To provide information and resources on adopting healthy habits, including nutrition, physical activity, and stress management, to prevent obesity and mitigate its effects on reproductive health.
- Empowerment: To empower women to take charge of their health by making informed decisions and seeking appropriate healthcare services.



Courtesy: <https://x.com/Swapank26545954?s=20>



Courtesy: <https://x.com/Swapank26545954?s=20>

Special Guest: Dr. Dipak Manna (Child specialist). Dr. Abhishek Mondal. (BMOH)

The awareness program on Obesity and Women's Reproductive Health held at Mugberia Gangadhar Mahavidyalaya on the 11th of July, 2022, served as a significant milestone in promoting women's health and well-being. By providing valuable education, resources, and support, the program empowered women to take proactive steps towards preventing obesity and safeguarding their reproductive health. As the college continues its commitment to promoting health and wellness, it remains dedicated to organizing similar initiatives to address emerging health challenges and empower individuals to lead healthier, happier lives.

Vii. An awareness programme on "The role of mother in protecting child's nutrition and health"

Held on 11th February, 2023

Introduction:

On the 11th of February, 2023, Mugberia Gangadhar Mahavidyalaya organized a significant awareness program focusing on the crucial role of mothers in safeguarding

their child's nutrition and health. This event aimed to highlight the pivotal role mothers play in ensuring the well-being and proper development of their children, particularly in the critical early years of life.

Objectives:

- **Education:** To educate mothers about the importance of proper nutrition and healthcare practices in promoting their child's growth, development, and overall health.
- **Awareness:** To raise awareness about common nutritional deficiencies and health issues affecting children, and the role mothers can play in preventing and addressing them.
- **Empowerment:** To empower mothers with knowledge, resources, and tools to make informed decisions about their child's nutrition and healthcare needs.
- **Community Support:** To foster a supportive community environment where mothers can share experiences, seek advice, and support one another in promoting their child's well-being.



Courtesy:

<https://twitter.com/Swapank26545954/status/1624446025556721665/photo/3>

<https://twitter.com/Swapank26545954/status/1624447287618588673/photo/3>

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Program Highlights:

- **Expert Presentations:** Expert nutritionists, pediatricians, and healthcare professionals delivered informative presentations on the importance of maternal nutrition, breastfeeding, and early childhood nutrition.
- **Interactive Workshops:** Interactive workshops on meal planning, cooking nutritious meals on a budget, and incorporating locally available foods into children's diets were conducted, providing practical tips and strategies for mothers.
- **Parenting Sessions:** Parenting sessions focused on positive parenting practices, responsive feeding, and creating a nurturing environment for children's physical and emotional development.
- **Demonstrations:** Cooking demonstrations and food tastings were conducted to showcase simple, nutritious recipes that mothers can prepare for their families.
- **Community Engagement:** Mothers had the opportunity to connect with local healthcare providers, nutritionists, and community organizations offering support services and resources for child nutrition and health.
- **Distribution of Educational Materials:** Informational pamphlets, brochures, and posters on child nutrition, breastfeeding, and preventive healthcare practices were distributed to attendees for further reference and dissemination.

Potential Outcomes:

- **Increased Knowledge:** Participants gained a deeper understanding of the critical role mothers play in protecting their child's nutrition and health, as well as practical strategies for promoting optimal growth and development.
- **Empowered Mothers:** Attendees felt empowered to make positive changes in their family's nutrition and health practices, including adopting healthier eating habits and seeking regular healthcare check-ups for their children.
- **Community Support:** The program fostered a sense of community and solidarity among mothers, encouraging ongoing support, collaboration, and information-sharing on child-rearing practices.
- **Improved Child Health:** Many participants reported intentions to implement the knowledge and skills gained from the program to improve their child's nutrition, health, and overall well-being.

Conclusion:

The awareness program on "The Role of Mother in Protecting Child's Nutrition and Health" held at Mugberia Gangadhar Mahavidyalaya on the 11th of February, 2023, served as a valuable platform for empowering mothers with knowledge, resources, and support to nurture their child's health and well-being. By recognizing and celebrating the vital role mothers play in safeguarding their children's nutrition and health, the program contributed to building stronger, healthier families and communities. As the college continues its commitment to promoting maternal and child health, it remains dedicated to organizing similar initiatives to empower and support mothers in their caregiving journey.

Viii. Observation of International Girl Child's Day

(2018-2023)

Introduction:

Every year, Mugberia Gangadhar Mahavidyalaya observed International Girl Child's Day, a significant occasion dedicated to promoting gender equality and empowering girls worldwide. This event aimed to raise awareness about the challenges faced by girls, celebrate their achievements, and advocate for their rights and well-being.


Objectives:

- **Awareness:** To raise awareness about the unique challenges and issues faced by girls, including access to education, healthcare, and protection from discrimination and violence.
- **Empowerment:** To empower girls with knowledge, skills, and resources to pursue their dreams, overcome obstacles, and achieve their full potential.
- **Advocacy:** To advocate for policies and initiatives that promote gender equality, girls' rights, and opportunities for their participation and leadership in society.
- **Community Engagement:** To engage the broader community in supporting and investing in the well-being and empowerment of girls, fostering a culture of equality and respect.

Program Highlights:

Academic Year	Themes of Seminar & Key Highlights	Pictures

2018-19	<p>Empowering Girls through Education</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>The inaugural observation focused on the transformative power of education in empowering girls and breaking the cycle of poverty and inequality. Inspirational talks, panel discussions, and workshops highlighted the importance of access to quality education for girls' empowerment and socio-economic development. Community outreach initiatives aimed to raise awareness about the value of girls' education and address barriers to schooling.</p>
2019-20	<p>Investing in Girls' Health and Well-being</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>In the second year, the observation centered on investing in girls' health and well-being as essential components of their holistic development. Health experts, educators, and community leaders led discussions on girls' reproductive health, nutrition, and mental well-being. Workshops on menstrual hygiene management, sexual and reproductive health education, and psychosocial support equipped girls with essential knowledge and skills for healthy living.</p>  <p>Courtesy: https://x.com/Swapank26545954?s=20</p>
2020-21	<p>Ending Gender-Based Violence against Girls</p> <p><i>Key Speaker: Dr. Pintu Roychoudhury</i></p> <p>The third-year observation aimed to raise awareness and mobilize action to end gender-based violence against girls. Advocates, activists, and survivors shared personal stories, insights, and strategies for</p>

	<p>preventing and responding to violence and abuse. Awareness campaigns, art exhibitions, and community rallies called for zero tolerance towards violence and the creation of safe spaces where girls can thrive without fear.</p>	
2021-22	<p>Promoting Girls' Participation and Leadership</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>In 2022, the observation highlighted the importance of promoting girls' participation and leadership in decision-making processes and community development initiatives. Leadership workshops, mentorship programs, and skill-building sessions empowered girls to voice their opinions, pursue their aspirations, and become agents of change in their communities. Collaborative projects with local organizations and government agencies provided opportunities for girls to engage in civic activism and advocacy.</p>	
2022-23	<p>Building Resilience and Empowering Future Generations</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <p>The fifth year's observation focused on building resilience and empowering future generations of girls to overcome challenges and achieve their full potential. Resilience-building workshops, self-defense training, and confidence-building activities equipped girls with the tools and mindset to navigate adversity and thrive in the face of obstacles. Mentoring</p>	 <p>Courtesy: https://twitter.com/Swapank26545954/status/1618467113433432065/photo/4</p>  <p>Courtesy: https://twitter.com/Swapank26545954/status/1618467113433432065/photo/4</p>

	programs and peer support networks fostered solidarity and sisterhood among girls, empowering them to support and uplift one another.	/1618465751278706688/photo/1
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Potential Outcomes:

- Increased Awareness: Participants gained a deeper understanding of the challenges faced by girls and the importance of investing in their education, health, and rights.
- Empowered Girls: Girls felt inspired, empowered, and motivated to pursue their aspirations, challenge gender stereotypes, and advocate for their rights and well-being.
- Community Support: The event fostered a sense of solidarity and support within the community, encouraging collective action and investment in girls' empowerment and equality.
- Policy Advocacy: The event raised awareness and generated momentum for advocacy efforts aimed at promoting policies and initiatives that advance girls' rights and opportunities.

Conclusion:

The observation of International Girl Child's Day at Mugberia Gangadhar Mahavidyalaya, served as a significant milestone in promoting gender equality and empowering girls. By raising awareness, inspiring action, and fostering community engagement, the event contributed to building a more inclusive, equitable, and supportive environment for girls to thrive and realize their full potential. As the college continues its commitment to girls' empowerment, it remains dedicated to organizing similar initiatives and advocating for policies that advance gender equality and girls' rights.

Ix. Observation of Human's Rights Day

(2018-2023)

Introduction:

Every year, Mugberia Gangadhar Mahavidyalaya observed Human Rights Day, commemorating the adoption of the Universal Declaration of Human Rights by the

United Nations General Assembly in 1948. This event aimed to raise awareness about human rights issues, advocate for equality and justice, and promote respect for the fundamental rights and freedoms of all individuals.




Objectives:

- **Awareness:** To raise awareness about the importance of human rights and the principles outlined in the Universal Declaration of Human Rights.
- **Advocacy:** To advocate for the protection of human rights, including the rights to freedom, equality, and justice, and to denounce violations and abuses.
- **Education:** To educate students and the broader community about human rights issues, historical struggles, and ongoing challenges facing vulnerable populations.
- **Empowerment:** To empower individuals to stand up for their rights, speak out against injustice, and take action to promote human dignity and equality.

Program Highlights:

Academic Year	Seminar Themes & Key Highlights	Pictures
2018-19	<p>Educating for Human Rights</p> <p><i>Key Speaker: Dr. Prasenjit Ghosh, IQAC Coordinator</i></p> <p>The inaugural observation focused on the importance of education in promoting and safeguarding human rights. Workshops, seminars, and interactive sessions explored the principles of the Universal Declaration of Human Rights and their relevance in contemporary society. Student-led initiatives, such as human rights clubs and awareness campaigns, engaged the college community in learning about human rights issues and advocating for social justice.</p>	
2019-20	<p>Human Rights in Times of Crisis</p> <p><i>Key Speaker: Dr. Prasenjit Ghosh, IQAC Coordinator</i></p> <p>In the second year, the observation addressed the impact of crises, such as pandemics, conflicts, and natural disasters, on human rights. Expert panels, roundtable discussions, and film screenings examined the challenges faced by vulnerable populations during times of crisis and explored strategies for upholding human rights, ensuring access to essential services, and promoting solidarity and humanitarian</p>	

	assistance.	
2020-21	<p>Equality and Non-Discrimination</p> <p><i>Key Speaker: Dr. Bidhan Ch. Samanta, HOD of Chemistry</i></p> <p>The third-year observation focused on combating discrimination and advancing equality as fundamental principles of human rights. Advocates, activists, and marginalized communities shared their experiences and perspectives on addressing discrimination based on race, ethnicity, gender, religion, disability, and other grounds. Awareness campaigns, and inclusivity initiatives promoted a culture of respect and acceptance for all individuals.</p>	 <p>Courtesy: https://twitter.com/MugberiaM/status/1469290395955650560/photo/1</p>  <p>Courtesy: https://twitter.com/MugberiaM/status/1472178020873998339/photo/1</p>
2021-22	<p>Protecting Human Rights Defenders</p> <p><i>Key Speaker: Dr. Prasenjit Ghosh, IQAC Coordinator</i></p> <p>In 2022, the observation highlighted the critical role of human rights defenders in advancing social justice and holding governments and institutions accountable.</p>	

	<p>Tributes, testimonials, and solidarity actions honored the courage and sacrifices of human rights activists and advocates working to protect the rights of marginalized and oppressed communities. Advocacy campaigns and legal support initiatives mobilized support for human rights defenders facing threats, harassment, and reprisals.</p>	 <p>Courtesy: https://twitter.com/Swapank26545954/status/1602308062563700736/photo/4</p>
<p>2022-23</p>	<p>Building Back Better: Human Rights in the Post-Pandemic World</p> <p><i>Key Speaker: Dr. Prasenjit Ghosh, IQAC Coordinator, Dr. Jonaki Biswash, HOD of Political Sciences</i></p> <p>The fifth year's observation focused on rebuilding societies and institutions with a renewed commitment to human rights in the aftermath of the COVID-19 pandemic. Policy dialogues, community consultations, and grassroots initiatives explored opportunities for building more resilient, inclusive, and rights-based systems that prioritize the needs and rights of all individuals. Collaborative projects</p>	 <p>Details: Essay competition on Democracy & its challenges and posters competition on systematic voters' Education & Electoral ,dated 02.01.2023 , organized by the department of political science in collaboration with Govt. Of WB, Bhagwanpur 2.</p>  <p>Details: Classes of UGC approved foundation course of Human rights organised by Department of political science, dated 22.06.2023. https://twitter.com/Swapank26545954/status/1674578074631823361/photo/1</p>

	and partnerships with local organizations and government agencies aimed to translate human rights principles into tangible action for positive change.	
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Details: To celebrate International DAY of Education a Seminar on Education is a Human Right , organized by Department of Education in collaboration with physical Education, dated 24.01.23

Courtesy:

<https://twitter.com/Swapank26545954/status/1617909348235382787/photo/1>



Details: To celebrate the 13th National Voter Day 2023, A Seminar on Electoral Literacy for Stronger Democracy, organized by political science Department in association with philosophy Department of Mugberia Gangadhar Mahavidyalaya, Dated 25.01.23

Courtesy: <https://twitter.com/Swapank26545954/status/1618474304781586432/photo/1>

Potential Outcomes:

- **Increased Awareness:** Participants gained a deeper understanding of human rights principles, issues, and struggles, fostering a culture of respect, empathy, and solidarity.
- **Empowered Advocates:** Students and community members felt empowered to advocate for human rights, challenge injustice, and contribute to positive social change in their communities and beyond.
- **Community Cohesion:** The event brought together diverse individuals and groups, fostering dialogue, understanding, and cooperation across different backgrounds and perspectives.
- **Call to Action:** Human Rights Day served as a call to action, inspiring individuals to take concrete steps to promote and protect human rights in their everyday lives, communities, and society at large.

Conclusion:

The observation of Human Rights Day at Mugberia Gangadhar Mahavidyalaya served as a powerful reminder of the importance of human rights and the ongoing struggle for justice and equality worldwide. Through awareness, advocacy, education, and empowerment, the event reaffirmed the college's commitment to upholding human dignity and promoting respect for the rights and freedoms of all individuals. As the college continues its efforts to advance human rights, it remains dedicated to fostering a culture of tolerance, inclusion, and justice, and empowering future generations to be agents of positive change in the world.

X. Swachhata awareness & Cleaning programme

(2018-2023)


Introduction:

The National Service Scheme (NSS) unit I of our institution, in alignment with its core values of inclusivity and social responsibility, has been actively engaged in promoting gender equity through its Swachhata Awareness & Cleaning Programme. Over the past five years, our NSS unit has recognized the intrinsic link between gender equity and cleanliness, recognizing that ensuring equal participation and opportunities for all genders is essential for creating a truly inclusive and sustainable environment.

Highlights:

Academic Year	Seminar Topics & Key Highlights	Pictures

2018-19	<p>Clean Campus, Healthy Environment</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <ul style="list-style-type: none"> • Integrated gender-sensitive approaches in all activities, ensuring equal participation and involvement of all genders. • Organized awareness sessions highlighting the importance of gender equity in achieving a clean and healthy environment. • Implemented initiatives to address gender-specific sanitation needs and challenges, ensuring the inclusivity of all individuals.
2019-20	<p>Green Initiatives for a Sustainable Future</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <ul style="list-style-type: none"> • Promoted gender-balanced participation in eco-friendly practices such as tree planting drives and waste recycling initiatives. • Conducted workshops on gender-sensitive environmental conservation, recognizing the unique roles and perspectives of different genders. • Collaborated with women's groups and organizations to address gender disparities in access to environmental resources and opportunities.
2020-21	<p>Plastic-Free Campus, Plastic-Free Future</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <ul style="list-style-type: none"> • Advocated for gender-inclusive solutions to plastic pollution, acknowledging the disproportionate impact of plastic waste on women and marginalized genders. • Implemented measures to ensure the safety and accessibility of plastic-free alternatives for all genders. • Engaged in dialogue and partnership with gender-focused NGOs and initiatives to amplify the voices and concerns of women and marginalized genders in plastic waste management efforts.
2021-22	<p>Cleanliness Starts with Me</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p>

	<p><i>Mahavidyalaya</i></p> <ul style="list-style-type: none"> • Empowered all genders to take ownership of cleanliness and hygiene practices through gender-responsive education and awareness campaigns. • Addressed gender stereotypes and biases in perceptions of cleanliness and domestic responsibilities through targeted discussions and activities. • Collaborated with women's empowerment groups and gender equality advocates to promote shared responsibility and participation in maintaining a clean environment.
2022-23	<p>Towards a Swachh Bharat, Towards a Swasth Bharat</p> <p><i>Key Speaker: Dr. Swapan Kr. Mishra, Principal, Mugberia Gangadhar Mahavidyalaya</i></p> <ul style="list-style-type: none"> • Celebrated the contributions of all genders in advancing gender equity and cleanliness throughout the programme's journey. • Recognized the intersectionality of gender equity with other dimensions of social justice, including caste, class, and disability, in promoting a truly inclusive and sustainable society. • Committed to continued efforts towards gender equity in all future initiatives, understanding that a Swachh Bharat and a Swasth Bharat can only be achieved through the active participation and empowerment of all genders.  <p>Details: Swacchata awareness & Cleaning programme at Bhupatinagar Gram by NSS unit-I. Dated 28.06.2023 Total 25 volunteers included in this programme by the guidance of Dr. Pintu Roychoudhury, (P.O) NSS is notified to dispose of garbage at specified places.</p> <p>https://twitter.com/Swapank26545954/status/1674341443052404737/photo/1</p>


Conclusion:


As the NSS unit I of our institution, we remain steadfast in our commitment to promoting gender equity through our Swachhata Awareness & Cleaning Programme. By integrating gender-sensitive approaches and addressing the unique needs and perspectives of all genders, we strive to create a more inclusive and equitable environment where everyone can thrive. As we reflect on the past five years, we recognize the progress we have made and the challenges that lie ahead. However, with unwavering dedication and collaboration, we are confident in our ability to continue advancing gender equity and cleanliness for the betterment of all.

Xi. Observation of National Voters Day

Over the past five years, our college has consistently observed Voters' Day, dedicated to democratic participation. A focal point has been fostering gender equity in the electoral process. This report highlights our strides in nurturing gender-inclusive voter participation through awareness campaigns, education, outreach, and interventions. Our efforts aim to dismantle barriers and amplify voices of women, transgender individuals, and marginalized groups, empowering individuals to exercise their right to vote. Reflecting on our journey, we see a transformative movement toward a democracy that truly reflects diversity and plurality.

Academic Year	Key Highlights
2018-19	In our inaugural year of observing Voters' Day, our college prioritized raising awareness about women's crucial role in the electoral process. Meticulously planned initiatives, including workshops and seminars, emphasized the significance of gender equity in shaping democracy. Distinguished female guest speakers, from politicians to activists, shared insights, inspiring students and sparking vital conversations on systemic barriers. Simultaneously, voter registration drives targeted female students and community members, laying a robust foundation for future inclusive and participatory democracy initiatives.
2019-20	Building on the previous year's momentum, our college intensified efforts to promote gender equity in voting.

	<p>Interactive sessions on women's rights, empowerment, and political leadership engaged students in addressing gender disparities within the electoral arena. Concurrently, expanded community outreach initiatives reached marginalized groups and underserved communities, amplifying our impact. Collaborations with local women's organizations extended our reach, fostering a culture of gender-inclusive civic engagement and democratic participation beyond our campus.</p>  <p>Details: National voters day.</p>
2020-21	<p>In the third year of observing Voters' Day, our focus shifted to address systemic barriers for women voters. Holistic solutions included free shuttle services for transportation, childcare facilities at polling stations, and multilingual informational materials. These initiatives aimed to empower women from diverse backgrounds to exercise their right to vote, reinforcing our commitment to a barrier-free environment where every voice is heard and every vote counts.</p>
2021-22	<p>In the fourth year, our focus broadened to address challenges faced by transgender individuals in voting. Sensitivity training for officials ensured inclusive treatment at polling stations. Tailored voter registration assistance and support services were developed, reaffirming our commitment to inclusivity and diversity in democratic governance, advocating for greater visibility and recognition of transgender voters within the electoral process.</p>

2022-23	<p>In this year, Voters' Day, our college amplified gender equity efforts through a robust social media campaign, research initiatives, and strengthened partnerships. The campaign fostered community and awareness, while research provided data-driven insights for targeted outreach. Advocacy efforts extended to policy changes for inclusive electoral practices. Culminating our journey, the year marked a commitment to an inclusive and representative democracy, upholding principles of equality, justice, and participatory democracy.</p> 

<https://twitter.com/Swapank26545954/status/1618505515541360640/photo/3>

Over the past five years, our college's commitment to gender equity in democratic participation has been evident through targeted initiatives. From awareness campaigns to policy advocacy, we've played a pivotal role in fostering inclusive civic engagement. Reflecting on our achievements, we acknowledge progress but recognize the ongoing need to address systemic barriers. As we move forward, drawing inspiration from past successes, let's rededicate ourselves to building a more just and equitable society, ensuring every voice is heard and every vote counts in our democratic fabric.

b. Workshops and Training Sessions

Introduction:

In the past five years, from 2018 to 2023, Mugberia Gangadhar Mahavidyalaya has been dedicated to facilitating the growth and development of its faculty, staff, and students through a series of workshops and training sessions. These initiatives have been designed to enhance knowledge, refine skills, and foster personal and professional growth across various disciplines. This report aims to provide a concise overview of the workshops and training sessions conducted during this period, highlighting their objectives, outcomes, and impact on the college community. Through systematic documentation, evaluation of participant feedback, and analysis of key themes and trends, this report seeks to identify areas of success and opportunities for improvement, ultimately guiding the college in its ongoing efforts to promote continuous learning and capacity-building among its members.

Objectives:

Over the course of the five-year period spanning from 2018 to 2023, Mugberia Gangadhar Mahavidyalaya has diligently pursued a set of objectives in organizing workshops and training sessions. These objectives encompassed several key aims, including but not limited to, the facilitation of knowledge acquisition and skill development among faculty, staff, and students. The overarching goal was to cultivate an environment conducive to personal and professional growth, wherein individuals could enhance their competencies, broaden their perspectives, and ultimately contribute more effectively to their respective academic and professional domains. Through targeted initiatives, the college sought to address specific needs within its community, promote innovation and excellence in teaching and research, and foster a culture of continuous learning and improvement. This report serves to delineate and assess the attainment of these objectives, shedding light on the impact and efficacy of the workshops and training sessions organized by Mugberia Gangadhar Mahavidyalaya.

Overview of the Events Happened:

1. Career Counselling:

Introduction:

From April, 2018 to June, 2023, Mugberia Gangadhar Mahavidyalaya's Gender Equity Cell (GEC) spearheaded a series of career counseling programs in collaboration with multiple departments of the college. These initiatives aimed to provide guidance, support, and resources to students from diverse

backgrounds, empowering them to make informed decisions about their educational and career pathways.



Objectives:



1. Empowerment: To empower students with the knowledge, skills, and resources necessary to make informed decisions about their academic and career aspirations.
2. Inclusivity: To ensure that career counseling initiatives cater to the needs and aspirations of students from all genders, backgrounds, and disciplines.
3. Collaboration: To foster collaboration and partnership between different departments of the college in organizing and delivering career counseling programs.
4. Holistic Development: To promote holistic development by addressing not only academic and career-related concerns but also personal, social, and emotional well-being.



Program Highlights:

- Interdisciplinary Approach: The career counseling programs were designed to encompass a wide range of disciplines and fields, catering to the diverse interests and aspirations of students.
- Expert Guidance: Experienced career counselors, faculty members, alumni, and industry professionals were invited to share their insights, experiences, and expertise with students.
- Workshops and Seminars: Interactive workshops, seminars, and panel discussions were organized to provide practical guidance on career planning, resume writing, interview skills, and other relevant topics.
- Networking Opportunities: Students had the opportunity to network with peers, alumni, and professionals from various industries, facilitating connections and potential mentorship opportunities.
- Resource Materials: Informational resources, career guides, and online tools were made available to students to support their career exploration and decision-making process.


Various Departmental Activities under this Programme:

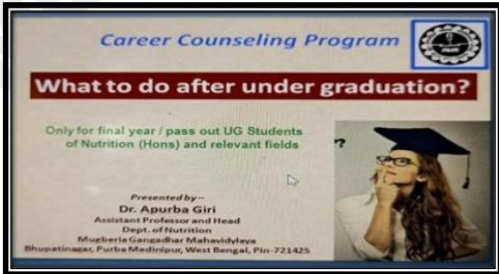
Sl. No	Name of Department/ Entity	Counselling Topic with Key Discussion	Pictures
1.	Department of Food Processing	<p>One-day online workshop for career counselling to the M. Voc. students</p> <p>The session focused on M. Voc students' career prospects, exploring their specialized skills and industry relevance. Insights into emerging job trends were shared, along with guidance on networking, internships, and industry engagement. Importance of continuous learning and personalized mentorship was emphasized to empower students in navigating their career paths effectively.</p>	  <p>Pic: One-day online workshop for career counselling to the M. Voc. students, organized by the department of Nutrition, dated 08.09.22.</p> <p>Courtesy: https://twitter.com/Swapank26545954/status/1570034609420922888/photo/1 </p>

2.	Department of Chemistry	<p>Career counselling in higher education for UG 6th Semester</p> <p>The session centered on career options for UG 6th Semester Chemistry students, highlighting their acquired skills and industry relevance. We discussed emerging opportunities in chemistry-related fields, advised on internships, and emphasized the importance of networking. Additionally, guidance on further education and mentorship was provided to support students in making informed career choices.</p>	 <p>Pic: Career counselling in higher education for UG 6th Semester Chemistry students of the college, Dated 13.09.22</p> <p>Courtesy:</p> <p>https://twitter.com/Swapank26545954/status/1570034609420922888/photo/1</p>
3.	Department of Nutrition in collaboration with Institution of Innovation Council of Mugberia Gangadhar Mahavidyalaya	<p>Poshan Pakhwada</p> <p>The session delved into career pathways tailored for UG 6th Semester Nutrition students, spotlighting their acquired expertise and industry applicability. We explored burgeoning opportunities in nutrition-related sectors, offered advice on internships, and stressed the significance of networking. Further, we provided insights on advanced education avenues and mentorship to aid students in navigating their professional trajectories.</p>	 <p>Pic: To celebrate Poshan pakhwada, the department of Nutrition in collaboration with Institution of Innovation Council of Mugberia Gangadhar Mahavidyalaya organized one day food safety supervisor training on advance food safety and COVID 19 on 26.09.22</p> <p>Courtesy:</p> <p>https://twitter.com/Swapank26545954/status/1574388644265496576/photo/3</p>

4.	Department of Mathematics	<p>Career Counseling program about NET, SET, GATE</p> <p>The session provided comprehensive guidance for students interested in pursuing careers through NET, SET, and GATE examinations in Mathematics, alongside general career advice for all students. We elucidated the relevance of these examinations and highlighted strategies for effective preparation. Additionally, we discussed diverse career avenues available for mathematics graduates beyond these examinations and emphasized the importance of holistic career planning.</p>	 <p>Pic: Career Counseling program about NET, SET, GATE organized by the department of Mathematics on 18.11.22 Courtesy: https://twitter.com/Swapank26545954/status/1593957864946950146/photo/3</p>
5.	Career counseling cell of Mugberia Gangadhar Mahavidyalaya in association with O2 Academy, Kolkata	<p>Career Counselling Program</p> <p>The career counseling program aimed to empower students with insights and resources to make informed decisions about their academic and professional futures. Through interactive sessions and personalized guidance, students received support tailored to their individual interests, strengths, and aspirations. The program covered diverse topics such as exploring career options, identifying skill sets, resume building, interview</p>	 <p>Pic: Career counseling program organized by Career counseling cell of Mugberia Gangadhar Mahavidyalaya in association with O2 Academy, Kolkata. Dated 27.02.23 Courtesy: https://twitter.com/Swapank26545954/status/1630553899882135554/photo/1</p>

		<p>preparation, and networking strategies. Guest speakers, alumni interactions, and industry partnerships enriched the program, providing students with real-world perspectives and opportunities for mentorship. Overall, the program fostered a supportive environment for students to chart their career paths confidently and proactively.</p>	
6.	<p>Acharya Sukumar Sen, in collaboration with Mugberia Gangadhar Mahavidyalaya</p>	<p>Career Counselling Program for Physical Education Students</p> <p>The career counseling program tailored for physical education students aimed to equip them with the necessary tools and insights to navigate the diverse opportunities in the field. Through interactive workshops and discussions, students explored potential career paths such as sports coaching, fitness training, sports management, and physical therapy. Emphasis was placed on identifying individual strengths and interests to align with suitable career options. Additionally, the program provided guidance on acquiring relevant certifications, internships, and networking within the sports and fitness industry. Guest speakers from various sectors shared their experiences and offered</p>	 <p>Pic: A career counseling program of physical education students organised by Acharya Sukumar Sen Mahavidyalaya in collaboration with Mugberia Gangadhar Mahavidyalaya, dated 11.03.23 Speaker: Dr Swapan Kumar Misra & Dr. Debasish Roy.</p>

		valuable advice, while alumni interactions provided inspiration and mentorship opportunities. Overall, the program facilitated a holistic approach to career exploration and development, empowering physical education students to pursue fulfilling and rewarding careers in their chosen field.	
7.	Department of Mathematics, in association with Ex student Dr Ranjan Bera	<p>Career Counselling Program and Alumni Engagement</p> <p>The career counseling program tailored for mathematics students aimed to provide comprehensive guidance on various career pathways available within the field of mathematics. Through interactive sessions and workshops, students explored diverse career options such as academia, research, finance, data analysis, and software development. The program emphasized the importance of developing strong analytical and problem-solving skills, which are essential for success in any mathematical career. Additionally, students received guidance on pursuing higher education opportunities such as NET, SET, and GATE examinations, as well as scholarships and research grants. Guest speakers from different sectors shared their</p>	 <p>Pic: A career counseling program and alumini engagement by our Ex student Dr Ranjan Bera, organised by the department of Mathematics of Mugberia Gangadhar Mahavidyalaya, dated 18.03.23</p>

		<p>experiences and insights, offering valuable advice on career progression and skill development. Alumni interactions provided students with mentorship opportunities and real-world perspectives on career options after graduation. Overall, the program aimed to empower mathematics students to make informed decisions about their future careers and to pursue pathways that align with their interests and aspirations.</p>	
8.	Department of Nutrition	<p>Career counseling program "What to do after graduation"</p> <p>The career counseling program tailored for nutrition students provided a roadmap for post-graduation pathways and career opportunities in the field. Through interactive sessions and personalized guidance, students explored various options such as dietetics, clinical nutrition, public health, food science, research, and entrepreneurship. Emphasis was placed on identifying individual interests and strengths to align with suitable career paths. The program also covered practical aspects such as job search strategies, resume building, interview preparation, and networking</p>	 <p>Pic: Career counseling program "What to do after graduation" was organized by Dept. of Nutrition, Mugheria Gangadhar Mahavidyalaya on 11.04.2023 for Nutrition (Hons) final semester students. Courtesy: https://twitter.com/Swapank26545954/status/1645794668645580802/photo/1</p>

		<p>within the nutrition and healthcare industry. Guest speakers, including professionals and alumni, shared their career journeys and insights, offering valuable advice and inspiration. Alumni interactions facilitated mentorship opportunities and provided students with real-world perspectives on career trajectories after graduation. Overall, the program aimed to empower nutrition students to make informed decisions about their future careers and to pursue pathways that align with their passion for promoting health and well-being through nutrition.</p>	
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Potential Outcomes:

- **Enhanced Awareness:** Students gained a deeper understanding of different career pathways, opportunities, and industry trends, enabling them to make more informed choices.
- **Skill Development:** Participants acquired valuable skills and knowledge related to career planning, self-assessment, and job search strategies, enhancing their employability and readiness for the workforce.
- **Empowerment:** The career counseling programs empowered students to take ownership of their career development, set goals, and pursue opportunities aligned with their interests and values.
- **Inclusivity:** By catering to the diverse needs and aspirations of students, the programs promoted inclusivity and equity in career guidance and support services.

Conclusion:

The career counseling programs organized by Mugberia Gangadhar Mahavidyalaya's Gender Equity Cell in collaboration with multiple departments have played a pivotal role in empowering students to navigate their educational and career journeys with confidence and clarity. By providing

guidance, resources, and networking opportunities, these initiatives have contributed to the holistic development and empowerment of students from diverse backgrounds. As the college continues its commitment to fostering a supportive and inclusive learning environment, the Gender Equity Cell remains dedicated to organizing similar initiatives in the future to promote career development and equity among all students.

2. Mental Wellbeing Programmes:

Introduction:

From 2018 to 2023, Mugberia Gangadhar Mahavidyalaya has been committed to promoting mental wellbeing among its students, faculty, and staff through a series of programs and initiatives. These efforts have been integral to fostering a supportive and inclusive campus environment where individuals can thrive academically, emotionally, and socially.

Objectives:

1. Awareness: To raise awareness about mental health issues and reduce stigma surrounding mental illness within the college community.
2. Prevention: To provide resources, tools, and strategies for preventing mental health problems and promoting resilience.
3. Support: To offer support services and resources for individuals experiencing mental health challenges, including counseling, peer support, and referrals.
4. Education: To educate students, faculty, and staff about the importance of self-care, stress management, and maintaining overall mental wellbeing.

Program Highlights:

- Workshops and Seminars: Interactive workshops and seminars were conducted on topics such as stress management, mindfulness, coping strategies, and self-care techniques.
- Peer Support Groups: Peer support groups were established to provide a safe space for students to connect, share experiences, and support one another.
- Counseling Services: Counseling services were made available to students, faculty, and staff, providing confidential support and guidance for mental health concerns.
- Wellness Activities: Various wellness activities such as yoga sessions, meditation classes, and nature walks were organized to promote relaxation and stress reduction.

- Awareness Campaigns: Awareness campaigns were launched to educate the college community about mental health issues, dispel myths, and encourage help-seeking behavior.
- Collaborations: Collaborations with mental health organizations, local hospitals, and counseling centers were established to expand access to mental health resources and support services.



Courtesy: <https://twitter.com/Swapank26545954/status/1569876682865262592/photo/4>
<https://twitter.com/Swapank26545954/status/1632026712564432898/photo/2>

Pic: Meditation and Mindfulness programme organized by the department of Mathematics, dated 04.03.23



Pic: Students of Nutrition department engaged themselves in yoga after teaching learning programs on 19.11.22

Courtesy: <https://twitter.com/Swapank26545954/status/1596516223780814850/photo/1>



Details: 3 days Capacity building programme on "Meditation and Breath Workshop", Organized by Dept. of Nutrition in collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya on 12-14th January, 23. The program was designed by Art of Living Organization, Bangalore. Faculty- Amitava Sarkar.



<https://twitter.com/Swapank26545954/status/1613536848990863363/photo/2>

Departmental Activities:

1. Meditation and Mindfulness programme organized by the department of Mathematics, dated 04.03.23
2. Students of Nutrition department engaged themselves in yoga after teaching learning programs on 19.11.22

Yoga Programs:

Yoga, a holistic practice that integrates physical postures, breath control, and meditation, has become an integral part of the wellness initiatives at Mugberia Gangadhar Mahavidyalaya. Across all departments, the college prioritizes the promotion of yoga to enhance the overall well-being of students, faculty, and staff. These routine yoga programs are designed to cultivate physical health, mental clarity, and emotional balance, fostering a harmonious environment conducive to learning and personal growth.

Overview of Yoga Programs:

- **Regular Sessions:** The college hosts regular yoga sessions conducted by certified instructors, providing opportunities for participants to engage in various yoga practices such as asanas (postures), pranayama (breathing exercises), and meditation.
- **Inclusive Participation:** Yoga programs are open to all members of the college community, regardless of age, gender, or fitness level, encouraging inclusive participation and fostering a sense of unity and belonging.
- **Curricular Integration:** Several departments integrate yoga into their academic curricula, recognizing its potential to enhance learning outcomes and promote holistic development. Yoga sessions are often incorporated into courses related to physical education, psychology, health sciences, and education.
- **Extracurricular Activities:** In addition to academic integration, yoga is also featured in extracurricular activities and events organized by various departments. Workshops, seminars, and yoga camps are conducted periodically to provide deeper insights into yoga philosophy, practice, and its applications in daily life.
- **Interdisciplinary Collaboration:** The college encourages interdisciplinary collaboration and exchange of knowledge among departments through joint initiatives and partnerships. Yoga programs often serve as a platform for interdisciplinary dialogue, bringing together faculty and students from diverse fields to explore the multifaceted benefits of yoga.
- **Research and Innovation:** Furthermore, the college promotes research and innovation in the field of yoga, encouraging faculty and students to explore its scientific underpinnings, therapeutic applications, and implications for overall well-being. Research projects, publications, and conferences contribute to

advancing knowledge and understanding of yoga's profound effects on mind, body, and spirit.

The routine yoga programs held by various departments at Mugberia Gangadhar Mahavidyalaya exemplify the college's commitment to nurturing holistic development and well-being among its community members. By integrating yoga into both academic and extracurricular activities, the college creates a conducive environment for individuals to cultivate physical fitness, mental clarity, and emotional resilience. As we continue to prioritize the promotion of yoga, we affirm our dedication to fostering a culture of wellness, mindfulness, and inner balance, enriching the lives of all who are part of our vibrant college community.


Potential Outcomes:



- Increased Awareness: Heightened awareness about mental health issues and the importance of seeking help when needed.
- Reduced Stigma: Decreased stigma surrounding mental illness, leading to greater openness and acceptance within the college community.
- Enhanced Resilience: Improved resilience and coping skills among students, faculty, and staff, enabling them to better manage stress and adversity.
- Access to Support: Increased access to mental health support services, including counseling, peer support, and referrals, resulting in improved mental wellbeing for individuals in need.




Observation Of Yoga Day:



In addition to the routine yoga programs held by various departments, Mugberia Gangadhar Mahavidyalaya observes the International Day of Yoga with special significance each year. This global celebration, established by the United Nations, underscores the universal appeal and benefits of yoga for health and well-being.

Academic Year	Key Highlights	Pictures
2018-19	<ul style="list-style-type: none">• Sunrise Yoga Session: The day commenced with a serene sunrise yoga session held on the college grounds, where participants gathered to welcome the day with rejuvenating asanas and meditation.• Workshops and Demonstrations: Throughout the day, the	

	<p>college hosted workshops and demonstrations led by experienced yoga instructors. Participants had the opportunity to explore different styles of yoga, including hatha, vinyasa, and Iyengar.</p> <ul style="list-style-type: none"> ● Cultural Performances: The celebrations concluded with cultural performances showcasing the rich heritage and tradition of yoga. Dance recitals, music performances, and theatrical presentations highlighted the spiritual and cultural significance of yoga.
2019-20	<ul style="list-style-type: none"> ● Virtual Yoga Marathon: Amidst the challenges posed by the COVID-19 pandemic, the college adapted its celebrations to a virtual format. A "Yoga Marathon" was organized, featuring a series of online yoga sessions streamed live on social media platforms. ● Expert Panel Discussions: Renowned yoga practitioners and experts were invited to participate in virtual panel discussions on topics such as the therapeutic benefits of yoga, mindfulness practices, and holistic well-being. ● Global Meditation Session: The day concluded with a global meditation session, where participants from around the world joined together in a collective moment of reflection and unity.  <p>Details: Observation of International yoga day on 21.06.2020 by students of Mugberia Gangadhar Mahavidyalaya https://twitter.com/MugberiaM/status/1274711081743642624/photo/3</p>
2020-21	<ul style="list-style-type: none"> ● Community Yoga Festival: The college collaborated with local yoga studios, wellness centers, and community organizations to host a Community Yoga Festival. The event featured outdoor yoga classes, holistic wellness workshops, and interactive activities for participants of all ages. ● Yoga for Social Change: Special sessions were dedicated to

	<p>exploring the role of yoga in promoting social change and addressing pressing issues such as mental health, social justice, and environmental sustainability.</p> <ul style="list-style-type: none"> • Art and Yoga Exhibition: An art and yoga exhibition was organized, showcasing artwork inspired by yoga philosophy and practice. The exhibition served as a platform for local artists to express their creativity and celebrate the transformative power of yoga through visual art.  <p>Details: 7th international yoga Day organized by physical Education Department in collaboration with NSS of Mugberia Gangadhar Mahavidyalaya on 21.06.2021 https://twitter.com/MugberiaM/status/1406977790881193986/photo/3</p>
2021-22	<ul style="list-style-type: none"> • Yoga and Nature Retreat: Participants embarked on a Yoga and Nature Retreat, where they immersed themselves in the serene beauty of nature while engaging in yoga practice and mindfulness activities. • Community Outreach Initiatives: The college extended its celebrations beyond the campus walls through community outreach initiatives. Volunteers led yoga sessions at local schools, senior centers, and hospitals, spreading the joy and benefits of yoga to underserved  <p>Courtesy: https://twitter.com/Swapank26545954/status/1569876682865262592/photo/4</p>

	<p>populations.</p> <ul style="list-style-type: none"> Yoga and Wellness Fair: A Yoga and Wellness Fair was organized, bringing together local vendors, wellness practitioners, and holistic healers to promote health, wellness, and sustainability. Participants had the opportunity to explore a variety of yoga-related products and services while enjoying live music and entertainment. 	 <p>Details: Meditation and Mindfulness programme organized by the department of Mathematics, dated 04.03.23</p> <p>https://twitter.com/Swapank26545954/status/1632026712564432898/photo/2</p>  <p>Details: Students of Nutrition department engaged themselves in yoga after teaching learning programs on 19.11.22</p> <p>https://twitter.com/Swapank26545954/status/1596516223780814850/photo/1</p>
2022-23	<ul style="list-style-type: none"> Five-Day Yoga Retreat: To commemorate the fifth anniversary of International Day of Yoga, the college organized a five-day yoga retreat at a serene retreat center nestled amidst nature. Participants embarked 	 <p>Details: International seminar on yoga for Health , Happiness and Harmony Spo. by ICPR, Ministry of Education, Govt. of</p>

	<p>on a transformative journey of self-discovery, guided by experienced yoga instructors and spiritual mentors.</p> <ul style="list-style-type: none"> ● Yoga Teacher Training Certification: The college launched a Yoga Teacher Training Certification program, offering aspiring yoga teachers the opportunity to deepen their practice and share the gift of yoga with others. The program included intensive workshops, practical training, and experiential learning experiences. ● Global Yoga Peace Meditation: The celebrations concluded with a Global Yoga Peace Meditation, where participants from around the world united in a collective meditation for peace, harmony, and universal well-being. The meditation was followed by a closing ceremony, where participants expressed gratitude for the transformative power of yoga in their lives. 	<p>India, orga. by the dept. of Sanskrit, Philosophy, Physical Education and IQAC, Swarnamoyee Jogendranath Mahavidyalaya in collaboration with Mugberia Gangadhar Mahavidyalaya, Dated 24th and 25th July 2023.</p> <p>https://twitter.com/Swapank26545954/status/1687846512955625472/photo/1</p>  <p>Details: Weekend yoga class organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, on 05.08.2023</p> <p>https://twitter.com/Swapank26545954/status/1688009979524231168/photo/1</p>  <p>https://twitter.com/MugberiaM/status/1510278876328472583/photo/1</p>
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Conclusion:

The mental wellbeing programs implemented by Mugberia Gangadhar Mahavidyalaya over the past five years have played a vital role in promoting a culture of wellness and

resilience within the college community. By raising awareness, providing support, and fostering a supportive environment, these initiatives have contributed to the overall mental health and wellbeing of students, faculty, and staff. As the college continues its commitment to prioritizing mental health, it remains dedicated to providing comprehensive support and resources to ensure the holistic wellbeing of all its members.

3. Placement Cell Programs:

Introduction:

From 2018 to 2023, Mugberia Gangadhar Mahavidyalaya's Placement Cell has been dedicated to facilitating career opportunities and enhancing employability skills among students. Through a series of programs and initiatives, the Placement Cell has worked tirelessly to bridge the gap between academia and industry, ensuring students are well-prepared for the competitive job market.

Objectives:

1. **Career Guidance:** To provide students with guidance and resources to make informed career decisions aligned with their skills, interests, and aspirations.
2. **Skill Development:** To offer training programs and workshops aimed at enhancing students' soft skills, technical skills, and employability competencies.
3. **Industry Interaction:** To foster partnerships and collaborations with industry leaders, recruiters, and alumni to facilitate internships, placements, and networking opportunities.
4. **Placement Support:** To facilitate campus placements, job fairs, and recruitment drives, connecting students with prospective employers and job opportunities.

Program Highlights:

- **Career Workshops:** Interactive workshops on resume writing, interview skills, and job search strategies were organized to prepare students for the recruitment process.
- **Skill Development Programs:** Training sessions on communication skills, personality development, and problem-solving were conducted to enhance students' employability.
- **Industry Talks and Panel Discussions:** Guest lectures, industry talks, and panel discussions were organized to provide insights into various career fields and job roles.
- **Mock Interviews:** Mock interview sessions were conducted to help students gain confidence and refine their interviewing techniques.

STUDENTS PLACEMENT LIST FROM MATHEMATICS DEPARTMENT:

Year	Name of Student	Contact Details	Program graduated from	Name of the employer with contact details
2019-20	Satak Raut	9735695363	B.Sc(Mathamatics)	Paschim Sripatinagar DR.B.C.ROY Memorial Vidyapith
2021-22	Rathindranath Sau	7479186175	B.Sc(Mathamatics)	INDIA POST (06289857707)
2019-20	Madhusudhan Midya	7431069236	B.Sc(Mathamatics)	INDIA POST (06289857707)
2019-20	Sumana Mandal	6295623557	B.Sc(Mathamatics)	INDIA POST (06289857707)
2019-20	Sayani Roy	9609244101	B.Sc(Mathamatics)	INDIA POST (06289857707)
2019-20	Anuradha Sau	9875612309	B.Sc(Mathamatics)	INDIA POST (06289857707)
2020-2021	Santanu Giri	9382285635	B.Sc(Mathamatics)	Indian Army
2019-20	Suman Dhal	8967207432	B.Sc(Mathamatics)	INDIA POST (06289857707)
2020-2021	Swathi Maikap	7063506590	B.Sc(Mathamatics)	INDIA POST (06289857707)
2022-23	Paramita Bhunia	9732657566	B.Sc(Mathamatics)	Teacher of Ghusuri GSFP School
2022-23	Tanusri Roy	7718103177	B.Sc(Mathamatics)	Computer Instructor(Khejuri Guruprasad balika vidyaniketan)
2022-23	Piu Maity	8617321608	B.Sc(Mathamatics)	Bandhan Bank
2022-23	Gouri sankar mandal	8348229701	M.Sc(Mathamatics)	Constable(CISF Unit DSP Durgapur) West Bengal
2022-23	Somsankar Mandol	7679173969	B.Sc(Mathamatics)	Peon (PNB-GARKAMALPUR)
2022-23	Rabindranath bhoj	6294097831	M.Sc(Mathamatics)	Teaching Assistant in Mathematics (IISER TIRUPATI)
2021-2022	Rintu kar	9609500362	M.Sc(Mathamatics)	Teacher(PATHFINDER HS PUBLIC SCHOOL ,MIDNAPORE)
2021-2022	Subhajit Giri	9775222968	M.Sc(Mathamatics)	Teacher as Foundation Academy, IIT Patna Bihna
2021-2022	Sudip Misra	9064358389	M.Sc(Mathamatics)	IndusInd Marketing and Financial Services Pvt.Ltd
2021-22	Sabyasachi Maji	6295136648	B.Sc(Mathamatics)	Smart Value Independent Business association
2022-23	Somnath Mondal	9832878822	B.Sc(Mathamatics)	Punjab National Bank , contai branch
2020-21	Nandan Maity	9749997855	M.Sc(Mathamatics)	Indian Army(Cik SD)
2019-20	Debraj Manna	8145389558	B.Sc(Mathamatics)	State Aided College Teacher, Govt of West Bengal
2019-20	Madhumita Sahoo	9641326517	B.Sc(Mathamatics)	State Aided College Teacher, Govt of West Bengal
2019-20	Hiranmoy Manna	7029364755	B.Sc(Mathamatics)	State Aided College Teacher, Govt of West Bengal
2019-20	Tanmoy Mal	9851669436	B.Sc(Mathamatics)	Teacher as Foundation Academy, IIT Patna Bihna
2021-22	Chayan Pradhan	7407632393	M.Sc(Mathamatics)	IT staff (India Coast Guard)

Conclusion:

The Placement Cell programs conducted by Mugberia Gangadhar Mahavidyalaya from 2018 to 2023 have played a pivotal role in empowering students and facilitating their transition into the workforce. By providing career guidance, skill development opportunities, and industry connections, the Placement Cell has effectively prepared students for the challenges of the job market. As the college continues its commitment to fostering student success and employability, the Placement Cell remains dedicated to providing comprehensive support and resources to ensure the continued professional growth and success of its students.

4. Community Work

Introduction:

Mugberia Gangadhar Mahavidyalaya has been actively engaged in community work, demonstrating its commitment to social responsibility and community development. Through various initiatives and collaborations, the college has contributed to addressing local needs, fostering positive change, and building stronger ties with the surrounding community.

Objectives:

- **Service:** To provide valuable support and assistance to underserved communities, addressing their immediate needs and challenges.
- **Empowerment:** To empower community members through education, skill-building, and access to resources, enabling them to improve their quality of life and create sustainable livelihoods.
- **Engagement:** To engage with the community in meaningful ways, fostering collaboration, trust, and mutual respect, and promoting a sense of belonging and solidarity.

Key Initiatives:

- **Health Camps:** The college organized health camps in collaboration with local healthcare providers, offering free medical check-ups, consultations, and health education sessions to community members.
- **Environmental Clean-Up Drives:** Students and faculty participated in environmental clean-up drives, clearing litter, planting trees, and raising awareness about environmental conservation and sustainability.
- **Education Programs:** The college conducted educational programs such as literacy classes, computer training workshops, and career guidance sessions for underprivileged youth and adults in the community.
- **Skill Development Workshops:** Skill development workshops on topics such as tailoring, handicrafts, and entrepreneurship were organized to empower women and youth with income-generating skills.
- **Community Events:** The college hosted community events such as cultural festivals, health fairs, and sports tournaments, providing opportunities for recreation, socialization, and community bonding.



Pic: A community level health camp was organized by B. Sc (H) 6th Semester students (21 students, under guidance of Faculty Rikta Jana.

Courtesy:

<https://twitter.com/Swapank26545954/status/1660209125773701120/photo/4>

<https://twitter.com/Swapank26545954/status/1660209561310208007/photo/3>

Potential Outcomes:

- Improved Health and Well-being: Community members benefited from improved access to healthcare services and health education, leading to better health outcomes and increased awareness of preventive health practices.
- Enhanced Livelihoods: Individuals who participated in skill development workshops gained valuable skills and knowledge, enhancing their employability and income-earning potential.
- Community Cohesion: Community events and engagement activities fostered a sense of belonging and solidarity among residents, strengthening social bonds and promoting community resilience.
- Environmental Impact: Environmental clean-up drives contributed to a cleaner and healthier environment, raising awareness about the importance of environmental stewardship and collective action.

Conclusion:

Mugberia Gangadhar Mahavidyalaya's community work initiatives have made a tangible difference in the lives of individuals and families in the local community. Through service, empowerment, and engagement, the college has demonstrated its commitment to social responsibility and community development, fostering positive

change and building a stronger, more resilient community. As the college continues its community work efforts, it remains dedicated to addressing local needs, empowering individuals, and promoting sustainable development for the benefit of all.

5. NSS Programs:

Introduction:

The National Service Scheme (NSS) at Mugberia Gangadhar Mahavidyalaya has been actively engaged in organizing gender equity-based programs, demonstrating its commitment to promoting gender equality and empowering individuals of all genders. These initiatives aim to raise awareness about gender issues, challenge stereotypes, and foster a culture of inclusivity and respect within the college community and beyond.

Objectives:

- Awareness: To raise awareness about gender inequality, discrimination, and violence, and to promote understanding of gender diversity and inclusivity.
- Empowerment: To empower individuals of all genders to challenge stereotypes, overcome barriers, and advocate for gender equality and women's rights.
- Education: To provide educational opportunities and resources on gender issues, including workshops, seminars, and discussions, to promote critical thinking and dialogue.
- Action: To encourage active participation in community service projects and initiatives that address gender-based inequalities and promote gender equity.



Program Highlights:

- Gender Sensitization Workshops: Interactive workshops were conducted to educate students and volunteers about gender issues, including gender-based violence, gender stereotypes, and women's rights.
- Women's Empowerment Seminars: Seminars and panel discussions were organized to highlight the achievements and challenges faced by women in various fields, inspiring participants to support women's empowerment efforts.
- Gender Equality Campaigns: Awareness campaigns were launched to promote gender equality and challenge harmful stereotypes through posters, social media campaigns, and creative initiatives.

- **Skill Development Programs:** Skill development programs were offered to enhance the leadership, communication, and advocacy skills of NSS volunteers, empowering them to become effective agents of change in promoting gender equity.
- **Community Outreach:** NSS volunteers actively engaged in community outreach activities, including conducting health camps, organizing awareness programs, and providing support services to marginalized and vulnerable groups, with a focus on addressing gender-specific needs.
- NSS students of Mugberia Gangadhar Mahavidyalaya observed a road safety programme in Bhupatinagar Bazar area .
- Workshop on Entrepreneurship skill, Attitude and Behavior Development, organized by NSS units of Mugberia Gangadhar Mahavidyalaya in their special winter camp.

Academic Year	Key Highlights	Pictures
2018-19	<ul style="list-style-type: none"> ● Gender Sensitization Workshops: The NSS organized interactive workshops aimed at sensitizing students to gender issues and stereotypes. Expert speakers and facilitators led discussions on topics such as gender roles, stereotypes, and discrimination. ● Awareness Campaigns: NSS volunteers conducted awareness campaigns on gender equality, distributing informative pamphlets and organizing street plays to raise awareness about gender-based discrimination and violence. ● Skill Development Initiatives: Special skill development workshops were organized for female students, focusing on building confidence, leadership skills, and economic empowerment. 	
2019-20	<ul style="list-style-type: none"> ● Empowerment Seminars: The NSS organized empowerment seminars featuring successful women leaders and entrepreneurs who shared their stories of overcoming obstacles and breaking barriers in their respective fields. ● Self-Defense Training: In collaboration with local law enforcement agencies, the NSS conducted self-defense training sessions for female students, equipping them with essential skills to protect themselves. ● Gender-Neutral Initiatives: The NSS advocated for gender-neutral policies and facilities on campus, organizing 	

	awareness campaigns and lobbying efforts to promote inclusivity and accessibility.
2020-21	<ul style="list-style-type: none"> • Health and Hygiene Workshops: NSS volunteers conducted workshops on women's health and hygiene, addressing topics such as menstrual hygiene management, reproductive health, and access to healthcare services. • Community Outreach Programs: The NSS organized community outreach programs in rural areas, focusing on empowering women through education, skill development, and income-generating activities. • Legal Awareness Campaigns: In collaboration with legal aid organizations, the NSS conducted legal awareness campaigns to educate students about their rights and legal remedies in cases of gender-based discrimination and violence. <div data-bbox="853 351 1362 591" data-label="Image"> <p>Bhupati Nagar, West Bengal, India 721, near Mugberia Gangadhar Mahavidyalaya, Bhupati Nagar, West Bengal 726206, India Lat 22.600000° Long 87.728700° 20/12/21 01:21 PM</p> </div> <p>Details: Awareness camp rewarding students credit card organized by the NSS Units of the college dated 20.12.21</p> <div data-bbox="853 786 1362 1012" data-label="Image"> <p>Mugberia Gangadhar Mahavidyalaya, Bhupati Nagar, West Bengal 721425, India Latitude 22.60010464° Longitude 87.72881203° Local time 09:55:51 AM Altitude: 32.4 meters Monday, 27-12-2021</p> </div> <p>Details: Awareness program through yoga organized by NSS units of the college on their special winter camp on 27.12.21 https://twitter.com/MugberiaM/status/1475468238699982848/photo/1 </p>

2021-22	<ul style="list-style-type: none"> • Entrepreneurship Bootcamps: The NSS organized entrepreneurship bootcamps to encourage female students to explore entrepreneurial opportunities and start their ventures. Mentors and experts provided guidance and support throughout the entrepreneurial journey. • Gender Equality Surveys: NSS volunteers conducted surveys to assess the prevalence of gender-based discrimination and attitudes towards gender equality among students. The findings were used to develop targeted interventions and awareness campaigns. • Policy Advocacy: The NSS actively engaged in policy advocacy efforts, advocating for gender-sensitive policies and institutional reforms to promote gender equality and women's empowerment. 	 <p>Details: NSS students of Mugberia Gangadhar Mahavidyalaya observed a road safety programme in Bhupatinagar Bazar area .</p>  <p>Details: Workshop on Entrepreneurship skill, Attitude and Behavior Development, organized by NSS units of Mugberia Gangadhar Mahavidyalaya in their special winter camp.</p>
2022-23	<ul style="list-style-type: none"> • Leadership Development Programs: The NSS organized leadership development programs for female students, providing opportunities for them to develop leadership skills, assertiveness, and decision-making abilities. • International Collaboration: The NSS fostered international 	

collaborations with organizations working on gender equality issues, facilitating exchange programs and knowledge sharing initiatives to promote best practices.

- Celebration of Women's Achievements: NSS volunteers organized events to celebrate the achievements and contributions of women in various fields, including academia, sports, arts, and sciences.



Details: (**Health and hygiene**) on 04-01-2023. Health Check up and awareness program organized by NSS units.

<https://twitter.com/Swapank26545954/status/1610623358068215810/photo/1>



Details: 7th day observation of Students' Week ,organized by the NSS units of the College involving the students of the college in the seminar on Digital Education, dated 07.01.23

<https://twitter.com/Swapank26545954/status/1611750461316698115/photo/1>



Details: NSS units of the College are engaged the cleaning program in the College garden, dated 20.07.2023

<https://twitter.com/Swapank26545954/status/1682049036378050561/phot>

[o/1](#)



Details: On the occasion of "ARANYA SAPTAHA CELEBRATION" Org. By: NSS Unit-I,II and III in collaboration with Mugberia Gram Panchayat, Purba Medinipur, West-Bengal, on 20th July, 2023, Venue: Bhupatinagar adopted Village.

<https://twitter.com/Swapank26545954/status/1682435630729662465/photo/1>



Details: Cycle Rally For Girls on the occasion of "10th Kanyashree Day" celebration on 14th August, 2023. Org by NSS Unit- I, II and III, Mugberia Gangadhar Mahavidyalaya in collaboration with Bhagwanpur-II Panchayat Samiti, Bhupatinagar, Purba Medinipur, W.B.

<https://twitter.com/MugberiaM/status/1691143791296888832/photo/1>



Pic: Workshop on Entrepreneurship skill, Attitude and Behavior Development, organized by NSS units of Mugberia Gangadhar Mahavidyalaya in their special winter camp.

	Courtesy: https://twitter.com/Swapank26545954/status/1618906875080355840/photo/4
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Potential Outcomes:

- **Increased Awareness:** Participants gained a deeper understanding of gender issues and the importance of promoting gender equity and women's empowerment.
- **Empowered Volunteers:** NSS volunteers felt empowered to challenge gender stereotypes, advocate for gender equality, and take action to address gender-based inequalities in their communities.
- **Community Impact:** Gender equity-based NSS programs had a positive impact on the broader community, fostering a culture of respect, inclusion, and gender equality.
- **Long-term Change:** These initiatives laid the foundation for long-term change by promoting attitudes and behaviors that support gender equity and women's rights, both within the college community and in society at large.

Conclusion:

The gender equity-based NSS programs at Mugberia Gangadhar Mahavidyalaya have played a crucial role in promoting gender equality, empowering individuals, and fostering a culture of inclusivity and respect. Through awareness, education, and action, these initiatives have contributed to challenging stereotypes, addressing inequalities, and advancing women's rights and gender equity. As the college continues its commitment to promoting gender equality, it remains dedicated to organizing gender equity-based NSS programs that empower individuals to create positive change and build a more equitable and inclusive society.

C. Facilities and Codes in College

Introduction:

In alignment with contemporary social values and educational principles, Mugberia Gangadhar Mahavidyalaya has instituted a robust framework of codes and facilities centered around fostering gender equity within its campus. Grounded in the ethos of inclusivity and respect for diversity, these initiatives aim to create an environment where all members of the college community—regardless of gender identity—can thrive, contribute meaningfully, and pursue their academic and personal aspirations without prejudice or discrimination. The implementation of such codes and facilities underscores the college's unwavering commitment to promoting gender equality, ensuring equitable access to opportunities, and nurturing a culture of mutual respect and understanding. Through the conscientious integration of these measures, Mugberia Gangadhar Mahavidyalaya endeavors to set a precedent for educational institutions, emphasizing the importance of gender equity as a cornerstone of academic excellence and social progress.

Overview:

Mugberia Gangadhar Mahavidyalaya has taken several steps to promote and ensure gender parity. The institution has launched a number of initiatives to promote and ensure gender equity at all levels, including rights, benefits, obligations, and opportunities. We treat both men and women fairly, according to their various requirements, by creating an environment in which everyone, regardless of gender, feels secure to engage in activities such as studying, teaching, and working.



- **Dr. Krishna Basu Thakur**, Associate Professor in Philosophy, Yogoda Satsanga Palpara Mahavidyalaya, is a prominent member of the **Governing Body** of **Mugberia Gangadhar Mahavidyalaya**.

Safety and Regulations:

Mugberia Gangadhar Mahavidyalaya is committed to creating a gender-positive environment where all students feel safe, supported, and empowered to pursue their academic and personal goals. In line with this commitment, the college provides specific facilities for female students aimed at promoting their well-being, security, and sense of belonging. This report provides a comprehensive overview of the specific facilities offered to female students to foster a gender-positive environment on campus.

24*7 SECURITY AND CCTV SURVEILLANCE

One of the primary concerns for ensuring a gender-positive environment is the safety and security of students. To address this, Mugberia Gangadhar Mahavidyalaya maintains round-the-clock security with trained security guards stationed at various points across the campus. Additionally, the entire campus is equipped with CCTV surveillance cameras to monitor activities and deter any untoward incidents. This proactive approach to security instills confidence among female students and creates a safe learning environment conducive to their academic and personal growth.

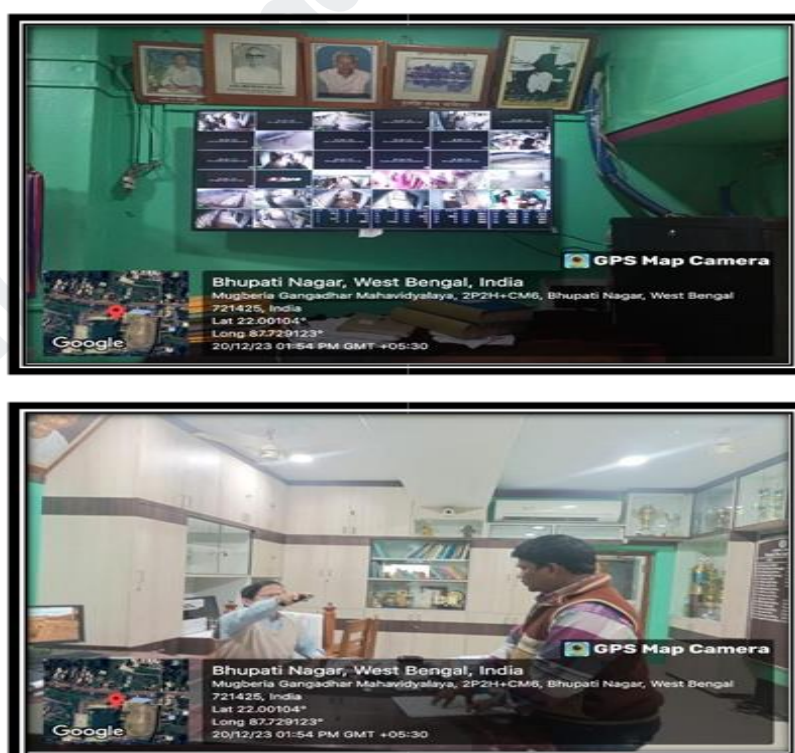


Fig: CCTV Surveillance Controlled by Principal

SEPARATE HOSTELS WITH EQUAL FACILITIES

Separate Accommodation: College prioritizes comfortable and secure housing, designating separate hostels for male and female students, each with modern amenities.

Female-specific Facilities: Female students enjoy spacious and well-maintained living quarters, ensuring privacy and comfort, overseen by dedicated wardens for supervision, support, and guidance.

Gender-Positive Environment: College's commitment to safety, inclusivity, and respect evident through 24*7 security, CCTV surveillance, and equal facilities in female hostels.

Thriving Environment: By addressing the needs and concerns of female students, the college aims to create a supportive environment where all students can thrive academically and personally.



Fig: Separate Hostels for Boys and Girls

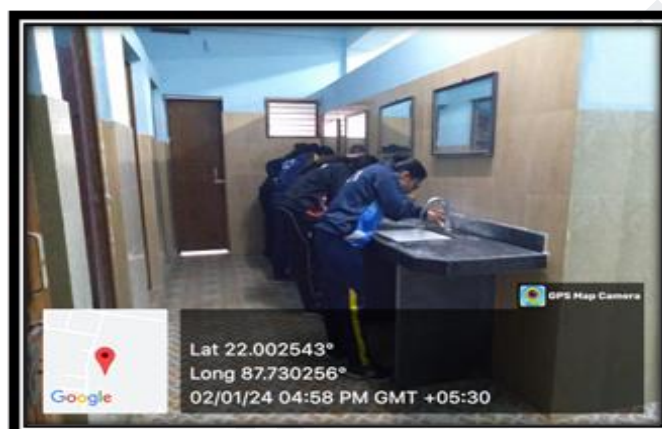
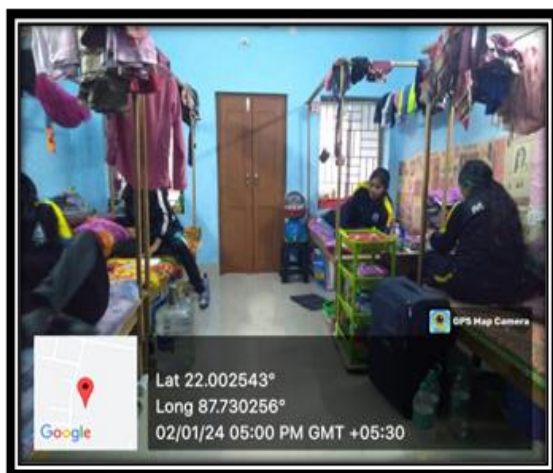


Fig: Facilities for Girl in hostel

SPECIAL FACILITIES FOR GIRLS IN THE CAMPUS

At Mugberia Gangadhar Mahavidyalaya, we prioritize creating an inclusive environment that caters to the unique needs and preferences of our female students. In addition to ensuring their safety and security, we provide a range of special facilities designed to enhance their comfort, privacy, and overall well-being. This report outlines the specific facilities and amenities available to female students, along with recent enhancements aimed at promoting inclusivity and addressing menstrual hygiene awareness.

Separate washrooms with enhanced amenities

Recognizing the importance of privacy and hygiene, our college maintains separate washrooms for girls and boys. These washrooms are meticulously maintained and equipped with modern amenities to ensure the comfort and convenience of our female students. Our commitment to cleanliness and accessibility extends to all areas of the campus, fostering a welcoming environment where students can feel at ease and focus on their academic pursuits.

□ Separate washroom for girls and boys

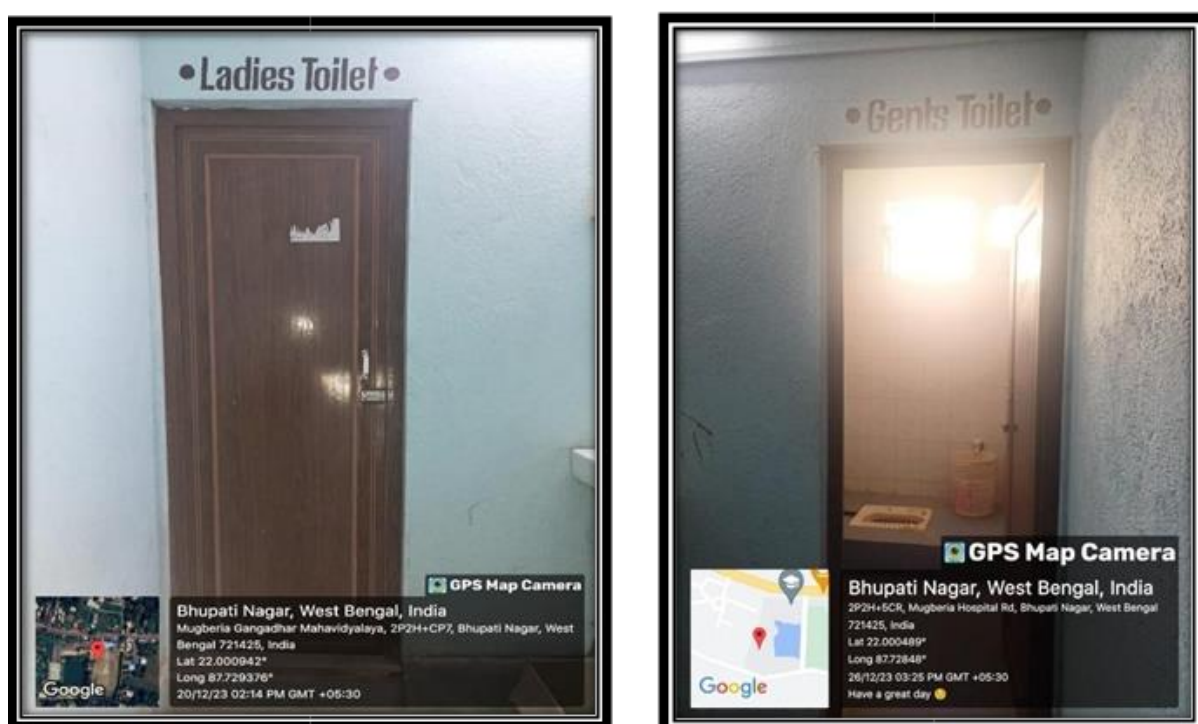


Fig: Separate Washroom for Ladies and Gents

Dedicated Girls' Common Room with Female Attendance

To provide a dedicated space for relaxation, collaboration, and study, we have established a girls' common room equipped with comfortable seating, study tables, and recreational amenities. Female attendants are stationed in the common room to provide assistance and support as needed, ensuring that female students feel safe and supported while utilizing this space. The common room serves as a hub of activity where students can socialize, unwind, and engage in meaningful interactions, contributing to a sense of community and belonging on campus.



Fig: Girls Common Room with Female Attendance

Sanitary Napkin Vending Machine

In line with our commitment to promoting menstrual hygiene awareness and combatting taboos surrounding menstruation, we have installed a sanitary napkin vending machine in the girls' common room. This initiative aims to make menstrual hygiene products readily accessible to female students, eliminating barriers to access and fostering a culture of openness and acceptance around menstrual health. By providing convenient access to sanitary napkins, we empower our female students to manage their menstrual health with dignity and confidence, contributing to their overall well-being and academic success.



Fig: Sanitary Napkin Vending Machine

At Mugberia Gangadhar Mahavidyalaya, we are dedicated to providing a safe, inclusive, and supportive environment where all students can thrive and succeed. By prioritizing the needs of our female students and implementing initiatives to promote menstrual hygiene awareness and combat stigma, we reaffirm our commitment to fostering a gender-positive campus culture. Moving forward, we will continue to invest in facilities, programs, and resources that promote inclusivity, empower women, and create a welcoming environment for all members of our college community.

Student's Grievance box and Complaint Box



Women cell's activities

Women cells engage in various activities to empower and support female students. Women empowerment involves fostering an environment where women have equal opportunities, rights, and choices. It aims to enhance women's social, economic, and political status, encouraging them to pursue their goals, challenge stereotypes, and contribute actively to society. Empowering women is essential for building a more equitable and just world.

Structure of Women's Cell or Bishakha Cell:


Sl No.	Name	Position	Contact No
1.	Dr. Swapan Kr. Mishra	Chairman	9002275816
2.	Smt. Jonaki Biswas	Convenor	8918438311
3.	Dr. Sutapa Saha	Member	6290869467
4.	Smt. Taniya Neogi	Member	8777012620
5.	Smt. Irani Banerjee Chatterjee	Member	9836930593
6.	Smt. Subha Sahoo Jana	Member	9434361092
7.	Smt. Ranita Bain	Member	9330083349
8.	Suparna Das	Member	9907136974


Internal Complaint Committee:

Sl No.	Name	Position	Contact No
1.	Dr. Swapan Kr. Mishra	Chairman	9002275816
2.	Smt. Jonaki Biswas	Convenor	8918438311
3.	Dr. Sutapa Saha	Member	6290869467
4.	Smt. Taniya Neogi	Member	8777012620
5.	Suparna Das	Member	9907136974

Milestones:

Academic Year	Key Highlights
2018-19	<ul style="list-style-type: none"> • Awareness Campaigns: The Women Cell launched a series of awareness campaigns focusing on gender equality, women's rights, and women's health issues. These campaigns included workshops, seminars, and panel discussions featuring renowned speakers and experts in the field. • Skill Development Workshops: Several skill development workshops were organized to enhance the employability and leadership skills of female students. Topics covered included communication skills, self-defense, financial literacy, and entrepreneurship. • Counseling Services: The Women Cell introduced counseling services for female students, providing them with a supportive and confidential space to discuss personal or academic challenges.
2019-20	<ul style="list-style-type: none"> • Health and Wellness Initiatives: The Women Cell expanded its focus on women's health and wellness by organizing health camps, yoga sessions, and stress management workshops. These initiatives aimed to promote holistic well-being among female students. • Career Guidance Workshops: Specialized career guidance workshops were conducted to assist female students in exploring career opportunities, developing career plans, and navigating the job market. • Community Outreach Programs: The Women Cell initiated community outreach programs to raise awareness about gender-based issues and promote women's rights in the wider community.
2020-21	<ul style="list-style-type: none"> • Celebration of Women's Achievements: The Women Cell organized events to celebrate the achievements and contributions of women in various fields. These events included awards ceremonies, guest lectures, and cultural performances showcasing the talents of female students. • Legal Awareness Workshops: Workshops on legal rights and empowerment were conducted to educate female students about their legal rights and avenues for seeking

	redressal in cases of gender-based discrimination or harassment.
2021-22	<ul style="list-style-type: none"> • Gender Sensitization Programs: Special emphasis was placed on gender sensitization programs aimed at promoting understanding and empathy among students. These programs included role-playing exercises, film screenings, and interactive discussions on gender stereotypes and biases. • Leadership Development Initiatives: The Women Cell launched leadership development initiatives to empower female students to take on leadership roles and advocate for gender equality within the college and beyond. • Research and Advocacy: The Women Cell engaged in research projects and advocacy campaigns on gender-related issues, contributing to evidence-based policymaking and social reform efforts.
2022-23	<ul style="list-style-type: none"> • Women's Empowerment Seminars: Seminars focusing on women's empowerment, leadership, and entrepreneurship were organized to inspire and motivate female students to pursue their goals and aspirations. • Peer Support Groups: Peer support groups were established to provide female students with a supportive network of peers to share experiences, offer encouragement, and provide mutual support. • Impact Assessment and Feedback: The Women Cell conducted an impact assessment to evaluate the effectiveness of its programs and gather feedback from female students. This feedback was used to inform future initiatives and ensure continuous improvement. 

	<p>Details: Observation of International Girl Child Day, organized by the department of Physical Education in association with Women Cell of Mugberia Gangadhar Mahavidyalaya, Dated 24.01.23</p> 
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Women's Football team:

Women's football team of the college participates in the University Level football competition.

Team Establishment and Growth:

The Women's Football Team was established with the vision of providing female students with opportunities to engage in competitive sports and promote a culture of athleticism and empowerment. Over the years, the team has grown in strength and numbers, attracting talented athletes from diverse backgrounds and skill levels.

Training and Development:

Under the guidance of dedicated coaches and mentors, the Women's Football Team has undergone rigorous training and development programs aimed at honing their skills, improving their fitness levels, and fostering teamwork and camaraderie. Regular practice sessions, tactical drills, and physical conditioning have contributed to the team's overall growth and success.

Achievements and Successes:

The Women's Football Team has achieved numerous accolades and successes on both the regional and national stages. Their impressive performance in intercollegiate tournaments, championships, and friendly matches has garnered admiration and

recognition from peers, spectators, and the wider community. The team's victories serve as a testament to their talent, dedication, and sportsmanship.

Impact and Influence:

Beyond the realm of sports, the Women's Football Team has had a profound impact on the college community, inspiring students to pursue their passions, break barriers, and strive for excellence. Their success has shattered stereotypes and challenged traditional notions of gender roles, paving the way for greater inclusivity and diversity in sports.

Community Engagement and Outreach:

The Women's Football Team actively engages in community outreach and social initiatives aimed at promoting the importance of sportsmanship, teamwork, and physical fitness. Through participation in charity events, coaching clinics, and awareness campaigns, the team serves as ambassadors for positive change and social responsibility.

Legacy and Future Directions:

As the Women's Football Team continues to evolve and grow, it leaves behind a lasting legacy of empowerment, resilience, and unity. Their achievements serve as inspiration for future generations of female athletes, encouraging them to dream big, work hard, and never give up on their goals. Moving forward, the team remains committed to pushing boundaries, breaking barriers, and making a lasting impact in the world of sports.

Conclusion:

The Women's Football Team at Mugberia Gangadhar Mahavidyalaya represents the epitome of sportsmanship, perseverance, and excellence. Through their journey of growth, achievements, and impact, the team has transcended boundaries and inspired individuals to reach for the stars. As we celebrate their successes, we recognize the profound significance of the Women's Football Team in shaping a culture of athleticism, empowerment, and inclusivity within the college community and beyond.



- Workshop on Entrepreneurship skill, Attitude and Behavior Development, organized by NSS units of Mugberia Gangadhar Mahavidyalaya in their special winter camp.

Food Carnival:

Introduction:

The Food Carnival organized by Mugberia Gangadhar Mahavidyalaya was a celebration of culinary diversity and talent, with a significant emphasis on promoting gender equity and inclusivity. This event provided a platform for both male and female participants to showcase their culinary skills, breaking down traditional gender stereotypes and fostering a culture of equality and empowerment within the college community.

Program Highlights:

- **Gender-Inclusive Competitions:** The Food Carnival featured cooking competitions and food stalls where both male and female students participated on equal footing, emphasizing that culinary talent knows no gender boundaries.
- **Encouraging Female Participation:** Special efforts were made to encourage female students to participate actively in the Food Carnival, highlighting their culinary talents and promoting their representation in traditionally male-dominated culinary spaces.
- **Cultural Diversity:** Female participants played a vital role in showcasing the rich cultural diversity of our college community through their culinary creations, contributing recipes and dishes from various regions and communities.

- **Skill Development Opportunities:** The Food Carnival provided valuable skill development opportunities for female participants, allowing them to refine their cooking techniques, experiment with new recipes, and gain confidence in their culinary abilities.
- **Promotion of Healthy Eating:** Female participants actively promoted healthy eating habits and nutrition through their culinary creations, reinforcing the importance of balanced diets and mindful eating practices for overall well-being.



Pic: Food carnival was arranged by college students in the college campus.

Outcomes:

- **Gender Equity:** The active participation of female students in the Food Carnival promoted gender equity and challenged traditional gender roles in the culinary arts, reinforcing the message that cooking is a skill that anyone can master, regardless of gender.
- **Empowerment:** Female participants felt empowered to showcase their culinary talents and contribute to the vibrant food culture of the college community, breaking stereotypes and barriers that may have limited their participation in such events in the past.
- **Community Engagement:** The Food Carnival served as a platform for fostering community engagement and social interaction, bringing together students, faculty, and staff from diverse backgrounds to celebrate culinary diversity and talent.

- **Cultural Appreciation:** Female participants' contributions to the Food Carnival highlighted the importance of cultural appreciation and understanding, promoting dialogue and mutual respect among individuals from different cultural backgrounds.

Conclusion:

The Food Carnival at Mugberia Gangadhar Mahavidyalaya not only celebrated culinary diversity and talent but also served as a powerful vehicle for promoting gender equity and inclusivity within the college community. By actively encouraging and showcasing female participation, the event reinforced the college's commitment to creating an environment where all individuals, regardless of gender, feel empowered to pursue their passions and showcase their talents. As the college continues to organize similar events, it remains dedicated to promoting gender equity and empowering all students to thrive and succeed in their chosen endeavors.

Social work

- 1. Awareness programme and health camp at Mugberia Rural Hospital, organized by Dept of Nutrition, Mugberia Gangadhar Mahavidyalaya on 30.06.2023.**



<https://twitter.com/Swapank26545954/status/1674796196563656715/photo/3>

On June 30, 2023, Mugberia Gangadhar Mahavidyalaya's Department of Nutrition organized a transformative Awareness Programme and Health Camp at Mugberia Rural Hospital. This collaborative effort aimed to raise health awareness and provide essential services to underserved rural communities. Faculty, students, and healthcare

professionals dedicated themselves to topics like nutrition, hygiene, maternal health, and disease prevention. The Health Camp offered free consultations, screenings, and tests, emphasizing early intervention. The event fostered community engagement, empowering participants with practical knowledge. As we reflect, this initiative exemplifies our commitment to community health, showcasing the impact of collaborative efforts and community engagement on well-being. Mugberia Gangadhar Mahavidyalaya remains dedicated to positive change through health, education, and empowerment initiatives.

Women Empowerment:

Women empowerment in colleges is a multifaceted endeavor that involves promoting gender equality, fostering inclusive environments, and providing opportunities for women to excel in academic, professional, and extracurricular domains. While significant progress has been made in recent years, challenges persist, ranging from systemic barriers to cultural norms that perpetuate gender inequality. This report aims to provide a comprehensive overview of women empowerment in colleges, highlighting the dilemmas faced, proposing solutions, and showcasing positive steps taken by institutions to empower women.

Physical Fitness

In a groundbreaking initiative aimed at promoting empowerment and self-defense, a Karate event exclusively for women was organized, symbolizing strength, resilience, and unity. This event not only celebrated the physical prowess of women but also underscored the importance of empowerment in all aspects of life.



Fig: Karate Training

Positive Steps Taken by Colleges:

- Expansion of Sports Programs:
 - Many colleges have expanded their sports programs to include a wider range of activities and disciplines, catering to diverse interests and preferences among students. This expansion provides more opportunities for students to engage in physical fitness activities that align with their interests and abilities.

Investment in Sports Facilities:

Promotion of Female Leadership:

Implementation of Gender Equity Policies

Celebration of Female Athletes

Special Facilities:

1. **Kiranbala Memorial Prize** after the name of the mother of Late Manomay Nanda is awarded either in cash or in books to the following categories of students.
 - a. Student Securing highest marks in Part III Honours University Examination.
 - b. Student securing highest marks in Political Science Honours Part II examination.
2. **Sri Kamalesh Sanbigravi** has donated fund in memory of his father and the prize is named 'Sri Kesh Sanbigravi Memorial Prize'. It is awarded either in cash or in kinds to the student who secures highest mark in Part III Bengali Honours in University Examination.
3. **Dr. Prafulla Kumar Paria & Mrs. Asha Paria** were generous to award two prizes to the first & the second rank holders in the Part III final examination with Chemistry Honours in the sacred memory of their father late Dinanath Paria and Uncle Rajani Kanta Paria.
4. **Sri Bhupati Charan Misra** was generous to award three prizes to the following highest marks in Part III University Examination in **Sanskrit Honours, Accountancy Honours and Mathematics Honours** in the memory of his maternal uncle Late Adyanath Tripathi, in the memory of his mother and

in the memory of his mother **Late Kulalaksmi in the memory of his father Late Bama Charan Mishra** respectively.

5. **Smt. Chabi Santra** was generous to award two prizes to the first & the second rank holders in Part III Final Examination in **Political Science** in the memory of her respected husband & the prize is named '**Samarendra Memorial Prize**'.
6. **Prof. Omkar Prasad Roy** has arranged for a prize of Rs. **30,000** to be given to the girl student ranking first in the Part III Honours Final Examination in the memory of his mother **Sushila Roy**.
7. The student getting highest marks (50%) in each honours in the Part I & Part II Examinations will be awarded prizes by the college. Also the toppers of General Subjects in Part I & Part II will be awarded Prizes.

In conclusion, colleges play a critical role in promoting gender equity in physical fitness by addressing challenges, implementing strategies, and taking positive steps to create an inclusive and supportive sports environment. By expanding sports programs, investing in facilities, promoting female leadership, implementing gender equity policies, and celebrating the achievements of female athletes, colleges demonstrate a commitment to fostering a culture of inclusivity, equality, and empowerment within their sports programs.

However, while progress has been made, challenges such as gender stereotypes, unequal access to resources, and gender-based discrimination persist. It is essential for colleges to continue their efforts to address these challenges and create a sports environment where all individuals, regardless of gender, feel welcome, valued, and supported in their pursuit of physical fitness and well-being.

Moving forward, colleges must remain vigilant in their commitment to promoting gender equity in physical fitness and continue to advocate for policies and initiatives that support the participation and success of all students in sports. By working together to create a more inclusive and equitable sports environment, colleges can empower students to lead healthy, active lifestyles and realize their full potential in sports and physical fitness activities.

Other Initiatives:

2. Seminar On Drug Abuse, 2019

2019, our college organized a seminar on awareness on drug abuse as part of our ongoing commitment to promoting student well-being and fostering a drug-free

campus environment. The seminar aimed to educate students about the risks and consequences of drug abuse, raise awareness about available resources and support services, and empower them to make informed choices regarding substance use.



The seminar featured expert speakers from various fields, including healthcare professionals, addiction counselors, and law enforcement officials, who shared their insights and experiences on the impact of drug abuse on individuals, families, and communities. Through informative presentations, interactive discussions, and real-life case studies, students gained a deeper understanding of the prevalence of drug abuse, common risk factors, and signs of addiction.

Moreover, the seminar highlighted the importance of early intervention and prevention strategies in addressing drug abuse issues. Students were encouraged to seek help if they or someone they know were struggling with substance abuse and were provided with information about local treatment centers, support groups, and hotlines.

Overall, the seminar on awareness on drug abuse served as a valuable platform for students to learn about the dangers of substance abuse, destigmatize discussions surrounding addiction, and access resources to support their well-being. By empowering students with knowledge and resources, our college remains committed to creating a safe and healthy environment conducive to academic success and personal growth.

3. Inauguration of Bijoy Kiran women Hostel in our Mugberia Gangadhar Mahavidyalaya at 15.11.21

Mugberia Gangadhar Mahavidyalaya proudly inaugurated the Bijoy Kiran Women Hostel on November 15, 2021, ushering in a new era of gender equity and student welfare. The ceremony, graced by dignitaries, faculty, and community leaders, celebrated the commitment to fostering a nurturing environment for female students. With speeches resonating empowerment and gratitude, the hostel, a blend of modern amenities and thoughtful design, was unveiled. The inauguration marked not just a physical structure but a symbol of hope and opportunity. As its doors opened to residents, the Bijoy Kiran Women Hostel became a sanctuary of empowerment, promising a brighter future for its inhabitants.



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4. Preparation strategy for Government food safety examination, organized by the department of Nutrition, speaker, Dr Debastotra Poddar, Assistant Professor, Belda College Dated 30.01.23

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya orchestrated a transformative event for aspiring food safety professionals. Led by esteemed speaker



Dr. Debastotra Poddar, the Preparation Strategy for Government Food Safety Examination on January 30, 2023, was a journey towards excellence. Dr. Poddar's insightful guidance navigated participants through regulations, critical thinking, and practical applications. The session fostered a collaborative learning environment, igniting minds with wisdom and encouraging questions. As participants departed, armed with knowledge and determination, the event stands as a beacon of academic excellence and professional advancement. Mugberia Gangadhar Mahavidyalaya remains dedicated to empowering leaders for a safer, healthier future.

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5. Workshop on Entrepreneurship and Innovation as Career Opportunities organized by the department of Nutrition in association with IIC of Mugberia Gangadhar Mahavidyalaya, Dated 30.01.23

Mugberia Gangadhar Mahavidyalaya's Department of Nutrition, in collaboration with the Institution's Innovation Council (IIC), recently hosted a dynamic Workshop on Entrepreneurship and Innovation as Career Opportunities. This transformative event, held on January 30, 2023, ignited entrepreneurial fervor and innovative thinking among budding nutrition professionals. Guided by industry experts, the workshop provided invaluable insights into entrepreneurship, innovation, and the transformative power of disruptive ideas in the nutrition field. With engaging presentations and real-world perspectives, participants gained the knowledge and inspiration needed to embark on their entrepreneurial journey. The event stands as a testament to the institution's commitment to nurturing innovation and excellence among its students.



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6. **My story- Motivational Session by successful Entrepreneur Sri Arun Kar a proprietor of Joyanti Enterprise, Purba Medinipur, West Bengal, organized by IIC, Mugberia Gangadhar Mahavidyalaya with the students M- 26, F- 07, Teachers M- 05, F- 01, Dated 07.02.23**



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Mugberia Gangadhar Mahavidyalaya's Institution's Innovation Council (IIC) hosted a captivating Motivational Session, "My Story," featuring esteemed entrepreneur Sri Arun Kar. Held on February 7, 2023, the session unfolded as a narrative of perseverance and triumph, inspiring students and faculty. Sri Arun Kar shared his entrepreneurial journey, emphasizing resilience and commitment. The session provided practical insights into business strategy and market dynamics, fostering interactive engagement. Participants left with renewed motivation and a sense of purpose, as Sri Arun Kar's words sparked inspiration. The event, a testament to perseverance and determination, showcases the transformative impact of personal stories on achieving greatness.

7. **Workshop on I. P. R and IP management for Start up Under IIC calender activity QIII held on 30.06.23 in S N Bose Hall of the College. Speaker Sri Amiya Kalidaha, Senior Scientific Officer, Science and Technology and Biotechnology, W. B. About 100 students (M 34 F 66) 9 Teachers.**



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On June 30, 2023, Mugberia Gangadhar Mahavidyalaya hosted a highly successful Workshop on Intellectual Property Rights (IPR) and IP Management for Start-ups. The event, part of the Institutional Innovation Council's activities, aimed to provide essential knowledge for budding entrepreneurs navigating the complex landscape of intellectual property. Renowned speaker Sri Amiya Kalidaha, a Senior Scientific Officer, shared invaluable insights, covering various aspects of intellectual property rights and management. Participants gained practical skills, from conducting IP audits to drafting patent applications, fostering a deep appreciation for intellectual property's strategic role in innovation and business growth. The workshop, marked by engaging discussions and real-world examples, equipped attendees with a toolkit to safeguard their innovations and maximize intellectual capital in a competitive marketplace. As we reflect on this success, Mugberia Gangadhar Mahavidyalaya reaffirms its commitment to nurturing a culture of innovation and entrepreneurship for lasting impact.

8. Inter College District football competition both boy's and girls, organized by the students union of the college and sponsor by JSW , dated 30.06.2023



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Mugberia Gangadhar Mahavidyalaya, in collaboration with JSW, recently hosted the Inter-College District Football Competition on June 30, 2023. This exciting event brought together talented athletes from various colleges, fostering sportsmanship, camaraderie, and healthy competition. Under the sponsorship of JSW, the competition showcased the transformative power of sports in uniting communities and empowering young athletes. Beyond the exhilarating matches, the event highlighted the universal appeal of football as a unifying force, transcending boundaries and fostering inclusivity. As participants and spectators departed, the competition left a lasting impact, emphasizing the enduring legacy of sportsmanship, teamwork, and the indomitable spirit of youth. This memorable occasion serves as a reminder of the profound impact sports can have in building a brighter future for generations to come.

9. Session on " How to plan for Start up and legal & Ethical Steps" organised by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya, Speaker Ms Sruti Mandal, M.Tech, Assistant Professor, . Dated on: 09/08/2023.



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On August 9, 2023, Mugberia Gangadhar Mahavidyalaya's Department of Nutrition hosted an impactful session on "How to Plan for Startup and Legal & Ethical Steps." Led by Ms. Sruti Mandal, Assistant Professor and seasoned expert in entrepreneurship, the event provided aspiring entrepreneurs with valuable insights into startup planning, market research, and legal and ethical considerations. Through engaging presentations and interactive discussions, participants gained a comprehensive understanding of crafting business plans and adhering to legal frameworks. The session's interactive nature encouraged meaningful dialogue and

knowledge exchange, fostering a collaborative learning environment. Participants left with actionable insights, inspired to pursue their entrepreneurial dreams with integrity and resilience. This initiative reflects the institution's commitment to nurturing entrepreneurship and empowering students for success in their ventures. Mugberia Gangadhar Mahavidyalaya remains dedicated to providing platforms that enable students to realize their full potential and make a positive impact in the world.

10.Session/Workshop on Business Model Canvas (BMC) organised by Department of Nutrition, Mugberia Gangadhar Mahavidyalaya, Speaker Ms. Sruti Mandal, M.Tech. Dated on 09/08/2023.



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On August 9, 2023, the Department of Nutrition at Mugberia Gangadhar Mahavidyalaya hosted an enriching session/workshop on Business Model Canvas (BMC), led by Ms. Sruti Mandal, M.Tech. The session aimed to empower students and aspiring entrepreneurs with the knowledge and skills to create innovative and sustainable business models. Through interactive discussions, real-world examples, and hands-on activities, participants gained a comprehensive understanding of the BMC components. Ms. Sruti Mandal's expertise and engaging delivery inspired critical thinking and strategic planning, fostering a culture of innovation. The session equipped participants with practical skills to refine and optimize business models, conduct market research, and create sustainable revenue streams. As the session concluded, participants left with newfound confidence and competence to drive entrepreneurial success, contributing to the growth and prosperity of the wider community. This initiative exemplifies Mugberia Gangadhar Mahavidyalaya's commitment to fostering innovation, creativity, and entrepreneurship among its students.

10.1 day National Seminar on Narir Kalame Rachita ekush sataker Bangla Upannas O Narir Khamatayan, orga. by the Dept.of Beng, M. G. M,

Speaker Prof Satyabati Giri, Dr Anindita Bandapadhyya, Dr Sabitri Nanda Chakraborty and Dr Sampan Chakraborty, dated 11.08.23



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On August 11, 2023, the Department of Bengali at Mugberia Gangadhar Mahavidyalaya organized a prestigious One-Day National Seminar focusing on "Narir Kalame Rachita Ekush Sataker Bangla Upannas O Narir Khamatayan" (Women's Representation in Bengali Novels of the Twentieth Century and Women's Criticism). The seminar brought together distinguished scholars, including Prof. Satyabati Giri, Dr. Anindita Bandapadhyya, Dr. Sabitri Nanda Chakraborty, and Dr. Sampan Chakraborty, to explore and analyze the portrayal of women in Bengali literature. The event featured thought-provoking discussions, scholarly perspectives, and critical analyses, fostering a deeper understanding of the complex interplay between literature, gender, and society. Participants, including budding scholars and students, left with enriched perspectives and a renewed commitment to advancing the study of women's literature and gender issues in Bengali literature. The seminar exemplifies Mugberia Gangadhar Mahavidyalaya's dedication to academic excellence and promoting scholarly inquiry on socio-cultural issues.

11. Awareness program in Anti-ragging organised by the Department of Nutrition of Mugberia Gangadhar Mahavidyalaya, dated 17.08.2023



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11. A state level Seminar on Sustainable Development: Issues and challenges, organised by the Department of Commerce of Mugberia Gangadhar Mahavidyalaya, dated 19.08.2023



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Mugberia Gangadhar Mahavidyalaya's Department of Commerce successfully organized a State-Level Seminar on Sustainable Development on August 19, 2023. This impactful event convened scholars, experts, policymakers, and students to discuss and exchange ideas on pressing sustainability issues. Through keynote addresses, panel discussions, and interactive workshops, participants explored solutions for integrating sustainability principles into policies, business practices, and community initiatives. The seminar, a testament to the institution's commitment to academic excellence and social responsibility, served as a catalyst for collaboration and dialogue among stakeholders. Participants left with a renewed sense of purpose, contributing valuable insights for policymakers, practitioners, and researchers working towards achieving Sustainable Development Goals. The event not only promoted informed decision-making but also underscored Mugberia Gangadhar

Mahavidyalaya's dedication to building a resilient and inclusive society through education and collaboration.

12. Weekend yoga class organized by Dept of Nutrition Mugberia Gangadhar Mahavidyalaya on 19.08.2023. Teacher: Dr. Apurba Giri, Total Student Participants -120.



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Mugberia Gangadhar Mahavidyalaya's Department of Nutrition organized a rejuvenating Weekend Yoga Class on August 19, 2023, promoting wellness and holistic health among students and faculty. Led by experienced instructor Dr. Apurba Giri, the class included gentle stretches, mindful breathing, and guided meditation, catering to participants of all levels. The tranquil atmosphere allowed participants to escape daily stress, fostering relaxation and rejuvenation. The initiative reflects the college's commitment to holistic well-being, empowering individuals to prioritize health and mindfulness. The Weekend Yoga Class stands as a testament to Mugberia Gangadhar Mahavidyalaya's dedication to creating a culture of wellness and self-care on campus.

13. Programme end career counselling program and coffee party with final year students (3rd Year Nutrition Hons) and teachers, organized by 2nd year B.Sc Nutrition Hons Students, Mugberia Gangadhar Mahavidyalaya on 14.08.2023.



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Mugberia Gangadhar Mahavidyalaya's 2nd-year B.Sc Nutrition Hons students organized a vibrant Career Counseling Program and Coffee Party on August 14, 2023. The event featured professionals and alumni sharing insights on nutrition careers, job opportunities, and professional development. The Coffee Party provided a relaxed atmosphere for students and teachers to connect, celebrate achievements, and express gratitude. This initiative reflects the college's commitment to holistic student development, mentorship, and fostering a supportive learning environment. The event left a lasting impact, inspiring students with confidence and optimism for their future careers.

14. Certificate distribution ceremony of Thirty hours Workshop cum certificate course on Terracotta Clay Modeling: Making & it's Uses, organised by the department of History, Mugberia Gangadhar Mahavidyalaya, dated 22.08.23



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Mugberia Gangadhar Mahavidyalaya's Department of History organized a lively Certificate Distribution Ceremony on August 22, 2023, to commemorate the successful completion of a Thirty-Hour Workshop on Terracotta Clay Modeling. The event celebrated participants' dedication and artistic achievements under expert guidance. Certificates were presented, acknowledging participants' commitment and talent. The ceremony included an art showcase, allowing attendees to appreciate the diverse creations. Participants expressed gratitude and reflected on their artistic journey, leaving with a sense of accomplishment and inspiration. The event showcased the college's commitment to artistic excellence, cultural heritage, and lifelong learning.

15. Career counselling programme conducted by the Department of B.Voc Tourism and Hotel Management, dated 23.08. 2023



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Mugberia Gangadhar Mahavidyalaya's Department of B.Voc Tourism and Hotel Management organized a comprehensive Career Counseling Program on August 23, 2023. The event featured industry professionals, experts, and alumni providing valuable insights into diverse career paths within tourism and hotel management. Through interactive sessions, panel discussions, and networking opportunities, students gained practical advice and knowledge, empowering them to make informed decisions about their future careers. The program emphasized the importance of experiential learning and practical training to enhance employability, reflecting the department's commitment to preparing students for success in the dynamic hospitality sector.

16. In the eve of World Entrepreneurship Day A workshop on Prototype/Process Design and Development, dated 25.08.2023, Speaker- Sumanta Banerjee



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Mugberia Gangadhar Mahavidyalaya marked World Entrepreneurship Day on August 25, 2023, with an impactful workshop on Prototype/Process Design and Development. Led by expert Sumanta Banerjee, the event empowered participants, including aspiring entrepreneurs, students, and industry professionals, with practical insights into transforming innovative ideas into successful ventures. The workshop, emphasizing key principles and strategies, reflected the institution's dedication to fostering entrepreneurship, innovation, and economic growth within the community. Participants left with newfound confidence and determination to navigate the entrepreneurial journey.

17. Weekend yoga class organized by Dept of Nutrition, Mugberia Gangadhar Mahavidyalaya on 26.08.2023. Participated students-67



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Mugberia Gangadhar Mahavidyalaya's Department of Nutrition hosted a rejuvenating Weekend Yoga Class on August 26, 2023, providing students with a tranquil break from academic pressures. Led by experienced instructors, the session offered a holistic experience, blending gentle yoga, mindful breathing, and meditation. The class aimed to promote wellness, resilience, and a deeper connection between mind and body, exemplifying the college's commitment to fostering a culture of holistic well-being and self-care. Participants left feeling refreshed, invigorated, and inspired to navigate academic challenges with clarity and balance.

18. Observation of World creativity and Innovation Day, organized by IIC in association with Food processing Department, Mugberia Gangadhar Mahavidyalaya, dated 29.08.23



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Mugberia Gangadhar Mahavidyalaya celebrated World Creativity and Innovation Day on August 29, 2023, in collaboration with the Institution's Innovation Council (IIC) and the Food Processing Department. The event featured an inspiring inaugural ceremony, interactive workshops, a panel discussion with industry experts, and showcased innovative projects from the Food Processing Department. Aimed at fostering creativity, innovation, and entrepreneurship, the day left participants inspired and motivated to contribute positively to society. The event exemplified the college's commitment to cultivating a culture of innovation and social responsibility within its academic community.

19. To Observe the Students week, an Awareness program on Students Credit Card has been organised at Mugberia Gangadhar Mahavidyalaya on 02.01.2024



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Mugberia Gangadhar Mahavidyalaya observed Students Week on January 2, 2024, with a special focus on financial literacy. As part of the observance, an insightful Awareness Program on Student Credit Cards was organized, featuring financial experts and banking representatives. The program educated students on the responsible use of credit cards, emphasizing the importance of financial planning, credit management, and building a strong credit history. Participants gained practical tips and strategies for wise financial decision-making, empowering them to navigate the complexities of personal finance with confidence. The event showcased the college's commitment to holistic student development and financial empowerment.

20. To Observe the Students week, yoga and happiness has been organised at Mugberia Gangadhar Mahavidyalaya on 03.01.2024



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As part of Students Week on January 3, 2024, Mugberia Gangadhar Mahavidyalaya prioritized holistic well-being and mental health. The college organized a rejuvenating session on Yoga and Happiness, led by experienced instructors. The event aimed to equip students with practical tools for stress management, resilience, and inner peace. Through gentle yoga postures, mindful breathing, and guided meditation, participants experienced relaxation and gained insights into the transformative power of yoga. The session highlighted the college's commitment to nurturing mental and emotional well-being, fostering a positive campus culture.

21. The Students of Mugberia Gangadhar Mahavidyalaya are engaged in District cultural Competition at Tmluk, in the eve of National Voters Day celebration, dated 03.01.2024



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On January 3, 2024, Mugberia Gangadhar Mahavidyalaya students showcased their cultural excellence at the District Cultural Competition in Tamluk, coinciding with National Voters Day. Participating in diverse events, including folk dances and music performances, the students celebrated cultural traditions while conveying essential messages on voter participation and democratic values. The event fostered unity, camaraderie, and showcased the college's commitment to nurturing well-rounded individuals. Overall, the students' success in the cultural competition exemplified their creativity, talent, and dedication to cultural heritage and civic engagement.

22. Girls students are in Annual Sports of Mugberia Gangadhar Mahavidyalaya. Dated 05.01.2024



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On January 5, 2024, Mugberia Gangadhar Mahavidyalaya celebrated its Annual Sports event, where female students exhibited athleticism, teamwork, and leadership. The event provided a platform for girls to participate in various sports, breaking gender stereotypes and showcasing their determination and passion. This inclusive celebration emphasized the college's commitment to gender equality, empowerment, and holistic development. The spirited participation of female athletes not only brought honor to themselves but also reflected the college's dedication to fostering an environment where everyone has equal opportunities to excel and succeed.



23. Observation of Students week, Topic- Health Check-up camps and psychological counselling. Organised by the Department of physical education, Mugberia Gangadhar Mahavidyalaya, dated 06.01.2024

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On January 6, 2024, Mugberia Gangadhar Mahavidyalaya marked Students Week by prioritizing holistic well-being. The Department of Physical Education organized Health Check-up Camps, offering medical assessments, and Psychological Counseling sessions led by certified professionals. Students engaged in workshops covering nutrition, fitness, stress management, and mindfulness, fostering a culture of care and support. The initiative showcased the college's commitment to comprehensive student development, emphasizing physical and mental health within the campus community.

24. Career counselling programme related to competitive examination and entrepreneurship after completion of Degree from the college, organised by the Department of Bio. Science, Mugberia Gangadhar Mahavidyalaya, dated 09.01.2024



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On January 9, 2024, Mugberia Gangadhar Mahavidyalaya's Department of Biological Sciences conducted a targeted Career Counseling Program focusing on competitive examinations and entrepreneurship. The program, featuring expert insights, workshops, and interactive sessions, equipped students with valuable guidance and resources for informed decision-making. Addressing both competitive exams and entrepreneurship, the initiative underscored the department's commitment to empowering students for successful career paths aligned with their interests and aspirations.

25. Awareness program regarding against marriage of minor girls, organised by the Students Union , Mugberia Gangadhar Mahavidyalaya at Susila More under Mugberia Gram Panchayet ,dated 18.01.2024



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On January 18, 2024, Mugberia Gangadhar Mahavidyalaya's Students Union conducted a impactful Awareness Program against the marriage of minor girls in Susila More under Mugberia Gram Panchayat. The event, attended by college representatives, local authorities, and community leaders, focused on educating attendees, especially parents, about the detrimental effects of child marriage. Through speeches, activities, and informational sessions, the program aimed to dispel myths, highlight legal implications, and encourage community involvement in preventing early marriages. The initiative demonstrated the college's commitment to social responsibility and advocating for the rights and well-being of young girls in the community.

26. Career counselling programme related to competitive examination and entrepreneurship after completion of Degree from the college, organised

by the Department of Bengali, Mugberia Gangadhar Mahavidyalaya,
dated 24.01.2024



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On January 24, 2024, the Department of Bengali at Mugberia Gangadhar Mahavidyalaya conducted a comprehensive Career Counseling Program, focusing on competitive examinations and entrepreneurship for graduating students. The program included introductory sessions, workshops, and discussions led by faculty members and guest experts. Students received insights into competitive exams and entrepreneurship, gaining valuable guidance on preparation strategies, study resources, and practical aspects of starting a business. The program emphasized personalized counseling and provided resources to empower students in making informed decisions about their future careers. The initiative showcased the department's commitment to preparing students for success in diverse professional paths.

27. FINANCIAL LITERACY AND DIGITAL BANKING AWARENESS (OUTREACH) organised by the Department of Commerce, Mugberia Gangadhar Mahavidyalaya, dated 24.01.2024



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On January 24, 2024, the Department of Commerce at Mugberia Gangadhar Mahavidyalaya conducted a comprehensive outreach program to promote financial literacy and digital banking awareness. Featuring introductory sessions, interactive workshops, and hands-on training, the initiative aimed to empower participants with practical skills in financial management and the effective use of digital banking platforms. Covering topics such as budget planning, debt management, and online transactions, the program encouraged participants to set SMART goals for long-term financial well-being. Collaborating with local banks, the department provided access to digital banking services, showcasing its commitment to navigating the evolving financial landscape.

28. Career counselling programme related to competitive examination and entrepreneurship after completion of Degree from the college, organised by the Department of History, Mugberia Gangadhar Mahavidyalaya, dated 25.01.2024



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On January 25, 2024, the Department of History at Mugberia Gangadhar Mahavidyalaya conducted a Career Counseling Program, offering students valuable insights into competitive examinations and entrepreneurship. The program included workshops, panel discussions, and presentations, addressing specific needs in both tracks. Students received guidance on exam preparation and explored entrepreneurship fundamentals. One-on-one counseling and practical resources empowered students to make informed decisions, aligning career goals with personal interests. This initiative

highlighted the department's commitment to equipping students for successful careers and navigating the dynamic job market effectively.

29. Career counselling on competitive examination and entrepreneurship after completion of Degree from the college, organised by the Department of Philosophy, Mugberia Gangadhar Mahavidyalaya, dated 31.01.2024



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On January 31, 2024, the Department of Philosophy at Mugberia Gangadhar Mahavidyalaya hosted a Career Counseling Program, providing students insights into competitive examinations and entrepreneurship. The program included workshops, panel discussions, and presentations tailored to students' needs. In the competitive examinations track, strategies for exam preparation and study resources were discussed, while the entrepreneurship track explored fundamentals and success stories. One-on-one counseling sessions and practical resources empowered students to align their career goals with personal interests. This initiative showcased the department's commitment to guiding students towards successful and fulfilling career paths.

30. Meditation and breathing workshop was organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya on 01.09.2023 to 03.09.2023. No of Participated students-73

From September 1st to September 3rd, 2023, Mugberia Gangadhar Mahavidyalaya's Department of Nutrition conducted a transformative Meditation and Breathing Workshop. This event, spanning three days, introduced students to meditation and mindful breathing techniques. Instructors adept in meditation practices guided participants through various methods,

emphasizing mental and physical health benefits. Students practiced mindfulness, loving-kindness meditation, and breath awareness, fostering present-moment awareness and inner calmness. The workshop also delved into mindful breathing exercises, providing tools for stress reduction and improved emotional resilience. By organizing this event, the department showcased its commitment to students' holistic well-being, imparting practical skills for stress management and enhanced life quality.



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31. Last day of Three days (01.09.2023 to 03.08.2023) workshop on "Meditation and breathing" organized by Dept of Nutrition, Mugberia Gangadhar Mahavidyalaya dated 03.09.2023



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The three-day "Meditation and Breathing" workshop organized by Mugberia Gangadhar Mahavidyalaya's Department of Nutrition concluded successfully on

September 3rd, 2023. Participants, guided by experienced instructors, explored various meditation techniques and breathing exercises for relaxation and stress reduction. In a reflective session on the final day, attendees expressed gratitude for the transformative experience and were encouraged to integrate these practices into their daily lives. The workshop exemplified the college's dedication to fostering holistic well-being and personal development among its students.

32. Poster presentation on Sexual Harassment of women at Workplace, organised by Women's Cell, Mugberia Gangadhar Mahavidyalaya, dated 08.09.2023



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The Women's Cell at Mugberia Gangadhar Mahavidyalaya organized a Poster Presentation on Sexual Harassment of Women at the Workplace on September 8, 2023. The event aimed to raise awareness about workplace sexual harassment, featuring informative posters with statistics, legal provisions, and case studies. Attendees engaged in discussions, sharing perspectives and strategies for creating safer work environments. The initiative showcased the Women's Cell's commitment to gender equity and empowering individuals to advocate for workplace rights and safety.

32. Girls Student of Mugberia Gangadhar Mahavidyalaya are engaged in inter college Kho Kho competition at Vidyasagar University Play Ground. Dated 10.10.2023



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The girls of Mugberia Gangadhar Mahavidyalaya showcased their athletic prowess in the Inter-College Kho Kho Competition at Vidyasagar University Play Ground on October 10, 2023. With dedication and pride, they displayed exceptional sportsmanship, teamwork, and resilience, embodying the values instilled by their alma mater. This participation reflects the college's commitment to holistic development, promoting physical fitness, teamwork, and leadership skills among students. The event provided a platform for the girls to excel in sports, fostering camaraderie and lasting memories.

33. Certificate distribution to our students who completed their UGC sponsored Business Management Certificate course in the department of B.Voc Food Processing , dated 16.10.2023



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The Department of B.Voc Food Processing at Mugberia Gangadhar Mahavidyalaya celebrated a significant achievement on October 16, 2023, with the Certificate Distribution Ceremony for UGC sponsored Business Management Course graduates. The event recognized students' dedication and hard work, awarding certificates symbolizing academic accomplishment and professional growth. Esteemed guests delivered inspirational speeches, emphasizing the importance of continuous learning in the dynamic business environment. The ceremony showcased the college's commitment to providing quality education and fostering lifelong learning opportunities, marking a milestone in students' professional journeys.



34. National Safety Day organised by the department of physical education, dated 04.03.23

<https://twitter.com/Swapank26545954/status/1632029082241347584/photo/1>

Mugberia Gangadhar Mahavidyalaya's Department of Physical Education observed National Safety Day on March 4, 2023, promoting safety awareness through engaging activities. The event featured an inaugural ceremony, expert insights, and interactive sessions on road safety, fire safety, first aid, and disaster preparedness. Students actively participated in demonstrations, competitions, and discussions, fostering a culture of safety consciousness. The celebration reflected the college's commitment to shaping responsible citizens who prioritize safety in their daily lives, concluding with a collective pledge to uphold safety standards and advocate for prevention and preparedness.

35. On-line program link Programme: Observation of Students' Week Topic: Introduction Method Regular Culture and Benefits of Surya Namaskar and Pranayama. Time: 2:15pm, organizer department of Physical Education, dated 07.01.22



<https://twitter.com/MugberiaM/status/1480201500454313986/photo/4>

Mugberia Gangadhar Mahavidyalaya's Department of Physical Education organized a successful online program during Students' Week, focusing on "Introduction, Method Regular Culture, and Benefits of Surya Namaskar and Pranayama." Expert instructors guided participants through proper techniques, emphasizing the cultural significance and numerous benefits of these ancient yogic practices. The session, conducted via an online platform, facilitated interactive discussions and Q&A sessions, fostering a sense of community and promoting holistic well-being among students. The program showcased the department's commitment to educating students on ancient wellness practices for a healthier lifestyle.

35.To observe National Voters Day the Workshop on My vote is my Future Power of one vote, A national voter Awareness contest, organized by Department of political science of the college, Dated 25.02.22



<https://twitter.com/MugberiaM/status/1497584822121730048/photo/1>

The Department of Political Science at Mugberia Gangadhar Mahavidyalaya organized a workshop titled "My Vote is My Future: Power of One Vote" on February 25, 2022, in observance of National Voters Day. The workshop aimed to raise awareness about voting rights and civic responsibilities. It featured speeches, interactive sessions, and a "Power of One Vote" contest, engaging students in discussions on electoral processes and the significance of youth participation in democracy. Through activities like group discussions and poster-making, participants gained a deeper understanding of democratic values. The workshop emphasized the importance of informed and responsible voting, empowering students to actively contribute to the democratic governance of the nation. The Department of Political Science reiterated its commitment to fostering civic engagement among students.

**36. Awareness on "Importance of Meditation for academic excellence"
Organized for students of Dept of Nutrition, Mugberia G. Mahavidyalaya
on 2nd April, 2022**



<https://twitter.com/MugberiaM/status/1510618855961350146/photo/2>

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya organized an awareness program on the "Importance of Meditation for Academic Excellence" on April 2, 2022. The program aimed to educate students about the benefits of meditation in enhancing academic performance and overall well-being. Guest speakers shared insights, and interactive sessions guided students through various meditation practices suitable for stress management and improved focus. The initiative encouraged students to integrate mindfulness into their daily routines, fostering a positive mindset and emotional resilience in the academic context. The Department of Nutrition remains dedicated to promoting holistic well-being among students through such initiatives.

37. Celebration of "World Health Day" at Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya on 7th April, 2022.



<https://twitter.com/MugberiaM/status/1512060064886300679/photo/1>

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya celebrated World Health Day on April 7, 2022, with an inaugural ceremony and a series of engaging activities. Faculty members highlighted the importance of health and well-being, and guest speakers shared insights on health promotion, disease prevention, and lifestyle management. Workshops, seminars, and practical demonstrations on nutrition, fitness, and mental health were organized throughout the day. A health awareness exhibition showcased student projects on various wellness topics, and interactive games and quizzes encouraged active participation. The event aimed to instill a culture of holistic wellness within the college community, empowering students to prioritize and enhance their health. The Department of Nutrition remains committed to promoting health awareness and well-being in future initiatives.

38. "Community awareness and health checkup" programme conducted by 6th sem students of Nutrition (Hons), Dept. of Nutrition, M.G.M. on 12/04/2022 at Bhupatinagar, Purba Medinipur



<https://twitter.com/MugberiaM/status/1514510424460640259/photo/3>

The 6th-semester students of Nutrition (Hons) at Mugberia Gangadhar Mahavidyalaya organized a successful "Community Awareness and Health Checkup Programme" on April 12, 2022, in Bhupatinagar, Purba Medinipur. The initiative aimed to promote health awareness and offered essential healthcare services, including blood pressure measurement, blood sugar testing, BMI calculation, and basic health assessments. Qualified healthcare professionals supervised the check-ups, and participants received guidance on nutrition, hygiene, and healthy lifestyle practices. The program also featured interactive awareness sessions on sanitation, personal hygiene, and disease prevention. The initiative received positive feedback from the local community, showcasing the students' practical application of knowledge and the department's commitment to community well-being. Similar community outreach programs are planned for the future.

39. Celebration of " World Haemophilia Day (17th April)" at Dept. of Nutrition, Mugberia G. Mahavidyalaya on 22nd April, 2022.



<https://twitter.com/MugberiaM/status/1517547702979948544/photo/1>

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya celebrated World Haemophilia Day on April 22, 2022, emphasizing awareness about this rare bleeding disorder. The event featured an inaugural ceremony, guest speakers, and interactive sessions highlighting the challenges faced by individuals with haemophilia. Participants learned about symptoms, diagnosis, and management, fostering empathy and understanding. The celebration, although delayed, effectively educated students and faculty, empowering them with knowledge to support affected individuals. The Department reiterated its commitment to organizing similar awareness initiatives for rare diseases in the future.

40. Weekend yoga, pranayama and meditation class of Dept. of Nutrition, Mugberia G. Mahavidyalaya on 23rd April, 2022.



<https://twitter.com/MugberiaM/status/1517881626411167745/photo/1>

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya organized a Weekend Yoga, Pranayama, and Meditation Class on April 23, 2022, promoting holistic well-being and stress relief. Led by experienced instructors, the session included yoga asanas, pranayama, and guided meditation. Participants experienced physical, mental, and emotional benefits, expressing gratitude for the rejuvenating experience. The event highlighted the department's commitment to fostering wellness

and providing opportunities for personal growth and mindfulness. Future sessions are anticipated to continue supporting the well-being of the college community.

41. One day workshop on women's Self Defense, organized by women's cell of the college in collaboration with Martial arts organization of India. Dated 24.04.2022



<https://twitter.com/MugberiaM/status/1518236959004446722/photo/1>

The Women's Cell, in collaboration with the Martial Arts Organization of India, organized a impactful One-Day Workshop on Women's Self-Defense on April 24, 2022. Focused on empowering female students and staff, the workshop featured experienced martial arts instructors guiding participants through practical self-defense techniques, emphasizing awareness, assertiveness, and quick decision-making. The hands-on training and discussions covered situational awareness, risk assessment, and personal safety strategies. The workshop created a supportive environment, instilling confidence and empowerment in participants, who expressed gratitude to the organizers. The Women's Cell and Martial Arts Organization reiterated their commitment to promoting women's safety through future initiatives.

42. Students of Zoology 4th sem are engaged to take the classes of their class friends dated 07.05.22



<https://twitter.com/MugberiaM/status/1523190100758495233/photo/1>

On May 7, 2022, the Zoology Department at Mugberia Gangadhar Mahavidyalaya promoted gender equity through innovative peer-led classes. Students of the 4th semester took charge, creating engaging lesson plans, interactive activities, and presentations. The initiative prioritized equal participation, fostering an inclusive learning environment. Guided by faculty, students developed leadership and teaching skills, enhancing camaraderie. Positive feedback highlighted the success of the student-led approach in enriching the learning experience and fostering a sense of responsibility. The initiative showcased the college's commitment to gender equity and student-centered education, providing holistic and empowering experiences for all.

43. One day workshop for "Career Counselling for recent graduate / Alumni" organized by Department of Mathematics Saturday, 14 May · 2:15 – 4:40pm



<https://twitter.com/MugberiaM/status/1525460411004223488/photo/1>

The Department of Mathematics at Mugberia Gangadhar Mahavidyalaya organized a successful One-Day Workshop on Career Counseling for Recent Graduates/Alumni on May 14. The workshop, led by experienced career counselors and industry professionals, provided valuable guidance on resume writing, interview preparation, networking, and exploring diverse career paths. Participants engaged in mock interviews and group discussions to enhance their skills. The workshop emphasized the importance of lifelong learning and adaptability in today's job market, fostering a supportive environment for recent graduates to navigate their career journeys successfully. The initiative showcased the college's commitment to empowering students and alumni for professional success.

44. A three days workshop on "Happyness program" 24-26th May, 2022 organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya. Total participants-34



<https://twitter.com/MugberiaM/status/1530043417333444609/photo/2>

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya organized a successful Three-Day "Happiness Program" from May 24th to May 26th, 2022. Led by experts in mental health and wellness, the workshop provided participants with practical tools and techniques for enhancing emotional resilience, stress management, and overall well-being. Topics included mindfulness, breathing exercises, and strategies for positive thinking. The program fostered a supportive environment for self-discovery, reflection, and connection, leaving participants inspired to incorporate daily mindfulness practices into their lives. The workshop underscored the college's commitment to promoting holistic well-being and empowering individuals to lead fulfilling lives.

45. Celebration of " Women Health Day (28th May)"...organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya on 1st June, 2022.



<https://twitter.com/MugberiaM/status/1531989397612253184/photo/1>

The Department of Nutrition at Mugberia Gangadhar Mahavidyalaya celebrated Women's Health Day on June 1st, 2022, with a successful event focused on raising awareness about women's health issues. The celebration included informative sessions, interactive workshops, and wellness activities addressing topics such as nutrition, reproductive health, mental health, and fitness. The event empowered participants to prioritize preventive care, regular check-ups, and self-care practices for

optimal health and well-being. Health screenings, check-ups, and resource materials further contributed to the success of the initiative, fostering a supportive and informed community. The event highlighted the college's commitment to promoting women's health and well-being.

46. Special lecture and awareness program on obesity and women reproductive health, organized by the department of Zoology under the DBT Star College scheme, dated 11.07.2022



<https://twitter.com/MugberiaM/status/1546541356541022208/photo/1>

The Department of Zoology at Mugberia Gangadhar Mahavidyalaya organized a Special Lecture and Awareness Program on Obesity and Women's Reproductive Health on July 11th, 2022. Held under the DBT Star College scheme, the event aimed to educate participants about the significant impact of obesity on women's reproductive health. Featuring expert presentations, interactive sessions, and informational booths, the program successfully raised awareness about preventive measures and lifestyle interventions to address obesity-related health concerns. Participants expressed gratitude for the informative content and felt empowered to make informed decisions about their health and well-being. The initiative highlighted the college's commitment to promoting awareness and knowledge on critical health issues.

47. Webinar on start up and legal & ethical steps, organized by the department of IIC of the college, Dated 14.07.22

September 8th, 2022. The workshop, led by faculty members and industry experts, provided valuable insights into career paths, industry trends, and skill requirements in the field of nutrition. Participants engaged in discussions, received practical tips for career planning, and explored networking opportunities. The workshop aimed to empower M.Voc students to make informed decisions about their career goals, receiving positive feedback for its valuable contributions.

49. Women's football team of the college participates in the University Level football competition ,on 14.09.22



<https://twitter.com/Swapank26545954/status/1570061839660371968/photo/1>

The women's football team of Mugheria Gangadhar Mahavidyalaya showcased exceptional skills and sportsmanship in a university-level competition on September 14th, 2022. Despite facing strong opponents, the team demonstrated resilience and teamwork, embodying the spirit of fair play. The competition not only provided exposure and experience but also highlighted the college's commitment to promoting women's sports and inspiring other students to pursue their passion for football. Overall, the team's participation was a testament to their dedication and talent, contributing to a culture of sports excellence and gender equity in the college.

50. To observe the Rashtriya Poshan Maah A State level seminar on women's and child their Health and Education organised by the department of Education in collaboration with NSS, IQAC and IIC of the college, Dated 28.09.22.



<https://twitter.com/Swapank26545954/status/1575739781317029889/photo/2>

Mugberia Gangadhar Mahavidyalaya organized a successful state-level seminar on women's and child health and education on September 28th, 2022, as part of Rashtriya Poshan Maah. The event, facilitated by the Department of Education in collaboration with NSS, IQAC, and IIC, featured expert insights, panel discussions, and interactive sessions. The seminar aimed to raise awareness about the crucial role of nutrition, health, and education in ensuring the overall well-being and development of women and children. Attendees, including healthcare professionals, educators, and community leaders, engaged in discussions and shared innovative approaches to address challenges in these areas. The seminar highlighted the college's commitment to promoting holistic human development and underscored the importance of collaborative efforts in improving the well-being of women and children. Certificates of participation were awarded to recognize attendees' contributions to this significant cause.

Impact and Outcomes

The gender equity initiatives implemented at Mugberia Gangadhar Mahavidyalaya have yielded significant impact and outcomes, contributing to a more inclusive, equitable, and empowering college environment. These initiatives, spanning awareness programs, community work, and participation in events like the Food Carnival and NSS programs, have collectively fostered positive change and advancement towards gender equality.

1. Increased Awareness and Sensitization:

- The various awareness programs, seminars, and workshops have raised consciousness among students and staff about gender issues, promoting understanding, empathy, and respect for diverse gender identities and experiences.
- Participants have gained insights into the challenges faced by marginalized genders and the importance of creating inclusive spaces that accommodate their needs and rights.

2. Empowerment and Skill Development:

- Female participants, in particular, have been empowered through skill development programs, leadership opportunities, and participation in events like the Food Carnival.
- These initiatives have enhanced their confidence, capabilities, and sense of agency, enabling them to challenge stereotypes, pursue their passions, and excel in diverse domains, including culinary arts, community service, and advocacy.

3. Community Engagement and Collaboration:

- The college's engagement in community work, including health camps, educational programs, and environmental initiatives, has fostered collaboration and solidarity among students, faculty, and the broader community.
- Gender equity-based NSS programs have provided a platform for students to engage in meaningful community service projects that address gender-based inequalities and promote social justice.

4. Cultural Appreciation and Celebration:

- Events like the Food Carnival have celebrated cultural diversity and culinary talent, providing opportunities for students to showcase their heritage, traditions, and culinary skills.
- Female participation in such events has challenged stereotypes and promoted cultural appreciation, fostering a culture of inclusivity and mutual respect within the college community.

5. Policy Advocacy and Institutional Change:

- These initiatives have catalyzed discussions and actions towards institutional change, advocating for gender-sensitive policies, practices, and infrastructure within the college.
- The college administration has demonstrated a commitment to promoting gender equality by supporting and institutionalizing initiatives that advance the rights and well-being of all members of the college community.

In conclusion, the collective impact of these gender equity initiatives at Mugberia Gangadhar Mahavidyalaya has been profound, contributing to a more inclusive, equitable, and empowering college environment. By raising awareness, empowering individuals, fostering community engagement, celebrating diversity, and advocating

for institutional change, these initiatives have laid the foundation for a future where gender equality is not just an aspiration but a lived reality. As the college continues its journey towards gender equity, it remains dedicated to building on these achievements and creating a campus where everyone can thrive, regardless of gender.

Challenges and Future Directions

While the gender equity initiatives at Mugberia Gangadhar Mahavidyalaya have made significant strides towards promoting inclusivity and empowerment, several challenges persist, and there are areas for further improvement and advancement. Addressing these challenges and charting a course for future directions is essential to sustain the momentum and drive meaningful change in promoting gender equality within the college community.

1. Overcoming Deep-Seated Gender Stereotypes:

- Despite efforts to challenge gender stereotypes, deeply ingrained societal norms and attitudes continue to influence perceptions and behaviors within the college community.
- Future initiatives must focus on creating awareness and fostering critical thinking to challenge harmful stereotypes and promote gender-inclusive attitudes and behaviors.

2. Ensuring Intersectional Inclusivity:

- While efforts have been made to promote gender equity, it is essential to recognize and address the intersecting factors of race, class, sexuality, and ability that compound inequalities and shape individuals' experiences.
- Future initiatives should adopt an intersectional approach, considering the unique needs and challenges faced by marginalized genders and working towards creating an inclusive environment that accommodates diverse identities and experiences.

3. Enhancing Accessibility and Participation:

- Accessibility barriers, including financial constraints, physical infrastructure limitations, and cultural barriers, may hinder the full participation of all individuals, particularly those from marginalized communities.
- Future directions should prioritize measures to enhance accessibility, including providing financial support, improving physical accessibility, and promoting culturally sensitive programming to ensure equitable participation for all.

4. Strengthening Institutional Commitment and Accountability:

- While the college administration has demonstrated a commitment to promoting gender equity, sustaining momentum and ensuring long-term impact requires institutionalizing policies, practices, and structures that embed gender equality into the college's ethos and operations.
- Future directions should focus on strengthening institutional mechanisms for accountability, including monitoring and evaluation frameworks, gender-sensitive policies, and transparent decision-making processes.

5. Fostering Collaborative Partnerships:

- Collaboration with external stakeholders, including community organizations, government agencies, and civil society groups, can amplify the impact of gender equity initiatives and facilitate the exchange of knowledge, resources, and best practices.
- Future directions should prioritize building and sustaining collaborative partnerships, leveraging the expertise and resources of diverse stakeholders to address complex gender-related challenges and drive systemic change.

In conclusion, while there are challenges and complexities in promoting gender equity within the college community, there are also opportunities for innovation, collaboration, and collective action. By addressing these challenges and embracing future directions, Mugberia Gangadhar Mahavidyalaya can continue to lead the way in fostering a culture of inclusivity, empowerment, and respect for all genders, creating a college environment where everyone can thrive and contribute to a more just and equitable society.

Conclusion

The gender equity initiatives at Mugberia Gangadhar Mahavidyalaya have played a pivotal role in advancing inclusivity, empowerment, and respect for all genders within the college community. These efforts encompass a range of activities, including awareness programs, community engagement through events like the Food Carnival and NSS programs, and challenging gender stereotypes prevalent in society.

Despite the commendable progress made, the college acknowledges the existence of challenges in achieving complete gender equity. These challenges include addressing deeply rooted gender stereotypes, ensuring inclusivity that considers intersecting identities, improving accessibility, strengthening institutional commitment, and building collaborative partnerships.

The acknowledgment of these challenges reflects the college's commitment to continuous improvement and a willingness to confront and overcome obstacles on the path to gender equity. Overcoming deep-seated stereotypes involves not only

challenging prevailing notions but also creating an environment that actively supports diversity and inclusion.

Ensuring intersectional inclusivity involves recognizing and addressing the unique experiences and challenges faced by individuals with multiple identities, such as gender, race, and socio-economic background. This approach promotes a more comprehensive and nuanced understanding of equity.

Enhancing accessibility involves making resources, opportunities, and support systems available to everyone, irrespective of gender. By breaking down barriers and providing equal access, the college strives to create a level playing field for all its members.

Strengthening institutional commitment emphasizes the importance of having policies, procedures, and a culture that actively promotes gender equity. It involves integrating these principles into the core values of the institution and consistently working towards their realization.

Fostering collaborative partnerships recognizes that achieving gender equity requires collective efforts. By engaging with external organizations, advocacy groups, and individuals dedicated to similar goals, the college can leverage collective wisdom and resources.

As Mugberia Gangadhar Mahavidyalaya continues its journey towards gender equity, it reiterates its dedication to creating an environment where all individuals feel valued, respected, and empowered to pursue their aspirations. By fostering a culture that actively challenges inequalities, the college aims not only to impact its immediate community but also to contribute to the broader societal shift towards a more just, equitable, and compassionate future. This commitment ensures that the college remains a beacon of hope and inspiration, making a lasting impact on generations to come.



MUGBERIA GANGADHAR MAHAVIDYALAYA

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NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

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[Signature]
10.03.24

Principal
Mugberia Gangadhar Mahavidyalaya