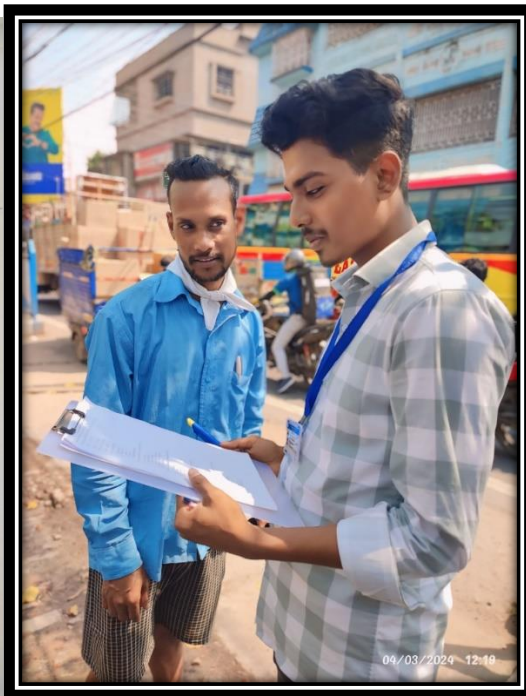
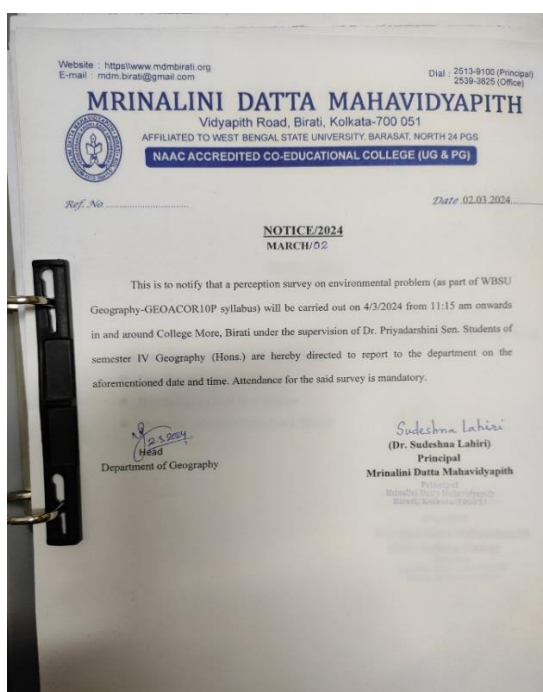


### Capacity Building and Skill Enhancement: Stepping Stones for Future

The students of the college are highly motivated to build up their skills on different directions as they have understood that studying within class room and preparing for the examination are not the only ways to nurture career opportunities. We the faculty members always mentor them to do so and one such example is the following event. The students of the geography department were sent for making a field based study in the neighborhood market area which would develop two things. Firstly, this would develop their skill of communication and secondly, such interaction would enhance their accuracy in collecting and understanding the data during field survey. Since report writing is important for work, these experiences would help them to improve their writing skills.



**Environment based perception study for the enhancement of communication skill and research writings, conducted by the department of Geography for the students of Semester**



Besides the students of geography honours stream are often sent to attend certain seminar which emphasise upon the development of professional skills; one such was held in Adamas University which organised a quiz competition and predominantly was an workshop on developing career mindedness through professional skills under the name from B.Sc. and Beyond. Eight of our students took part in the event and that was of immense help for them to enhance their professional skills.

Website : <http://www.mrinalini.org>  
E-mail : [mdm.birati@gmail.com](mailto:mdm.birati@gmail.com)

Dial : 2513-9100 (Principal)  
2539-3825 (Office)

**MRINALINI DATTA MAHAVIDYAPITH**  
Vidyapith Road, Birati, Kolkata-700 051  
AFFILIATED TO WEST BENGAL STATE UNIVERSITY, BARASAT, NORTH 24 PGS  
NAAC ACCREDITED CO-EDUCATIONAL COLLEGE (UG & PG)

Date: 05/05/2023

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

**NOTICE/2023**  
May/21

This is to communicate that the Department of Geography has been invited for Quiz Competition as part of "From B.Sc. to Beyond: Mapping your professional future-1" on 7<sup>th</sup> June, 2023 organized by The Department of Geography, SOBAS, ADAMAS UNIVERSITY and hence the students going to participate as per following details:

Event	Participating Student's Name	Stream	Guiding Faculty Members
Quiz competition	<b>Group A</b> Mohana Sarkar Kusum Sahaji Suman Sarkar Himashih Bhowmick Arka Murmu	B.Sc. Geography (Hons.) Sem IV	Mr. Mrinal Kanti Roy
	<b>Group B</b> Aishi Sharma Abhijit Dhar Minajuddin Tarafdar Priyanka Majumdar Jahidul Mallick Asif Mallick Syed Kumara Boiniaki Ishika Das	B.Sc. Geography (Hons.) Sem II	Dr. Priyadarshini Sen

*S. Ghosh*  
Head  
Department of Geography

*30-05-23*  
(Dr. Apurba Bandopadhyay)  
Principal  
Mrinalini Datta Mahavidyapith  
Principal  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata-700051

**QUIZ COMPETITION CERTIFICATE**

This is to certify that

**Mr. Arka Murmu**  
of **Mrinalini Datta Mahavidyapith**

has participated in the "GeoGenius" Quiz Competition organized by the Department of Geography, School of Basic and Applied Sciences, Adamas University on 7<sup>th</sup> June, 2023.

Thanks for your active participation

*Kasturi Mukherjee*  
Dr. Kasturi Mukherjee, Convener  
Head, Department of Geography

*Prof. Dipankar Bhattacharyay*  
Prof. Dipankar Bhattacharyay  
Pro-Vice Chancellor & Dean, School of Basic and Applied Sciences

ADAMAS UNIVERSITY: Adamas Knowledge City, Barasat - Barrackpore Road, Kolkata-700126, West Bengal, INDIA  
CALL: 1800 419 7423 (Toll Free)

Certificate of Attendance



Let the Young souls nurture their professional skills as their careers would take off soon.....



Through the notice given below, life- coaching sessions were introduced along with psychotherapy and Counselling as part of the activities of the Psychological Counselling Cell of the department of Philosophy. The students of our college are always motivated and encouraged by the faculty members in their phases of challenges, hope, despair and more.

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**NAAC ACCREDITED CO-EDUCATIONAL COLLEGE (UG & PG)**

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

**Notice-2023**  
**June/30**

The Psychological Counselling Cell of the Department of Philosophy is delighted to introduce 1:1 Life Coaching sessions with the pre existing Psychotherapy and Counselling ones, both online and offline with prior appointments. Please share this with your students to let them know that we do care about their mental health.

As best practice of our department we would be extending our support in the areas of :

- \* Psychotherapy - a more in-depth long- term process that focuses on a student's feelings and past experiences.
- \* Counselling - a short-term talk therapy that focuses on helping a student find solutions to current issues.
- \* Life Coaching - guiding and encouraging students through personal or career challenges to help them reach their dream goals.

Please encourage your students to meet us in person if they need sessions.

*S. Das* 22/6/23  
Head  
Department of Philosophy  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata:- 700051

*[Signature]* 22-06-23  
Principal  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata:- 700051

Principal  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata-700051

“**One Health**” is an integrated, unifying approach that aims to sustainably balance and optimize the health of people, animals and ecosystems. It recognizes that the health of humans, domestic and wild animals, plants, and the wider environment (including ecosystems) are closely linked and interdependent’ (WHO, 2023). The concept of one health is very much applicable in case of the Scheduled Tribes of India, who live in forest fringe areas and depend on forest for livelihood. The department of Anthropology had prior experience of working among the Rabhas of Chilapata (Alipurduar, West Bengal). It was observed during fieldwork that the Rabhas of Andu Bana Basty or Bania Basty have lack of awareness regarding their health and even the diseases caused by the animals and insects. There was problem of human-animal conflict in that area. So, an utmost need was felt by the department to conduct an awareness programme among the said population. The programme was organised at the Health Sub centre of Andu Bana Basty. There were 31 adult participants in

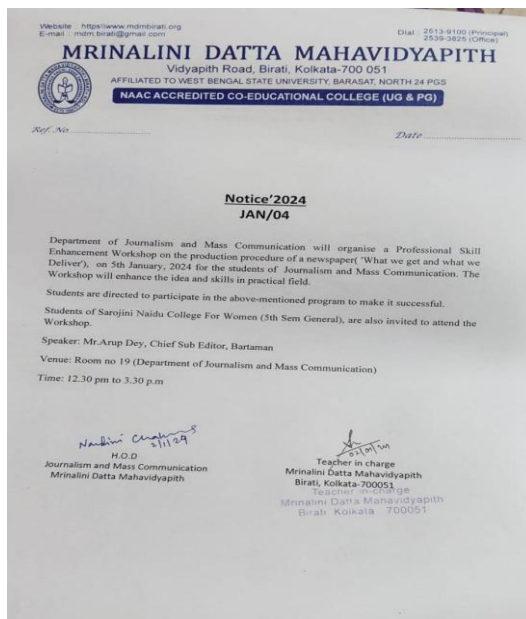
total during the camp where majority were the women. A special talk was given by Dr. Suman Chakraborty regarding the relation between health and environment with special focus on One Health. The height and weight of every participant was measured by the students and they were asked a few questions regarding their health practices. Most of the participants had normal BMI. Common health problems reported by them were headache and back pain. This programme helped them to talk freely about their health and understand what one health means.



**Professors explaining the health issues and delivering awareness talks to the villagers**

The students, named Roshni Chatterjee (PhD Scholar of Anthropology Department, WBSU and Ex-student of Mrinalini Datta Mahavidyapith) and Mrityunjay Pal (M.Sc student of Anthropology, WBSU and Ex-student Mrinalini Datta Mahavidyapith) attended the camp.

The department of Journalism and Mass Communication conducted a workshop aimed to provide students with practical insights into the newspaper production process, from gathering information to delivering the final product. This program will enhance students' professional skills, bridging the gap between theoretical knowledge and industry practices, and preparing them for real-world challenges in journalism and mass communication. Additionally, Journalism students from Sarojini Naidu College also attended the workshop as part of the MoU between the two colleges, fostering collaboration and knowledge-sharing. Mr. Arup Dey, Chief Sub Editor, *Bartaman Patrika* came to deliver a special lecture and the programme was held on 5<sup>th</sup> January 2024. This professional skill enhancement workshop on the production procedure of a newspaper in the name of “What We Get and What We Deliver” met a huge success with 50 participants and 12 faculty members.



The Department of Chemistry hosted a two-day hands-on workshop titled "Introduction to Computational Methods in Chemistry and Biology – 2024." On the first day, Dr. Dey provided training on using Gaussian and Gaussview software to perform geometry optimization and analyse frontier molecular orbitals for different molecules. On the second day, Dr. Bhattacharya led sessions on biological sequence alignment, protein homology modelling, and molecular docking techniques.

PG and UG students from the Departments of Chemistry, Biochemistry, Zoology, and Microbiology, representing various colleges and universities, took part in the workshop. At the end of the event, certificates of participation were awarded to all attendees. Participant count were over 30 and belonged to institutions like St. Xavier's College (Kolkata), Rishi Bankim Chandra College, Kalyani University, Barrackpore Rashtraguru Surendranath College, West Bengal State University, JIS University, Bidhan Nagar Government College, Mrinalini Datta Mahavidyapith

#### Events:

- 1) Day 1 (6.5.24):** Hands-on training for the students on DFT calculations using Gaussian and Gauss view Software
- 2) Day 2 (7.5.24):** Hands-on training for the students on Sequence Alignment, Homology based protein modelling, drug-ligand interaction using molecular docking

On September 22, 2024, a special lecture program was organized by Department of Zoology at Mrinalini Dutta Mahavidyapith, Birati, Kolkata-51, featuring Dr. Prof. Nirmal Kumar Sarkar, who delivered an insightful lecture on 'Modern Lifestyle and Human Health'. The event saw active participation from 25 teachers and 51 students, all eager to gain valuable knowledge on the subject. Dr. Sarkar addressed the pressing health challenges posed by modern, sedentary lifestyles, including rising cases of obesity, diabetes, cardiovascular diseases, and mental health issues. He stressed the importance of balanced nutrition, regular physical activity, and mindfulness practices to mitigate these risks. The lecture was both engaging and

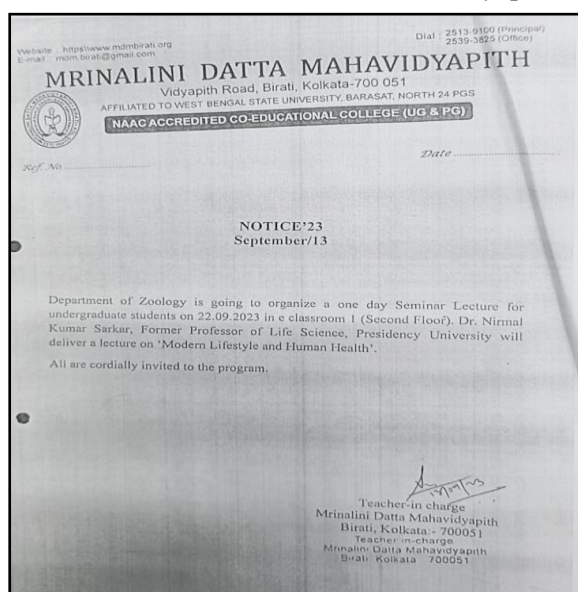


informative, enriched by real-life examples and statistical insights, culminating in an interactive Q&A session where attendees received practical tips for improving their daily habits.



The program concluded with enthusiastic feedback from participants, who praised the relevance and impact of the session. Overall, the event was a resounding success, underscoring the institution's commitment to fostering awareness and well-being among its academic community.

The students of Mrinalini Datta Mahavidyapith actively participated in the Nutrition Health Camp Program, organised by food and nutrition department on 20<sup>th</sup> September 2023 demonstrating enthusiasm and dedication to promoting health and wellness. The key contributions included:



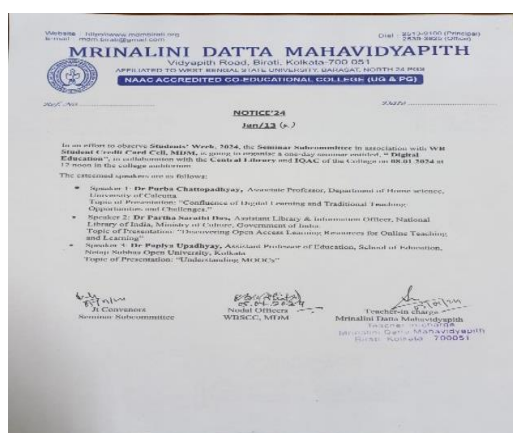
1. Effective communication and interpersonal skills
2. Ability to work in teams and collaborate with department staff
3. Knowledge and application of nutrition principles in real-world settings
4. Empathy and understanding of participants' health concerns

The Nutrition Health Camp Program was a valuable experience for our students, fostering practical knowledge, skills, and community engagement. The department's efforts in organizing this event is for the holistic development. It included

1. Assurances in conducting health screenings (blood pressure, blood sugar, BMI checks)
2. Provision of nutrition counselling to participants, emphasizing balanced diets and healthy eating habits
3. Delivering presentations on health topics (stress management, physical activity, disease prevention)
4. Engagement in interactive sessions, addressing participants' health concerns and providing guidance

Moreover, Science Forum, Mrinalini Datta Mahavidyapith; Institute of Instrumentation and Metrology, Belghoria organised a programme which emphasised the following aspects for the students;

- The programme was hosted as part of the Students' Week, 2024, an initiative of the Government of West Bengal
- Expansion of the skills of the students so that conventional mode of blackboard teaching can be complemented by digital teaching-learning process
- Enlightening the students about the importance of digital education in connection to MOOCs



### Resource Persons:

Dr. Purba Chattopadhyay, Associate Professor, Department of Home Sciences, University of Calcutta, Kolkata;

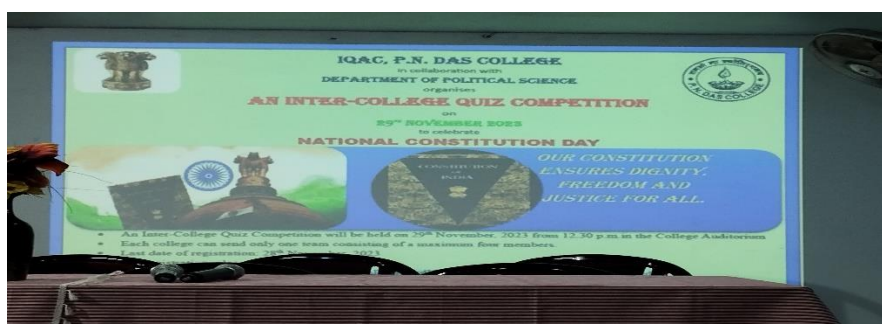
Dr. Partha Sarathi Das, Assistant Library and Information Officer, National Library of India, Ministry of Culture, Government of India;

Dr. Papiya Upadhyay, Assistant Professor of Education, School of Education, Netaji Subhas Open University, Kolkata



The students present in the programme numbered as many as 90 were given practical training of how to access MOOCs from their mobile sets. The programme had the chief collaboration of West Bengal Students' Credit Card Cell, Central Library and IQAC, Mrinalini Datta Mahavidyapith and also attended by 25 faculty members.

The college always encourage fitness aspects and thus sports activities are always in its priority list; boys and girls and even the teachers participate in many indoor and outdoor activities which have been described below. The students of Mrinalini Datta Mahavidyapith participate in different sports events, quiz and debate competition organized by the Sports Board of West Bengal State University, West Bengal Government and individual college and university. For the academic session 2023-2024, students from our college have participated in the following events. Three students of our college have participated in an inter-college quiz competition on 29<sup>th</sup> November, 2023 held at P N Das College, Palta, North 24 Parganas to celebrate National Constitution Day. Our college received 2<sup>nd</sup> prize in the competition. The students who participated are Jagadish Paul (Political Science, 5<sup>th</sup> semester), Swapna Das (Political Science, 5<sup>th</sup> semester) and Srimita Sasmal (Journalism, 5<sup>th</sup> semester). We attach some snapshots of the event.





Our students Deep Bagchi (3<sup>rd</sup> Semester General) and Arup Moral (1<sup>st</sup> Semester General) have participated in Badminton Championship (Men) organized by West Bengal State University Sports Board hosted by Bhairab Ganguly College from 21<sup>st</sup> September, 2023 to 9 December, 2023.



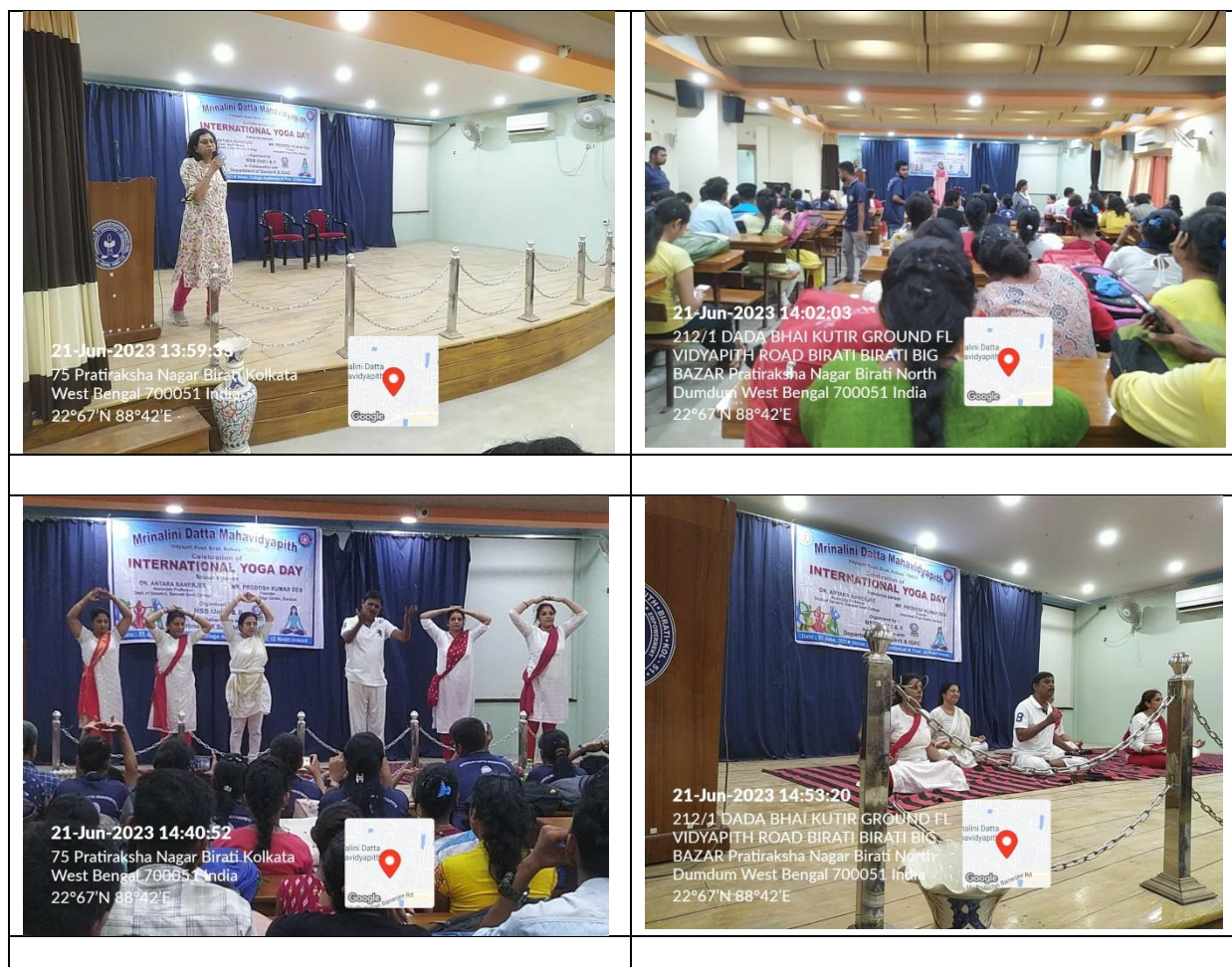
Our College Football Team had reached quarter final in the inter-college Football Championship (Men) organized by WBSU Sports Board hosted by Dr. A. P. J. Abdul Kalam Government College during 27<sup>th</sup> September – 29<sup>th</sup> September, 2023. Here, we also attach some pictures of the event.



**NSS Activity: 2023-24****Celebration of Yoga Day:**

The International Yoga Day has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nation's General Assembly. The NSS cell of our college observed the day in a befitting manner in association with the Dept. of Sanskrit and IQAC of the college. The Programme was started at 12 pm with the inaugural speech by respected Principal, Dr. Apurba Kumar Bandyopadhyay. Other teaching members also explained the importance of yoga among the audience. The program was graced by the presence of invited resource person Dr. Antara Bannerjee, associate professor, Dept. of Sanskrit, Barasat Govt. College. In her speech, she explained how the art of practicing yoga helps in controlling an individual's mind, body and soul. It also helps in increasing flexibility, muscle strength and body tone. In the second half of the program, all the faculty members, students and audience did various asanas under the instruction of eminent yoga trainer Mr. Prodosh Kumar Deb, founder of Amarabati Yoga Center, Barasat. After a short warm up, present students, teaching and non-teaching members performed various standing and sitting asanas, pranayama, etc. The proper technique and importance of the asanas were explained simultaneously. The enthusiasm of the participants throughout the session was really eye-catching and it was expected that the audience were motivated to incorporate Yoga in their daily life.

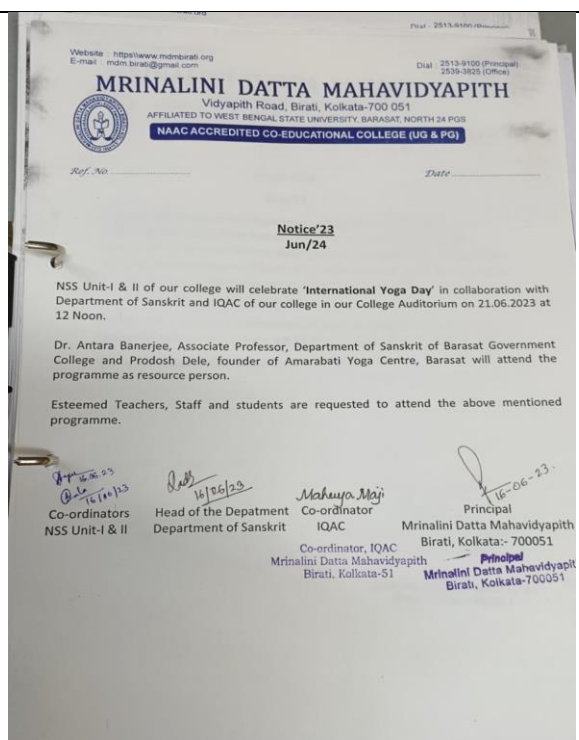
No. of teachers: 15, NSS Volunteers: 40, General Audience: 45.







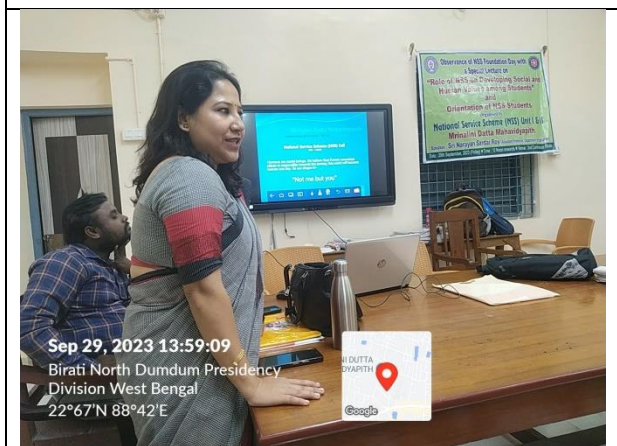


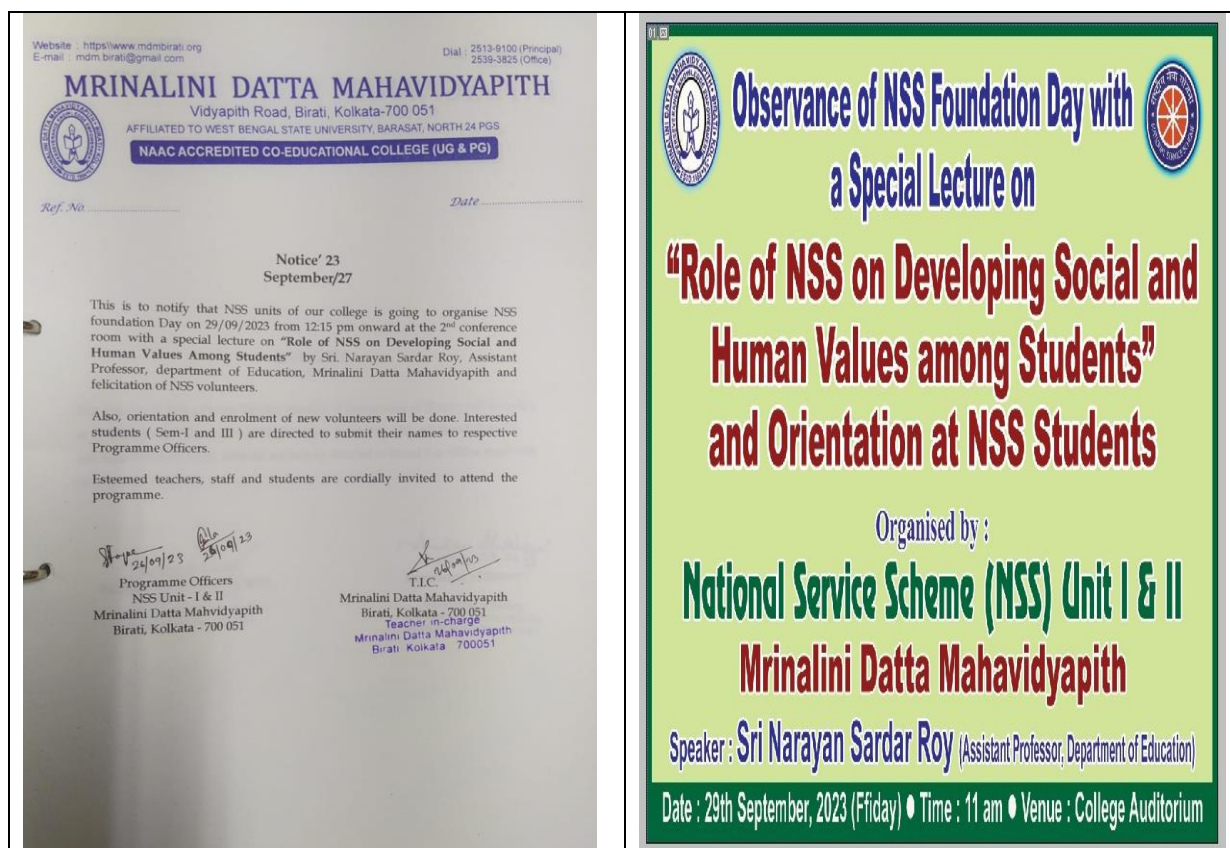


NSS was officially established on September 24, 1969. This day, every year is celebrated as NSS Day to pay tribute to its founding and to recognize the significant role it has played in shaping the youth of India. The NSS Units of our college commemorated the day by organizing a special lecture on “Role of NSS in developing Social and Human Values among Students” on 29<sup>th</sup> September, 2023. Prof. Narayan Sardar Roy, Assistant Professor, Dept. of Education acted as the main resource person. The Programme was started with a speech by Prof. Sumit Mukhopadhyay, T.I.C. He encouraged the students to join NSS and develop leadership skills by contribution to the society. An orientation cum training of newly recruited NSS volunteers was carried out by the Programme officers. The programmed was concluded with NSS theme song and NSS clap.

No. of teachers: 7, NSS Volunteers: 30







## One-Day Awareness Programme on Thalassemia, HIV, and Importance of Blood Donation

### Introduction:

On the 20th of March 2024, the NSS units of our college, in association with the West Bengal State AIDS Prevention and Control Society, organized a one-day awareness programme focusing on Thalassemia, HIV, and the Importance of Blood Donation. The event took place in our college campus and aimed to educate students, faculty, and staff on these crucial health topics. The inauguration of the programme was marked by the watering of a plant and a short speech by our Principal, Dr. Sudeshna Lahiri, emphasizing the importance of the initiative.

### Activities:

- 1. Extempore Competition:** An extempore competition was organized for the students of our college to encourage active participation and engagement in the awareness programme. A panel of three judges from the faculty members evaluate the performances, and prizes were awarded to the top three participants.
- 2. Special Lecture:** A special lecture was delivered by Dr. Hrishikesh Majumder, an eminent doctor with qualifications including MBBS (Cal) and Diploma M.Sc. (Diabetology). The lecture provided valuable insights into the topics of Thalassemia, HIV, and the importance of blood donation, enhancing the audience's understanding and awareness.
- 3. Introduction of Medical Equipment:** As part of the programme, the NSS units introduced a medicine box containing emergency medicines and a blood pressure machine. This initiative aimed to provide access to basic medical resources for college students, faculty, and staff, promoting health and well-being within the college community.
- 4. Free Blood Grouping:** Health View Diagnostic, an authorized Collection Center of Pathkind Labs, conducted free blood grouping on the premises. This service enabled attendees to ascertain their blood groups, empowering them to contribute to blood donation efforts and assist those in need.

### Outcome:



The awareness programme was highly successful, with a total of 36 students, 12 teachers, and 3 non-teaching staff members in attendance.

**Conclusion:**

Overall, the one-day awareness programme on Thalassemia, HIV, and the Importance of Blood Donation served as an informative and impactful event within our college community. By fostering awareness, providing education, and offering practical resources, the programme contributed to promoting health consciousness and social responsibility among participants.

**Acknowledgement:** We extend our gratitude to all guest speakers, faculty members and nonteaching staff of our college and attendees for their valuable contributions to the success of the event. Finally we convey our heartfelt gratitude to Prof. Pranam Dhar, Program Coordinator, NSS Cell, WBSU and Piyali Das Madam, Red ribbon Club for their encouragement and support to procure the grant to organise the event.



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# MRINALINI DATTA MAHAVIDYAPITH

Vidyapith Road, Birati, Kolkata-700 051

AFFILIATED TO WEST BENGAL STATE UNIVERSITY, BARASAT NORTH 24 PGS

**NAAC ACCREDITED CO-EDUCATIONAL COLLEGE (UG & PG)**

Ref. No. ....

Date 18/03/24

## Notice'24 March/24

- This is to inform all concerned that, as part of the one-day awareness programme on "Thalasemia, HIV and Importance of Blood Donation" as notified by Notice no. Notice'24 March/21, a **blood testing camp (Blood grouping test)** will be organised **free of cost** on 20/03/2024 from 1:30 pm onward.
- Interested students, staff and faculty members are requested to send their name to **Dr. Arpita Bala (Mob: 9163053936) and Dr. Sk Abdul Faruque (7076422429)**.
- The blood test will be done by "Health View Diagnostic - An Authorised Collection Center of Pathkind Labs"

18.03.24

Programme Officers  
NSS Unit - I & II  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata - 700 051

Sudeshma Lahiri  
18/3/24

Principal  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata - 700 051

Principal  
Mrinalini Datta Mahavidyapith  
Birati, Kolkata-700051