



# MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721426, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

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

**Report of**

**A Counseling and Awareness Programme for Parents**

**on**

***“How to guide your child”***



*Organized by*

**Urrarkhamar Biswanath Nursery School**

**in collaboration with**

**Dept. of Nutrition and Dept. of Philosophy**

**of Mugberia Gangadhar Mahavidyalaya**

**Date : 16.02.2024 at 10-00 a.m.**

**Venue: Urrarkhamar Biswanath Nursery School, Alukaranbard, Purba Medinipur**

*Report prepared by - Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition & Dr. Alok Ranjan Khatua, Assistant Professor, Dept. of Philosophy, Mugberia Gangadhar Mahavidyalaya*

## **Content**

<b>SL. No</b>	<b>Item</b>	<b>Page</b>
<b>01</b>	<b>Proposal letter for collaboration</b>	<b>03</b>
<b>02</b>	<b>Banner &amp; Programme Schedule</b>	<b>04</b>
<b>03</b>	<b>Significance of the programme</b>	<b>05</b>
<b>04</b>	<b>Some photos of the programme</b>	<b>06-09</b>
<b>05</b>	<b>Attendance sheet of participants</b>	<b>10-14</b>
<b>06</b>	<b>Certificate issued</b>	<b>15-18</b>
<b>07</b>	<b>Feedback of the participants</b>	<b>19-26</b>
<b>08</b>	<b>Outcome of the programme</b>	<b>27</b>
<b>09</b>	<b>Acknowledgements</b>	<b>27</b>

# 1. Proposal letter for collaboration:

## UTTARKHAMAR BISWANATH NURSERY SCHOOL

(ESTD.- 1991)

P.O.- ALUKARANBARH \* P.S. - BHUPATINAGAR

DIST.- PURBA MEDINIPUR \* PIN - 721454

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

Ref No. ....

Date 12.02.2024



To,  
The Principal,  
Mugberia Gangadhar Mahavidyalaya,  
Bhupatinagar, Purba Medinipur

Sub: Proposal for collaboration to conduct a counseling and awareness programme

Sir,

It is my pleasure to inform you that our school, Uttarkhamar Biswanath Nursery School, is going to organize a programme entitled "How to guide your child: a counseling and awareness programme for parents" at our school campus on 16.02.2024 at 10 am. We will be happy if you give permission to conduct this programme in collaboration with Dept. of Nutrition and Dept. of Philosophy of your college Mugberia Gangadhar Mahavidyalaya.

In this regard we invite two professors of your college (i) Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition and (ii) Dr. Alok Ranjan Khatua, Assistant Professor, Dept. of Philosophy, as speakers of this programme.

Waiting for your kind reply,

Yours faithfully,

Satyendra nath Bhattacharyya  
Satyendra nath Bhattacharyya  
Secretary  
Uttarkhamar Biswanath Nursery School

Uttarkhamar Biswanath Nursery School

To  
The HoD  
for consideration  
12.02.24

## 2. Banner :



### Programme Schedule:

**16<sup>th</sup> February, 2024**

**10:00 a.m.:** Registration & reception

**10:30 a.m.:** Welcome address by Sri Satyendra nath Bhattacharyya, President, Uttarkhamar Biswanath

Nursery School

**10:30 a.m. to 12:50 p.m.:** Technical Session

**Chairperson:** Sri Satyendra nath Bhattacharyya

Speakers:

1. Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya

2. Dr. Alok Ranjan Khatua, Assistant Professor, Dept. of Philosophy, Mugberia Gangadhar Mahavidyalaya

3. Sri Gourchand Patra, Headmaster, Bajarpur Ramkrishna High School(H.S)

**12:50 p.m.:** Valedictory Address by: Sri Sankar Pradhan, Vice President, Uttarkhamar Biswanath Nursery

School

**1:00 p.m.:** Lunch



### **3. Significance of the programme:**

Parents play a significant role in their children development. They are the first role model for their children and can be a friend, a philosopher and a guide throughout their whole life. Even when there is the time for career selection children always seek support and assistance of their parents in a significant manner. Parental guidance is equally important for them to make a perfect career decision.

Parents play a pivotal role in a child's overall development. Parenting is an ever evolving process that is not just limited to providing the basic, nurturing needs of the child. A good parent also provides a base required for the development of the cognitive and social skills required for success in school and beyond.

The first step is to understand that the responsibility of educating the child doesn't just lie with their school. A kid's education starts at home and parents are their first teachers. Parents play a crucial role in shaping a child's personality, character, habits, emotional development etc. In fact, research has shown that the best predictor of a student's success is the degree of involvement of parents in a child's education.

It is necessary for parents to be involved in the right manner in the education process for the proper academic and social development of the child. A parent who is abreast with what their child is studying at school would be more aware of their strengths and weaknesses, their areas of interest and would be able to better connect the child's learnings to real-world situations.

Three main areas where parents can rather should, contribute are:

#### **1. Being a role model for children to follow**

It is the role of a parent to teach children discipline, responsibility, and accountability by setting limits, establishing consequences and also teaching values. But children are more likely to follow what an adult does than what they preach - they pick up each and every mannerism of their parents and rapidly imbibe it.

How parents interact with them and others form the basis for their social quotient. Similarly, the parents' active involvement and responsiveness towards them forms their emotional and mental quotient.

Hence, it is key for parents to try embodying the person they want their child to be.

#### **2. Helping the child in schoolwork**

Every kid's level of understanding is different. According to the child's needs, parents can assist their little ones by revising with them what they've learnt at school, guiding them on how to do their home assignments and projects (and not do it for them), helping them maintain a healthy balance of studies and play, and rewarding their progress.

#### **3. Creating a conducive learning environment at home**

“Encourage and support your kids because they to live up to what you believe of them”

One of the biggest gifts a parent can give their children is of their support and acceptance. Being positive, emotionally present, and reassuring when they fail can go a long way. An environment of love and openness that allows children to fail and learn can play a massive role in helping them inculcate curiosity and ensure their right development.

An programme entitled “How to guide your child: a counseling and awareness programme for parents” was held at Uttarkhamar Biswanath Nursery School campus, Bhupatinagar, Purba Medinipur on 10.02.2024, organized by Uttarkhamar Biswanath Nursery School in collaboration with Dept. of Nutrition and Dept. of Philosophy of Mugberia Gangadhar Mahavidyalaya. Two students of B.Voc (Food Processing) of Dept. of Nutrion, Ms. Manisha Barik and Bipasha Jana, volunteered the program.

#### 4. Some photos of the programme:







GPS Map Camera



Purbba Bajari, West Bengal, India  
 2MX8+PM6, Purbba Bajari, West Bengal 721458, India  
 Lat 22.049155°  
 Long 87.66669°  
 16/02/24 12:31 PM GMT +05:30



GPS Map Camera



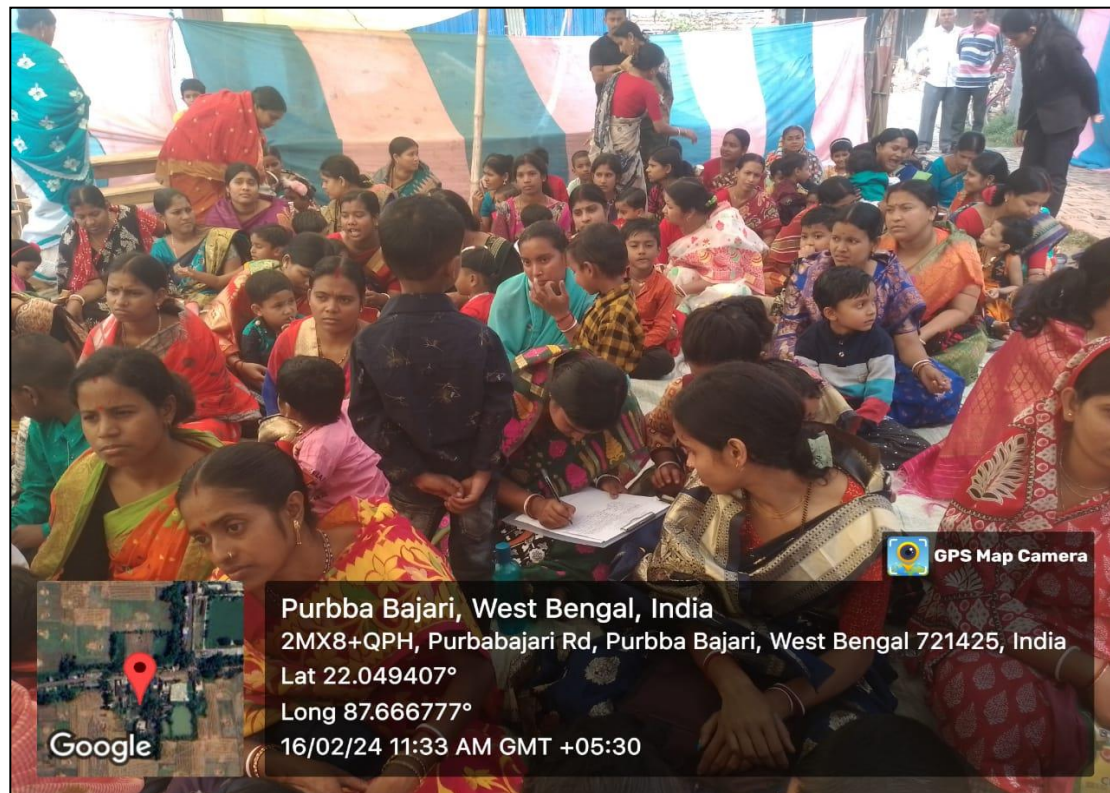
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GPS Map Camera

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GPS Map Camera

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Long 87.666777°  
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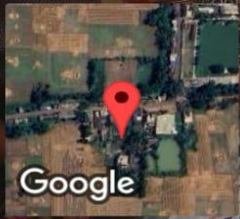
GPS Map Camera



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2MX8+QPH, Purbabajari Rd, Purbba Bajari, West Bengal 721425, India  
Lat 22.049407°  
Long 87.666777°  
16/02/24 12:30 PM GMT +05:30



GPS Map Camera



Purbba Bajari, West Bengal, India  
2MX8+QPH, Purbabajari Rd, Purbba Bajari, West Bengal 721425, India  
Lat 22.049407°  
Long 87.666778°  
16/02/24 01:42 PM GMT +05:30



## 5. Attendance sheet of participants

### How to guide your child

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursery School  
In association with The Dept. of Nutrition & the Dept. of Philosophy  
Mugberia Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursery School  
Alukaranbari, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

#### Attendance Sheet

Sl. No.	Name of participant/Parent	Address	Phone No	Signature
1	Lila Panda Mishra	Purbabajarai	6295866785	Lilapanda Mishra
2	Satyabati Mishra	Purbabajarai	8001060228	Satyabati Mishra
3	Mousumi Mishra	Purbabajarai	9564842314	M. Mishra
4	Shreyasthree Mishra	Purbabajarai	9593629090	S. Mishra
5	Nabeenita Beza	Taghur	8250523109	N. Beza
6	Sabita Jana	Panekhari	7647161609	S. Jana
7	কাম্মা মাইতি	জাম্বু কল্লি বাড়ি	৭৪০৭৬৬৫৪০৬	কাম্মা মাইতি
8	সুব্রত মিত্র	সুব্রত মিত্র	8584027573	সুব্রত মিত্র
9	Kalpna Pahari	Rasiknagar	8910267572	Kalpna Pahari
10	Dipali Mandal	Alukaran bar	8370907616	Dipali Mandal
11	Sudipta Maity	Uttari	9593500639	Sudipta Maity
12	Minati Guukhait	Uttarsukmaji	8436431874	Minati Guukhait
13	Sikha Pramanik	Taghori	9739400498	Sikha Pramanik
14	Susmita Santra	Baripal	9739721627	Susmita Santra
15	Jayanti Pramanik	Baripal	9609449191	Jayanti Pramanik
16	নির্মলিকা প্রমথিক	সুব্রত মিত্র	8250152353	নির্মলিকা প্রমথিক
17	Atasi Pradhan	জাম্বু কল্লি	6290556177	Atasi Pradhan
18	দীনেশ মিত্র	উত্তর শাহার	9733318455	দীনেশ মিত্র
19	Rumi Mishra	Uttarvamas	7718283908	Rumi Mishra
20	অরুণা সুব্রত	জাম্বু কল্লি	9641920284	অরুণা সুব্রত

*Speakers*

*Signature of Speakers*

Date: 16.02.2024

*Organizer*

*Signature of organizer*

16.2.24

*Principal*

Principal 16.2.24

Principal



Secretary

Uttarkhamar Biswanath Nursery School

Mugberia Gangadhar Mahavidyalaya





## How to guide your child

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursary School  
In association with The Dept. of Nutrition & the Dept. of Philosophy  
Mugheria Gangadhar Mahavidyalaya  
Venue: Uttarkhamar Biswanath Nursary School  
Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454  
Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

### Attendance Sheet

Sl. No.	Name of participant/Parent	Address	Phone No	Signature
21	Purbati Maiti	Uttarkhamar	9593003509	Purbati Maiti
22	Atasi Maiti	Uttarkhamar	8145206439	Atasi Maiti
23	Madhumita Maiti	Uttarkhamar	9679170609	Madhumita Maiti
24	Mamita Samanta	Uttarkhamar	8942027239	Mamita Samanta
25	RITU Beamanik	Uttarkhamar	9347287433	Ritu Beamanik
26	Sabita Beamanik	Uttarkhamar	9775086449	Sabita Beamanik
27	Rumpa Das	Uttarkhamar	6296646771	Rumpa Das
28	Soumi Bhunia	Uttarkhamar	8927469795	Soumi Bhunia
29	Sita Jara Bhunia	Uttarkhamar	8637011837	Sita Jara Bhunia
30	Susmita Bhunia Maiti	Uttarkhamar	6298033200	S.B. Maiti
31	Sujata Jara	Uttarkhamar	89180205957	Sujata Jara
32	Krishna Maiti	Uttarkhamar	8101540787	Krishna Maiti
33	Trisa Maiti	Uttarkhamar	9732797818	Trisa Maiti
34	Papi Pathanayak	Uttarkhamar	9732959796	Papi Pathanayak
35	Sushama Pathanayak	Uttarkhamar	8145186819	Sushama Pathanayak
36	Sumitra Bera	Uttarkhamar	7319253349	Sumitra Bera
37	Manasi Ghosh	Uttarkhamar	8768584119	Manasi Ghosh
38	Anindita Maiti	Uttarkhamar	8509519949	Anindita Maiti
39	Pinki Manna	Uttarkhamar	9382421638	Pinki Manna
40	Mousmita Bisai	Uttarkhamar	7384179483	Mousmita Bisai

*Signature*  
Signature of Speakers 16.02.24

Date: 16.02.2024

Signature of organizer 16.2.24

*Signature*  
Signature of organizer 16.2.24

*Signature*  
Principal 16.2.24

Secretary

Uttarkhamar Biswanath Nursary School

Principal

Mugheria Gangadhar Mahavidyalaya



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Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

### Attendance Sheet

Sl. No.	Name of participant/Parent	Address	Phone No	Signature
41	জনিতা মন্ডল	সুন্দরবন	8203253736	জনিতা মন্ডল
42	মৌমিতা মিত্র	উত্তর গ্রামার	8514018996	মৌমিতা মিত্র
43	Arpita Kanna	Dubalpur	8250401773	Arpita Kanna
44	Arpita Khattar	Kotmukha	9547215431	Arpita Khattar
45	Mouyumi Maity	Kotmukha	9284231197	Mouyumi Maity
46	তারা মাইতি	উত্তর গ্রামার	8167603566	তারা মাইতি
47	Rupasi Maity	সুন্দরবন	9609056431	Rupasi Maity
48	Suchitra Maity	সুন্দরবন	9339568853	Suchitra Maity
49	Munmun Samanta pradhan	Jiakhali	9609871967	Munmun Samanta pradhan
50	Sonali Kar	Jiakhali	9564343325	Sonali Kuila Kar
51	Shrabari Mishra	Purbabatali	9641161865	Shrabari Mishra
52	<del>সুস্মিতা মন্ডল</del> সুস্মিতা মন্ডল	জামালী	8101640499	সুস্মিতা মন্ডল
53	সুস্মিতা মন্ডল	আলুকাব-বড়	9144678489	সুস্মিতা মন্ডল
54	তারা মাইতি	উত্তর গ্রামার	9382934430	তারা মাইতি
55	Archana Mondal Pradhan	Kotmukha	9775658926	Archana Mondal Pradhan
56	Rukmini Jana	Maishali	9564351220	Rukmini Jana
57	Rituparna Pradhan Samanta	Uttarkhamar	9734149463	Rituparna Pradhan Samanta
58	রাবি মাইতি	বিহার	7679243354	রাবি মাইতি
59	Kabita maity.	Maishali	9733659589	Kabita Maity.
60	Sumita Ojha.	ururi	7477615495	Sumita Ojha

Achalita  
Spkmal for 16.02.24  
Signature of Speakers

Achalita  
16.2.24  
Signature of organizer

Principal  
16.2.24

Date: 16.02.2024



Secretary  
Uttarkhamar Biswanath Nursery School  
Principal  
Mugheria Gangadhar Mahavidyalaya



### How to guide your child

Under Extension Activities

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 In association with The Dept. of Nutrition & the Dept. of Philosophy  
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 Venue: Uttarkhamar Biswanath Nursery School  
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 Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

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Sl. No.	Name of participant/Parent	Address	Phone No	Signature
61	সৌম্যেন্দ্র সান্দ্র	উত্তরখামার	7719262271	সৌম্যেন্দ্র সান্দ্র
62	মুমতাজ মল্লিক	কুমারকান্দোল	৯৬৬০০২০২	মুমতাজ মল্লিক
63	Moumeta Santra	Uttarkhamar	9083179217	Moumeta Santra
64	লজা সান্দ্রি	উত্তরখামার	876883980	লজা সান্দ্রি
65	সুমনা জিহি	সৈকালি	6294240951	সুমনা জিহি
66	সুমিত্রা সান্দ্র	সৈকালি	০০৪৩৫৭২৭	সুমিত্রা সান্দ্র
67	Jla Rara	Purbahal	8765695222	Jla Rara
68	সুমনা সান্দ্রি	উত্তরখামার	892779333	সুমনা সান্দ্রি
69	Sangita Jana.	Dhankar	964126268	Sangita Jana.
70	Rina Sarmal	Teghari	7718265143	Rina Sarmal
71	Mamasi Santra.	Dhankar	7076247301	Mamasi Santra.
72	Uttam maiti	Uttarkhamar	9593496674	uttam maiti
73	Anupam Maity	Dhankar	7478465888	Anupam Maity
74	Bratima Maity	Uttarkhamar	9609344227	Bratima Maity
75	Moumati Maity	Uttarkhamar	8327398939	Moumati Maity
76	Nilima Maity	Uttarkhamar	9782631005	Nilima Maity
77	সুস্মিতা সান্দ্রি	কুমারকান্দোল	7797359209	সুস্মিতা সান্দ্রি
78	Bushakhi Maity Saa	Purbahal	9830983688	Bushakhi Maity Saa
79	Bulti Pandit Pramanik	Bargopal	05093061980	Bulti Pandit Pramanik
80	Kabita Pradhan	Jaykhal	8860068192	Kabita Pradhan

Date: 16. 02. 2024  
 Signature of Speakers  
 16.02.24

Signature of organizer  
 16.2.24

Principal  
 16.2.24



Secretary  
 Uttarkhamar Biswanath Nursery School

Principal  
 Mugheria Gangadhar Mahavidyalaya

### How to guide your child

Under Extension Activities

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Venue: Uttarkhamar Biswanath Nursery School  
Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10:00 a.m.

#### Attendance Sheet

Sl. No.	Name of participant/Parent	Address	Phone No	Signature
81	Baisakhi Maity Dinda	Dhankar	8145940069	Baisakhi Maity Dinda
82	Moumita Jana Samtra	Dhankar	9739887753	Moumita Janasentra
83	Rumpa Pal	Dhankar	8145816927	Rumpa Pal
84	Usha Samtra	Dhankar	707977739	Usha Samtra
85	Shrabani Manna	Purbabajari	9732859253	Shrabani Manna
86	Karuna Jana Manna	Purbabajari	8145286194	Karuna Jana Manna
87	অঞ্জলি মিত্তি	পূর্ববাজার	7810970438	অঞ্জলি মিত্তি
88	Saraswati Mondal	Panchbajari	9564954840	Saraswati Mondal
89	Baishakhi Maity	Dhankar	6378843315	Baishakhi Maity
90	SAMPA MAITY	Dhankar	9734551609	SAMPA MAITY
91	Susmita Samanta Das	Alukranbath	9135309515	Susmita Samanta Das
92	Manasi Maiti (Bema)	D. Bonbaria	9382040256	Manasi Maiti (Bema)
93	Sampa Maity.	Dhankar	7047258726	Sampa Maity.
94	Nibedita Maity	Dhankar	9001250051	Nibedita Maity.
95	Pinki Maity	Dhankar	9564463765	Pinki Maity
96	Apoorna Maity	Dhankar	9820807329	Apoorna Maity
97	Tulasi Maity	Purbabajari	8456669636	Tulasi Maity
98	Sipmidi Khatua	Dhankar	6290814265	Sipmidi Khatua
99	Jasna Shaw	Purb. Bajari		Jasna Shaw
100	Satni Jana	Purba Bajari	8145027479	Satni Jana

Date: 16. 02. 2024

Signature of Speakers

Signature of organizer

Signature 16-2-24  
Principal



Secretary  
Uttarkhamar Biswanath Nursery School  
Principal  
Mugheria Gangadhar Mahavidyalaya




## 6. Certificate issued:

**UTTARKHAMAR BISWANATH NURSERY SCHOOL**  
(ESTD.- 1991)  
P.O.- ALUKARANBARD \* P.S. - BHUPATINAGAR  
DIST.- PURBA MEDINIPUR \* PIN - 721454  
Regd. No. - S/1L/82494 □ DISE Code No. - 19192003902

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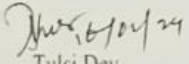
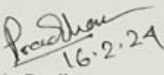

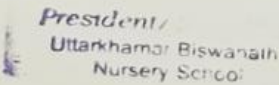
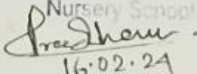

Ref No. .... Date.....

**TO WHOM IT MAY CONCERN**



This is to certify that Dr. Alok Ranjan Khatua, Assistant Professor, Dept. of Philosophy, Mugberia Gangadhar Mahavidyalaya delivered an invited lecture in a programme entitled "How to guide your child: a counseling and awareness programme for parents" at Uttarkhamar Biswanath Nursery School campus, Bhupatinagar, Purba Medinipur on 16.02.2024, organized by Uttarkhamar Biswanath Nursery School in collaboration with Dept. of Nutrition and Dept. of Philosophy of Mugberia Gangadhar Mahavidyalaya. The parents of the students were enriched with his talk.

We look forward for further association with him for enriching ourselves.

 Tulsi Dey President Uttarkhamar Biswanath Nursery School	 Manju Pradhan Head Mistress Uttarkhamar Biswanath Nursery School	 Satyendra Nath Bhattacharyya Secretary Uttarkhamar Biswanath Nursery School
 President, Uttarkhamar Biswanath Nursery School	 Manju Pradhan Headmistress Uttarkhamar Biswanath Nursery School	 Secretary Uttarkhamar Biswanath Nursery School

# UTTARKHAMAR BISWANATH NURSERY SCHOOL

ESTD.- 1991

P.O.- ALUKARANBARD \* P.S. - BHUPATINAGAR  
DIST.- PURBA MEDINIPUR \* PIN - 721454  
Regd. No. - S/1L/82494 □ DISE Code No. - 19192003902

Ref No. ....

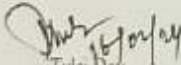
Date .....

## TO WHOM IT MAY CONCERN



This is to certify that Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya delivered an invited lecture in a programme entitled "How to guide your child: a counseling and awareness programme for parents" at Uttarkhamar Biswanath Nursery School campus, Bhupatinagar, Purba Medinipur on 16.02.2024, organized by Uttarkhamar Biswanath Nursery School in collaboration with Dept. of Nutrition and Dept. of Philosophy of Mugberia Gangadhar Mahavidyalaya. The parents of the students were enriched with his talk.

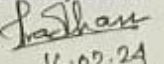
We look forward for further association with him for enriching ourselves.

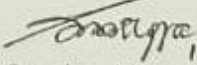
  
Tulsı Dey  
President  
Uttarkhamar Biswanath Nursery School

**President**  
Uttarkhamar Biswanath  
Nursery School

  
Manju Pradhan  
Head Mistress  
Uttarkhamar Biswanath Nursery School

**Headmistress**  
Uttarkhamar Biswanath  
Nursery School

  
16.02.24

  
Satyendra Nath Bhattacharyya  
Secretary  
Uttarkhamar Biswanath Nursery School

**Secretary**  
Uttarkhamar Biswanath Nursery School



# UTTARKHAMAR BISWANATH NURSERY SCHOOL

(ESTD.- 1991)

P.O.- ALUKARANBAR \* P.S. - BHUPATINAGAR  
DIST.- PURBA MEDINIPUR \* PIN - 721454

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

Ref No. \_\_\_\_\_

Date \_\_\_\_\_

## TO WHOM IT MAY CONCERN



This is to certify that Ms. Manisha Barik, 6<sup>th</sup> sem student of B.Voc (Food Processing), Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, actively involved as a volunteer in a programme entitled "How to guide your child: a counseling and awareness programme for parents" at Uttarkhamar Biswanath Nursery School campus, Bhupatinagar, Purba Medinipur on 16.02.2024, organized by Uttarkhamar Biswanath Nursery School in collaboration with Dept. of Nutrition and Dept. of Philosophy of Mugberia Gangadhar Mahavidyalaya.

I wish all the success in her future career.

*Tulsi Dey*

Tulsi Dey  
President

Uttarkhamar Biswanath Nursery School

*President,*

Uttarkhamar Biswanath  
Nursery School

*Manju Pradhan*  
16.02.24.

Manju Pradhan  
Head Mistress

Uttarkhamar Biswanath Nursery School

*Headmistress*

Uttarkhamar Biswanath  
Nursery School

*Manju Pradhan*  
16.02.24.

*Satyendra Nath Bhattacharyya*

Satyendra Nath Bhattacharyya  
Secretary

Uttarkhamar Biswanath Nursery School  
Secretary

Uttarkhamar Biswanath Nursery School

# UTTARKHAMAR BISWANATH NURSERY SCHOOL

(ESTD.- 1991)

P.O.- ALUKARANBARD \* P.S. - BHUPATINAGAR  
DIST.- PURBA MEDINIPUR \* PIN - 721454  
Regd. No. - S/1L/82494 □ DISE Code No. - 19192003902

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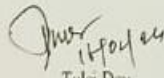
Date.....

## TO WHOM IT MAY CONCERN



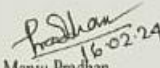
This is to certify that Ms. Bipasha Maity, 6<sup>th</sup> sem student of B.Voc (Food Processing), Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, actively involved as a volunteer in a programme entitled "How to guide your child: a counseling and awareness programme for parents" at Uttarkhamar Biswanath Nursery School campus, Bhupatinagar, Purba Medinipur on 16.02.2024, organized by Uttarkhamar Biswanath Nursery School in collaboration with Dept. of Nutrition and Dept. of Philosophy of Mugberia Gangadhar Mahavidyalaya.

I wish all the success in her future career.



Tulsi Dey  
President  
Uttarkhamar Biswanath Nursery School

President/  
Uttarkhamar Biswanath  
Nursery School

  
16.02.24

Manju Pradhan  
Head Mistress  
Uttarkhamar Biswanath Nursery School  
Headmistress  
Uttarkhamar Biswanath  
Nursery School  
16.02.24

  
16.02.24

Satyendra Nath Bhattacharyya  
Secretary  
Uttarkhamar Biswanath Nursery School  
Secretary  
Uttarkhamar Biswanath Nursery School



## 7. Feedback of the participants

### A Counselling & Awareness Programme for Parents on How to guide your child

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursery School

In association with The Dept. of Nutrition & the Dept. of Philosophy

Mugheria Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursery School

Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

#### Parent's Feedback Form

##### PART-A : About the parents

Name of participant/Parent: Moumita Mishra.  
Name of Child/student: Paromita Mishra Boy / Girl  
Name of institution: Uttar Khamar Biswanath Nurbaby school.  
Address: Alukaranbard, Uttar Khamar, Hubba Medini Pur.  
Phone number: 9503431656 Email:  
Age: 24 SEX: Male / Female ; Caste: GN/SC/ST/OBC ; Annual income: 10,000  
Educational Qualifications: H.S Present Status/Occupation: House wife

##### PART-B : Please use the tick mark (✓) for your right answer:

1. Do you think a counseling programme is necessary for your child? Yes / No
2. Do you want a guide or counselor for your child? Yes / No
3. Do you want to continue the education of your child? Yes / No
4. Are you aware about Teaching-Learning process in the school? Yes / No
5. Do you want to continue your efforts for the education of your child? Yes / No
6. What do you like among the following three categories for education?  
a) Govt. School, b)  Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does.  
a)  Too much, b) Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
a) Reading, b) Writing, c)  Drawing, d) Recitation, e) Dancing, e) Singing, f) playing
9. How safe does your child feel at our school?  
a) Extremely safe, b)  Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No
11. Do you want to increase the concentration level of your child? Yes / No
12. Do you think the good mental health is necessary for your child? Yes / No
13. How much attention does your child get from the teachers?  
a)  Not, b) maximum, c) minimum / a little,
14. What is your opinion about this programme?  
a)  Excellent, b) Outstanding, c) Very good, d) Good, e) Bad
15. Do you like this type of counseling & awareness programme again? Yes / No
16. Please write your comment / suggestion if any (in brief):

অনুষ্ঠানটি আমার খুব ভালো লাগেছে, এইরকম অনুষ্ঠান  
আবার করার জন্য অনুরোধ জানাই।

Signature of participant/ Parent

Date: Moumita Mishra.

16.02.2024

**A Counselling & Awareness Programme for Parents on  
How to guide your child**

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursary School  
In association with The Dept. of Nutrition & the Dept. of Philosophy  
Mugberia Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursary School  
Mukaranbard, Bhupatnagar, Purba Medinipur, West Bengal, 721454  
Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

**Parent's Feedback Form**

**PART-A : About the parents**

Name of participant/Parent: Dipika Mishra  
Name of Child/student: Alakesh Mishra Boy / Girl  
Name of institution: Uttarkhamar Biswanath Nursary School  
Address: Mukaranbard, Uttarkhamar, Purba Medini Pur  
Phone number: 0733218455 Email:  
Age: 25 SEX: Male / Female ; Caste: GEN/SC/ST/OBC ; Annual income: 10,000  
Educational Qualifications: H.S Present Status/Occupation House wife

**PART-B : Please use the tick mark (✓) for your right answer:**

1. Do you think a counseling programme is necessary for your child? Yes / No
2. Do you want a guide or counselor for your child? Yes / No
3. Do you want to continue the education of your child? Yes / No
4. Are you aware about Teaching-Learning process in the school? Yes / No
5. Do you want to continue your efforts for the education of your child? Yes / No
6. What do you like among the following three categories for education?  
a) Govt. School, b) Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does.  
a) Too much, b) Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
a) Reading, b) Writing, c) Drawing, d) Recitation, e) Dancing, e) Singing, f) playing
9. How safe does your child feel at our school?  
a) Extremely safe, b) Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No
11. Do you want to increase the concentration level of your child? Yes / No
12. Do you think the good mental health is necessary for your child? Yes / No
13. How much attention does your child get from the teachers?  
a) A lot, b) maximum, c) minimum / a little,
14. What is your opinion about this programme?  
a) Excellent, b) Outstanding, c) Very good, d) Good, e) Bad
15. Do you like this type of counseling & awareness programme again? Yes / No
16. Please write your comment / suggestion if any (in brief):

অনুষ্ঠানটি আমার পুঁজি তৈরি করেছে, এইজন্য

অবিস্ময়কর ভাবে কৃতজ্ঞতা জানিয়ে দিচ্ছি

Signature of participant/ Parent

Date: Dipika Mishra

16.02.2024



**A Counselling & Awareness Programme for Parents on  
How to guide your child**

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursery School

In association with The Dept. of Nutrition & the Dept. of Philosophy

Mugheria Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursery School

Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10:00 a.m.

**Parent's Feedback Form**

**PART-A : About the parents**

Name of participant/Parent: Kamala Das Jana  
 Name of Child/student: Pisush Jana Boy / Girl   
 Name of institution: Uttarkhamar Biswanath Nursery School  
 Address: Alukaranbard  
 Phone number: 8001086051 Email: \_\_\_\_\_  
 Age: 25 SEX: Male / Female; Caste: GEN/SC/ST/OBC; Annual income: 6000 T  
 Educational Qualifications: H.S. Present Status/Occupation Housewife

**PART-B : Please use the tick mark (✓) for your right answer:**

1. Do you think a counselling programme is necessary for your child? Yes / No
2. Do you want a guide or counselor for your child? Yes / No
3. Do you want to continue the education of your child? Yes / No
4. Are you aware about Teaching-Learning process in the school? Yes / No
5. Do you want to continue your efforts for the education of your child? Yes / No
6. What do you like among the following three categories for education?  
 a) Govt School, b) Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does.  
 a) Too much, b) Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
 a) Reading, b) Writing, c) Drawing, d) Recitation, e) Dancing, e) Singing, f) playing
9. How safe does your child feel at our school?  
 a) Extremely safe, b) Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No
11. Do you want to increase the concentration level of your child? Yes / No
12. Do you think the good mental health is necessary for your child? Yes / No
13. How much attention does your child get from the teachers?  
 a) A lot, b) maximum, c) minimum / a little,
14. What is your opinion about this programme?  
 a) Excellent, b) Outstanding, c) Very good, d) Good, e) Bad
15. Do you like this type of counselling & awareness programme again? Yes / No
16. Please write your comment / suggestion if any (in brief):

মহাশয়, আমার প্রশ্ন জাড়াইয়া নাই।

Signature of participant/ Parent

Date:

খুব ভালো লাগছে, অতঃপরকার  
 একটি আলোচনা খুব সুস্বাগত ছিল আমারা  
 খুব ধুমি হয়েছি,

কামলা দাস জানা

**A Counselling & Awareness Programme for Parents on  
How to guide your child**  
Under Extension Activities

Organized by Uttarkhamar Biswanath Nursery School  
In association with The Dept. of Nutrition & the Dept. of Philosophy  
Mugberia Gangadhar Mahavidyalaya  
Venue: Uttarkhamar Biswanath Nursery School  
Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454  
Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

**Parent's Feedback Form**

**PART - A : About the parents**

Name of participant/Parent: Rukmini Jana.  
Name of Child/student: Ranita Jana. Boy / Girl F  
Name of institution: Uttarkhamar Biswanath Nursery School.  
Address: Uttarkhamar, Alukaranbarsh, Purba Medinipur.  
Phone number: 7431852654 Email: \_\_\_\_\_  
Age: 29 SEX: Male / Female ; Caste: GEN/SC/ST/OBC ; Annual income: 2,00,000/-  
Educational Qualifications: H.S. Present Status/Occupation Housewife

**PART-B : Please use the tick mark (✓) for your right answer:**

1. Do you think a counseling programme is necessary for your child? Yes / No
2. Do you want a guide or counselor for your child? Yes / No
3. Do you want to continue the education of your child? Yes / No
4. Are you aware about Teaching-Learning process in the school? Yes / No
5. Do you want to continue your efforts for the education of your child? Yes / No
6. What do you like among the following three categories for education?  
a) Govt. School,  b) Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does  
a) Too much,  b) Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity ?  
a) Reading, b) Writing,  c) Drawing, d) Recitation, e) Dancing, f) Singing, g) playing
9. How safe does your child feel at our school?  
a) Extremely safe,  b) Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No
11. Do you want to increase the concentration level of your child? Yes / No
12. Do you think the good mental health is necessary for your child? Yes / No
13. How much attention does your child get from the teachers?  
 a) A lot, b) maximum, c) minimum / a little,
14. What is your opinion about this programme ?  
 a) Excellent, b) Outstanding, c) Very good, d) Good, e) Bad
15. Do you like this type of counseling & awareness programme again? Yes / No
16. Please write your comment / suggestion if any (in brief):

এই অনুষ্ঠানে আপনি আমাদের শিক্ষকের মাধ্যমে মেম্বার কথা  
বলেন, আমরা শুধুমাত্র এই বক্তব্যগুলো শুনেছি, আমরা  
যতটা পারি তাই হলে মাসের চেয়ে  
করবো। এই বক্তব্য অনুষ্ঠান হওয়ার  
বলে আমরা আরও উপস্থিত হবো।

Signature of participant/ Parent

Date: Rukmini Jana  
16.02.2024



**A Counselling & Awareness Programme for Parents on  
How to guide your child**

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursery School

In association with The Dept. of Nutrition & the Dept. of Philosophy

Mugheria Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursery School

Alukarambari, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

**Parent's Feedback Form**

**PART-A : About the parents**

Name of participant/Parent: Mousumi Mishra  
Name of Child/student: Subhochha Mishra Boy / Girl Girl  
Name of institution: Uttarkhamar Biswanath Nursery School  
Address: Alukarambari, Uttarkhamar, Medinipur  
Phone number: 9564849374 Email: \_\_\_\_\_  
Age: 27 SEX: Male / Female ; Caste: GEN/SC/ST/OBC ; Annual income: \_\_\_\_\_  
Educational Qualifications: XII(S) Present Status/Occupation House wife

**PART-B : Please use the tick mark (✓) for your right answer:**

1. Do you think a counseling programme is necessary for your child? Yes / No ✓
2. Do you want a guide or counselor for your child? Yes / No ✓
3. Do you want to continue the education of your child? Yes / No ✓
4. Are you aware about Teaching-Learning process in the school? Yes / No ✓
5. Do you want to continue your efforts for the education of your child? Yes / No ✓
6. What do you like among the following three categories for education?  
a) Govt. School, ✓ b) Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does:  
✓ a) Too much, b) Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
a) Reading, b) Writing, ✓ c) Drawing, d) Recitation, e) Dancing, e) Singing, f) playing
9. How safe does your child feel at our school?  
✓ a) Extremely safe, b) Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No ✓
11. Do you want to increase the concentration level of your child? Yes / No ✓
12. Do you think the good mental health is necessary for your child? Yes / No ✓
13. How much attention does your child get from the teachers?  
a) A lot, ✓ b) maximum, c) minimum / a little,
14. What is your opinion about this programme?  
a) Excellent, b) Outstanding, ✓ c) Very good, d) Good, e) Bad
15. Do you like this type of counseling & awareness programme again? Yes / No ✓
16. Please write your comment / suggestion if any (in brief):

১- মতামত ও প্রশংসা প্রদান করে এবং সুচিন্তিত  
কিভাবে এসে উপস্থিত হয়েছি তা জানিয়ে দিচ্ছি  
এরকম অনুষ্ঠান আয়োজন করলে ভালো  
উপস্থিত হব।

M. Mishra  
Signature of participant/ Parent  
Date:

### A Counselling & Awareness Programme for Parents on How to guide your child

Under Extension Activities  
Organized by Uttarkhamar Biswanath Nursary School

In association with The Dept. of Nutrition & the Dept. of Philosophy  
Mugheria Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursary School  
Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

#### Parent's Feedback Form

#### PART-A : About the parents

Name of participant/Parent: Sudipta Maity.

Name of Child/student: Soubarna Maity. Boy / Girl \_\_\_\_\_

Name of institution: Uttar Khamar Biswanath Nursary School

Address: Alukaranbard, Uttar Khamar, Purba Medinipur

Phone number: 9593500639 Email: \_\_\_\_\_

Age: 26 SEX: Male / Female ; Caste: GEN/SC/ST/OBC ; Annual income: 45,000

Educational Qualifications: H.S Present Status/Occupation Housewife

#### PART-B : Please use the tick mark (✓) for your right answer:

1. Do you think a counseling programme is necessary for your child? Yes / No
2. Do you want a guide or counselor for your child? Yes / No
3. Do you want to continue the education of your child? Yes / No
4. Are you aware about Teaching-Learning process in the school? Yes / No
5. Do you want to continue your efforts for the education of your child? Yes / No
6. What do you like among the following three categories for education?  
a) Govt. School,  Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does.  
a) Too much,  Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
a) Reading, b) Writing,  Drawing, d) Recitation,  Dancing, e) Singing,  playing
9. How safe does your child feel at our school?  
 Extremely safe, b) Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No
11. Do you want to increase the concentration level of your child? Yes / No
12. Do you think the good mental health is necessary for your child? Yes / No
13. How much attention does your child get from the teachers?  
a) A lot,  maximum, c) minimum / a little.
14. What is your opinion about this programme?  
 Excellent, b) Outstanding, c) Very good, d) Good, e) Bad
15. Do you like this type of counseling & awareness programme again? Yes / No
16. Please write your comment / suggestion if any (in brief):

আজকের এই প্রোগ্রাম এর জন্যে অনেক ধন্যবাদ।  
 মতো বেশি করে আমরা এর প্রসারিত করে।

Signature of participant/ Parent  
Date:

Sudipta Maity.  
16.02.24



**A Counselling & Awareness Programme for Parents on  
How to guide your child**  
Under Extension Activities

Organized by Uttarkhamar Biswanath Nursery School  
In association with The Dept. of Nutrition & the Dept. of Philosophy  
Mugheria Gangadhar Mahavidyalaya  
Venue: Uttarkhamar Biswanath Nursery School  
Alukaranbard, Bhubaneswar, Purba Medinipur, West Bengal, 721454  
Date: 16<sup>th</sup> February, 2024, at 10:00 a.m.

**Parent's Feedback Form**

**PART-A : About the parents**

Name of participant/Parent: Mana Manasi Maiti (Bera)  
Name of Child/student: Anshi Bera Boy / Girl  
Name of institution: Uttarkhamar Biswanath Nursery School  
Address: Alukaranbard, Uttarkhamar, Purba Medinipur  
Phone number: 8372896271 Email: \_\_\_\_\_  
Age: 33 SEX: Male / Female ; Caste: GEN/SC/ST/OBC ; Annual income: \_\_\_\_\_  
Educational Qualifications: H.S Present Status/Occupation House wife

**PART-B : Please use the tick mark (✓) for your right answer:**

1. Do you think a counseling programme is necessary for your child? Yes / No ✓
2. Do you want a guide or counselor for your child? Yes / No ✓
3. Do you want to continue the education of your child? Yes / No ✓
4. Are you aware about Teaching-Learning process in the school? Yes / No ✓
5. Do you want to continue your efforts for the education of your child? Yes / No ✓
6. What do you like among the following three categories for education?  
✓ a) Govt. School, b) Private School, c) Missionary School
7. Please select the best possible answer on how much homework your child does.  
✓ a) Too much, b) Average, c) Right amount, d) Poor/ too little
8. Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
a) Reading, b) Writing, ✓ c) Drawing, d) Recitation, e) Dancing, f) Singing, g) playing
9. How safe does your child feel at our school?  
✓ a) Extremely safe, b) Very safe, c) Moderately safe, d) Not safe at all
10. Do you find the teaching methods effective? Yes / No ✓
11. Do you want to increase the concentration level of your child? Yes / No ✓
12. Do you think the good mental health is necessary for your child? Yes / No ✓
13. How much attention does your child get from the teachers?  
✓ a) A lot, b) maximum, c) minimum / a little,
14. What is your opinion about this programme?  
✓ a) Excellent, b) Outstanding, c) Very good, d) Good, e) Bad ✓
15. Do you like this type of counseling & awareness programme again? Yes / No ✓
16. Please write your comment / suggestion if any (in brief):

আজকের ~~ক্লাস~~ সেশনটি খুব ভালো হয়েছে এবং আগামী  
দিনেও এরকম সেশন হোক।

Signature of participant/ Parent  
Date:

Manasi Maiti (Bera)

16.02.2024

## A Counselling & Awareness Programme for Parents on

### How to guide your child

Under Extension Activities

Organized by Uttarkhamar Biswanath Nursary School

In association with The Dept. of Nutrition & the Dept. of Philosophy

Mugheria Gangadhar Mahavidyalaya

Venue: Uttarkhamar Biswanath Nursary School

Alukaranbard, Bhupatinagar, Purba Medinipur, West Bengal, 721454

Date: 16<sup>th</sup> February, 2024, at 10-00 a.m.

### Parent's Feedback Form

#### PART-A : About the parents

Name of participant/Parent: Sumita Ojha  
 Name of Child/student: Subham Ojha / Shantanu Ojha Boy / Girl Boy  
 Name of institution: Biswanath Narahari School  
 Address: Alukarabard, Uttarkhamar, Purba Medinipur  
 Phone number: 7477615495 Email: \_\_\_\_\_  
 Age: 40 SEX: Male / Female; Caste: GEN/SC/ST/OBC; Annual income: 70000  
 Educational Qualifications: M.P Present Status/Occupation House wife

#### PART-B : Please use the tick mark (✓) for your right answer:

- Do you think a counseling programme is necessary for your child? Yes / No
- Do you want a guide or counselor for your child? Yes / No
- Do you want to continue the education of your child? Yes / No
- Are you aware about Teaching-Learning process in the school? Yes / No
- Do you want to continue your efforts for the education of your child? Yes / No
- What do you like among the following three categories for education?  
 a) Govt. School, b) Private School, c) Missionary School
- Please select the best possible answer on how much homework your child does:  
 a) Too much,  Average, c) Right amount, d) Poor - too little
- Which of the following is mostly favorite that your child likes as extra co-curricular activity?  
 a) Reading, b) Writing,  Drawing, d) Recitation, e) Dancing, e) Singing,  playing
- How safe does your child feel at our school?  
 a) Extremely safe, b) Very safe, c) Moderately safe, d) Not safe at all
- Do you find the teaching methods effective? Yes / No
- Do you want to increase the concentration level of your child? Yes / No
- Do you think the good mental health is necessary for your child? Yes / No
- How much attention does your child get from the teachers?  
 a) A lot, b) maximum, c) minimum / a little,
- What is your opinion about this programme?  
 Excellent, b) Outstanding, c) Very good, d) Good, e) Bad
- Do you like this type of counseling & awareness programme again? Yes / No
- Please write your comment / suggestion if any (in brief):

Sumita Ojha  
 Signature of participant / Parent  
 Date: 16/02/24

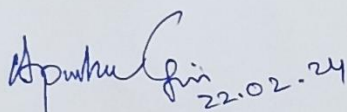


## 8. Outcome of the programme:

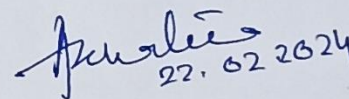
1. Organizer of the programme started the programme
2. 100 parents were participated in the programme with their children.
3. After that 3 resource person given their valuable lecture and interacted with the parents
4. Parents given their feedback at end of the session
5. At the end the organizers, resource persons and participants have taken their lunch.
6. The parents of the students were enriched with lecture of the programme and they wanted to continue regularly this kind of programme in future.

## 9. Acknowledgement:

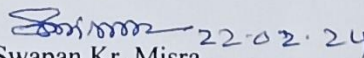
We would like to convey our thanks to all delegates, resource persons, participants, students, and organizers of Uttarkhamar Biswanath Nursery School and Dept. of Nutrition and Dept. of Philosophy of Mugberia Gangadhar Mahavidyalaya for their active participation and cooperation to make the event a grant success.

 22.02.24

Dr. Apurba Giri  
Assistant Professor & Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

 22.02.2024

Dr. Alok Ranjan Khatua  
Assistant Professor  
Dept. of Philosophy  
Mugberia Gangadhar Mahavidyalaya

 22.02.24

Dr. Swapan Kr. Misra  
Principal  
Mugberia Gangadhar Mahavidyalaya



  
Principal  
Mugberia Gangadhar Mahavidyalaya