

Udaynarayanpur Madhabilata Mahavidyalaya



(Govt. Aided & Affiliated to Calcutta University)
Estd - 2006

P.O.-Udaynarayanpur (Jangalpara), Howrah-711226

Phone No.- 03214 -291061/9434543278

E-mail- principalumm@gmail.com

Website:www.udaynarayanpurmahavidyalaya.org

Session 2018-2019

Dengue Awareness

Venue: Udaynarayanpur Madhabilata Mahavidyalaya

Theme: Dengue Awareness

Organised by: NSS Unit & IQAC

Speaker: Dr. Abhijit Chakraborty

Number of Participants: 105

Brief Report:

The Dengue Awareness Seminar was held on September 27, 2018, at Udaynarayanpur Madhabilata Mahavidyalaya. This informative seminar was organized by the NSS Unit and IQAC, with the primary aim of spreading awareness about the rising threat of dengue in the region. The highlight of the seminar was the presence of the distinguished speaker, Dr. Abhijit Chakraborty, who is the Block Medical Officer of Health (BMOH) at Debipur Health Centre. Dr. Chakraborty brought his extensive knowledge and expertise to the seminar, enlightening the audience about the rapid spread of dengue and the essential preventive measures. Dr. Chakraborty's presentation was comprehensive, covering various aspects of dengue, its symptoms, transmission, and most importantly, the preventive strategies. He emphasized the importance of community involvement and urged all participants to take an active role in preventing dengue outbreaks. The seminar saw active participation from 105 individuals who were keen to learn more about this public health concern. Dr. Chakraborty's informative session left a lasting impact on the audience, empowering them with knowledge to combat the dengue threat. In conclusion, the Dengue Awareness Seminar was a valuable initiative, providing essential information and guidance to the community. It is imperative to continue spreading awareness and implementing preventive measures to control the spread of dengue in the region.



Application and implications of nutrition and its policy in daily life

Date- 16/03/19

Mode- Offline

No. of participants- 51


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Speaker- Arnab Chatterjee, Asst. Prof, Dept. of Food & Nutrition, Asansol Girls' College and Madhumita Roy, Senior Research Fellow, SAI, Salt Lake campus

Theme- Application and implications of nutrition and its policy in daily life

Outcome- The seminar focused on importance of nutrition in maintaining healthy life balance. The seminar was presented in interactive way. The students were encouraged to discuss many doubts with the guest faculties. They also presented healthy recipes to the guest speaker for evaluation

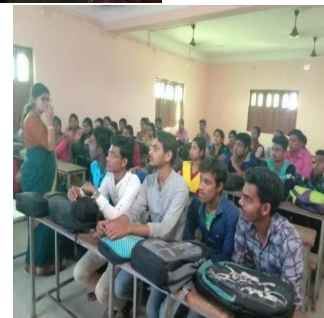
Brief Report-

A one-day departmental seminar was organized by dept of food and nutrition. The seminar had two sections: - talk by invited speakers and students cooking exhibition.

The day was started by introductory address by our college principal Dr. Arabinda Ghosh. After the introduction the students showcased their healthy cooking for various diseases. The theme of the exhibition was low-fat low-calorie diet. The students prepared various salad, soups and steamed food options. They also presented benefits and uses of such food products to the speakers.

Following the exhibition, the next part of the seminar was conducted in smart classroom. The presentation included audiovisual lecture method and interactive sessions. Arnab Chatterjee discussed in depth how biochemistry and physiology is interlinked with every day's health and nutrition. His discussion encouraged to students to share their daily diet and attempted to understand their impact on health and wellbeing. Madhurima Roy shared her experience of working with national level athletes and their dietary need. Many of our students are actively involved in exercise and sports. The session helped them to get better understanding of managing diet and hydration for sports and physical activity.

The seminar was successful in terms of engagement, participation and interaction. The seminar also brought more enthusiastic performance in subject understanding. The department hopes to conduct such activities in future for students benefit.



Arabinda Ghosh

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Workshop on Career Counselling

Date: 05/02/2019

Time: 11.30am

Platform: Offline workshop (Room No. 9)

No. of Participants: 181

Speaker: Lectures were delivered by the professional from George Telegraph, Haripal

Organised By: IQAC & the Counseling cell of the college

Theme/Objective of the workshop: To spread awareness among the students in various work sectors

Programme Schedule: 1. Welcome Speech: Snehasree Saha, Assistant Professor & Convener, Counseling Cell

2. Introductory Speech: Dr. Arabinda Ghosh, Principal 3. Demonstration of career options: Mr. Raja Sengupta, Senior Management Officer, George Telegraph, Haripal 4. Question answer session 5. Thanksgiving speech: Sreemoyee Banerjee, Coordinator, IQAC

Outcome: The speaker discussed several career opportunities in private sectors. After the demonstration, the expert circulated some sheets comprising of MCQ on GK and reasoning among the students. The programme ended with question answer session. The workshop was meant specially for the students of the outgoing batch. As our college is situated in a rural area, the students cannot be able to connect with the huge and multidimensional field of job opportunities. This programme opened up the broad spectrum of career options which became extremely useful for the students.

Session 2020-2021

GEOGRAPHY IN MOVE – A PARADIGM SHIFT IN EXPLORING GEOGRAPHY IN THE NEO NORMAL ERA.

Date: 14th September, 2020

Time: 11.30 a.m. onwards **Webinar Platform:** Google Meet

Speaker: Dr. Kathakali Bandopadhyay, Assistant Professor & Head, Department of Geography of Subarnarekha Mahavidyalaya, Vidyasagar University.

Number of Participants: 115

Organized by: Department of Geography

Objectives: The webinar has been organized amidst the covid -19 pandemic situation. The topic was very relevant as it showed and inspired the young geographers to express and practice geographic knowledge in various ways in such hard and challenging Covid -19 period.

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Outcome: The essence of the speaker's lecture was how the young geographers would exercise and express their geographical thinking during the covid era. Dr. Bandopadhyay beautifully explained the theme and the participants throughout the country enjoyed and participated in interactive session.

In Search of Mental Stability in Neo Normal Situation

Date: 25.09.2020

Time: 4pm

Platform: Google Meet and livestreamed on the official youtube channel of the college

No. of Participants: 68

Speaker: Dr. Saoni Banerjee, Assistant Professor, Department of Psychology, Loreto College

Organised By: IQAC & Counseling Cell

Theme/Objective of the webinar: To bring mental stability back in the pandemic situation

Outcome: The overall unrest urged the concerned cell to develop a webinar on such a topic. The stakeholders of the institution started facing lots of hazards including financial, physiological, psychological, social etc. The scenario was being worsened day by day. As our college is located in a rural area, it is quite a tough job to get proper assistance at this crucial moment. Our NSS volunteers made a socio-economic online survey at the neighboring community by which we came to know about the exact insecure position of our students. So, we organized this programme, where the people could be able to open up about their choked condition. The speaker thoroughly analyzed the traumatic situation and demonstrated the significance of art therapy in establishing mental stability in pandemic situation. The interactive session proved the success of such an initiative.

ONE DAY STATE LEVEL WEBINAR
ON
'IN SEARCH OF MENTAL STABILITY IN NEO NORMAL SITUATION'
DATE: 25th SEPTEMBER 2020 TIME: 4PM ONWARDS
ORGANIZED BY
COUNSELING CELL
IN COLLABORATION WITH
INTERNAL QUALITY ASSURANCE CELL
UDAYNARAYANPUR MADHABILATA MAHAVIDYALAYA
EMINENT SPEAKER
DR. SAONI BANERJEE
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHOLOGY
LORETO COLLEGE, KOLKATA
CHIEF PATRON—
DR. ARABINDA GHOSH, PRINCIPAL
UDAYNARAYANPUR MADHABILATA MAHAVIDYALAYA
WEBINAR PLATFORM : GOOGLE MEET

Explore the Career Opportunities in Govt. Sectors & Unlock the Potentials in You


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Date: 01.06.2021

Time: 4.30pm

Platform: ZOOM

No.ofParticipants: 210

Speaker: Mr. Soumya Banerjee, Manager-Academic Operations, RICE Education, Mr. Gautam Bhadra, Expert Teacher (GI), RICE Education

Organised By: IQAC & Counseling Cell in collaboration with RICE Education, Howrah Maidan Branch

Theme/Objective of the webinar: To motivate young students of the college to get prepared for competitive exams and to make them aware about the better career opportunities in Govt. sectors.

Outcome: The webinar started at 4:30 pm. with the respected Principal, Dr. Arabinda Ghosh's inaugural address to the students, followed by very brief but inspiring speech by both the co-ordinators of the webinar, Mrs. Sreemoyee Banerjee, Assistant Professor of Bengali and Mr. Jasodanandan Mallik, Assistant Professor of English.

The first speaker, Mr. Soumya Banerjee, delivered his speech, full of illuminating details on the scope of Government services. The next speaker Mr. Gautam Bhadra, then, in, made our students interested in GI through an interactive mode of discussion and thus inspired the students to work on GI from the next day. It was very informative, illuminating and inspiring session for the students. We have noticed that the students became more eager to prepare themselves for the Government Jobs after this webinar.


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Rural nutrition- Roots and Routes of development

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Webinar organized by Dept of Food & Nutrition

Date & Time: - 9/6/2021, 4.00Pm

Mode: - Online

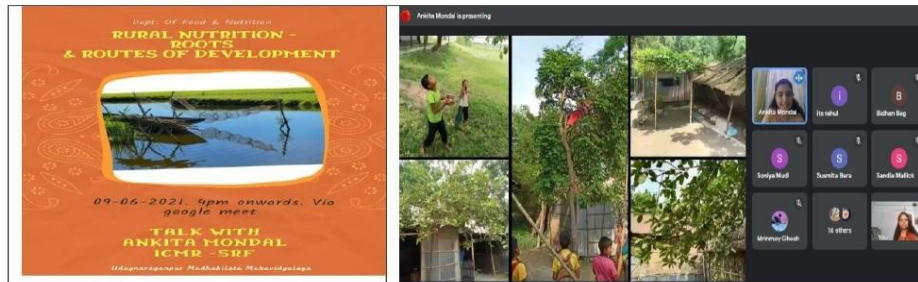
No. of participants:- 41

Speaker- Ankita Mondal, SRF, ICMR

Theme- Rural nutrition- Roots and Routes of development

Outcome- The seminar discussed Usage of solar enabled food drier in Bangladesh to improve nutrition diversity among rural women. The topic was relevant to the rural demographic condition of students of our college and generated useful discussion among the speaker and students.

BRIEF REPORT :- During the lockdown period we all shared education via online mode. It prohibited from necessary practical classes and field activities. But digital story sharing is also another way to engage students in the field beyond the text book. For this purpose the department invited a scholar whose work involved travelling in various localities to bring better nutrition. Nutrition diversity is still a major concern for women's health in India and developing countries. Women's often found themselves in deficient condition esp during seasons when fresh vegetables and fruits are not available. Our students mostly belong from rural areas where purchase capacity and nutrients diversity is a major concern. The speaker Ankita Mondal, a senior research fellow of Indian council of medical research explained how she conducted interviews and focus group to find dietary habits of rural women of Bangladesh. She also showed how use of solar drying technique can bring more sustainable nutrition for villages. The session was unique but resourceful to give a more practical and applicable ways to tackle malnutrition. The session ended with vote of thanks and wishes for sharing of many such experiences in future.



Skill Development Orientation Programme and Workshop

Date: 14.06.2021 & 15.06.21

Time: 3pm & 5pm respectively

Platform: Google Meet

No. of Participants: 50 on 14.06.21 & 100 on 15.06.21

Speaker: Sk. Mohd. Hussain, Centre Head, Anudip Foudation, Howrah

Organised By: IQAC in collaboration with Anudip Foudation, Howrah

Theme/Objective of the webinar: to create awareness amongst young students of the college on job opportunities in the corporate sectors.

Outcome: The webinar was divided into three parts:

- 1) Introducing Livelihood opportunities among young students
- 2) Today's job market scenario

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3) Industry specialists' guidelines regarding a better future career path

Each Phase of the webinar was very informative, illuminating and inspiring session for the students. The students put the effort to explore career opportunities in diversified sectors after completion of the webinar.

Anudip
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Welcome
Online Webinar
14th June 2021 (Monday)
Phase 1 : 3 PM & Phase 2 : 5 PM
Online Platform : Google Meet

Agenda: -

- About Anudip Foundation.
- Introducing Livelihood opportunities among young students..
- Today's job market scenario
- Industry specialists' guidelines regarding a better future career path

Our heartfelt thanks and gratitude to:—

Dr. Arabinda Ghosh
Principal
Udaynarayanpur Madhabilata Mahavidyalaya

Sreemoyee Banerjee
IQAC Coordinator, HOD, Department of Bengali
Udaynarayanpur Madhabilata Mahavidyalaya

Jashodanandan Mallick
HOD, Department of English
Udaynarayanpur Madhabilata Mahavidyalaya

8348444111 / 7605034901

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Welcome
Online Webinar
15th June 2021 (Tuesday)
Time : 5 PM
Online Platform : Google Meet

Agenda: -

- About Anudip Foundation.
- Introducing Livelihood opportunities among young students..
- Today's job market scenario
- Industry specialists' guidelines regarding a better future career path

Our heartfelt thanks and gratitude to:—

Dr. Arabinda Ghosh
Principal
Udaynarayanpur Madhabilata Mahavidyalaya

Sreemoyee Banerjee
IQAC Coordinator, HOD, Department of Bengali
Udaynarayanpur Madhabilata Mahavidyalaya

Jashodanandan Mallick
HOD, Department of English
Udaynarayanpur Madhabilata Mahavidyalaya

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Session 2021-2022

Know Dementia/Know Alzheimer's

Date: 04.09.2021 **Time:** 4pm **Platform:** Google Meet

No. of Participants: 66

Speaker: Mrs. Nilanjana Maulik, Secretary General, ARDSI, Kolkata Chapter **Organised By:** IQAC, NSS Unit in collaboration with Alzheimer's and Related Disorders Society of India (ARDSI), Kolkata Chapter

Theme/Objective of the webinar: To spread awareness on Dementia and Alzheimer's among the students

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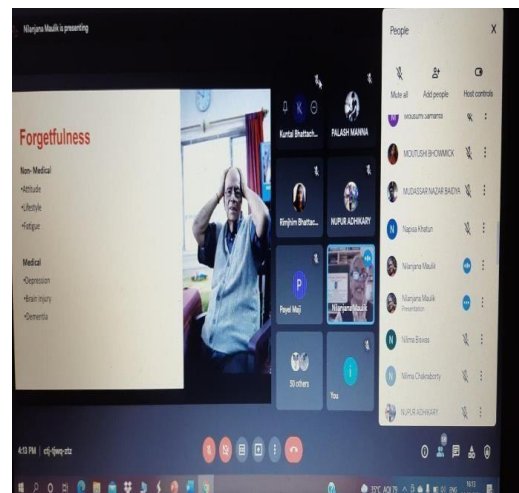
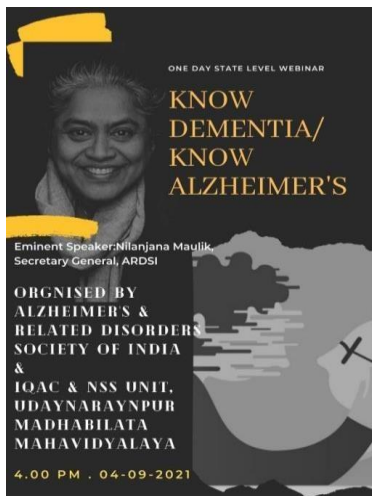
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Outcome: The webinar focused on two lesser-known diseases, Dementia and Alzheimer's—its nature, characteristics, preventive measures and the care giving systems. The eminent speaker shared lots of personal experiences regarding serving this particular field. She also highlighted the importance of detecting the disorders and the role of young generation as the support system. The NSS programme officer of our college showed immense interest to get the NSS volunteers and other eager students properly trained to do work for the noble cause. The session ended up with a constructive inter



Session 2022-2023

The happy gut

Date- 22-09-2022 **Mode-** Offline **No. of participants-** 65

Speaker- Nilita Das, Assistant Professor, Narayangarh Govt. Degree college

Theme- The happy gut

Outcome- The lecture focused on importance of gut health and maintenance of gut health with daily traditional diet. The issue generated discussion over local food and their role in gut health.

BRIEF REPORT- The dept of food and nutrition in collaboration with dept of physical education conducted an intra departmental seminar. The seminar was initiated by welcome address by the principal of the college. The invited speaker Nilita Das is working as an Assistant Professor of food and nutrition in Government Narayangarh College. She conducted a session on the happy gut. The nutrition science has proved gut is the most important organ of human body to provide health, immunity and happiness. She took example of many of our traditional food items like curd, pantabhat, etc to showcase how they behave when consumed. The consumption of such products is linked with good bacteria in gut. The session included

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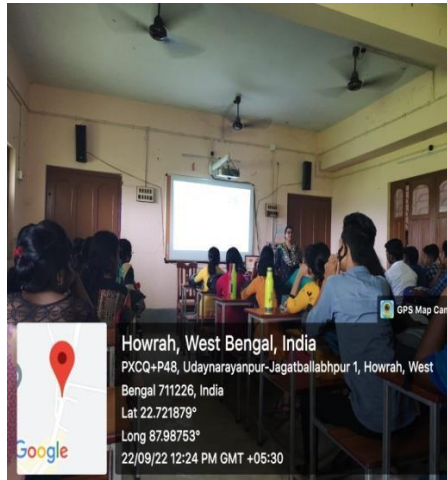
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lots of examples and interaction and discussion regarding traditional diet among speaker and the students. The session created a spark among students to learn more about daily diet and it's impact on health.

The program ended with vote of thanks by Shilpa Saha, faculty of dept of physical education.



Navigating through NGO jobs - Learning from the leaders

Date- 15-06-2023

Shilpa Saha
Principal
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Mode- Offline

No. of participants- 47

Speaker-Mayukhmala Guha, Ex- State Program Manager, State Resource Center of Nutrition, West Bengal

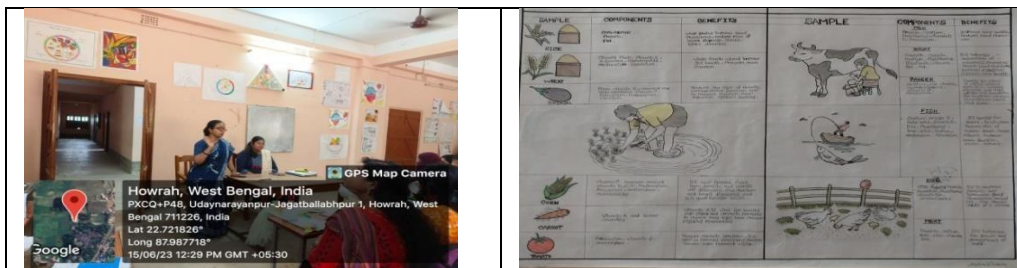
Theme- “Navigating through NGO jobs - Learning from the leaders”

Outcome- This programme was need of hour to encourage student to learn about applicability of nutrition in job market. The endless interaction even after the session and follow-up is a boost for the dept to conduct many such programs in future.

BRIEF REPORT- A program to find opportunities right after graduation was conducted. The course curriculum gives specific skills regarding surveys, dietary calculation, health surveys and understanding of community programs like mid day meal, icds etc. These skills are suitable for jobs in non-government organization who works on health and education for under privileged population. To match the need of the session, the department invited MayukhmalaGuha who has worked with very top ngos of India and govt programs to reach underprivileged population. The program was formally introduced by Dr. Sreemoyee Banerjee, iqac coordinator She has worked with *cini*, *sneha* and has worked with nutrition rehabilitation centre of west Bengal. Later she rose to the roll of program manager of unicef state centre in west Bengal. The vast experience was shared with our students to give them a perspective of how ngos work in real field. She explained variety roll available in ngos and how big the job market is. She also gave an idea about the pay scale. She discussed in length about how to search and apply for these jobs. The discussion included skills and techniques required to face the interview. The explosions of doubts and questions end of the session validate need and success of the session.

The session was divided in two parts. In the second part the speaker was invited to attend the exhibition by students. Students exhibited their poster and drawings made for national nutrition Month. The speaker checked each poster and commented on the rights and wrongs of each poster. She matched the posters suitability with her experience in field counseling session. She a identified few posters as outstanding and suggested for proper display in the classroom for coming year students. The students found this experience cerebral and encouraging.

The program ended with vote of thanks by Head of The dept.



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REPORT ON YOGA-ORIENTED ACTIVITIES

(ACADEMIC SESSION: 2018-19 TO 2022-23)

In spite of being a remotest village college, Udaynarayanpur Madhabilata Mahavidyalaya has always been very concerned about the overall development and progress of the students of the institution. Keeping in mind the above necessity and objective, a number of Capacity Building and Skills Enhancement Initiatives have been taken by the institution, and the Yoga-oriented activities have been started in the college as one of such Initiatives.

The institution has a Department of Physical Education which was established in the Academic Session 2009-10 in order to promote the activities related to Sports and Games as well as Yoga by the students of the college. There is one hall room (size 630 square feet) in the Department of Physical Education, used as Yoga Centre to upgrade and develop the mental and physical health of the students of the college.

In the departmental routine of the Department of Physical Education, Yoga classes are allotted and taken regularly in every week for each Semester. Through Yoga Practice the students are facilitated to develop their physical, mental, social health and emotional control as well as to increase their ability to prevention of disease. The Department of Physical Education also organizes Yoga Demonstration every year for the students. The college students are very much satisfied to attend Yoga Practical and Theoretical classes.

The following table illustrates the required details for Yoga-oriented activities :

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Name of the Capacity Building and Skills Enhancement Initiative	Academic Session	Date of implementation	Number of students enrolled	Organized by
YOGA	2018-19	20.08.2018	46	Department of Physical Education, Udaynarayanpur Madhabilata Mahavidyalaya
	2019-20	18.08.2019	42	
	2022-23	22.08.2022	48	

REPORT ON

ONE-DAY INTERNATIONAL-LEVEL WEBINAR ON

'IMPORTANCE AND RELEVANCE OF STUDY OF MUSIC & PHYSICAL EDUCATION

IN PRIMARY TO HIGHER EDUCATION IN THE NEW NORMAL SITUATION'

On 23 September 2020, a One-day International-level Webinar on 'Importance and Relevance of Study of Music & Physical Education in Primary to Higher Education in the New Normal Situation' was jointly organized by the Departments of Music and Physical Education in collaboration with Internal Quality Assurance Cell (IQAC) of Udaynarayanpur Madhabilata Mahavidyalaya. The major aim of this programme had been to emphasis on the necessity and significance of Music & Physical Education in primary to Higher Education.

In this Webinar, Prof. (Dr). Asit Roy, Professor, Department of Music, University of Rajshahi, Bangladesh, Dr. Md. Arafat Zawad, Dy. Director (Sports), Bangladesh Public Administration Training Centre (BPATC), Savar, Dhaka, Bangladesh, Dr. Kankana Mitra (Roy Chowdhury), Associate Professor, Department of Music, Rabindra Bharati University, Kolkata, India, and Dr. Sridip Chatterjee, Assistant Professor, Dept. of Physical Education, Jadavpur University, Kolkata, India, were invited as the resource persons, who delivered special lectures on the specific theme. In this Webinar, the students as well as the faculty members from different colleges including our college actively participated and highly appreciated the ideas and views originated from the deliberations of the resource persons, and they were also benefited very much to hear the valuable speeches of the honourable speakers. In spite of having Pandemic situation, the programme was a grand success.

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ONE DAY INTERNATIONAL WEBINAR
On
Importance & Relevance of Study of Music & Physical Education in Primary to Higher Education in the New Normal Situation.
Date : 23rd September, 2020 Time : 04:30 p.m. onwards (IST)

Organised By
Department of Music & Physical Education
Udaynarayanpur Madhabilata Mahavidyalaya

In Collaboration with
Internal Quality Assurance Cell (IQAC)
Udaynarayanpur Madhabilata Mahavidyalaya,
Udaynarayanpur, Howrah, West Bengal, PIN - 711226

Important Information

- There is no registration fee.
- Registration begins: 16th September 2020
- Registration ends: 22nd September 2020
- Registration link: <https://forms.gle/qfcaN428EMRwV9N>
- WhatsApp group link : <https://chat.whatsapp.com/E7Y189VON98TcLNGe117>
- Platform : Google Meet & Zoom
- Meeting link will be sent in WhatsApp group.
- E-certificate will be provided to those registered participants only who will fill up the feedback form.

Eminent Speakers

Prof. (Dr.) Asit Roy
Professor, Department of Music,
University of Rajshahi, Bangladesh

Dr. Md. Arife Zawal
Dr. Director (Sports),
Bangladesh Public Administration Training Centre
(BPATC), Savar, Dhaka, Bangladesh

Dr. Kankana Mitra (Roy Chowdhury)
Associate Professor, Department of Music,
Rabindra Bharati University, Kolkata, India

Dr. Sridip Chatterjee
Assistant Professor, Dept. of Physical Education,
Jadavpur University, Kolkata, India

Organising Committee

Dr. Arubinda Ghosh, Principal, Udaynarayanpur Madhabilata Mahavidyalaya (**CHIEF PATRON**)
Smt. Sreemoyee Banerjee, Assistant Professor, Dept. of Bengali, UMM (**IQAC CO-ORDINATOR**)

JOINT CONVENERS

Mr. Nazmul Haque, Assistant Professor and Head, Dept. of Music, UMM
Dr. Anjan Sarkar, Assistant Professor and Head, Dept. of Physical Education, UMM

OTHER MEMBERS

Dr. Nargis Nasir, SACT, Dept. of Music, UMM
Mrs. Piya Chakraborty, SACT, Dept. of Music, UMM
Mrs. Shilpa Saha, SACT, Dept. of Physical Education, UMM
Mr. Biplob Pramanik, SACT, Dept. of Physical Education, UMM

TECHNICAL SUPPORT

Mr. Anirban Chakraborty, Assistant Professor, Dept. of Sanskrit, UMM

Programme Schedule

Inaugural Session

Welcome address: Mr. Nazmul Haque, Assistant Professor and Head, Dept. of Music, UMM
Inaugural Speech: Dr. Arubinda Ghosh, Principal, Udaynarayanpur Madhabilata Mahavidyalaya

Technical Session

Speaker (1) : Prof. (Dr.) Asit Roy, Professor, Department of Music, University of Rajshahi, Bangladesh.
Interactive Session: 5 min

Speaker (2) : Dr. Md. Arife Zawal, Dr. Director (Sports), Bangladesh Public Administration Training Centre (BPATC), Savar, Dhaka, Bangladesh.
Interactive Session: 5 min

Speaker (3) : Dr. Kankana Mitra (Roy Chowdhury), Associate Professor, Department of Music, Rabindra Bharati University, Kolkata, India.
Interactive Session: 5 min

Speaker (4) : Dr. Sridip Chatterjee, Assistant Professor, Dept. of Physical Education, Jadavpur University, Kolkata, India.
Interactive Session: 5 min

Session Co-ordinator: Mr. Nazmul Haque, Assistant Professor and Head, Dept. of Music, UMM

Validatory Session

Vote of Thanks: Dr. Anjan Sarkar, Assistant Professor and Head, Dept. of Physical Education, UMM
Sangeet Sangeet :

REPORT ON

ONE-DAY STATE-LEVEL WEBINAR ON

‘YOGA DEMONSTRATION FOR WELLNESS DURING COVID PANDEMIC’

On 5 July 2021, a virtual One-day State-level Webinar on ‘Yoga Demonstration For Wellness During Covid Pandemic’ was organized by the Department of Physical Education in collaboration with Internal Quality Assurance Cell (IQAC) of Udaynarayanpur Madhabilata Mahavidyalaya. For this programme, the students had regularly practiced yoga under the supervision of expert teachers. The main aim of this programme was to demonstrate how the students would be able to develop their mental, emotional, and physical health as well as peace of mind through yoga practice during the Covid-19 Pandemic situations. In this Webinar, the students as well as the faculty members from different colleges including our college took active role

Principal
Udaynarayanpur Madhabilata Mahavidyalaya
Howrah - 711226

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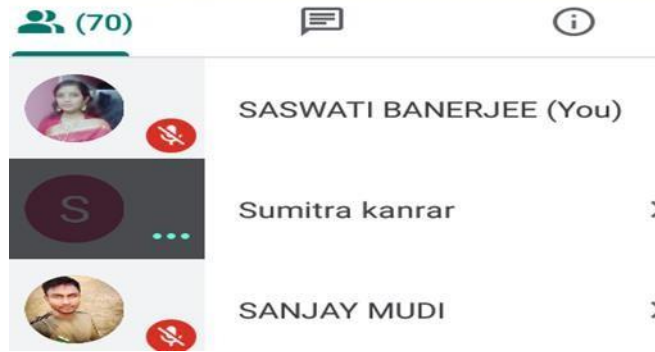
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and spread pertinence of Yoga among the students. The students as well as the teachers of all the Departments of our college were very much satisfied to attend the Webinar.



On 5 July 2021, a virtual One-day State-level Webinar was organised by the Department of Physical Education where the students of different colleges actively participated, as well as the faculty members of various colleges took important role to spread pertinence of Yoga among the students.

Signature
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ONE DAY STATE LEVEL WEBINAR

ON
YOGA DEMONSTRATION FOR WELLNESS DURING COVID PANDEMIC

Date - 5th July, 2021

Time - 07:30 a.m. onwards



Organised by

Department of Physical Education

Udaynarayanpur Madhabilata Mahavidyalaya

In collaboration with

Internal Quality Assurance Cell (IQAC)

Udaynarayanpur Madhabilata Mahavidyalaya,

Udaynarayanpur, Howrah, West Bengal, PIN - 711226



Organising Committee

Dr. Arabinda Ghosh, Principal, Udaynarayanpur Madhabilata Mahavidyalaya (CHIEF PATRON)

Smt. Sreemoyee Banerjee, Assistant Professor, Head, Dept. of Bengali, UMM (IQAC CO-ORDINATOR)

Dr. Amlan Sarkar, Assistant Professor and Head, Dept. of Physical Education, UMM (CONVENER)

OTHER MEMBERS

Mrs. Shilpa Saha, SACT, Dept. of Physical Education, UMM

Mr. Biplab Pramanik, SACT, Dept. of Physical Education, UMM

TECHNICAL SUPPORT

Mr. Anirban Chakraborty, Assistant Professor, Dept. of Sanskrit, UMM

Programme Schedule

Welcome address : Dr. Amlan Sarkar, Assistant Prof. and Head, Dept. of Physical Education, UMM

Inaugural speech : Dr. Arabinda Ghosh, Principal, Udaynarayanpur Madhabilata Mahavidyalaya

Yoga demonstration (Perform by our college students) :

Session 1 : Coordinator Mrs. Shilpa Saha, SACT, Dept. of Physical Education, UMM

Session 2 : Coordinator Mr. Biplab Pramanik, SACT, Dept. of Physical Education, UMM

Vote of thanks : Smt. Sreemoyee Banerjee, Assistant Professor, Head, Dept. of Bengali, UMM

Important announcements

- Platform : Google Meet
- Meeting link will be sent on 5th July 2021 at 7:00 am via Whatsapp.

PRACTISING YOGA: 2018-19

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Ref.No.

Date. 03.06.2019

NOTICE

This is to notify all concerned that a "yoga Demonstration" will be held on 21st June, 2019.

The students are advised to submit their name along with their partner to Biplab pramanik (Dept. of Physical Education) within 10th June, 2019.

Ashwini
03.6.2019
Principal
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Ref.No.

Date. 13.06.2019

Yoga Demonstration
Session: 2018-2019

List of the name of the participants - Total - 12

Boys

1. Manu Karan
2. Avijit Mondal
3. Prinal Samanta
4. Ashwini Rana
5. Surajit Maji
6. Chayan Ghosai

Girls

1. Riya Ghosai
2. Rakhi Das
3. Soukomi Samanta
4. Rima Roy
5. Arpita Samanta
6. Sumita Pramanik

Ashwini
13.6.2019
Principal
Udaynarayanpur Madhabilata Mahavidyalaya,
Howrah - 711226

PRACTISING YOGA : 2019-20

Ashwini

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Ref.No.

Date. 03.06.2020



NOTICE

This is to notify to all concerned that a "yoga Demonstration" will be held on 21st June, 2020. (Online Mode).

The students are advised to submit their name along with their partners to Amlan Sankar (Dept. of Physical Education) within 11th June, 2020.

Aghorah
03.6.2020
Principal
Udaynarayanpur Madhabilata Mahavidyalaya,
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Ref.No.

Date. 15.06.2020



Yoga Demonstration
Session- 2019-2020

List of the name of the participants:- Total- 12

Boys

1. Pratab Kar
2. Sunajit Santra
3. Somnath Bag
4. Anil Bag
5. Monu Karan
6. Sourav Adhikari

Girls

1. Piyali malik
2. Puja mondal
3. Sujala Jaisu
4. Shabli Das
5. Soma Das
6. Puja mama.

Aghorah
15.6.2020
Principal
Udaynarayanpur Madhabilata Mahavidyalaya,
Howrah - 711226



Aghorah

Principal
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PRACTISING YOGA: 2022-23

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NOTICE

Date: 23.05.23...

This is to notify to all concerned that a "Yoga-Demonstration" will be held on 8th June 2023.

The Students are advised to submit their name to Biplob Pramanik (Dept. of Physical education) within 2nd June, 2023.

Ashwini
23.5.23

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Yoga Demonstration

Date: 06.06.23...

Sessions: 2022-2023

List of the name of the Participants:-

Boys

1. Prayas Mondal
2. Sudip Ghosh
3. Saikat Konar
4. Koushik Adhikary
5. Pradip Hazra
6. Dilwan Pal
7. Himantri Mitra
8. Saikat manna
9. Anirban Ghosh
10. Bixram Sarmal
11. Shamick Das
12. Subhajit Mondal

Girls

1. Shipra Konar
2. Susmita Borel
3. Moumita Das
4. Ranjana Bora
5. Rakhi Ghose
6. Sumitra Konar
7. Apika Ghose
8. Tina Saha
9. Riya Bag
10. Pijali Sarmal

Ashwini
6.6.23

Principal
Udaynarayanpur Madhabilata Mahavidyalaya
Howrah - 711226



Ashwini

Principal
Udaynarayanpur Madhabilata Mahavidyalaya
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REPORT ON KARATE WORKSHOP (ACADEMIC SESSION: 2022-23)

The Gender Sensitization Cell against Sexual Harassment in collaboration with Internal Quality Assurance Cell of Udaynarayanpur Madhabilata Mahavidyalaya organized Women's Day Programme – 2023 from 14.03.2023 to 16.03.2023. This was a unique endeavour spanning three days.

On 14.03.2023, a Student Survey among female students of the college was conducted to analyze whether the facilities offered by the institution are accessible to them. The survey also focused on the general accessibility of higher education among female students.

On 15.03.2023, a Cultural Programme on the theme 'উদয়নারায়ণপুর গাথা, মহিলাদদের কথা' was held, where the rich history of Udaynarayanpur was celebrated through songs and narratives of women. We were enriched with the stories of local women in that cultural programme. This was achieved through a collaboration with Ashadeep foundation, a local NGO. The enthused participation of the women members of the NGO gave the programme a whole new direction and there was enthusiastic communication between them and the students.


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On 16.03.2023, the Gender Sensitization Cell against Sexual Harassment in collaboration with the Research and Publication Committee of Udaynarayanpur Madhabilata Mahavidyalaya was proud to launch an e-book with ISBN titled 'Gendered Interrogations: Narratives of Students from Rural Howrah'. The book contains narratives of our own students on various gender issues like the prevalence of gendered dress codes, women's access to education, domestic violence, eve-teasing, early marriage, and so on. It had been edited by three of our faculty members and two of our alumni acted as student editors to this volume.

ONE-DAY KARATE WORKSHOP

Date of Programme: 16.03.2023

Time: 12 p.m. – 2 p.m.

Platform: Offline Mode

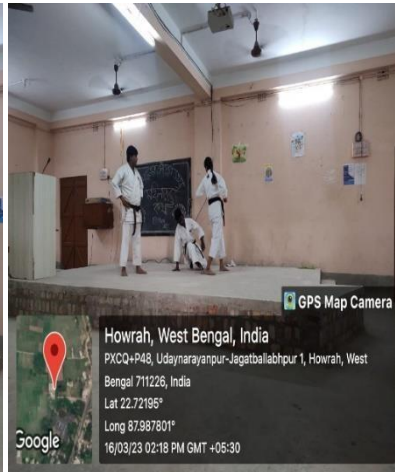
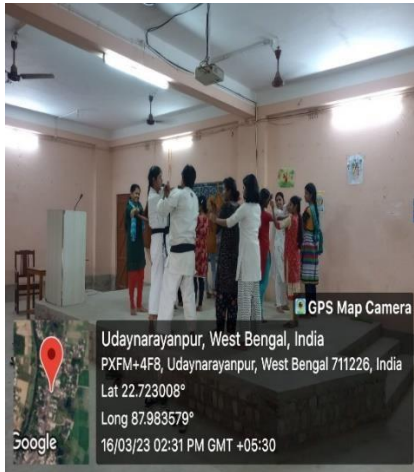
Venue: Seminar Hall of College (Room No. – 9)

Organized by: Gender Sensitization Cell against Sexual Harassment in collaboration with Internal Quality Assurance Cell of Udaynarayanpur Madhabilata Mahavidyalaya

No. of Participants: 62 female students

Theme of the Workshop: 'Raising awareness on basic self-defence techniques for women students of the College'

Outcome: On 16.03.2023, a one-day Karate Workshop, organized by the Gender Sensitization Cell against Sexual Harassment in collaboration with the Internal Quality Assurance Cell of Udaynarayanpur Madhabilata Mahavidyalaya, was arranged for the female students of the college as part of this three-day long Programme. The workshop was conducted by Sensei Dhananjay Paul of the Karate Association of India. The event was principally an awareness-raising programme on basic self-defence techniques for women students of the College. The workshop saw such enthusiastic participation that the institution proposed further collaborative workshops with Sensei in our institution in the upcoming years.



TWO-DAY KARATE WORKSHOP

Date of Programme: 15.06.2023 & 16.06.2023

Time: 12 p.m. – 2 p.m.

Platform: Offline Mode

Ajit
Principal
Udaynarayanpur Madhabilata Mahavidyalaya
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Website:www.udaynarayanpurmahavidyalaya.org

Venue: Seminar Hall of College (Room No. – 9)

Organized by: Gender Sensitization Cell against Sexual Harassment in collaboration with Internal Quality Assurance Cell of Udaynarayanpur Madhabilata Mahavidyalaya

No. of Participants: 34 female students

Theme of the Workshop: ‘Strengthening self-defence capacity of the women students of the College’

Outcome: On 15.06.2023 and 16.06.2023, a two-day Karate Workshop, organized by the Gender Sensitization Cell against Sexual Harassment in collaboration with the Internal Quality Assurance Cell of Udaynarayanpur Madhabilata Mahavidyalaya, was arranged for the female students of the college in continuation with the one-day Karate Workshop, previously held as part of Women’s Week Celebration. The workshop was conducted by Sensei Dhananjoy Paul of the Karate Association of India. Through the organization of recurring self-defence workshops for women students, the institution foregrounds its dedication to promote both physical fitness and self-confidence of its students, majority of whom are young women.



Ajnarah

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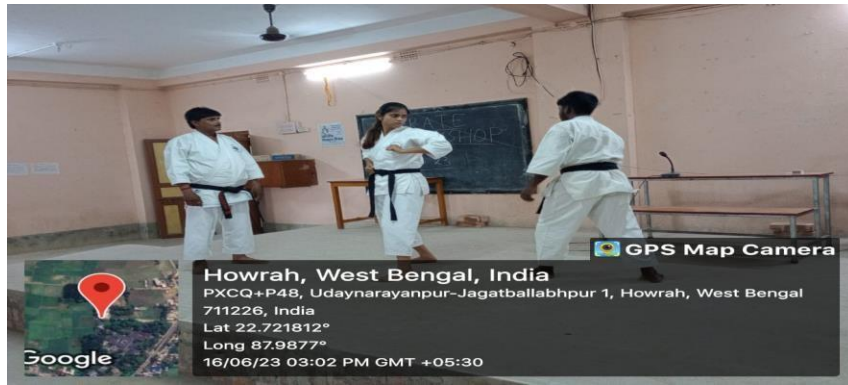
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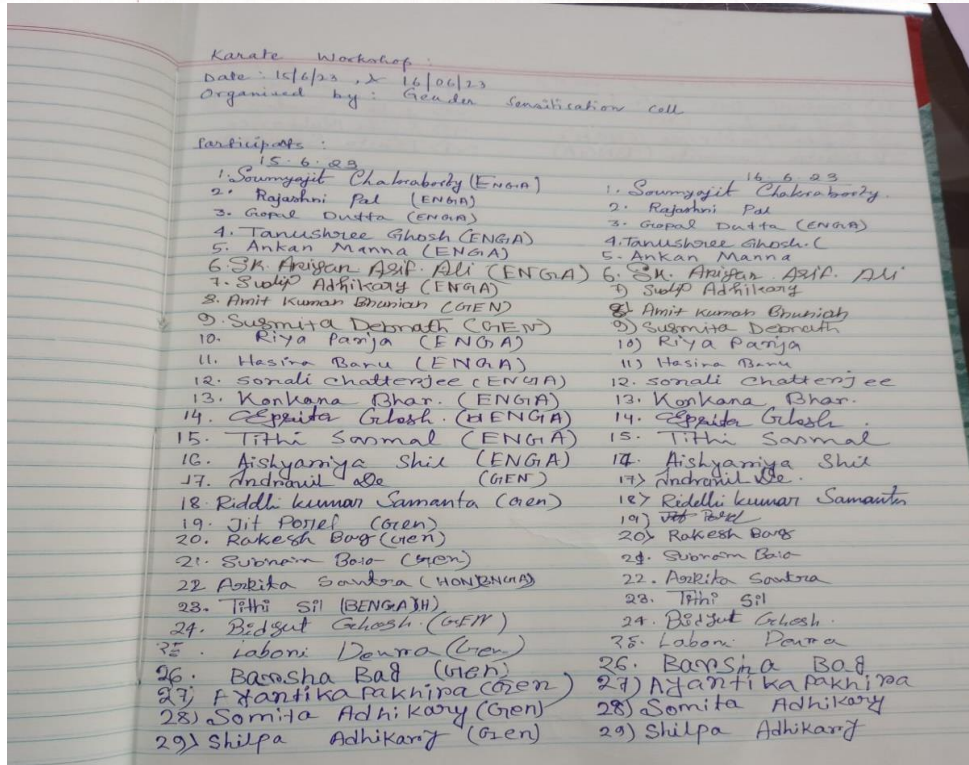
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REPORT ON PERFORMANCE OF SPOKEN ENGLISH COURSE (ACADEMIC SESSION: 2018-19 TO 2022-23)

In spite of being a remotest village college, Udaynarayanpur Madhabilata Mahavidyalaya has always been very concerned about the overall development and progress of the students of the institution. Keeping in mind the above necessity and objective, a number of Capacity Building and Skills Enhancement Initiatives have been taken by the institution, and the Spoken English Course has been introduced in the college as one of such Initiatives.

The ability to communicate in English is of utmost importance in today's world. Udaynarayanpur Madhabilata Mahavidyalaya always endeavours to instill in its students the skills required for them to successfully navigate the changing demands of social and professional spheres. One such step taken by the college is the facility of a **Special Certificate Course in Spoken English in coordination with Abhinav Institute, Serampore, British Council and George Telegraph Institute.** The course is open to all the students enrolled in both Honours and General Courses of the college and students are actively encouraged to participate in the same. The course also trains students in essential soft skills required for job interviews and career development.

Signature

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The following table illustrates the required details for Spoken English Course :

Name of the Capacity Building and Skills Enhancement Initiative	Academic Session	Period (from date – to date)	Number of students enrolled	Number of students having obtained Course Completion Certificate	Name of Agencies involved
Spoken English Course	2018-19	29.08.2018 – 29.02.2019	53	53	Abhinav Institute Serampore, Hooghly
	2019-20	26.08.2019 – 26.02.2020	46	46	
	2020-21	11.03.2021 – 11.09.2021	284	249	British Council
	2021-22	26.03.2022 – 26.09.2022	84	76	Abhinav Institute Serampore, Hooghly
	2022-23	10.01.2023 - 10.07.2023	53	18	George Telegraph Institute

CERTIFICATES FOR SPOKEN ENGLISH COURSE

ACADEMIC SESSION: 2018-19



ACADEMIC SESSION: 2019-20

Arabinda Ghosh
Principal
Udaynarayanpur Madhabilata Mahavidyalaya
Howrah - 711226

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ACADEMIC SESSION: 2020-21



Arkan Samanta
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ACADEMIC SESSION: 2021-22



ACADEMIC SESSION: 2022-23



Ajwaha

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