



CHAKDAH A COLLEGE

P.O.- Chakdaha, Dist.- Nadia, Pin.- 741222

Re-accredited B+ by NAAC ::: Affiliated to University of Kalyani

Website: www.chakdahacollege.ac.in ::: E-mail: chakdahacollege1972@gmail.com

Ref.

Date:

Report Of Life Skills Development During The Last Five Years (2018-2023)

Diabetes Awareness Programme

Date of the programme: 27th June, 2022

Organized by: Seminar Sub-Committee in association with department of zoology, Chakdaha College.

Number of Students Participated: 58

Name and Details of the Resource Persons: Dr. Tanmay Halder, BMOH, Chakdaha and Dr. Indrani Ghosh, Medical Superintendent, Chakdaha State General Hospital

Objective: To raise awareness about diabetes, educate participants on prevention strategies, and empower them with knowledge to lead a healthy lifestyle.

Brief writeup on the programme: The programme took place over two sessions. Dr. Tanmay Halder and Dr. Indrani Ghosh presented an invited talk at the first session. The following are the main highlights of the issues that the speakers covered:

- (1) Understanding the different types of diabetes and associated risk factors.
- (2) Identifying early warning signs and symptoms of diabetes.
- (3) The importance of regular check-ups, screenings and maintaining a healthy lifestyle.
- (4) Strategies for maintaining diabetes through diet, exercise and medication.

A free diabetes screening for 100 people over 40 and a poster presentation by Chakdaha College students were part of the second session. The students are very appreciative, which contributes greatly to the program's success.

Learning Outcome: The learning outcome of the seminar include:

- (i) Students learned to recognize the early warning signs and symptoms of diabetes, enabling them to seek timely medical attention and diagnosis.
- (ii) The students learned about balanced diets and importance of consuming nutrient rich foods for diabetes prevention and management.
- (iii) The students learned the importance of exercise that can helps to maintain blood sugar levels and promote over-all wellbeing.


Principal
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Flyer of the programme

Diabetes Awareness and Prevention program

Resource Person
Dr. Tanmay Halder
Block Medical Officer of Health (BMOH), Chakdaha

Chief Guest
Dr. Indrani Ghosh
Medical Superintendent
Chakdaha State General Hospital

Patron and Chairperson
Dr. Swagata DasMohanta
Hon'ble Principal, Chakdaha College

Free screenings for Diabetes
For first 100 persons above 40 years

Poster competition on Diabetes
For students

State level Seminar on "ACCESS TO DIABETES CARE"

- ✓ Date: 27th June, 2022
- ✓ Time: 11:30 am-12:30 pm (IST)
- ✓ Venue: Vidyasagar Hall

Dear Participants,
It is our great pleasure to invite you to participate in the State level seminar, free screenings for diabetes and poster competition on June 27, 2022 at 11:30 am (IST), organized by Seminar Subcommittee, Chakdaha College. We cordially invite you to attend this diabetes awareness and prevention program.

No registration fees

Organized by
**Seminar Subcommittee
Chakdaha College**

In Association with
Chakdaha State General Hospital

Registration link for participation in Seminar:
<https://forms.gle/FBovDhNs38Uk2rsc6>



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About the program:

On June 27, 1991, the International Diabetes Federation (IDF) and World Health Organization (WHO) proclaimed the first World Diabetes Day in response to growing concerns about the escalating health threat posed by diabetes. Today, World Diabetes Day is celebrated worldwide on 14th November as an acknowledgement of the condition, symptoms, complications, treatment and resolve to find a cure for the disease. India has an estimated 77 million people (1 in 11 Indians) formally diagnosed with diabetes, which makes it the second most affected in the world, after China. According to a study report of 2014, about 46.7% of males and 39.6% of females reported that they knew about a condition called diabetes. Of the general population, 41.5% knew about a condition called diabetes. Thus awareness about diabetes is scarce in India and is extremely important to plan public health policies aimed at preventing and controlling diabetes. This underscores the need for conducting large scale diabetes awareness and education programs.

Diabetes Awareness and Prevention program

Members of the Steering committee

Patron and Chairperson:

Dr. Swagata DasMohanta, Hon'ble Principal, Chakdaha College

Joint Convenor:

Mr. Abhishek Chowdhury and Dr. Anirban Banerjee

Members of the organizing committee;

Smt. Madhumita Das, Dr. Shiladitya Satpathi, Dr. Ananya Roy Chowdhury, Dr. Mintu Debnath, Ms. Zakia Kalam, Sri Ranjan Karmakar, Mr. Debabrata Biswas, Mr. Anip Roy, Mr. Sujash Karmakar, Mr. Abhoy Rajbanshi, Mr. Avijit Tapder, Mrs. Banalata Banerjee

Financial Committee:

Mr. Narendra Kumar Sarkar, Mr. Tufan Banerjee

Contact details

Dr. Anirban Banerjee ☎ +91-8777094100

Program Schedule:

11:30 am:

Introduction by Ms. Zakia Kalam, Assistant Professor, Department of English, Chakdaha College

11:35 am:

Welcome address by Dr. Swagata DasMohanta, Hon'ble Principal, Chakdaha College

11:40 am:

Chief Guest address by Dr. Indrani Ghosh

11:55 am:

Invited talk by Dr. Tanmay Halder

12:25 pm:

Vote of thanks by Mr. Abhishek Chowdhury, Assistant Professor, Department of English, Chakdaha College

FREE BLOOD SUGAR TEST

- ✓ TEST WILL BE CONDUCTED FOR TEACHERS, NTS AND RESIDENTS SURROUNDING THE COLLEGE
- ✓ FIRST 100 REGISTERED PERSONS WILL BE GIVEN FREE TEST
- ✓ REGISTRATION CAN BE DONE FROM 21 TO 25 JUNE, 2022 TO DR. ANIRBAN BANERJEE

POSTER COMPETITION

- ✓ DIABETES RELATED POSTER COMPETITION WILL BE CONDUCTED ON 27TH JUNE, 2022
- ✓ STUDENTS CAN SUBMIT THEIR POSTER WITHIN 25TH JUNE, 2022 TO DR. ANIRBAN BANERJEE
- ✓ POSTER SIZE WILL BE WITHIN A1 (59X84 CM)

SEMINAR REGISTRATION

- ✓ PARTICIPANTS CAN RECEIVE THEIR E-CERTIFICATE WITHIN 15 DAYS AFTER SUBMITTING THE FEEDBACK FORM
- ✓ REGISTERED PARTICIPANTS MUST JOIN THE WHATSAPP GROUP. LINK OF THE WHATSAPP GROUP WILL BE GIVEN AFTER REGISTRATION



Swagata DasMohanta
Principal
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Photographs of the Programme



Suman Kanti
Principal
CHAKDAHA COLLEGE



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Attendance of Participants

Date: - 27.01.2022 Venue - Vidyasagar Sabhakam
Time: - 11.30 AM
Dialect: Awareness

Attendence

1. Rishuwarit Sonikone
2. Susmita Das. (Laboratory Technologist)
3. SOUVIK DAS GUPTA
4. Shikha Life Sattar
5. Sabina Jemir
6. Proyna Pasomita Ghosh,
7. Hampi Bala,
8. Mandira Saha
9. Sipro Das
10. Sanjay Sarkar
11. Manik Das.
12. Shubhankar Biswas.
13. Sahansu Mallick 27/01/2022
14. Tannay Singha 27/01/2022
15. Spant. 27⁰⁶/₂₀₂₂
- 16.
- 17.
- 18.
- 19.


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20. Papai Ghosh (Philosophy Honours)
21. Labani Dutta (English Honours)
22. Bidipta Kar (Philosophy Honours)
23. Anwesha Biswas (Geography Honours)
24. Akangsha Das (Philosophy Honours)
25. Shaswati Chanda (English Honours)
26. Pinki Samaddar (Bengali Honours)
27. Puja Biswas (Zoology Honours)
28. Subrata Rani Biswas (Zoology Honours)
29. Sohini Bhattacharya (English Honours)
30. Soumi Maitra (English Honours)
31. Beauty Mondal (English Honours)
32. Trina Khan (English Honours)
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41. Anab Sarkar (Geo(H) 40)
42. Deep Kumar Das (Geo (H) 2nd sem 43)
43. Himadri Das (Eng[H] 2nd sem - 98)
44. Madhuparna Chakraborty (Zoology[H] 2nd sem - 16)
45. Sruya Das (zoology[H] 2nd sem - 34)
46. Risha Mondal [Zoology(H) 2nd sem - 28]
47. Arijit Pal [zoology(H) 2nd sem - 39]
48. Mrudul Biswas [zoology(H) 2nd sem - 45]
49. Madhuma Sarker [Zoology(H) 4th Sem - 13]
50. Sauvik Bhosmik [Zoology(H) 2nd Sem - 65]
51. Kartik Karmakar (Health Staff)
- 52.
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- 61.




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62. Tarak Biswas (4th sem. ^{Pasc - 4}
Roll-96, Eng(H))
63. Sumitra Barik (4th sem, Roll-89, Eng(H))
64. Disha Biswas (Sem-4, Roll no-31, Eng(Hons))
65. Sumita Mondal (4th sem, Roll No.-91, English Hons.)
66. Mouboni Chand (2nd Sem, Zoology Honours, Roll-18)
67. Sathi Ghosh (2nd sem, Zoo (Hons), Roll-63)
68. Parsati Mondal (2nd sem, Zoo (Hons), Roll-21)
69. Bipasha Debnath (2nd sem, Zoology (Hons), Roll-58)
70. Anirban Ghosh (2nd Sem programme, Roll-130) (bse)
71. Prosen Howlader (2nd sem programme, BSc Geol, Roll-9)
72. Jewell Mondal (2nd Sem Programme, BSc Geol, Roll-79)
73. Rutabrata Debnata (2nd Sem, Math Honours, BSc Honours, Roll-14)
74. Soham Chakraborty (2nd Sem, Math Hons., BSc Hons., Roll-40)
75. Deepmallya Chakraborty (2nd Sem, Math Hons, BSc Hons Roll-27)
76. Raj Mondal (2nd Semester, Maths Hons., BSc Hons. Roll no.-40)
77. Sangita Sharma (2nd sem, Maths Hons, BSc Hons, Roll-11)
78. Manisha Kumari Choudhary (2nd Sem, Maths Hons, BSc Hons, Roll No-06)
79. Alisha Khalun (2nd sem, Math Hons., BSc Hons., Roll no.-2)
80. Jayita Adhikary (2nd sem, Math Hons., BSc Hons., Roll no.-4)
81. Trishasha Kundu (2nd sem, Math Hons, BSc Hons, Roll no-15)




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Yoga Educational Camp

Date of the camp: For 6-months from 9th march, 2022

Organized by: Women Cell of Chakdaha College.

Number of students participated: 66

Name and details of the resource persons: Mr. Manas Mukherjee, National level award winning yoga instructor and Smt Chandana Biswas, State level recognised yoga instructor.

Objective: To educate Yoga to female students

Brief write-up on the camp: In a dynamic world where our minds are in competition to the wheels of pressurising works and assignments, we often ignore our basic needs. And hence, with our mind and body not being in sync, no aim is accomplished with the sense of fulfilment. To break the chain of these monotonous and hazardous lifestyle, the Women Cell of Chakdaha College took the initiative of organising “Yoga Education Camp” with the cordial aid of our benevolent principal, Dr. Swagata Das Mohanta on 9th March, 2022 (09.03.2022). State level recognised yoga instructor, Smt Chandan Biswas, showcased a variety of skills and exercises of utmost importance to all the female students present. The event was a success and concluded with the decision of conducting two yoga classes every week.




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Flyer of the programme

-: ছাত্রীদের যোগশিক্ষা শিবির :-

আগামী ০৯.০৩.২০২২ তারিখ থেকে চাকদহ কলেজের উদ্যোগে সম্পূর্ণ বিনামূল্যে শুধুমাত্র কলেজের ছাত্রীদের জন্য যোগশিক্ষার ব্যবস্থা করা হয়েছে। উৎসাহী ছাত্রীদের সক্রিয় যোগাযোগ করতে বলা হচ্ছে। প্রথম পর্যায়ে শুধুমাত্র ১০০ জন ছাত্রীকে নেওয়া হবে।

যোগাযোগ - শ্রীমতি বনলতা ব্যানার্জী, Whatsapp - 9475148610
ছয় মাসের কোর্স শেষে Certificate দেওয়া হবে

সময় : প্রতি সপ্তাহে
বুধবার ও বৃহস্পতিবার - বেলা ৩ টে থেকে ৪ টা পর্যন্ত।
শুক্রবার ও শনিবার - সকাল ১০ টা থেকে বেলা ১১ টা পর্যন্ত
স্থান - ৩০৪ নং ঘর, সোনার তরী ভবন



Photographs of the programme



Sanku
Principal
CHAKDAH A COLLEGE



Mobile & WhatsApp No. 8967300985

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Morning.

Students' Attendance Register for

CLASS _____
SEC _____

Roll No.	NAME OF STUDENTS	Admission No.	ATTEND -														
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	Parbin mondal											P	A				
2	Mon Dey											P	P				
3	Dipa Paul											P	P				
4	Pritya Ghosh											P	A				
5	Angira sarkar											P	P				
6	Monsumi Paul Paul											P	P				
7	Riya Biswas											P	A				
8	Rupsha Halder											P	P				
9	Laboni Bhargava											P	A				
10	Parhana mondal											P	P				
11	Tamaliika Das											P	P				
12	Kisna Jumaana											P	P				
13	Rinku Saha											P	A				
14	Bonu Biswas											P	A				
15	monsumi Biswas											P	A				
16	Riya Pramanik											P	A				
17	Suparna Biswas											P	P				
18	Pritya Halder											P	P				
19	monsumi Roy											P	A				
20	Sabirya Roy											P	P				
21	Ankita mondal											P	P				
22	Pritya Biswas											P	A				
23	Rani Banu Banu											P	P				
24	Pithi Majumdar											P	A				
25	Nandini Sarkar											P	A				
26	Aparna Tudu											P	P				
27	Smriti Ghosh											P	P				
28	Submita Das											P	P				
29	Sahana Khatun											P	P				
30	Olly Sarkar											P	P				
31	RABITA DAS											P	P				
32	Dipankita Biswas											P	P				
33	Rani Banu Monika Sarkar											P	P				
34	ARPITA BISWAS											P	P				
35	ARPITA BISWAS											P	P				
36	BANYA ROY											P	P				
37	DIYA ROY											P	P				
38	TANUSREE DAS											P	P				

15 College Square, Kolkata-73, Ph. 2241 6838 / 9575 / 2257 1296 (033)



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Online Yoga Class for Female Students

Date of the programme: 7th January, 2022

Organized by: Nari Sansad of Chakdaha College

Weblink of the programme: The program aimed to educate Yoga to female students. The weblink of the full session of the program is given here <https://fb.watch/piMFQ1FWMS/>

Photograph of the programme



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Mobile & WhatsApp No. 8967300985

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Flyer of the programme

ONLINE YOGA CLASS FOR FEMALE STUDENTS

OF CHAKDAHA COLLEGE

Date :- 07.01.2022, Time :- 12.30 P.M-1.30 P.M

Visit : - Google Meet & Chakdaha College Office Page




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Web-talk on “Dealing with Anxiety and Depression in Adolescence and Young Adults”

Date of the programme: 23.9.2020

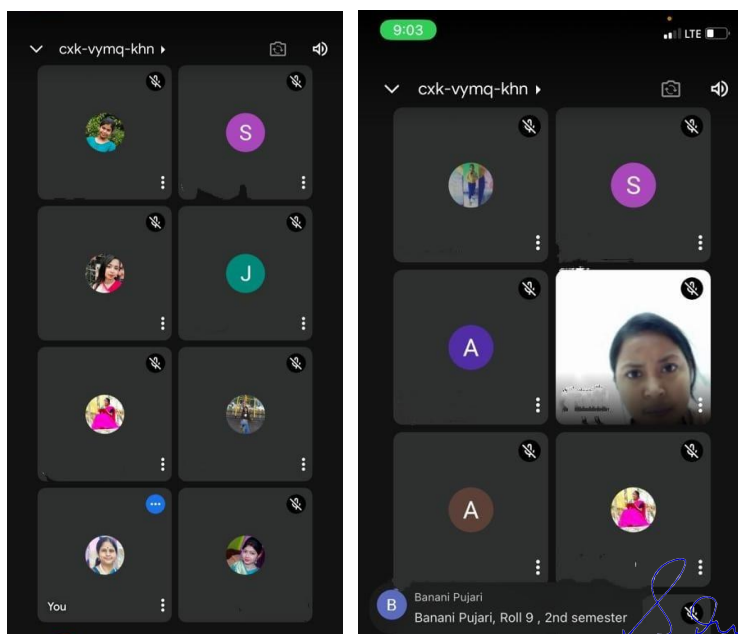
Organized by: Career Counselling Cell, Chakdaha College.

Name and details of the resource persons: Dr. Suvarna Sen, Psychologist.

Objective of the programme: The objective of the web-talk on "Dealing with Anxiety and Depression in Adolescence and Young Adults" is to raise awareness about anxiety and depression among young individuals and how to overcome these mental health challenges.

Outcomes of the programme:

1. Participants gained a deeper understanding of anxiety and depression, including their signs, symptoms, and prevalence among adolescents and young adults.
2. The web-talk emphasizes the importance of early recognition of mental health issues and encourage participants to seek professional help and support promptly.



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Flyer of the programme



CHAKDAHA COLLEGE CAREER COUNSELLING CELL AND THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA (ICAI)

PRESENTS

A WEB TALK ON

**DEALING WITH ANXIETY & DEPRESSION IN
ADOLESCENCE AND YOUNG ADULTS**

Speaker: Dr. Suvarna Sen, Psychologist



WEDNESDAY, 23RD SEPT. 2020

TIMING: 11 am - 1 pm

Steps to be followed by the students for joining the webinar:

Step 1 - Click on the link.

<https://attendee.gotowebinar.com/register/1368715364122950411>

Step 2 - Fill the form - Name, Email Address, Name of the School/College, Class/ Graduation Level & Mobile No. Click on Register.

Step 3- Install the gotowebinar app in your mobile.

Step 4 - A mail containing the webinar joining link will go to your Email Address.

Step 5 - Click on the link, received in the Email Address, to join the Webinar at scheduled date & time.

Student attendees of the webinar will get an e Certificate in their mail ids.

Feel free to contact:

Dr. Ifikar Alam Mob.7076462926 / 9434530829



Suvarna Sen
Principal
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Seminar on “Save the Girls Child”

Date of the seminar: 15.02.2020

Organized by: Nari Sansad, Chakdaha College.

Name and details of the resource persons: Persons from Chakdaha Municipality

Objective: The objective of this seminar is to raise awareness and promote action towards addressing critical health issues faced by girl children, with a primary focus on anemia, teenage pregnancy, Weekly Iron and Folic Acid Supplementation (WIFS), Neonatal Health Examination (NHE), and Screening of Diseases under the Rashtriya Bal Swasthya Karyakram (RBSK). The seminar aims to inform participants about the importance of safeguarding the health and well-being of girl children.

Outcomes:

1. Participants had an understanding of the various health challenges faced by girl children, including anemia, teenage pregnancy, and other diseases that can be screened and managed under RBSK. They are well-informed about the impact of these issues on the overall health and development of girls.
2. Participants had the opportunity to exchange knowledge and experiences related to successful programs, and policies aimed at addressing anemia, teenage pregnancy, WIFS, NHE, and disease screening.




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Photograph of the programme



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Programme on Mental Health: Problems and Solutions.

Date of the programme: 10.12.2019

Organized by: Seminar Sub-Committee, Chakdaha College

Name and details of the resource persons: Dr Amit Chakraborty, a Kolkata-based reputed psychologist cum author

Number of participants: 35

Objective: The objective of the programme was to create awareness, promote understanding on various aspects of mental health.

Brief Write-up on the programme: Dr. Amit Chakraborty talked to both students and staff at length about various mental disorders, especially those, induced by problem-ridden, modern-day life-style, break-neck competition, nuclear family-structure, identity-crises or drug-addiction among the youth. The target audience, i.e. the students were glued to his simple yet fascinating delivery as it was replete with everyday experiences with which they could easily identify themselves. Chakraborty also emphasized the awareness of mental health- problems, their early diagnosis by expert psychologists/psychiatrists and medication, if/where necessary. Sustenance of mental health is as important as that of mental health. The seminar was a grand success.

Outcome: The learning outcomes of the programme include

1. Awareness among the students about the significance of mental health problems. Participants gained a better understanding of the various mental health disorders, their impact on individuals and society.
2. Valuable insights into treatments for mental health problems. This includes psychotherapies, medications, and other that can aid in recovery.




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Ref.

Date: 03.12.2019


Notice

It is hereby notified that a seminar on Mental Health is organized by seminar sub-committee on December 10, 2019. All the students, Teaching and Non-Teaching staff are requested to attend the programme.

Venue: Vidyasagar Sabhakaksha

Time: 2:00 PM




(DR. SWAGATA DASMOHANTA)
Principal and Secretary, G.B.
Chakdaha College

Principal
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Photograph of the programme



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Attendance of Participants

Total = 99 participants

CHAKDAHA COLLEGE

Seminar: Mental Health Date: 10/12/19

Sl. No.	Name of the Participant(s) / Full Signature	Department/Designation
1	Rishav Sinha	Commerce
2	Indira Sinha Roy	Commerce
3	Anurban Chandra	Commerce
4	Subhabrata Dey	Commerce
5	Ahindra Biswas	Commerce
6	Soukat Das	Commerce
7	Myan Das	Commerce
8	Pankaj Paul	Commerce
9	Subhasish Das	Commerce
10	Abhishek Sarkar	Commerce
11	Rahul Kundu	Commerce
12	Jydeep Chakraborty	Commerce
13	Aishwarya Biswas	Commerce
14	Brosensik Roy	Commerce
15	Kaustubh Sarkar	Commerce
16	Subrojit Mondal	Commerce
17	Arash Das	Commerce
18	Animesh Paul	Commerce
19	Jon Biswas	Science
20	Gokul Majumdar	Commerce
21	Suraj Prasad	Commerce
22	Anirjeet Sankar	Commerce
23	Anjan Kumar Saha	Mathematics Hons.
24	Syamantak Modak	Math. Hons.
25	Deep Majumdar	History Hons.
26	Debdip Karikun	History Hons.
27	Subha Paul	History Hons.
28	Soumit Chakraborty	History Hons.
29	Dr. Nithish Kr. Mandal	Dept. of Ees.
30	Ujjal Baidya	History Hons
31	Kusat Sen Datta	History Hons
32	Bishal Ghosh	History Hons
33.		
34.		
35.		



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CHAKDAHA COLLEGE		
Seminar: Mental Health		Date: 10/12/2019
Sl. No.	Name of the participant(s) / Full Signature	Department/Designation
1.	Dr. Plikare Apur	Geography
2.	Abhishek Choudhury	English
3.	Dr. Ananya Roy Choudhury	Botany
4.	Suparna Sankar	Sanskrit
5.	Sarjit Kumar Bhatia	Political Science
6.	Dr. Shikari Roy Mandal	Bengali
7.	Moumita Roy	Philosophy
8.	Dr. Sabina Ferdin	Philosophy
9.	Nayesh Mondal	Commerce
10.	Nityagopal Biswas	Mathematics
11.	Sujit Kr. Ray	Commerce
12.	Gussuddin Shaikh	Political Science
13.	Sarbajit Paul	Commerce
14.	Imanavika Banerjee	History
15.	Sourav Dutta Mondal	Commerce
16.	Soubar Banerjee	Zoology
17.	Monisankar Mondal	ENVS
18.	AHAMMAD HOSSAIN MALLICK	BENGALI
19.	Krishnakali Basak	Bengali
20.	Madhanita S.M. 10/12/19	English
21.	Mithu Deborth	Physics
22.	Sanjib Kr. Man. 10/12/19	Physics
23.	Sahanows Mallik	Mathematics
24.	Biswajit Roy	Physics
25.	Mithun Sankar, 10.12.19	Philosophy
26.	Malika Banik. 10/12/19	Sanskrit
27.	Sarbani Sankar 10.12.19	Philosophy
28.	Soma Bhaui 10.12.19	Sanskrit
29.	Dr. Nikhil Kr. Mandal 10.12.19	Economics
30.	Dr. Mausumi Saha	Bengali
31.	Atik Karmakar	Physics
	Supriya Bhattacharya	EDUCATION

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32.	Aditi Sharma.	10.12.19	Geography.
33.	Rakhi Gocha	10.12.19	Geography
34.	Bisita Roy	10.12.19.	Education.
35.	Sanjukta Phamanik	10.12.19	Mathematics
36.	Moumita Paul	10.12.19	Mathematics
37.	Somabati.	10/12/19	




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CHAKDAHA COLLEGE

Seminar: Mental Health Date: 10/12/2019

Sl. No.	Name of the Participant(s) / Full Signature	Department/Designation
1	Shuvodip Biswas	B.Com (Hons.) (1st Sem)
2	Abhik Ghosh.	B.Com. (H) (1st Sem)
3	Ankita Biswas	B.Com (H) (1st & 3rd Sem)
4	Sneha Das	B.Com (H) (1st SEM)
5	Safadeep Bhosmick	B.Com. (H) (1st sem)
6	Anshuman Naha	B.Com (H) (1st Sem)
7	Jaya barita Sengupta	B.COM (P) (1st Sem)
8	Koushik Mondal	B.Sc (H) (3rd year)
9	Anpon Biswas	B.Sc (math) (3rd year)
10	Shubhabrata Dutta	B.A General (1st year - 1st sem)
11	Sulagna Sen	B.A General (1st year - 1st sem)
12	Jayeebrika Dam	B.A General (1st sem)
13	Koushik Mondal	B.A Gen with Geo (1st sem)
14	Shreyashi Bhattacharjee.	B.A. Gen (1st Sem)
15	Mitali Majumder	B.A Gen [with Geo] (1st Sem)
16	Kotha Das.	B.A Gen [with Geo] (1st sem)
17	Bitu Mondal.	B.A Gen [with Geo] (1st Sem)
18	Esika Roy	B.A Gen [with Geo] (1st sem)
19	Sayam Barai	B.COM (H) (1st Sem)
20	Neha Pal	B.Com (H) 1st Sem.
21	Sushmita Kar	B.Com (H) 1st Semester
22	Prati Shikari	B. Com (H) 1st Sem
23	Deepshikha Biswas	B.Sc (H) 3rd year
24	Prooma Mondal	B.Sc (H) 3rd year
25	Ap Ar	B.A (Philo-H) 3rd year
26	Akash Mondal	B.A (Philo-H) 3rd year.
27	Aparna Sen	B.A (Philo-H) 3rd Year
28	Rumi Sharma	B.A (Philo-H) 3rd year
29	Rashmita Kundu	B.A (Philo-H) 3rd year.
30	Shradha Paul	B.A (Philo-H) 3rd year



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Report on Women's Safety Awareness Program

Date of the programme: 8th March, 2019.

Organized By: Nari Sansad of Chakdaha College

Objective: To educate students with the knowledge and skills they need for self Defence

Outcomes:

1. Participants experienced an increase in self-confidence and self-assurance as they learn effective self-defence techniques.
2. Acquired practical self-defence skills and strategies to respond effectively to various threatening situations, increasing their ability to protect themselves.

Photographs of the programme



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Ref.

Date: 04.03.2019

Notice

It is hereby notified that a Women's Safety Awareness Programme is organized by Nari Samsad, Chakdaha College on 8th March, 2019. All the female students are hereby informed to attend the programme.

Venue: Dr APJ Abdul Kalam Seminar Hall

Time: 12:00 Noon



(DR. SWAGATA DASMOHANTA)

Principal and Secretary, G.B.
Chakdaha College

Principal
CHAKDAH A COLLEGE



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Attendance of Participants

Women's Safety Awareness Programme

Chakdah College

8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1.	Aktavi Jasmin Mondal	IJ Sem Geo (H)	1	Aktavi Jasmin Mondal
2.	Jesmin Khatur	IJ Sem Geo (H)	6	Jesmin Khatur
3.	Pipasa Biswas	IJ Sem Geo (H)	14	Pipasa Biswas
4.	Briyanka Nandi	2nd Sem Geo (H)	16	Briyanka Nandi
5.	Ankita Das	2nd Sem Eng (H)	03	Ankita Das
6.	Jayeta Sharma	2nd Sem Eng (H)	25	Jayeta Sharma
7.	Jayeta Paul	2nd Sem Eng (H)	26	Jayeta Paul
8.	Sekini Dutta	2nd Sem Sans (H)	41	Sekini Dutta
9.	Sayantani Das	2nd Sem Sans (H)	37	Sayantani Das
10.	Tulika Das	2nd Sem Sans (H)	56	Tulika Das
11.	Ankita Sarkar	2nd Sem Sans (H)	04	Ankita Sarkar
12.	Ishita Biswas	Sans (H) 2nd Sem	57	Ishita Biswas
13.	Nebadita Ghosh	Pol. Sc (H) 2nd Sem	25	Nebadita Ghosh
14.	Sangita Ghosh	Pol. Sc (H) 2nd Sem	59	Sangita Ghosh
15.	Nabamita Dey	1st Year Bang (H) 2nd Sem	37	Nabamita Dey
16.	Rathi Mondal	1st Year Geography (H) 2nd Sem	19	Rathi Mondal
17.	Riya Paul	1st Year Geography (H) 2nd Sem	21	Riya Paul
18.	Syeta Mondal	1st Year Gen	167	Syeta Mondal
19.	Sabina Julekha	1st Year Gen	125	Sabina Julekha

8/3/19

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Women's Safety Awareness Programme

Chakdaha College
8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1)	Tamalika Barai	1st year (B.A.)	180	Tamalika Barai
2)	Ela Mondal	1st year "	47	Ela Mondal.
3)	Neha Biswas	1st year "	197	Neha Biswas.
4)	Pritha Bhattacharjee	1st year "	199	Pritha Bhattacharjee
5)	Gopika Paul	1st year (Ge)	48	Gopika Paul.
6)	Thuma Biswas	1st year (Hons)	24	Thuma Biswas
7)	Samapti Bala	1st year History (Hons)	60	Samapti Bala
8)	Pooja Sanyal	1st year (H. Hons)	40	Pooja Sanyal.
9)	Romona Mondal	1st year (Pse. Hons)	56	Romona Mondal
10)	Sima Sarkar	1st year (Pse. Hons)	63	Sima Sarkar
11)	Rahima Khatun	1st year (Pol. Sci)	39	Rahima Khatun
12)	Beauty Debnath	1st year 2nd sem (Eng Hons)	13	Beauty Debnath.
13)	Tanistha Rakshit	1st year 2nd sem (Eng Hons)	83	Tanistha Rakshit
14)	Anoli Hansda	1st year (Bengali)	15	Anoli Hansda
15)	Sumita Mandi	1st year (Pol. Sci)	78	Sumita Mandi
16)	Khusi Marmu	1st year (Pol. Sci)	21	Khusi Marmu
17)	Abida Sultana	1st year (pol. sci) (H)	01	Abida Sultana
18)	Lovely Das	1st year (pol. sci) (H)	23	Lovely Das
19)	Somali Das	1st year (Bengali) (H)	76	Somali Das
20)	Sima Mallik	1st year (Bengali) (H)	74	Sima Mallik

B. S. S.
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Women's Safety Awareness Programme

Chakdaha College

8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1	Sneha Mandal	2nd Semester (H)	63	Sneha Mandal
2	chandrani paul	11 Hist(H)	18	chandrani paul
3	Parbati Basak	11 Hist(H)	39	Parbati Basak
4	Sadhana Biswas	11 Hist(H)	54	Sadhana Biswas
5	Amrিকা Biswas	11 Hist(H)	02	Amrিকা Biswas
6	Antara Biswas	11 Sanskrit(H)	05	Antara Biswas
7	Nabomita Ray	11 Economics(H)	17	Nabomita Ray
8	Rumpa Debnath	11 Economics(H)	20	Rumpa Debnath
9	Aspita Das	11 Pol. Sc (H)	08	Aspita Das
10	Antara sarker	11 Accountancy(H)	06	Antara Sarker
11	Chandra Halder	11 Sanskrit(H)	09	Chandra Halder
12	Sutapa paul	11 Sanskrit(H)	51	Sutapa paul
13	Sneha Biswas	11 Sanskrit(H)	40	Sneha Biswas
14	Sanjita Bhattacharya	2nd Year (either)	01	Sanjita Bhattacharya
15	Banya Biswas	2nd Semester BSE-General	11	Banya Biswas
16	Renu Ray	"	33	Renu Ray
17	Rima Biswas	"	34	Rima Biswas
18	Moumita Mallick	"	69	Moumita Mallick
19	Anwesha Sarkar	"	70	Anwesha Sarkar
20	Sweety Karmakar	2nd Semester Sanskrit(H)	54	Sweety Karmakar
21	Submita Basu	2nd Semester (BA)	176	Submita Basu
22	Pooja Paul	2nd Sem Pass (B)	77	Pooja Paul

8/3/19



Sanjita Bhattacharya
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Women's Safety Awareness Programme

Chakdaha College

8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1.	Susmita Das	B.A(G) 2 nd sem day	178	Susmita Das
2.	Ruksana Khatun	B.A(G) day 2 nd sem	123	Ruksana Khatun
3.	Piyel Mondal	B.A(G) Day 2 nd sem	82	Piyel Mondal
4.	Jyoti Dev (Philosophy)(H)	B.A(Hons) 2 nd sem	13	Jyoti Dev
5.	Nitu Sankar (Philosophy)(H)	B.A(Philosophy)(Hons)	22	Nitu Sankar
6.	Rimpa Biswas	B.A(Pol Hon) 1 st sem	33	Rimpa Biswas
7.	Suma Bala	B.A.(Philosophy Hon) 2 nd semester	50	Suma Bala
8.	Barana Das	B.A(Philosophy)(H) 2 nd semester	04	Barana Das
9.	Riya Sankar	B.A(Philosophy)(H) 2 nd semester	36	Riya Sankar
10.	Amrita Saha	B.A (Political Sci)(H) 2 nd sem	05	Amrita Saha
11.	Rupa Paul	B.A(Hon) 1 st year 2 nd sem	124	Rupa Paul
12.	Debika Karmakar	B.A(G) 2 nd sem day	40	Debika Karmakar
13.	Nandita Bairagi	B.A(G) 2 nd sem 1 st year	72	Nandita Bairagi
14.	Anamika Dey	B.A (Philosophy)(H) 2 nd sem	01	Anamika Dey
15.	Tithi Mal	B.A(Philosophy)(H) 2 nd sem	53	Tithi Mal
16.	Soumita Sikdar	B.A(Philosophy)(H) 2 nd sem	47	Soumita Sikdar
17.	Anpita Mondal	B.A(G) Day 1 st year 2 nd semester	21	Anpita Mondal
18.	Tilattama Roy	B.A(G) Day 1 st year 2 nd semester	183	Tilattama Roy
19.	Mina Biswas	B.A(G) Day 1 st year 2 nd semester	198	Mina Biswas
20.	Moumita Ghosh	B.A (Philosophy)(H) 2 nd sem	18	Moumita Ghosh
21.	Sarbani Biswas	English (H) 2 nd sem	68	Sarbani Biswas
21.	Rimpa Biswas	B.A(Gen) 1 st year 2 nd sem	111	Rimpa Biswas
22.	Zinia Mondal	B.A(Eng)(H) 2 nd Sem	85	Zinia Mondal

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Women's Safety Awareness Programme

Chakdaha College

8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1	Pushpita Das	1st Year (2nd Sem) Pol. Sci. (H)	37	
2	Tandira Das	2nd semester Pol. Science (H)	83	
3	Pinky Kabinaj	2nd sem. 1st Year Pol. Sci. (H)	30	
4	Payel Sadhukhan	1st Year (2nd sem) Pol. Sci. (H)	20	
5	Paromita Saha	1st Year (2nd Sem) Philosophy (H)	24	
6	Shreyoshi Ghosh	1st Year (2nd Sem) Accountancy (H)	57	Ghosh
7	Deepamrita Biswas	1st Year (2nd Sem) Accountancy (H)	21	Deepamrita Biswas
8	Debashree Dey	1st Year (2nd Sem) Accountancy (H)	19	Debashree Dey
9	Isha Bhakta	1st Year (2nd Sem) Economics (H)	12	Isha Bhakta
10	Florence Simran Hardy	1st Year (2nd Sem) B.A. Gen. with Geo.	6	Florence Simran Hardy
11	Tanica Sel	1st Year (2nd Sem) B.A. Gen. with Geo.	22	Tanica Sel
12	Mouli Chakraborty	1st Year (2nd Sem) B.A. Gen.	148	Mouli Chakraborty
13	Poojima Biswas	1st Year, 2nd sem. B.A. Gen. (Day)	93	Poojima Biswas
14	Mili Mazumder	1st Year, 2nd sem. B.A. Gen. (Day)	67	Mili Mazumder
15	Sneha Mondal	1st Year, 2nd sem. B.A. Hons. (Sanskrit)	44	Sneha Mondal
16	Tilhi Bairagi	1st Year, 2nd Sem B.Com (H) Accountancy	79	Tilhi Bairagi
17	Sneha Chakraborty	1st Year, 2nd Sem B.Com (H) Accountancy	76	Sneha Chakraborty
18	Shrabani Sarkar	1st Year (2nd Sem) Bengali (H)	77	Shrabani Sarkar
19	Mousmita Dey	Bengali (H) 1st Year (2nd Sem)	35	Mousmita Dey
20	Aparna Das	Bengali (H) 1st Year (2nd Sem)	13	Aparna Das
21	Justhika Bala	B.A. Gen. (Day) 1st Year Pass	54	
22	Nargis Khatun	B.A. Gen. (Day) 1st Year Pass	74	Nargis Khatun
23	Ayandika Biswas	B.A. Gen. (Day) 1st Year Pass	13	A. Biswas
24	Payel Das	B.Com (H) 1st Year	34	Payel Das

Biswas
8/3/19

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Women's Safety Awareness Programme

Chakdaha College

8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1	Suparna Sarkar	English (Hons.) 2 nd Sem	80	Suparna Sarkar
2	Chayanika Majumder	English (H) 2 nd Sem	15	chayanika Majumder
3	Barsha Bhownik	Eng (H) 2 nd Sem	10	Barsha Bhownik
4	Sagarika Sarkar	Eng (H) 2 nd Sem	64	Sagarika Sarkar
5	Roshni Singha	Eng (H) 2 nd Sem	60	Roshni Singha
6	Jaya Sarkar	Eng (H) 2 nd Sem	24	Jaya Sarkar
7	Anuska Sarkar	History (H) 2 nd Sem	08	Anuska Sarkar
8	Rimi Golder	History (H) 2 nd Sem	53	Rimi Golder
9	Sneha Deb	Eng (H) 2 nd Sem	74	Sneha Deb
10	Sreeta Nandy	B.A. (Gen) 2 nd Sem	161	Sreeta Nandy
11	Ananya Ghosh	B.A. Beng (H) 2 nd Sem	05	Ananya Ghosh
12	Tania Mitra	B.A. Beng (H) 2 nd Sem	82	Tania Mitra
13	Anjana Biswas	B.A. Beng (H) 2 nd Sem	06	Anjana Biswas
14	Prayanka Paul	B.A. History (H) 2 nd Sem	46	Prayanka Paul
15	Ankita Paul	B.A. History (H) 2 nd Sem	6	Ankita Paul
16	Haimanti Biswas	B.A. History (H) 2 nd Sem	21	Haimanti Biswas
17	Mon Kundu	B.A. History (H) 2 nd Sem	36	Mon Kundu
18	Reshma Mondal	B.A. History (H) 2 nd Sem	51	Reshma Mondal
19	Ankita Sarkar	B.A. History (H) 2 nd Sem	7	Ankita Sarkar
20	Malati Mondal	B.A. Bengali (H) 1 st Sem	38	Malati Mondal
21	Nupur Roy	English (H) 1 st year 2 nd Sem	38	Nupur Roy
22	Nilima Khatun	English (H) 1 st year 2 nd Sem	37	Nilima Khatun
23	Nandita Mondal	English (H) 2 nd Sem	35	Nandita Mondal
24	Sukla Biswas	English (H) 2 nd Sem	79	Sukla Biswas
25	Papia Biswas	English (H) 2 nd Sem	39	Papia Biswas
26	Pritha Biswas	English (H) 2 nd Sem	47	Pritha Biswas

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Women's Safety Awareness Programme

Chakdaha College

8th March, 2019

Sl. No.	Name	Class	Roll No.	Signature
1.	Dr. Nikhil Kr. Mandal			N. Mandal
2.	Dr. Jyoti K. Alam			Jyoti Alam
3.	Abhishek Choudhury			Abhishek
4.	Aliul Hossain			A. Hossain
5.	Dr. Sahana Mallik			S. Mallik
6.	Mithun Sarkar			M. Sarkar
7.	Saikat Sarkar			S. Sarkar
8.	Shibani Roy Mandal			S. Mandal
9.	Shubhankar Prasad			S. Prasad
10.	Jai Dutta			J. Dutta
11.	Bidisha Das			B. Das
12.	Mallika Banik			M. Banik
13.	Abhisikta Banerjee			A. Banerjee
14.	BIRNAB PAUL			B. Paul
15.	Sagarika Sarkar (Student)	English (H)	64	Sagarika Sarkar
16.	Tufan Banerjee			T. Banerjee
17.	Sanjib Boro			S. Boro
18.	GURAT ROY			G. Roy
19.	Madhumita Sen	Dept. of English		M. Sen
20.	BANALATA BANERJEE			B. Banerjee
21.	Sapna Das			S. Das
22.	Sanjukta Paul			S. Paul
23.	Indreshna Barui	Dept. History		I. Barui
24.	Hampi Bora	Dept. of Zoology		H. Bora
25.	Swati Ghosh	Dept. of Economics		S. Ghosh

S. B. Paul

B. Paul

S. B. Paul
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Report on the Camp for Eye and Blood Pressure Check-up for Girls

Date of the programme: 20th August, 2018

Organized by: Nari Sansad of Chakdaha College in association with Lions Club of Ranaghat.

Name and details of the resource persons: Doctors from Chakdaha State General Hospital.

Objective: The objectives of the programme include:

- Tests for monitoring blood pressure level and eye conditions.
- Educate students about the importance of maintaining healthy blood pressure levels and explain the risks associated with high or low blood pressure.
- Guide students on lifestyle modifications, including exercise, diet and stress management techniques for maintaining normal blood pressure.
- Educate students about maintaining good eye health.

Outcome: The outcomes of the program include

- The students got to know their blood pressure level and conditions of eye health.
- learnt dos and don'ts to keep healthy blood pressure and maintaining good eye health




Principal
CHAKDAH A COLLEGE



CHAKDAHACOLLEGE

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Ref.

Date: 13.08.2018

Notice

It is hereby notified a camp for eye and blood pressure check up is organized by Nari Samsad of Chakdaha College on August 20, 2018. All the students are hereby informed to attend the camp.

Time: 10:00 AM



(DR. SWAGATA DASMOHANTA)

Principal and Secretary, G.B.
Chakdaha College

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Photographs of the programme





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Sumanhanti
Principal
CHAKDAHAR COLLEGE