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Banwarilal Bhalotia College

Affiliated to **KAZI NAZRUL UNIVERSITY**, Asansol (GOVT. SPONSORED **UG & PG** College) ASANSOL – 713303, WEST BENGAL

(INDIA)

Phone: **0341-2274842** Fax : **0341-2274529** Web: www.bbcollege.ac.in E-mail: bbcollege1944@gmail.com

Notice

It is hereby informed to all the Head of the Departments (HODs) that a **virtual meeting** (through **Google Meet** Platform) will be held on **28th January, 2021 from 2:30 pm** onwards to discuss regarding introduction of **Certificate and Value-added Courses for the Academic Session 2020-2021.** All the HODs are requested to attend the meeting and suggest the topics for such courses.

Principal B. B. College, Asansol

Sudipta Das

Co-ordinator, IQAC B. B. College, Asansol

Venue: Virtual Meeting on Google Meet

Date: 28/01/2021

Time: 2-30 pm

The meeting started with Dr Amitava Basu, Principal in the Chair.

As reference to the agendum of the meeting, Principal addressed everyone regarding the importance to introduce some **Certificate/Value Added/Add-on Courses** so that the students of different disciplines from our college could be benefitted by learning multiple soft skills. Every member present in the meeting unanimously agreed to this proposal. After various discussions in the meeting, it has been decided that the following Certificate/Value-added Courses will be introduced for the ensuing Academic Session 2020-2021. The HODs were requested to finalize the course structures through departmental meetings and to submit the proposal to the IQAC for approval. It was also decided that the major portion of the curriculum will be covered by our faculty members. In case any Resource Person/Technical Experts are needed, the Course Coordinator will take prior approval from the Principal through IQAC. Following are the names of the Certificate Courses and Value-added Courses proposed in the meeting.

Certificate Courses:

- (1) Mushroom Cultivation and Spawn Production by Department of Botany
- (2) Agricultural Soil Testing by Department of Environment Science & Department of Chemistry
- (3) Fundamentals of Cell Culture and Cell Culture Techniques by Department of Zoology
- (4) A History of Business in India by Department of History (Hindi Shift)
- (5) Data Collection, Representation & Analysis in Social Science by Department of Geography (Day Shift)
- (6) Stress Management by Department of Philosophy & Department of Education
- (7) Basic Statistics by Department of Statistics
- (8) Open Educational Resources by Central Library
- (9) Contemporary Political Theory by Department of Political Science (Hindi Shift)
- (10) A Tensorial Way to Relativity and Cosmology by Department of Mathematics
- (11) An Introduction to MS Excel & QGIS by Department of Geography (Hindi Shift)
- (12) Advanced Computational Physics by Department of Physics
- (13) An Introduction to Game Theory by Department of Economics
- (14) Certificate Course on Sanskrit by Department of Sanskrit
- (15) Scientific Writing: Tools & Techniques by Department of Physics

Value-added Courses:

- (1) Political Science & Public Administration by Department of Political Science (Hindi Shift)
- (2) Essentials of Network Security by Department of Computer Science

The meeting ended with a vote of thanks to the Chair.

Principal B. B. College, Asansol

Sudipta Das

Co-ordinator, IQAC B. B. College, Asansol



(Affiliated to Kazi Nazrul University, Asansol)

The Dept, of Botany of our college is going to organize a certificate course on mushroomspawn production starting from 23-02-2021 to 17-03-2021. The interested candidates are requested to register their names at the earliest. 

CAPACITY - 30 ADMISSION OPEN TILL 22/02/2021



Affiliated to Kazi Nazrul University. Asansol (GOVT SPONSORED UG & PG COLLEGE) ASANSOL - 713303, WEST BENGAL

(India)

Department of Botany

Phone: 0341-2274842 Fak:0541-2274529 Web:www.bbcollege.ac.in E-mail: bbcollege 1944@gmail.com

Notice

The Dept. of Botany of our college is going to organize a certificate course on mushroom-spawn production from 23-02-2021 to 17-03-2021. The interested candidates are requested to register their names at the earliest.

Signature

Associate Professor Department of Bolany B, B. College, Asantol

Dr. Sanjeev Paridey Department of Botany B.B. College, Asansol-03 Signature

Principal Dr Amitava Basu 5.B. College, Asansol-03

Schedule of the Certificate Course on 'Mushroom-Spawn Production' organised by Department of Botany, Banwarilal Bhalotia College, Asansol Venue: Banwarilal Bhalotia College, Asansol (23.02.2021-17.03.2021)

Day 1: 23.02.2021

- 9 am to 10 am: Inaugural session Speech by Principal Dr. Amitava Basu, and Course Coordinator, Dr. Sanjeev Pandey, Banwarital Bhaloba College, Asansol
- 10 am to 11.00 am: Keynote address by Dr. Rajarshi Bikash Kundu. Assosiate Professor. Department of Botany, Triveni Devi Bhalotia College, Ranigan Theory Session: Module 1
- 11, 00 am to 12 pm. Lecture by Dr. Sumit Basu Sarcadhikary I (Unit1) Practical Session: Module 2
- 12.00 pm-1.00 pm Practical class By Dr. Sanjeev Pandey.
- . 1.00 pm to 5.00 pm: Demonstration of Spawn Preparation Part 1By Sanjeev Pandey and Anupom Mandal (Research Schola) at Dept of Env. Sc. BU) (Unit 1)
- Day 2: 24,02,2021
 - Theory Session: Module 1
 - 9 am to 10 am: Lecture by Miss Sucheta Mondal (Unit1)
 - 10 am to 11 am: Lecture by Dr. Sargeev Pandey (Unit 2) 100
 - 11 am to 12 pm: Lecture by Dr Siddhartha Singh Deo(Unit 2)
 - Practical Session: Module 2
 - 12 pm to 5 pm: Demonstration of Scawn Preparation Part 2 By Sanjeev Panitoy and Anupom Mandal (Research Scholar at Dep) of Env. Sc. BU) (Unit 1)
- Day 3: 25.02.2021
 - Theory Session: Module 1
 - 9 am to 10 am: Lecture by Dr. Chanchal Kumar Biswas (Unit 3)
 - 10 am to 11 am: Lecture by Mrs. Sumana Bannenee (Unit 3).
 - 11 am to 12 pm: Lecture by Dr. Dr. Sabina Prachan (Unit 3)
 - Practical Session: Module 2
 - 12 pm to 5 pm: Demonstration of Mushroom Cultivation Process Part | By Dr. Sanjeev Pendey and Srikanta Layek, Assistant (Unit 2)
- Day 4: 26.02.2021
 - Theory Session: Module 1
 - 9 am to 10:00 am. Lecture by Dr. Siddhartha Singh Deo. (Unit 4)
 - 10.00 am 11.00 am Lecture by Dr. Animes: Mondal (Unit 4)
 - 11.00 am 12.00 pm. Lecture by Dr. Arup Ghosh (Unit 5)
 - Practical Sessiont Module 2
 - 12 pm to 4.00 pm; Demonstration of Mushroom Cultivation Process Part 1 By Dr. Sanleev Pandey and Srikanta Layex, Assistant (Unit 2)
 - 4.00pm 5.00 pm Feed back by the participants
 - 5 pm: Valedictory session

Day 5: 08.03.2021

- Theory Session: Module 1
- 10.00 am 12:00 pm: Lecture by Dr. Sanjeev Pandey regarding stuality control
- 12.00 pm 3.00 pm: Examination and Evaluation
- Practical Session: Module 2
- 3 00 pm 5 00 pm: Observation of the Result
- Day 6: 17.03.2021
 - Theory Session: Module 1
 - 10.00 em 12.00 pm: Lecture by Dr. Sanjeev Panday regarding Storage ann Marketing
 - Practical Session: Module 2
 - 12,00 pm-1.00pm Feedback
 - 1.00 pm 3.00 pm Observation of the Result
 3.00 pm 4.00 pm: Valenticitory session

Candidates enrolled for the Certif Mushroom-spawn producti	on for th	e yea		and the second s
Banwarilal Bhi				
Department of Botany, As			s, ws, India	
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6 Anisha Tshagar		12	10219021	Angela
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BB College, Asansol

Department of Chemistry & Environmental Science

Add on course- Agricultural Soil testing, 2020-21

The certificate course on "Agricultural Soil Testing" was performed by the Department of Environmental Science, B.B.College on and from 15.03.2021 to 22.03.21. The duration of the course was 40 hours distributed over a week. It was attended by 26 in-house learners of B.B.College, Asansol.

Objective of the course: As the paradigm of modern education is changing with more and more focus on skill development, the certificate course on "<u>Agricultural Soil Testing</u>" aims in skilling the B.Sc (Hons) students in the field of soil testing. By participating in the aforesaid course the students will learn the basics of soil science and more importantly get a hands on training pertaining to certain selected soil quality parameters which are relevant in the context of agriculture and soil nutrient management.

Post completion of the course an online examination was conducted via google form and subsequently cerificates were awarded to the learners. Feedback regarding the course and faculty was also gathered from the learners via a google form.

Contents of the course:

- Introduction to soil :(8 hours)
 What is soil?, Definition of pedology and edaphology, soil formation, soil composition, soil profile, importance of soil to the biosphere, types of soil textures, major soil types in India.
- <u>Soil pollution</u>: (6 hours)
 What is soil pollution?, sources of soil pollution and their effects with special focus on pollution from synthetic fertilisers and pesticides, control of soil pollution.
- Soil erosion: (6 hours) Introduction to soil erosion, agents of soil erosion, types of soil erosion, soil erosion control, and desertification(causes and control)
- <u>Soil testing (Part A):</u>(8 hours) Introduction to soil sampling, taking a representative soil sample, measurement of soil temperature, soil moisture and soil ph
- <u>Soil testing (Part B):</u> (6 hours) Estimation of soil NPK by using the soil testing kit
- <u>Soil testing (Part C):</u>(6 hours)
 Determination of soil organic matter (Titrimetric method of Walkey and Black), preparation of soil testing report.

Link for student feedback form: <u>https://forms.gle/ZaA76XTkm7LPaGV88</u>

Link for online examination form: <u>https://forms.gle/cbsCKmHu5cjkmA1YA</u>

Attendance sheet:

Agricultural Soil Testing

Conducted By

Department of Environmental Science, BB College, Asansol

March 15th to March 22", 2021

Attendance Record

Name	15/3/21	16/3/21	17/3/21	18/3/21	19/3/21	20/3/21	22/3/21	Signature
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Syantan Jubr 23/ 3/21

Mr. Sayantan Dutta

Head

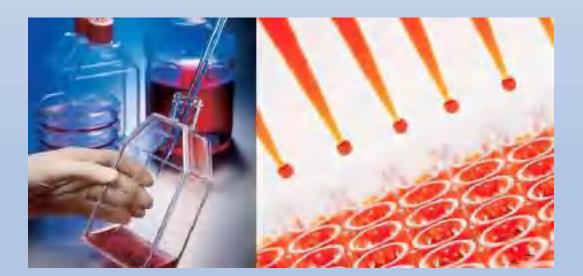
Dept. of Environmental Science, Asansol

Link of various photos and the certificate awarding programme: <u>https://photos.app.goo.gl/qRd3wuY14CtijrQp9</u>



Banwarilal Bhalotia College Asansol, West Bengal, India (Affiliated to Kazi Nazrul University, Asansol)

The Post Graduate Department of Zoology of our College is going to organize a 40 hours long certificate course on 'Fundamentals of Cell Culture and Cell Culture Techniques'. The interested candidates are requested to register their names at the earliest.



Capcity-40

Registration open till 10.10.2021



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COLLEGES WITH POTENTIAL FOR EXCELLENCE.

Asansol-713303, West Bengal (India)

Post Graduate Department of Zoology

Date: 01.10.2021

To, The Principal through IQAC Banwarilal Bhalotia College Asansol-713303, WB, India

Subject: Departmental meeting regarding framing of the detailed Syllabus, Schedule and Board of Studies (BoS) for the Certificate Course on Fundamentals of Cell Culture and Cell Culture Techniques to be held by the Post Graduate Department of Zoology.

Respected Sir,

In the meeting held by the IQAC, Banwarilal Bhalotia College, with all the HODs of all the departments on 28.09.2021 regarding the introduction of Certificate Course in academic session 2020-2021, it was decided after discussion that our P.G.Department of Zoology will introduce a Certificate Course entitled 'Fundamentals of Cell Culture and Cell Culture Techniques' for this session. In this connection, the P.G.Department of Zoology held a meeting with all faculties of the department to frame detailed Modules, Syllabus & schedule of the said Certificate Course. Following resolutions are made in the meeting -

I. The course will comprise of 16 days or 40 hours with 24 hours of Theory and 16 hours of Practical.

II. The detailed syllabus with modules for this course was chalked out in this meeting.

III. There will be the first 12 days of continuous Theory classes during which the students will be introduced to the subject matter and make their concept about the topic.

IV. The Remaining 4 days will be their Practical classes and full demonstration about the techniques.

V. A Board of Studies (BoS) for this purpose was also constructed for the smooth running of the program. This Board included faculty members of our Department with Coordinators. The structure of the BoS is as follows:

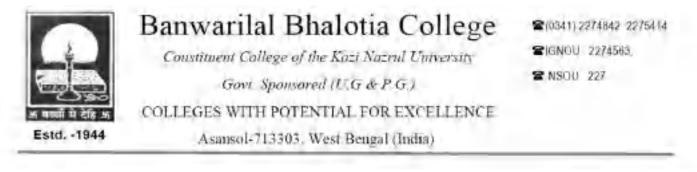
- Dr. Arnab Ganguli (Head of the Department).
- Dr. Sangita Lahiry (Course Coordinator).
- Dr. Atrayee Dey.
- Dr. Rajrupa Ghosh.
- Smt. Saswati Chakraborty.
- Smt. Zarqua Jamal.
- Sri Pankaj Dutta
- Sri Raja Mukherjee.
- Smt.Sananda Chandra.

VI. The course is scheduled to start on 23.10.2021 and to end on 25.11.2021 with the valedictory session and certificate distribution.

There on behalf of all the faculty members of the department I request you to give us permission for the above mentioned course with its given syllabus and modules.

Thanking you,

Dr. Arnab Ganguli, Head of the Department Assistant Professor P.G. Department of Zoology Banwarilal Bhalotia College, Asansol-03



Date:01.10.2021

NOTICE

The Department of Zoology of our College is going to organize a Certificate Course on Fundamentals of Cell Culture and Cell Culture Techniques from 23.10.2021 to 25.11.2021. The interested candidates are requested to register their names before 12.10.2021.

Signature Dr. Arnab Ganguli Head of the Department P.G.Zoology B.B.College, Asansol-03.

Signature Dr. Amitava Basu Principal B.B.College, Asansol-03.



Banwarilal Bhalotia College Asansol, West Bengal, India (Affiliated to Kazi Nazrul University, Asansol)

Certificate Course on

'Fundamentals of Cell Culture and Cell Culture Techniques'

Organized By

Post Graduate Department of Zoology, Banwarilal Bhalotia College, Asansol

Chairperson: Dr. Amitava Basu Principal, B. B. College, Asansol Course Coordinator: Dr. Sangita lahiry Assistant Profssor, PG Dept. Of Zoology, B. B. College, Asansol Joint Course Coordinator: Sri Raja Mukherjee, SACT-II, PG Dept. Of Zoology, B. B. College, Asansol

Objective of the Course:

This course will be a short primer to understand different accepts of cell culture technique and its application in research area. Cell culture techniques have fortified the biomedical research from basic research to the modern drug discovery. The lecture will cover fundamentals of different cell culture techniques and practical classes will elaborate each step of Cell culture techniques with live parasite culture.

Invited Speakers



Dr. Sayan Chowdhury Post Doctoral Research Scientist Solomon Snyder Laboratory of Neuroscience Department of Neuroscience Johns Hopkins Medical Institute Baltimore, USA Dr. Sanchita Datta Research Associate ICMR (Indian Council of Medical Research) Jadavpur University Department of Pharmaceutical Technology Jadavpur, West Bengal, Kolkata

Important Notes:

- ✓ Course Type: Interdisciplinary Certificate Course
- ✓Target Group: UG/PG Level students of Science(Specially Zoology, Botany & Microbiology)
- ✓ Course Opening date: 23rd October, 2021
- ✓ Course mode: Blended Mode (Online & Offline both)
- ✓ Class timing: 5-7PM (IST)
- ✓ Course duration: 5 weeks (Approx.)
- ✓ Exam: MCQ test

For registration **CLICK HERE (**Registration open till 12.10.2021)

Certificate will be awarded on completion of the course



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Post Graduate Department of Zoology

Title of the Certificate Course: Fundamentals of Cell Culture and Cell Culture Techniques **Target Group:** Students from UG & PG level of Zoology, Banwarilal Bhalotia College, Asansol.

Duration of the course: 40 hours.

Session: 2020-2021

Date: 18.10.2021 to 20.11.2021 (Tentative)

Timing: 5:00p.m.-7 p.m. (Approx. 8 classes/week)

Objective of the Course: This course will be a short primer to understand different accepts of cell culture technique and its application in the research field. Cell culture techniques have fortified the bio-medical research from basic research to the modern drug discovery. The lecture will cover fundamentals of different cell culture techniques and practical classes will provide a clear application of cell culture techniques along with live cell demonstration.

Content of the course:

Module 1: Theoretical concepts on Cell Culture & Cell Culture Techniques.

Unit 1: Basics of Cell Culture (3L)

✤ Cell lines	1L
Culture environment	1L
✤ Cell morphology	1L

Unit 2: Safety Aspects of Cell Culture laboratory (5L)

*	Bio-safety levels	.1L
*	Safety equipments	.1L
	Biohazards	
*	Disinfection	.1L
*	Safe laboratory practices	.1L

Unit 3: Cell Types & Culture Characteristics (4L)

*	Primary Cultures	1L
*	Continuous Cultures	.1L
*	Culture Morphology	.1L
*	Phases of Cell Growth	1L

Unit 4: Biological contaminations (3L)

*	Types of contaminations	.2L
*	Fumigation	.1L

Unit 5: Different cell culture techniques (9L)

**	Guidelines for maintaining cultured cells	.1L
	Sub culturing adherent cells	
	Sub culturing suspension cells.	
	Freezing of cultured cells	
	Thawing of frozen cells	
	e	

Module 2: Practical knowledge on Different Cell Culture Techniques.

- Unit 1: Demonstration of Cell Culture Laboratory (2P)
- Unit 2: Demonstration the working principle of Cell Culture hood (2P)
- ◆ Unit 3: Function of Laminar Air Flow (2P)
- Unit 4: Demonstration the Fumigation process (2P)
- ◆ Unit 5: Elaboration of each step of Cell culture techniques with live parasite culture (8P)

Number of Classes: Theoretical = 24; Practical = 16; Total= 40 classes (40hours.)
Course Coordinator: Dr. Sangita Lahiry, Assistant Professor, P.G. Department of Zoology, Banwarilal Bhalotia College, Asansol.

Schedule of the Certificate Course on "Fundamentals of Cell Culture and Cell Culture Techniques" Organized by Post Graduate Department of Zoology Banwarilal Bhalotia College, Asansol, West Bengal, India Course Mode: Blended mode (Both Offline and Online mode)

Day	Date	Time	Торіс	Speaker
01	23.10.2021	5p.m5.30p.m.	Inauguration Speech	Dr. Amitava Basu Principal, BB College Asansol
			Introduction about the Course	Dr. Sangita Lahiry Assistant Professor BB College, Asansol
		5.30 p.m6 p.m.	Primary Cell Culture	Dr. Sayan Chowdhury, Post-Doctoral Research Scientist, Johns Hopkins Medical Institute,Baltimore, USA
		6p.m7p.m.	Continuous Cell Culture	Continued by Dr. Sayan Chowdhury
02	24.10.2021	5p.m5.50 p.m.	Cell line	Dr. Sangita Lahiry Assistant Professor BB College, Asansol
		5.50p.m6 p.m.	BRI	EAK
		6p.m7 p.m.	Culture Environment	Continued by Dr. Sangita Lahiry
03	25.10.2021	5p.m7p.m.	Cell Morphology	Smt. Sananda Chandra SACT-II BB College, Asansol
		5.50p.m6 p.m.	BRI	EAK
		6p.m7 p.m.	Cell Morphology (Cont.)	Continued by Smt. Sananda Chandra
04	26.10.2021	5p.m5.50 p.m.	Biosafety Levels	Dr. Atrayee Dey Assistant Professor BB College, Asansol
		5.50p.m6 p.m.	n. BREAK	
		6p.m7 p.m.	Safety Environment	Continued by Dr. Atrayee Dey

	Date Time		Topie	Speaker			
05	01.11.2021	5p.m5.50 p.m.	Biohazards	Dr. Atrayee Dey Assistant Professor BB College, Asansol			
		5.50p.m6 p.m.	BR	EAK			
		6p.m7 p.m.	Disinfection and Safe laboratory Practices	Continued by Dr. Atrayee Dey			
06	02.11.2021	5p.m5.50 p.m.	Types of Contamination	Dr. Sanchita Datta Department of Pharmaceutical Technology Jadavpur University Jadavpur, West Bengal			
		5.50p.m6 p.m.	BR	EAK			
		6p.m7 p.m.	Types of Contamination (Cont.)	Continued by Dr. Sanchita Datta			
07	08.11.2021	5p.m5.50 p.m.	Guidelines for maintaining cultured cells	Smt. Zarqua Jamal Assistant Professor BB College, Asansol			
		5.50p.m6 p.m.	maintaining cultured Assistant Profess cells BB College, Asan				
		6p.m7 p.m	Guidelines for maintaining cultured cells (Cont.)	Continued by Smt. Zarqua Jamal			
08	09.11.2021	5p.m5.50 p.m.	Sub culturing suspension cells	Smt. Saswati Chakraborty Assistant Professor BB College, Asansol			
		5.50p.m6 p.m.	BR	EAK			
		6p.m7 p.m	Sub culturing suspension cells (Conti.)	Continued by Smt. Saswati Chakraborty			
09	12.11.2021	5p.m5.50 p.m.	Sub culturing adherent cells	Dr. Sangita Lahiry Assistant Professor BB College, Asansol			
		5.50p.m6 p.m.	BR	EAK			

Day	Date	Time	Торіс	Speaker
10	13.11.2021	5p.m5.50 p.m.	Fumigation	Dr. Arnab Ganguli (HOD) Assistant Professor BB College, Asansol
		5.50p.m6 p.m.	BREA	ĸ
		6p.m7 p.m.m	Fumigation (Cont.)	Continued by Dr. Arnab Ganguli
11	15.11.2021	5p.m5.50 p.m.	Freezing of cultured cells	Dr. Rajrupa Ghosh Assistant Professor BB College, Asansol
		5.50p.m6 p.m.	BR	EAK
		6p.m7 p.m	Thawing of frozen cells	Continued by Dr. Rajrupa Ghosh
12	16.11.2021	5pm7pm	Evaluation (Via Google form)	Dr. Sangita Lahiry Assistant Professor BB College, Asansol
				Sri Raja Mukherjee SACT-II BB College, Asansol
13	22.11.2021	College hours/ 5pm9pm	Demonstration of Cell Culture Laboratory	Dr. Sangita Lahiry Assistant Professor BB College, Asansol
			Demonstration the working principle of Cell Culture hood	Sri Pankaj Dutta SACT-II BB College, Asansol
				Sri Raja Mukherjee SACT-II BB College, Asansol
14	23.11.2021	College hours/ 5pm9pm	Function of Laminar Air Flow	Dr. Sangita Lahiry Assistant Professor BB College Assessed
			Demonstration the Fumigation process	BB College, Asansol Sri Pankaj Dutta SACT-II BB College, Asansol
				Sri Raja Mukherjee
				SACT-II BB College, Asansol

Day	Date	Time	Торіс	Speaker
15	24.11.2021	College hours/ 5pm9pm	Function of Laminar Air Flow	Dr. Sangita Lahiry Assistant Professor BB College, Asansol
				Sri Pankaj Dutta SACT-II BB College, Asansol
				Sri Raja Mukherjee SACT-II BB College, Asansol
16	25.11.2021	College hours/ 5pm7pm	Elaboration of each step of Cell Culture Techniques with live parasite culture	Dr. Sangita Lahiry Assistant Professor BB College, Asansol Sri Raja Mukherjee
				SACT-II BB College, Asansol



Constituent college of the KAZI NAZRUL UNIVERSITY, Asansol

(GOVT. SPONSORED **U G & P G** College) ASANSOL – 713303, WEST BENGAL

(INDIA)

Dr Amitava Basu, M Com, Ph D Principal

Date: 15.10.2021

To Dr. Sayan Chowdhury Post Doctoral Research Scientist Solomon Snyder Laboratory of Neuroscience Department of neuroscience Johns Hopkins medical Institute Baltimore, USA

<u>Subject: Invitation as a Resource Person for Certificate Course on 23rd</u> <u>October, 2021</u>

Sir,

With immense pleasure, we would like to inform you that the Post Graduate Department of Zoology, Banwarilal Bhalotia College, Asansol, India, is going to organize a Certificate Course on "Fundamentals of Cell Culture and Cell culture Techniques" from 23.10.2021 to 25.11.2021. This course will be a short primer to understand different accepts of cell culture technique and its application in research area. We shall be honoured to have you with us as an Invited Speaker on 23rd October, 2021 and grant us the opportunity to be enriched by your eloquence and profundity.

Thanking you in anticipation of an affirmative.

Yours Sincerely





Constituent college of the KAZI NAZRUL UNIVERSITY, Asansol

(GOVT. SPONSORED **U G & P G** College) ASANSOL – 713303, WEST BENGAL

(INDIÁ)

Dr Amitava Basu, M Com, Ph D Principal

Date: 15.10.2021

To Dr. Sanchita Datta Research Associate ICMR (Indian Council of Medical Research) Jadavpur University Department of Pharmaceutical Technology Jadavpur, West Bengal, Kolkata

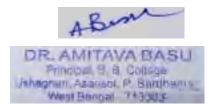
<u>Subject: Invitation as a Resource Person for Certificate Course on 2nd</u> <u>November, 2021</u>

Sir,

With immense pleasure, we would like to inform you that the Post Graduate Department of Zoology, Banwarilal Bhalotia College, Asansol, India, is going to organize a **Certificate Course** on **"Fundamentals of Cell Culture and Cell culture Techniques"** from 23.10.2021 to 25.11.2021. This course will be a short primer to understand different accepts of cell culture technique and its application in research area. We shall be honoured to have you with us as an **Invited Speaker** on 2^{nd} November, 2021 and grant us the opportunity to be enriched by your eloquence and profundity.

Thanking you in anticipation of an affirmative.

Yours Sincerely



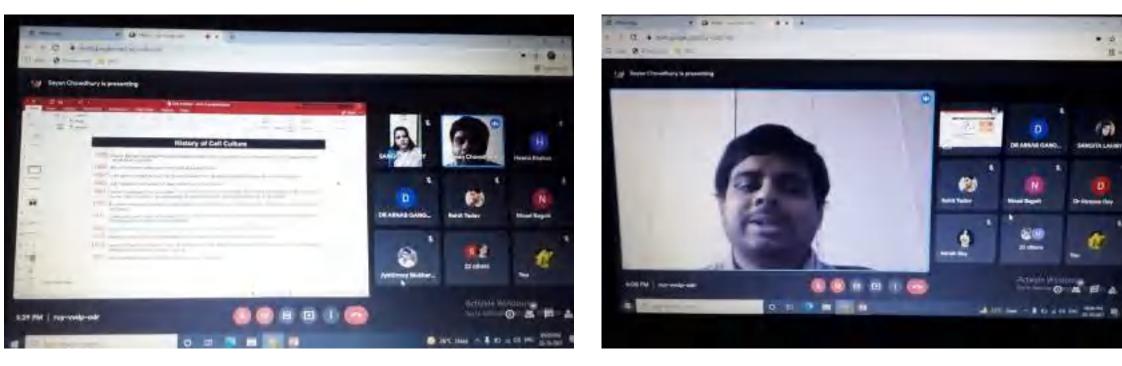
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05-10-2021	wonderlustmili@gmail.com	SAMBHAVI MUKHERJEE	BANWARILAL BHALOTIA COLLEGE	KNU19102002320	Under Graduate	V	70295 81765	IRR4886750
05-10-2021	sagarikamukherjee357@gm ail.com	SAGARIKA MUKHERJEE	Banwarilal Bhalotia College	KNU19102003658	Under Graduate	v	7908073021	127822124817
05-10-2021	adrishroy998@gmail.com	Adrish Roy	Banwarilal Bhalotia college	KNU19102003896	Under Graduate	v	7001476895	127823291386
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06-10-2021	debolinaroy45521@gmail.c om	Debleena Roy	Banwarilal Bhalotia College	KNU19102004370	Under Graduate	v	97331 36719	T2110061516389614528 667
07-10-2021	majisanchari2000@gmail.c om	Sanchari Maji	Banwarilal Bhalotia College	KNU19102002682	Under Graduate	V	7319277105	CICAgOC6pc-9Fw
07-10-2021	arpitamaji57@gmail.com	Arpita Maji	Banwarilal Bhalotia College	KNU19102002660	Under Graduate	v	8906288529	128013989499
08-10-2021	sabarnabhowmick@gmail.c om	SABARNA BHOWMICK	BANWARILAL BHALOTIA COLLEGE	KNU19102004226	Under Graduate	V	6294410954	128140528727
08-10-2021	sweta33312shaw@gmail.co m	Sweta Shaw	Bhanwarilal Bhalotia College Asansol	KNU19102004190	Under Graduate	v	6297058278	T2110082151095785041 897
08-10-2021	yorohityadav35@gmail.com	ROHIT KUMAR YADAV	BANWARILAL BHALOTIA COLLEGE	KNU19102004236	Under Graduate	V	+917001569087	T2110082153081905031 274
09-10-2021	heenakhatun467@gmail.co m	Heena Khatun	B.B.College	KNU19102004119	Under Graduate	v	9800433762	128287495100
09-10-2021	tapanrdas63@gmail.com	TAPAN RUIDAS	B.B college	KNU20005514	Post Graduate	п	7407476362	128289119870
09-10-2021	mk993379@gmail.com	Manisha kumari	Banwarilal Bhalotia College	KNU20003707	Post Graduate	п	9064558707	5149885411
09-10-2021	ddev90867@gmail.com	DEBOBRATA DAS	Banwarilal Bhalotia College	KNU20102005555	Under Graduate	п	8116795336	128294650298
09-10-2021	mukherjeekushal78@gmail. com	KUSHAL MUKHERJEE	BANWARILAL BHALOTIA COLLEGE	KNU20102005732	Under Graduate	п	6297443431	T2110091840222856360 513
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11-10-2021	ankitakumari8250826084@ gmail.com	ANKITA KUMARI	B.B. COLLEGE ASANSOL	KNU20102005254	Under Graduate	п	8250826084	338189876
11-10-2021	ghoshsom1589@gmail.com ashokemahato31@gmail.co	Soma Ghosh	KAZI NAZRUL UNIVERSITY	KNU20008823 KNU20004764 of 2020	Post Graduate	II	9475726983 8759505686	T2110110849553010778 267 128348101268
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12-10-2021 12-10-2021	bagaitninad@gmail.com amishabhagat61@gmail.co	Sayanta Banerjee NINAD BAGAIT	Banwarilal Bhalotia college BANWARILAL BHALOTIA	KNU20102004439	Under Graduate Under Graduate	n n	7797623221	128422871967 LT1210070348727MOAF
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12-10-2021	kesark537@gmail.com payelghosh74700@gmail.co	Kesar kumari	Banwarilal bhalotia college	Knu19102004094	Under Graduate	V	8509224214	128521539426
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17-10-2021	sa4066648@gmail.com eshitachatterjee4014@gmail	MD sultan	Banwarilal bholatia college	KNU19102002197	Under Graduate	V	7890170224	839
18-10-2021	.com sakinafatma786786@gmail.	ESHITA CHATTERJEE	Banwarilal Bhalotia College Banwarilal Bhalotia College,Asansol	KNU20102005335	Under Graduate	п	7003183138	5016DJYU3862
18-10-2021	com sahinparveen1002@gmail.c	Sakina Fatma	Banwarilai Bhalotia College,Asansol (W.B) BANWARILAL BHALOTIA	KNUREG1810200010	Under Graduate	VI	8350017295	129171076684
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10/21/2021	nehaojha904@gmail.com	Neha Ojha	Banwarilal Bhalotia college	KNUREG1810200174	Under Graduate	VI	8158019024	721
10/21/2021	insha.tahir1966@gmail.com	Insha Kausar	B. B College	KNUREG1810200097 8	Under Graduate	VI	7031462511	129409021644

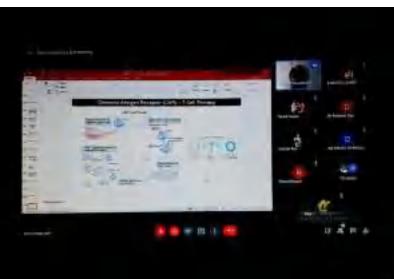
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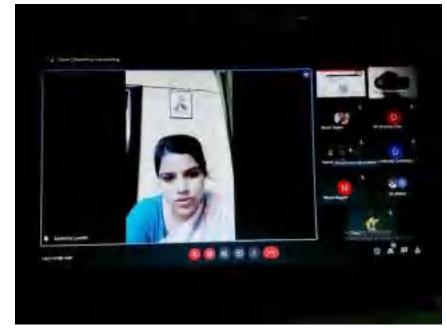
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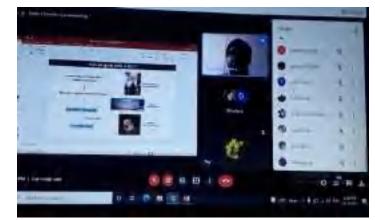












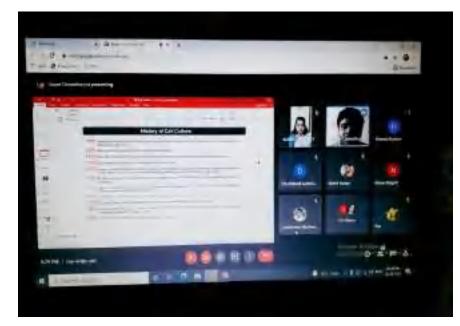
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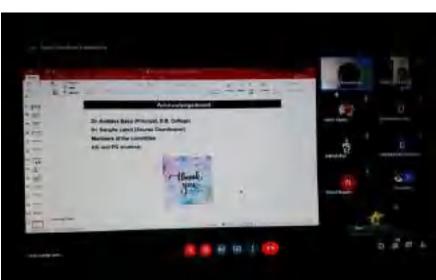
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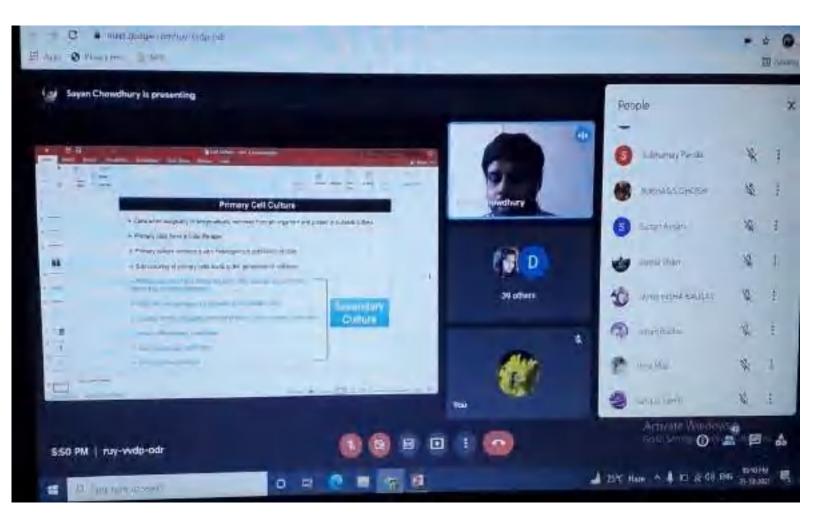
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Google Meet Attedance Tracking Report

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Download as pdf	5	4:57:05 PM 5:49:22 PM 33 52 min 16s	
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Number Of People Attended More Than 65% Of Meeting: 31

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Number Of People Attended Less Than 65% Of Meeting: 2

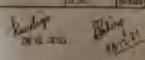
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1	ADRISH ROY	49 min 18s	95%
2	AMISHA BHAGAT	48 min 46s	94%
3	ANKITA KUMARI	51 min 52s	100%
4	ARPITA MAJI	51 min 25s	99%
5	ASHOKE MAHATO	48 min 24s	93%
6	DEBLEENA ROY	52 min 16s	100%
7	DEBOBRATA DAS	46 min 36s	90%
8	DR ARNAB GANGULI	52 min 16s	100%
9	DR ATRAYEE DEY	52 min 16s	100%
10	HEENA KHATUN	24 min 56s	48%
11	HEMANSHU SINGH	44 min 36s	86%
12	JYOTIRMOY MUKHERJEE	44 min 48s	86%
13	KESAR KUMARI	7 min 9s	14%
14	KUSHAL MUKHERJEE	52 min 16s	100%
15	MANISHA KUMARI	52 min 16s	100%
16	NINAD BAGAIT	52 min 16s	100%
17	RAJA MUKHERJEE	52 min 16s	100%

S.No	Participant Name	Attended Duration	Attended Percentage
18	ROHIT YADAV	45 min 5s	87%
19	SABARNA BHOWMICK	52 min 0s	100%
20	SAGARIKA MUKHERJEE	47 min 54s	92%
21	SAMBHAVI MUKHERJEE	50 min 10s	96%
22	SANANDA CHANDRA	49 min 42s	96%
23	SANCHARI MAJI	52 min 16s	100%
24	SANGITA LAHIRY	52 min 16s	100%
25	SARIA AMRIN	52 min 16s	100%
26	SAYANTA BANERJEE	48 min 17s	93%
27	SHAFQUAT PERVEEN	48 min 6s	93%
28	SOMA GHOSH	50 min 10s	96%
29	SUBHASIS GHOSH	45 min 35s	88%
30	SULTAN ANSARI	51 min 29s	99%
31	SWETA SHAW	47 min 49s	92%
32	TAPAN RUIDAS	51 min 46s	100%
33	UMA MAJI	51 min 57s	100%

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12-15-2021 20:36:26	il.com nehaojha904@gmail.c	Amisha Bhagat	Botany	Excelent	Yes	Yes	Yes	Yes	Yes	Very Good	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 20:38:12	om	Neha Ojha	Botany	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 20:48:23	payelghosh74700@gm ail.com	PAYEL GHOSH	Zoology	Very Good	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 20:53:12	sagarikamukherjee357	SAGARIKA MUKHERJEE	7.1	E-stat	N/	N	N	X	N	Excellent	No. Co. I	Excellent	Excellent	Excellent	Excellent	Excellent	P Base	No. Co. I
12-15-2021 20:53:12	ahin.parveen1002@g	MUKHERJEE	Zoology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good
12-15-2021 20:58:20	mail.com ghoshsom1589@gmail	Sahin parveen	Microbiology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 20:58:31	.com	SOMA GHOSH	Zoology	Excelent	Yes	Yes	Yes	Yes	Yes	Very Good	Good	Excellent	Very Good	Very Good	Excellent	Very Good	Good	Good
12-15-2021 20:59:21	adrishroy998@gmail.c	ADRISH ROY	Zoology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
	ankitakumari82508260																	
12-15-2021 21:03:33	84@gmail.com heenakhatun467@gma	ANKITA KUMARI	Microbiology	Very Good	Yes	Yes	Yes	Yes	Yes	Very Good	Very Good	Excellent	Excellent	Very Good	Excellent	Excellent	Very Good	Very Good
12-15-2021 21:13:13	il.com	HEENA KHATUN	Zoology	Excelent	Yes	Yes	Yes	Yes	Yes	Good	Very Good	Excellent	Excellent	Excellent	Very Good	Excellent	Excellent	Very Good
12-15-2021 21:16:28	ashokemahato31@gma il.com	Ashoke Mahato	Zoology	Very Good	Yes	Yes	No	Yes	Yes	Good	Very Good	Very Good	Excellent	Very Good	Excellent	Excellent	Excellent	Very Good
12-15-2021 21:17:40	ddev90867@gmail.co	DEBOBRATA DAS	Microbiology	Friday	N/	N	N	¥	N	Very Good	Excellent	Excellent	Excellent	Excellent	E	Good	Very Good	Very Good
12-15-2021 21:17:40	sweta33312shaw@gm	DEBOBRATA DAS	Microbiology	Excelent	Yes	res	res	res	res	very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Good	Very Good	Very Good
12-15-2021 21:21:20	ail.com yorohityadav35@gmail	SWETA SHAW	Botany	Good	Yes	Yes	Yes	Yes	Yes	Good	Good	Good	Good	Good	Very Good	Excellent	Good	Good
12-15-2021 21:24:17	.com	Rohit Kumar Yadav	Botany	Very Good	Yes	Yes	Yes	Yes	Yes	Very Good	Excellent	Excellent	Very Good	Very Good	Excellent	Excellent	Excellent	Excellent
12-15-2021 21:33:53	sakinafatma786786@g mail.com	Sakina Fatma	Botany	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
	mukherjeekushal78@g	KUSHAL																
12-15-2021 21:36:43	mail.com umamaji.zoology@gm	MUKHERJEE	Microbiology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 22:05:15	ail.com	UMA MAJI	Zoology	Very Good	Yes	Yes	Yes	Yes	Yes	Good	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 22:33:13	ghoshkatwa120@gmai l.com	Subhasis Ghosh	Microbiology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 23:30:40	amrinsaria@gmail.com	SARIA AMRIN	Microbiology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-15-2021 23:39:33	tapanrdas63@gmail.co m	Tapan Ruidas	Zoology	Excelent	Yes	Yes	Yes	Yes	Yes	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good
12-16-2021 7:56:46		SABARNA BHOWMICK	Microbiology	Excelent	Yes	Yes	Yes	Yes	Yes	Very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Very Good
12-10-2021 /:56:46	man.com	BRUWMICK	iviter obtology	Excelent	105	105	105	105	105	very Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	very Good
12-16-2021 9:07:15	mk993379@gmail.com jyotirmoyrjk@gmail.co		Zoology	Excelent	Yes	Yes	Yes	Yes	Yes	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent
12-17-2021 19:08:54			Microbiology	Excelent	Yes	Yes	Yes	Yes	Yes	Very Good	Very Good	Excellent	Very Good	Very Good	Excellent	Very Good	Very Good	Very Good



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This is to certify that

Mr. / Mrs. / Mrs/ Dr._

delivered lecture on

as a **Resource Person** in a 40 hours long certificate course entitled 'Fundamentals of Cell Culture and Cell Culture Techniques' organized by the Post Graduate Department of Zoology under the aegis 1QAC of Banwarilal Bhalotia College, Asansol -713303, West Bengal, Sndia and held during October 2021 to November 2021.

> SIGNATURE OF COURSE COORDINATOR Dr. Sangita Lahiry B.B.College, Asansol

SIGNATURE OF COORDINATOR IQAC Dr. Sudipta Das B.B.College, Asansol



SIGNATURE OF COORDINATOR IQAC Dr. Sudipta Das B.B.College, Asansol



SIGNATURE OF COORDINATOR IQAC Dr. Sudipta Das B.B.College, Asansol



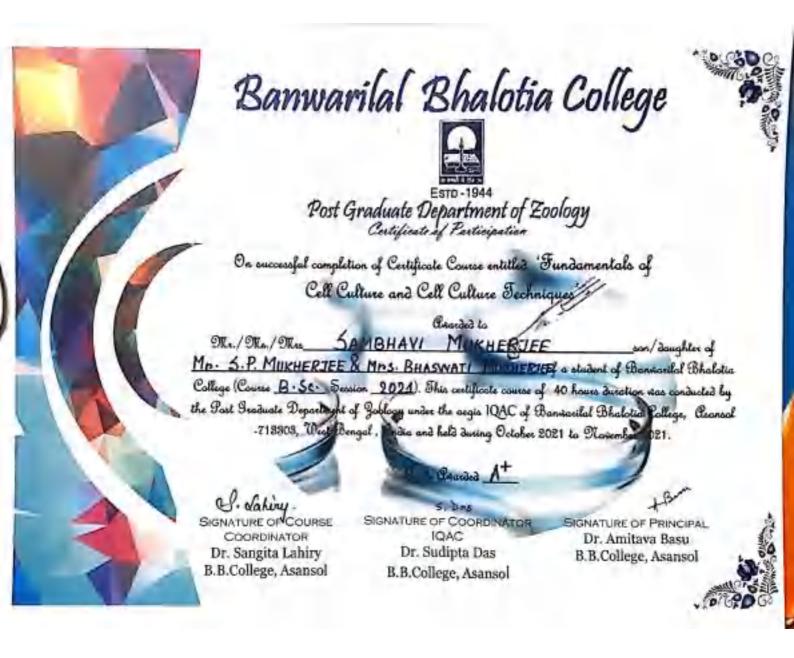
Post Graduate Department of Zoology Certificate of Participation

On successful completion of Certificate Course entitled 'Fundamentals of Cell Culture and Cell Culture Techniques

Awarded to

Grade Awarded

SIGNATURE OF COURSE COORDINATOR Dr. Sangita Lahiry B.B.College, Asansol SIGNATURE OF COORDINATOR IQAC Dr. Sudipta Das B.B.College, Asansol



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Banwarilal Bhalotia College

Constituent College of the Kazi Nazrul University Govi Sponsored (U.G & P.G.)

COLLEGES WITH POTENTIAL FOR EXCELLENCE.

Asansol-713303, West Bengal (India)

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Post Graduate Department of Zoology

Date: 15.12.2021

To, The Principal Banwarilal Bhalotia College Asansol-713303, WB, India

Subject: Report for the Certificate Course on Fundamentals of Cell Culture and Cell Culture Techniques to be held by the Post Graduate Department of Zoology from October 2021 to November 2021 (for the Session of 2020-21)

Respected Sir,

With respect to above mentioned subject, I am feeling glad to report you that the certificate course entitled 'Fundamentals of Cell Culture and Cell Culture Techniques' that we undertook from our department this year has been successfully completed. Out of 36 students who took admission, 31 could finally complete the course and receive the certificates in the valedictory session.

As mentioned in our schedule, the course was 40 hours duration with 24 hours of theory and 16 hours of practical with hands on training. This course started with the inaugural lecture of Dr. Sayan Chowdhury, Post-Doctoral Research Scientis, Solomon Snyder Laboratory of Neuroscience, Department of Neuroscience, Johns Hopkins medical Institute, Baltimore, USA and in another day by Dr. Sanchita Datta, Research Associate, ICMR (Indian Council of Medical Research), Jadavpur University, Department of Pharmaceutical Technology, Jadavpur, West Bengal, Kolkata. Rest of the lectures and practical classes were taken by the Departmental Faculties. I, as a course coordinator, extend my sincere thanks to all of them.

The feedback of the students is enthusiastic demanding more similar courses in the near future. All the documents of the course are attached herewith in sequential order for your pursue.

Thanking you,

Yours truly Dr. Sangita Lahiry, Course Coordinator Assistant Professor P.G. Department of Zoology Banwarilal Bhalotia College, Asansol -713303 WB, India. To The Principal through IQAC Banwarilal Bhalotia College Asansol-713303, WB, India

Subject - Departmental Meeting regarding framing of the detailed Syllabus and Schedule for the Certificate Course on "A History of Business in India: from Ancient to Modern Times" to be conducted by the Department of History (Hind Shift).

Dear Sir,

We are delighted to inform that the Department of History (Hindi Shift) is proposing a Certificate Course on **"A History of Business in India: from Ancient to Modern Times**." In this connection, the Department of History (Hindi Shift) held a meeting on **28.09.2021** with all the faculties of the department to decide on the syllabus and schedule of the proposed Certificate Course. Following resolutions were reached upon in the meeting –

1. The course will comprise of **40 hours**.

2. The entire course will be conducted **online**.

4. The course is scheduled to start on **01/11/2021** and to end on **04/12/2021** with the **valedictory ceremony** and certificate distribution to be held on **08/12/2021**.

5. All the respected faculty members of our department will deliver lectures. Moreover, **resource persons from other Universities and Colleges in India** have kindly agreed to deliver lectures to our beloved students.

6. The detailed **syllabus** was also chalked-out in this meeting.

On behalf of all the faculty members of the department, I would humbly request you to give us permission for the proposed course.

Thanking you in anticipation,

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Dr. Sandip Chatterjee, Assistant Professor and **Course Coordinator**. Dept. of History (Hindi Shift) Banwarilal Bhalotia College Date: 28.09.2021 Date: 29/09/2021

NOTICE

This is to inform our beloved students that the Department of History (Hindi Shift) is starting a CERTIFICATE COURSE, which is duly approved by the IQAC, Banwarilal Bhalotia College, Asansol.

Details of the course

1. Course Title: "A History of Business in India: from Ancient to Modern Times"

2. Duration of the course: 40 hours

3. Course Fee: INR 100 only (Students should make their payments to the following College account:

Bank Name= Punjab National Bank, Branch= Ushagram, Asansol, A/c Name= Banwarilal Bhalotia College, A/c No.=0824050010032, IFSC = PUNB0082420, MICR= 713024008).

After payment, please send screenshots or photos of payment to WhatsApp- **9830527441** and email- **business.history.bbcollege@gmail.com**

4. Target Participants: Undergraduate students of Social Sciences and Humanities of our College

5. Number of seats: 80 (Eighty) (Seats will be filled on "first come first served" basis)

6. Last day of registration of names: 26 October, 2021

7. Starting Date: 1 November, 2021

Certificates will be awarded on completion of the course.

For registration, please fill up the google form: https://forms.gle/Y66coxvnQCG8sQMg6

In case of any queries, contact **Dr. Sandip Chatterjee**- Ph. 9830527441, email- **business.history.bbcollege@gmail.com**

+for

DR. AMITAVA BASU Principal, B. B. College Ushagram, Asaneol, P. Bardhamar West Bengal - 713303

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Course Co-Ordinator Dr. Sandip Chatterjee Department of History (Hindi Shift) Banwarilal Bhalotia College, Asansol

Syllabus and Schedule of the Certificate Course on

"A History of Business in India: from Ancient to Modern Times"

Organised by

The Department of History (Hindi shift), Banwarilal Bhalotia College, Asansol

Under the Aegis of

IQAC, Banwarilal Bhalotia College, Asansol

(1st November to 8th December, 2021: 20 lectures × 2 hours. Total duration= 40 <u>hours</u>)

All lectures except for the Valedictory Ceremony were held **online**.

Course Coordinator: Dr. Sandip Chatterjee, Assistant Professor, Department of History (Hindi Shift), Banwarilal Bhalotia College

Date & Time	Title of the lecture	Speaker
1 st November,	Inaugural Lecture: Introducing Business	Professor Raj Sekhar Basu, Department of
2021, 6 PM	History: A Theoretical Approach	History, University of Calcutta
2 nd	Evolution of Business Class in Ancient	Dr. Nisha Thakur, Assistant Professor,
November, 6	India	Department of History, Adamas University,
PM		Kolkata
3 rd	Trade and business with the Outside	Dr. Nisha Thakur, Assistant Professor,
November, 6	World in Ancient India	Department of History, Adamas University,
PM		Kolkata
12 th	The Merchant Class during the Mughal	Dr Enayatullah Khan, Assistant Professor,
November, 6	Era	Department of History, Aliah University,
PM		Kolkata
13 th	The Business Aspects of Early Modern	Dr. Shamali Bhattacharyay, Assistant
November, 6	Institutions: The Case of Asiatic Society	Professor, Department of History (Hindi Shift),
PM		Banwarilal Bhalotia College
14 th	Business Practices in the Delhi Sultanate	Dr. Debashis Mandal, Assistant Professor,
November, 6		Department of History (Hindi Shift),
PM		Banwarilal Bhalotia College
15 th	Colonial Business Model and its impact	Miss Nasreen Khatun, State Aided College
November, 6	on the Tribal Population of India	Teacher, Department of History (Hindi Shift),
PM		Banwarilal Bhalotia College

17 th	History of the Early Industries in	Dr. Sandip Chatterjee, Assistant Professor,		
November, 6	Modern India: Making a Case for	Department of History (Hindi Shift),		
PM	Business History	Banwarilal Bhalotia College		
19 th	Industries in Early Modern India: A Few	Dr. Sandip Chatterjee, Assistant Professor,		
November, 6	Case Studies	Department of History (Hindi Shift),		
РМ		Banwarilal Bhalotia College		
20 th	Transport as the Domination of the	Dr. Debashis Mandal, Assistant Professor,		
November, 6	Colonial Business: The Case of Railway	Department of History (Hindi Shift),		
PM		Banwarilal Bhalotia College		
22 nd	The Emergence of the Big Business:	Mr. Subhas Siddharth, State Aided College		
November, 6	Steel and Mining Industries	Teacher, Department of History (Hindi Shift),		
PM		Banwarilal Bhalotia College		
23 rd	Indigenous Business Enterprises and	Mrs. Kanchan Kumari, State Aided College		
November, 6	the Swadeshi movement	Teacher, Department of History (Hindi Shift),		
PM		Banwarilal Bhalotia College		
24 th	The Business of War in Colonial India	Dr. Manas Dutta, Assistant Professor,		
November, 6		Department of History, Aliah University,		
PM		Kolkata		
25 th	The Sweetmeat Sellers of Kotechandpur	Dr. Paulami Guha Biswas, Visiting Faculty,		
November, 6	and the Case of the Light Railway: A	Department of History, Ambedkar University		
PM	Story from 1880s Bengal	Delhi		
26 th	The Business of Movie Making in Late	Dr. Nandita Banerjee, Associate Professor,		
November,	Colonial India	Department of History, Sidho-Kanho-Birsha		
7.30 PM		University, Purulia		
27 th	The Business of Cinema in Early Post-	Dr. Nandita Banerjee, Associate Professor,		
November,	colonial Period in India	Department of History, Sidho-Kanho-Birsha		
4.30 PM		University , Purulia		
1 st December,	Transport as the Domination of the	Dr. Debashis Mandal, Assistant Professor,		
6 PM	Colonial Business: The Case of Shipping	Department of History (Hindi Shift),		
		Banwarilal Bhalotia College		
2 nd	Market, Money and the Circulation of	Dr. Sushmita Pati, Assistant Professor,		
December, 6 Capital		National Law School of India University,		
РМ		Bangalore		
3 rd December,	The Business of War in Post-Colonial	Dr. Manas Dutta, Assistant Professor,		
6.30 PM	India	Department of History, Aliah University,		
		Kolkata		
L	1			

4 th December,	A History of Business in India: Relevance	Dr. Sandip Chatterjee, Assistant Professor,	
7.30 PM	and Future Prospects	Department of History (Hindi Shift),	
		Banwarilal Bhalotia College	
8 th December,	Valedictory Ceremony (to be held	Guest of Honour: Dr. Tridib Santapa Kundu,	
3 PM	offline at the Vivekananda Seminar Hall,	Principal, Deshabandhu Mahavidyalaya	
	Banwarilal Bhalotia College, Asansol)		
		The event will be graced by our Principal Dr.	
		Amitava Basu, our esteemed colleagues and	
		our beloved students	

ABM DR. AMITAVA BASU Principal, B. B. College Ushagram, Asanaol, P. Bardhamar West Bengal - 713303

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Course Co-Ordinator Dr. Sandip Chatterjee Department of History (Hindi Shift) Banwarilal Bhalotia College, Asansol

FEEDBACK AND EXAMINATION

FEEDBACK: Students' active participation was noted throughout the certificate course and it was reflected in their generous feedback. Our **feedback form** was elaborate and it was designed to evaluate and examine students. The primary motto of the feedback form was to find out whether and how our beloved students had a comprehensive grasp of the principal theme of the certificate course i.e., **Business History**. We also wanted to see whether the engaging lectures left any imprint on their productive minds and if they managed to formulate and come up with ideas of their own. We asked our students the following questions and we were delighted to receive a host of important suggestions from the students:

Question: **Suggest a certificate course for future. भविष्य के लिए एक सर्टिफिकेट कोर्स का सुझाव दें**। Let me mention some of the interesting suggestions that the students put forward:

- 1. Religious history and it's development
- 2. Ancient civilizations and archaeology
- 3. History of Education System
- 4. Political Elements in medieval india
- 5. Social work related
- 6. Cultural history of modern India
- 7. Intellectual History

Feedback form link:

https://forms.gle/h6DspGtHvuLsJiLu9

EXAMINATION:

We decided to conduct assignment-based examination and the following assignment was given to the students:

What is the relevance of business history in Indian context? भारतीय संदर्भ में व्यावसायिक इतिहास की क्या प्रासंगिकता है?

Our beloved students did pretty well in the examination and many of them came up with praiseworthy answers. I am attaching one fantastic assignment for your kind perusal.

भारतीय संहर्त में व्यावसायिक इतिहास की स्था पारंशिकना ह 4n 30 नारकाम संदर्भ में आवदाधिक इत्तहास की प्राय्तांगकता गाएन में आवसामिक जीतीविधियाँ पर गजर उग्ते तो इसका जुडाव गार लीभ इतिहारन के आदि काल से जुडा से 1 निवरूव की प्रसानी सम्भाग से लेकर वर्तमा के आधुनिक काल ने अप्रियाणिक मिन्द्रियों का जीलवाला रहा है न्वाह इस प्रिम् अभ्याता की जात करें गा हडण्या, जुद्द काल की कार करें हा मीर्थ झामाड्य की, पहलकार्णाय भारत िनसमें मुनाज शासक हो जा आधुनिक काल में जिल्लाहरा सासन स्व में आए रिन्न निमासन स्व + ARA ्यावस्यात्रिक इतिरमीण से प्रयुग ग्रामित्र निर्माता आ इसे से.।. साल स्थारिशल्डना 412 HITH - ATON atzat DIDIT At _ THERE

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<u>Attendance</u>

82 students attended the certificate course. Students' attendance was **remarkable** and they were pretty consistent throughout the course. All the classes were held online on **Google Meet** platform and we used **Google Meet Tracker** to keep track of students' attendance. Let me cite one attendance report for your kind perusal.

Google Meet Attendance Tracking Report Lecture 1: 1st November, 2021 Meeting Name: jnu-wkhh-and, Date: 1-Nov-2021 Number Of People Attended More Than 65% Of Meeting: **72** Number Of People Attended Less Than 65% Of Meeting: **21**

Participant Name	Attended Duration	Attended Percer
AISHA SHA	51 min 44s	80%
AJIT RAY	50 min 26s	78%
AKANKSHA KUMARI YADAV	34 min 30s	54%
AKASH BURMAN	51 min 44s	80%
AMBRIN AFSANA	51 min 44s	80%
ANISHA THAKUR	47 min 8s	73%
ANJALI DAS.	45 min 13s	70%
ANSU VARMA	51 min 44s	80%
ANWESHA ACHARYA	51 min 44s	80%
ARBAJ ANSARI	51 min 44s	80%
ARTI SHAW, MUSKAN SHAW	14 min 4s	22%
ARUN KR.	51 min 44s	80%
ASHA RAUTH	51 min 44s	80%
ASIYA KHATOON	51 min 30s	80%
BIKASH NONIA	51 min 44s	80%
BOBBY NONIA	51 min 44s	80%
CHAITALI THAKUR	51 min 44s	80%
	AISHA SHA AJIT RAY AKANKSHA KUMARI YADAV AKASH BURMAN AMBRIN AFSANA ANISHA THAKUR ANISHA THAKUR ANJALI DAS. ANSU VARMA ANWESHA ACHARYA ARBAJ ANSARI ARTI SHAW,MUSKAN SHAW ARUN KR. ASHA RAUTH ASIYA KHATOON BIKASH NONIA BOBBY NONIA	AISHA SHA51 min 44sAJIT RAY50 min 26sAKANKSHA KUMARI YADAV34 min 30sAKASH BURMAN51 min 44sAMBRIN AFSANA51 min 44sANISHA THAKUR47 min 8sANJALI DAS.45 min 13sANSU VARMA51 min 44sANWESHA ACHARYA51 min 44sARBAJ ANSARI51 min 44sARUN KR.51 min 44sASIYA KHATOON51 min 44sBOBBY NONIA51 min 44s

S.No	Participant Name	Attended	Attended Percentage		
		Duration			
18	CHANDANI PARVEEN	50 min 3s	78%		
19	CHHAYA KUMARI	50 min 7s	78%		
20	DARAKHSHAN SEKH	48 min 16s	75%		
21	DEBASHIS MANDAL	1 hr 4 min 52s	100%		
22	DIPALIKUMARI SHAW	25 min 33s	40%		
22	DR.SHAMALI		2007		
23	BHATTACHARYAY	51 min 44s	80%		
24	DUKHO CHOUDHARY	51 min 44s	80%		
25	GAUSIA SABA	26 min 5s	41%		
26	GITA SINGH	51 min 44s	80%		
27	GITA TIWARI	6 min 47s	11%		
28	JAFAR SEKH	23 min 6s	36%		
29	JASBIR KOUR	51 min 21s	80%		
30	JAYA CHOUDHARY	51 min 44s	80%		
31	JYOTI CHOUDHARY	49 min 16s	76%		

32	JYOTI KUMARI CHOWHAN	17 min 28s	27%
33	KAJAL NONIA	51 min 44s	80%
34	KANCHAN BHUIYA	51 min 44s	80%
35	KANCHAN KUMARI	39 min 16s	61%
36	KARAN RAM	17 min 59s	28%
37	KARISHMA KUMARI	50 min 27s	78%
38	KHUSHI MAHATO	51 min 44s	80%
39	KIRAN KUMARI RAJAK	51 min 29s	80%
40	KOMAL PANDEY	22 min 18s	35%
41	KUMKUM SHARMA	47 min 35s	74%
42	KUNDAN VERMA	51 min 44s	80%
43	MANOJ KUMAR	49 min 11s	76%
44	MANOJ SINGH	51 min 44s	80%

S.No	Participant Name	Attended Duration	Attended Percer
45	MD GULJAR	50 min 0s	78%
46	MILI KHATOON	16 min 13s	25%
47	NASREEN KHATOON	38 min 44s	60%
48	NEDA FIRDAUS	2 min 39s	5%
49	NEHA KUMARI	51 min 44s	80%
50	NELI EKKA	51 min 44s	80%
51	NIKHAT PARBIN	51 min 44s	80%
52	NIKITA SINGH	51 min 44s	80%
53	NIRMALA SHARMA	51 min 44s	80%
54	NIRU KUMARI	27 min 6s	42%
55	NISHA KUMARI	51 min 44s	80%
56	NISHA YADAV	51 min 44s	80%
57	PAMMI KUMARI	2 min 6s	4%
58	PAYEL RUIDAS	26 min 18s	41%
59	PRITI NONIA	51 min 42s	80%
60	PRIYA KUMARI RAM	41 min 55s	65%
61	PRIYA SHAW	51 min 44s	80%
62	PRIYANKA BURNWAL	50 min 7s	78%
63	PUNAM BARNWAL	22 min 55s	36%
64	PUNAM KUMARI	51 min 44s	80%
65	RABINA KUMARI	51 min 44s	80%
66	RAJSEKHAR BASU	51 min 44s	80%
67	RAKESH KUMAR	51 min 44s	80%
68	RANI NONIA	51 min 44s	80%
69	RANI SINGH	42 min 25s	66%
70	RATAN SINHA	51 min 44s	80%
71	RIYA RAJAK	14 min 54s	23%

S.No	Participant Name	Attended Duration	Attended Percer
72	ROHAN PASWAN	51 min 44s	80%
73	ROJI KHATOON	51 min 44s	80%
74	ROSHANI SHAW	51 min 44s	80%
75	RUDRA ANKIT	49 min 38s	77%
76	SABA TAHREEN	6 min 3s	10%
77	SAKSHI BARMAN	51 min 44s	80%
78	SAMIR SHAW	51 min 44s	80%
79	SANDIP CHATTERJEE	51 min 44s	80%
80	SANTOSH YADAV	51 min 44s	80%
81	SHAHESTA PARWEEN	51 min 33s	80%
82	SHRUTI BISWAKARMA	51 min 44s	80%
83	SHRUTI KUMARI	51 min 44s	80%
84	SNEHA KUMARI	51 min 44s	80%
85	SOHRAT FATMA	51 min 44s	80%
86	SONALI SHAW	49 min 49s	77%
87	SONU VIRAT	51 min 44s	80%
88	SUBHASH SIDHARTH	51 min 44s	80%
89	SUJEET RAJAK	51 min 44s	80%
90	SWETA PASWAN	51 min 44s	80%
91	TANISHA KAUR	51 min 44s	80%
92	TANIYA RAI	23 min 52s	37%
93	TANNU RAM	51 min 44s	80%

The Format of Certificates given to Students



The Format of Certificates given to Resource Persons

Banwarilal Bhalotia College
Department of History (Hindi Shift)
This is to certify that
Dr. Manas Dutta, Assistant Professor, Aliah University, delivered lecture on
"The Business of Way in Colonial India", dated 24th November, 2021 as a resource person in a certificate course of forty
hours duration titled 'A History of Business in India: from
Ancient to Modern Times' organised by the Department of History(Hindi Shift) under the acgis of IQAC, Banwarilal Bhalotia
College, Asansol -713303, West Bengal , India and held during November 2021 to December 2021.
Selve Sudipta Das Albert
SUBATORE OF COLFEE COORDINATOR Dr. Sandip Chattegee J.B. College, Annual B.B. College, Annual B.B. College, Annual

Valedictory Ceremony on 08/12/2021

<u>Certificates conferred upon by Dr. Amitava Basu, Principal, Banwarilal</u> <u>Bhalotia College</u>



<u>Certificates conferred upon by Dr. Tridib Santpa Kundu, the Principal of</u> <u>Deshabandhu Mahavidyalaya and the Guest of Honour of the Valedictory</u> <u>Ceremony</u>



<u>The Valedictory Ceremony was attended by our esteemed colleagues and</u> <u>beloved students</u>



To The Principal Banwarilal Bhalotia College Asansol - 713303, West Bengal, India

Subject - Report of the Certificate Course on "A History of Business in India: from Ancient to Modern Times" (From 01.11.2021 to 08.12.2021) conducted by the Department of History (Hind Shift)

Dear Sir,

With respect to the above-mentioned subject, I am delighted to report you that the Certificate Course on **"A History of Business in India: from Ancient to Modern Times"**, conducted by our department this year has been completed. **82 students** completed the course and received certificates in the valedictory session. As mentioned in our schedule, the course was of **40 hours** duration. It started with the Inaugural lecture of **Professor Rajsekhar Basu, Professor, Department of History, University of Calcutta** via Google meet. Rest of the Lectures were delivered by our departmental faculties as well as **resource persons from other Universities and Colleges in India**. I, as a co-ordinator, extend my sincere thanks to all of them. The feedback of the students is encouraging and they are demanding more similar courses in the near future. All the documents of the course are attached herewith for your kind perusal.

> Yours sincerely, sange clatter ee

> > Dr. Sandip Chatterjee

Course co-ordinator Dept. of History (Hindi Shift) Banwarilal Bhalotia College Asansol-713303, West Bengal, India Date: 10.12.2021



BANWARILAL BHALOTIA COLLEGE

ASANSOL, WEST BENGAL

35 Hours Certificate Course

on

DATA COLLECTION, REPRESENTATION AND ANALYSIS IN SOCIAL SCIENCE

Course Type: Interdisciplinary Certificate Course

Course Mode: Blended Mode (both Offline and Online) Online through Google Meet Platform **Certificate Issuing Authority:** Banwarilal Bhalotia College, Asansol, West Bengal, India **Course Organizer:** Department of Geography, Banwarilal Bhalotia College, Asansol

Under the Aegis of IQAC, Banwarilal Bhalotia College, Asansol **Target Audience:** UG/PG Level All Social Sciences student **Date of Commencement of the Course:** 1st November, 2021 **Course Registration:** Register on/before 30th October, 2021 through the following link <u>https://forms.gle/xpijW33gA3AMVwCB8</u> **Course Duration:** 12 Weeks (Approx. 3 Classes per Week, Each of 1 Hour Duration) **Class Timings:** All the Classes will be Scheduled in the Afternoon between 3 PM – 4 PM (IST)

Course Fee: INR 100/- only **Course Evaluation:** Regular Weekly Assignments & Final Exam (MCQ) at the end of the Course

Intake: 50 (Seats will be filled on "first come first served" basis)

Email id: geodeptbbc21@gmail.com

Course Overview

Analyzing data using statistical methods plays an important role in every field of social sciences. Therefore, it is necessary to understand the basics of statistics in terms of collection, representation and interpretation of data. This course has been designed especially for the Under-Graduate students of social sciences. The CBCS (Choice Based Credit System) syllabus of UGC and different universities of West Bengal have been taken into consideration while choosing the course content.

Course Goals

Upon completion of the course, the participants

1. Will learn the basics of statistics

2. Will be prepared for inferential statistics

3. Will be able to conduct field survey professionally

4. Will improve the technical skill regarding MS office (MS word, MS Excel, MS Power Point)

Course Syllabus/Modules (Both Theory, Practical)

Week 1 & 2 (Module – 1 Theory): INTRODUCTION (6 Classes) Concept of data: Definition, Types, Sources

Scale of Measurement

Surveying: Types, Methods, Significance

Assignments at the end of each week.

Week 3, 4 & 5 (Module – 2 Theory/Practical): DATA COLLECTION AND TABULATION (6 Classes) Deta Collection Methods

Data Collection Methods

Sampling, Tabulation of Data

Questionnaire Design

Assignments at the end of each week.

Week 6, 7, 8 & 9 (Module – 3 Practical): DATA ANALYSIS (12 Classes) Central Tendency

Measures of Dispersion

Correlation and Regression

Standard Score

Time Series Analysis

Assignments at the end of each week.

Week 10, 11 & 12 (Module – 4 Practical): DATA REPRESENTATION (9 Classes) Microsoft Excel: Introduction to MS Excel, Preparation of Charts and Layouts, Different Statistical Analysis

Microsoft Powerpoint: Preparation of presentation

Microsoft Word: Writing of data analysis, findings and interpretation

Assignments at the end of each week.

Reference Books

1. Ajai, S. G. and Sanjaya, S. G. (2009): Statistical Methods for Practice and Research, Sage Publications, New Delhi.

2. Berry, B.J.L. and Marble, D.F. (eds.): Spatial Analysis---A reader in Geography.

3. King, L. S. (1969): statistical Analysis in Geography, Prentice-Hall.

4. Kothari, C.R. (2007): Research Methodology: Methods and Techniques, New Age International Publishers.

5. Mahmood, A. (1977): Statistical Methods in Geographical Studies, Concept.

6. Pal, S. K. (1998): Statistics for Geosceintists, Tata McGraw Hill, New Delhi.

7. Sarkar, A. (2013): Quantitative Geography: techniques and presentations, Orient Black Swan Private Ltd., New Delhi.

Course Instructors



Dr. Chandana Singha,
 Assistant Professor and Head (Course Co-ordinator)



3.Ms. Disha Sengupta, SACT-I



2.Mrs Madhumita Mondal, SACT-I



4.Ms. Sayantani Roy, SACT-II

Invited Speakers



Dr. Koushik Kumar Hati, Assistant Professor, Department of Economics, Desbandhu Mahavidyalaya, Chittaranjan, Paschim Bardhaman, WB



Dr. Asraful Alam (PhD and Post Doc), Assistant Professor and Head, Department of Geography Serampore Girls' College, University of Calcutta, WB



Sri Mithun Ray, Assistant Professor and Head, Department of Geography, Malda College, Malda, WB

For any other information, please contact: 9474761871

Certification Course report

A Certificate Course on Stress Management - A Solution to Personality Disorders

Contract Typer (Online Community Course At's free, no Course Ree (April 20)

Certificate Issuing Arthority Banyarilal inholotist offees Assess. West Reput Toola

Commer Organizee's Department of Philosophy & Editables : Banwarial Bhilder's College, Associat

Targen Avriliances UG Level Students

Pre-Requisition Basa Endodedge on prychildren and compares & tourt observ-

Course Opening: Date: 11/11/2021 (Tennese)

Course Registration Register on/Jelian 497/11, 2021 hanage dotallowing bid,

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Contract Differentiate: 5 Weeks (Approx: 6 Causes per Week, Each of 4 Hour Dumition Locept Sunday 1

Course Made. Vin Platne Incode Google Meet Platners

Class Timmer wildse Classes will be acheduled in the Evening between 7 Phy - 9 Phi (167)

Course Loulantion Final Assessment at the end of the Course

Course Instructor: Dr Sutapa Basa, Associate Professor to Department of Philosophy.

Bartwardal Bhelotta College, Asartsol - 713503, West Bengel, Indea Emril als antipochana3707 geneilconn

Course Outline & Outcome:

This course is specifically designed for sill IG torol students. We will start with the basic decay of stress, adjustment, and adjustment and its impact on day to day lives of the students. We will man gradually proceed on to have the details of how stress hampers agains with the basic decay of personality and day to day works in serious wars. Then we will proceed to the core topic of how to cope with stress and stress minagement with obspace scamples and expect opimors. Finally, we will ge deeper into the course where the applicators of stress nertigement and its bonotics will be discussed inducates. This course whill enable the molecular to loar a how the moders-day stress full his leads to various normal disorder and to acquire the metossity knowledge which will survive hop them in their toffice and will enable them to develop a clear insight for balanced personality development and successful adjustmens. Certificates will be issued as the end of the Course to the successful participants.

Course Syllabus/Modules :

Week 1 & 2 [Module - 1]: What is stress and causes of stress and its impact on daily lives. (7-II Clusses)

Meaning and defouranced shress. Fauses of shress among college grow Types of Stress. Sources of Stress.

Week 3, 4 (Module - 2): What is adjustment, mal-adjustment, personality and its relation with stress (0 Classes)

Concept of adjustment and nul-adjustment. Different factors responsible for mal adjustment. A brief idea on personality and its determinants, through and tachniques of assessments.

Week 5,6 (Module - 3): Stress management and coping strategies. (7-8 (lasses) Ways of reducing stress and various coping strategies to deals with stress and lead a happy and neighbor life. Week 7,8 (Module – 4): Assessment techniques of personality and feedbacks from the students. (8 Classes)

Benefits of personality assessment, various techniques of assessing personality, observation, intuational test, questionn tre, personality inventory, rating scale and projective techniques. Assignments of the end of week.

Course Materials/Reference Books:

Basic Texts

- 1. S. K. Mangal- Eisentinis of Educational Psychology
- े. भुभित प्राप्त- स्थित मानादिम्स
- 3.57 মনা কুমার হোব বিষয়ে বলেন্ডি : ভাগ সংগতি গতা নির্বেশন।
- 4 NCERT- Goidance and Counselling
- 5 Dr. K. P.Sehgal- Guidance and Cramselling
- 6, Blum S. & Dutt, N. K. (1986). Mental Health through Education. New Delhe, Vision Books,
- Brown, I. F. (1940). The Psycho-dynamics of Abnormal Behavior. New York: McGraw Hill Book Co.
- 8 PPT, PDF and other study materials.

Chairparson: Professor/Dri Amitava Basu, Priocipal, Banwori al Bindotia College, Asansol

About Course Instructor:

Dr. Strapa Basa, Associate Professor in Philosophy has been serving in the B.B. College, Asnisol since past 30 years. She is a dedicated and students favoured teacher of repute. She has been associated with many research projects and published many papers in the various reputed joarnals. Her educational, contribution also includes many LIGC sponsors research projects including two post-doctoral projects from the Ramakrishna Mission Institute of Calture, Golpark, Kolkata. She has also published, three books to her credit, Indian philosophy. The life and reaching of Sti Sarada Devis The Devine philosopher, Sri Sri Mai Sarada - Matrylter, Darshan, Except this she has kept heraelf involved with many philanthropist works. She uses to get regular invitations to deliver lectures on Sri Sri Maa Sarada. & Swami Vivekaranda.

Course Coordinator :

Satyashree Deviprasad Rouf, Department of Education , Banwarilal Bholotia College: Asianol Contact mail id.: a college of the college.

Link for Registration will remain open till - 9/11/2021

https://orms.gie/UR.Zoz5N7vFE3HIV

CERTIFICATE COURSE : STRESS MANAGEMENT - A SOLUTION TO PERSONALITY DISORDERS

1. Dr. Sutapa Basu. [Philosophy]

2. Dr.Santosh Kumar Behera. [Education]

3. Mrs.Susmita layek (Banarjee). [Philosophy]

4. Mrs. Tutul Chattaraj. [Philosophy]

5. Mr.Satyashree Deviprasad Rout. [Education]

6.Miss.Poulomi Sarkar. [Education]

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	80711/2023		Effect of allers:	
ī	22/11/2021	Dr.Santoah Kr Behera	Need and demand re know on stress	
8	23/11/2021	Tutul Chattaraj	What is Adjustment & Mal adjust	Limit-2
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10	25/11/2021		Facors responsible for Mal-adjust	
11	\$8/11/2021		Effect of Mal-adjustment & its prohibition	
5	27/11/2021	Sushmith Banarger	What is personality, Definition,	
13	20/11/2021		Meaning, Importance to know	
4.	30/11/2021		On personality. Any theories on	
16	1/10/2021		Personality.	
1E	0/10/0001	Poillom Sarkig	Victorie Ways of reducing Stress	Unit-9
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Ø	18/19/0000	Valedictory Session		

NOTICE

been students, first of all our heartfelt thanks to all of you for the encerity and support towards the certificate course. Without your support it wouldn't have been a grand success. I would like to inform you all that a finiti assessment of the course would be conducted by the google formimod type). A feedback form will be sent to you after that prease fill up the form carefully. The qualitying marks to obtain the Certificate is 30 marks. You must reply th your assessment and feedback form by tomorrow 12pm. After the schedule time is over no reply will be entartained.

> Thank you all. Course Coordinator

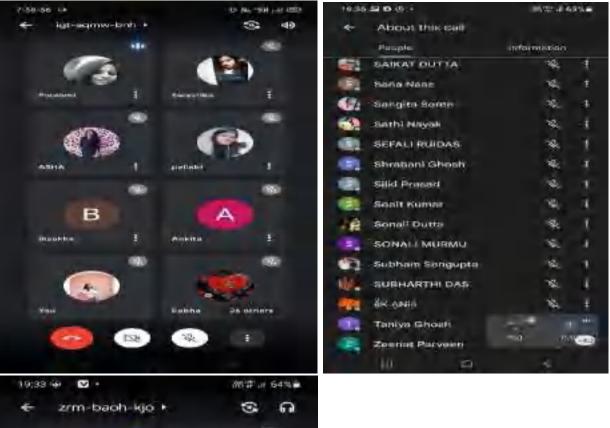
Online classes

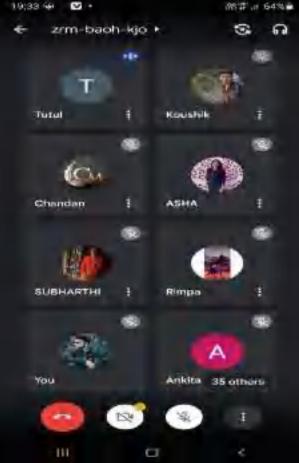
A Reminder

Dear Students, the link for your session will be provided to you by this whatsapp group at 6.45 pm. You all can join by clicking on the link through google meet. Walting eagerly to meet you all soon.









Here are the Certificates of all the Student's who has successfully completed the Certificate Course and those who has participated but don't able to obtained the qualifying marks. All the names and semester name is written according to the data provided by you in the final google form (Assessment form). Still if you find any mistake then inform me personally. Thank you dear student's for your support and love. God bless you all.

Students feedback Form on the Certificate Course. Stress Management- A solution to personality disorders. <u>https://forms.gle/8svxJPxnySWxUPrJ9</u>

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Final Assessment of the Certificate Course : STRESS MANAGEMENT- A SOLUTION TO PERSONALITY DISORDERS:-

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Banwarilal Bhalotia College



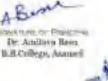
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Banwarilal Bhalotia College

Department of Philosophy & Department of Education

- A Solution to Personality Disorders'.

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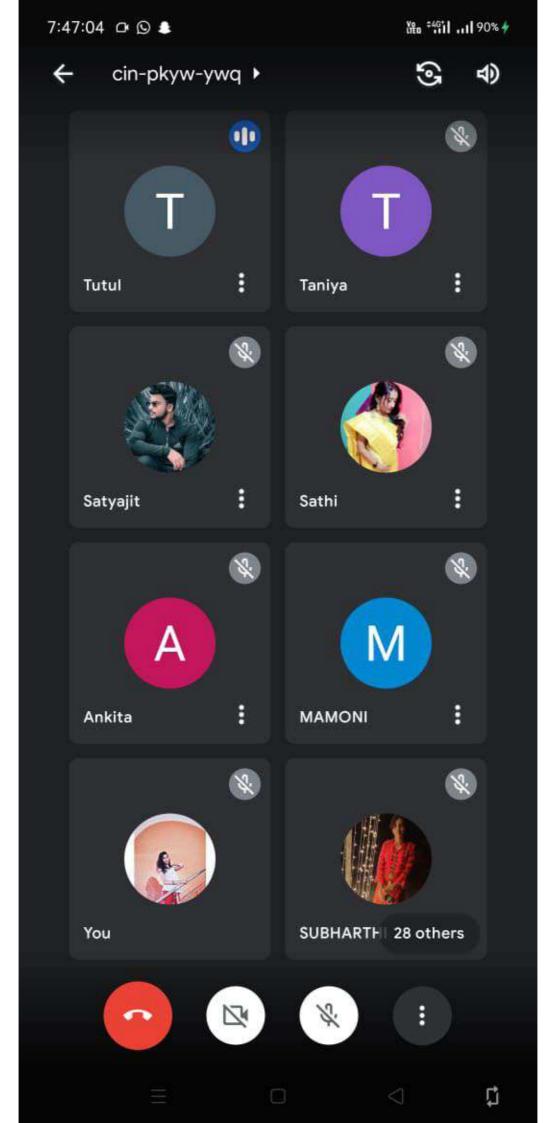
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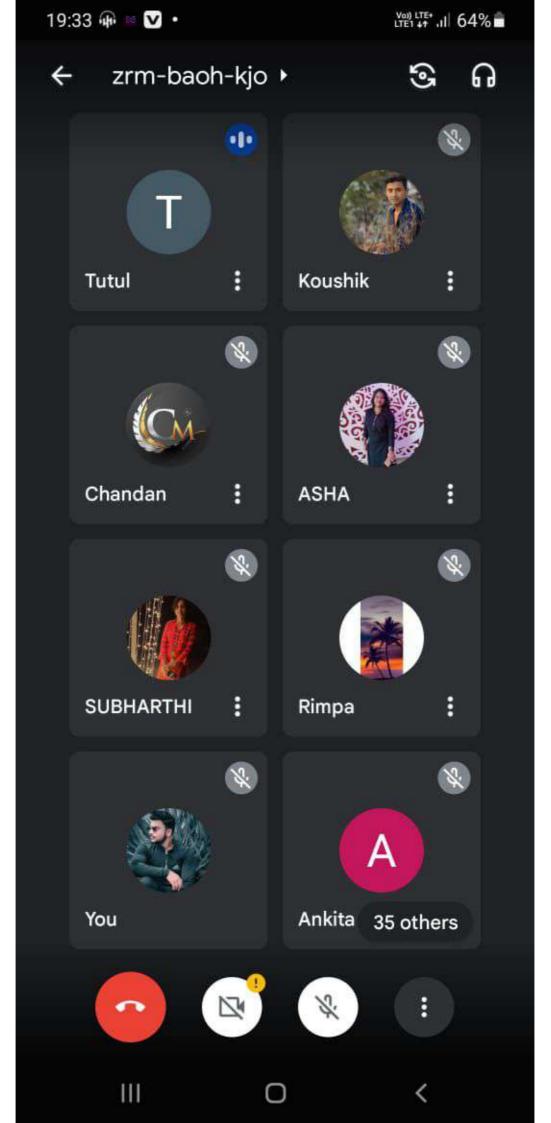
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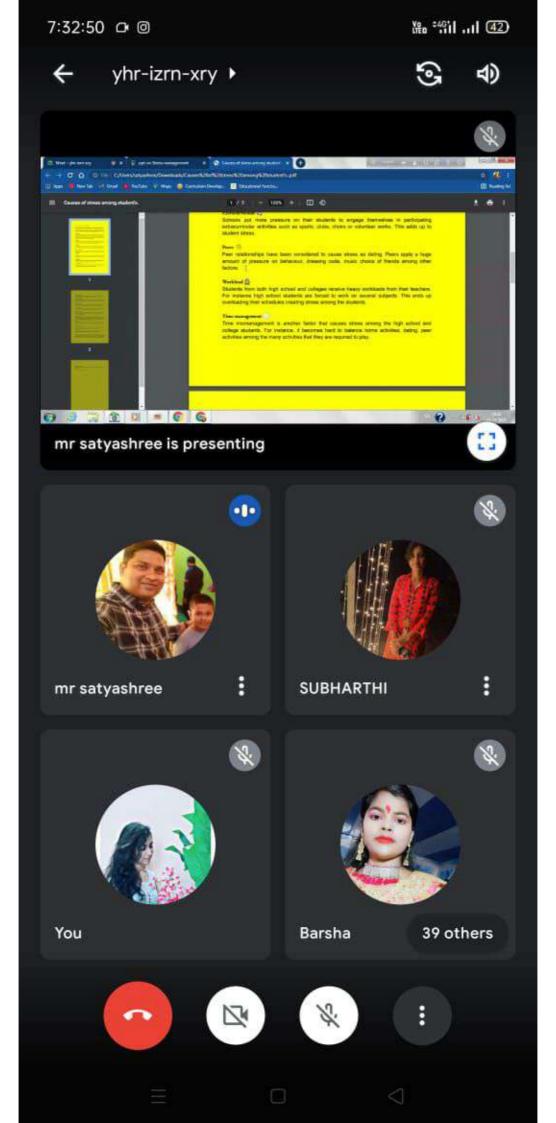
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A Distance on Pasternal Dr. Amitava Bana B.B.College, Assessol





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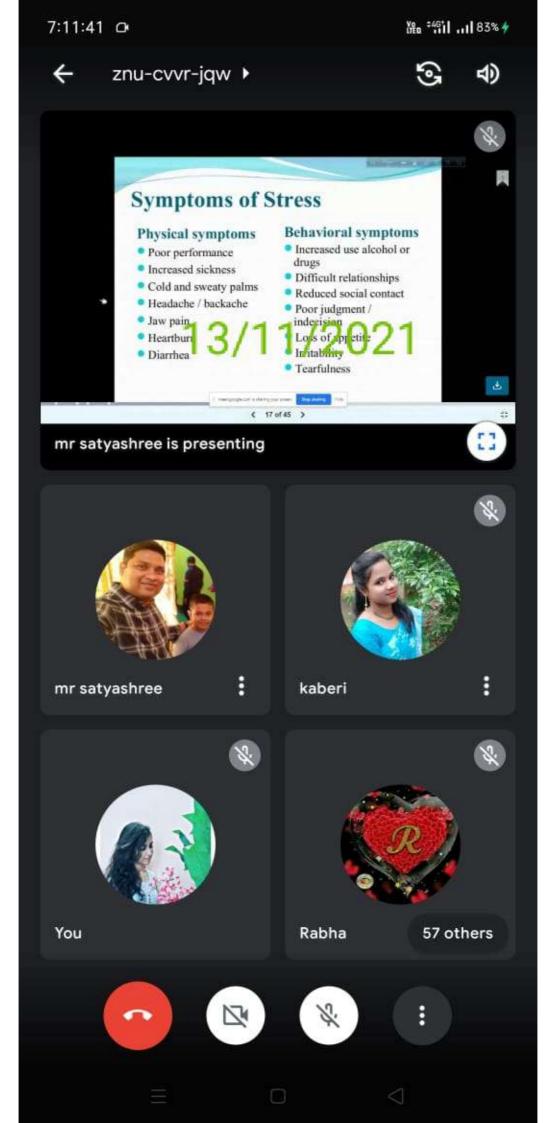
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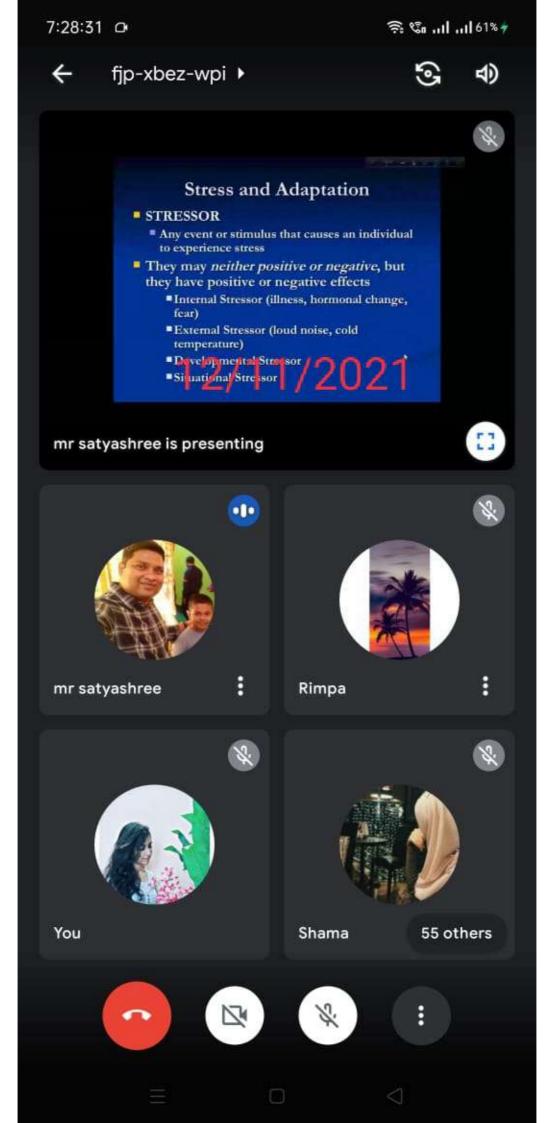
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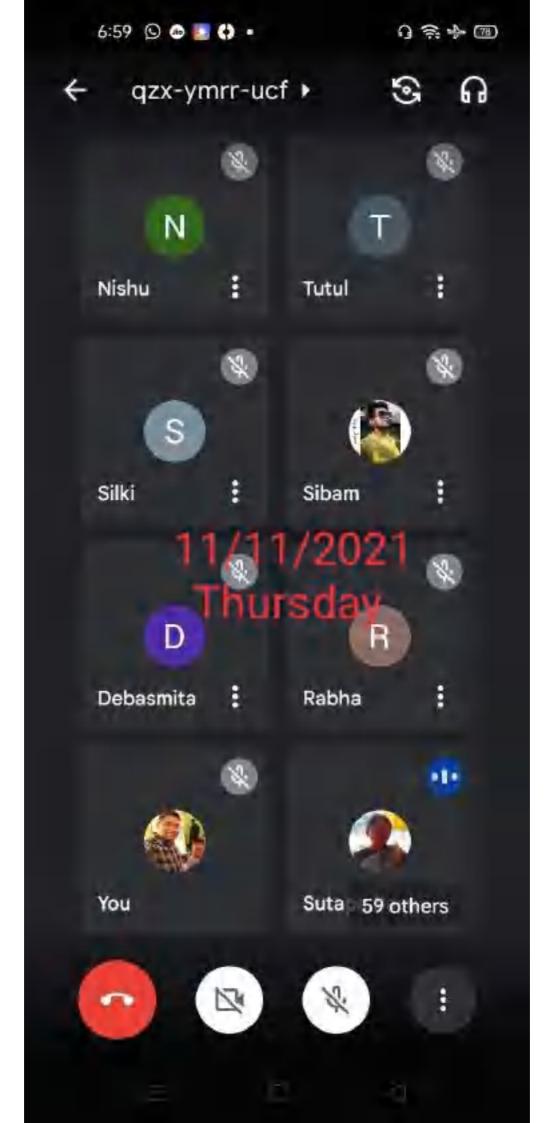
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CERTIFICATE COURSE : STRESS MANAGEMENT - A SOLUTION TO PERSONALITY DISORDERS INSTRUCTORS SCHEDULE:

- 1. Dr. Sutapa Basu.[Philosophy]
- 2. Dr.Santosh Kumar Behera. [Education]
- 3. Mrs.Susmita layek (Banarjee). [Philosophy]
- 4. Mrs.Tutul Chattaraj.[Philosophy]
- 5. Mr.Satyashree Deviprasad Rout. [Education]
- 6.Miss.Poulomi Sarkar. [Education]

1	11/11/2021	Dr. Sutapa Basu	Introduction about the course	Unit-1
2	12/11/2021		Aims,Objective,etc	
3	13/11/2021	Satyashree Rout	Stress- Meaning, Causes	
4	16/11/2021		Types,	
5	18/11/2021		Causes of stress among adults.	
6	20/11/2021		Effect of stress	
7	22/11/2021	Dr.Santosh Kr Behera	Need and demand to know on stress	
8	23/11/2021	Tutul Chattaraj	What is Adjustment & Mal adjust	Unit-2
9	24/11/2021		=	
10	25/11/2021		Facors responsible for Mal-adjust	
11	26/11/2021		Effect of Mal-adjustment & its prohibition	
12	27/11/2021	Sushmita Banarjee	What is personality, Definition,	
13	29/11/2021		Meaning, Importance to know	
14	30/11/2021		On personality. Any theories on	
15	1/12/2021		Personality.	
16	2/12/2021	Poulomi Sarkar	Various Ways of reducing Stress	Unit-3
17	3/12/2021		Need of Exercise & yoga	
18	4/12/2021		Defence Mechanism	
19	6/12/2021		Role Of family	
20	7/12/2021		& Home .	
21	8/12/2021	Satyashree Rout	Coping Strategies	
22	9/12/2021		& various techniques.	
23	10/12/2021		Assessment of Personality	Unit-4
24	11/12/2021		Various techniques	
25	13/12/2021			
26	14/12/2021			
27	15/12/2021			
28	16/12/2021			
29	17/12/2021			
30	18/12/2021	Valedictory Session		





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18

PERSONALITY THEORIES

E very one of us shares many things with others. However, apart from commonalities we also find that people are different in the way they appear and behave. The study of personality deals with the issue of human individuality. It has attracted the attention of common man as well as academic psychologists.

As a human being each one of us shows certain specific patterns of thinking, feeling and acting. They represent who we are and provide the basis of our interaction with other individuals. In everyday life we often find people who are called "aggressive", "jolly", "happy" and so on. These are impressions of people which we carry with us and use while interacting with them. It is in this sense that we frequently employ the word 'personality'. The study of personality has also attracted the attention of psychologists and they have developed various theories of personality. Also, they have developed certain tools to assess people's personality. The personality related information is used in selecting people for various jobs, giving guidance to people in the need of psychological help, and mapping their potential. Thus the study of personality contributes to different areas of human behaviour. This chapter will help you learn about different aspects of personality.



After studying this lesson, you will be able to:

- Describe the concept of personality;
- Explain psycho-analytic, trait, social-cognitive, and humanistic theories of personality;
- Explain the concept of three gunas and familiarize with the ways of assessing personality; and
- Describe the factors influencing personality development.

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18.1 CONCEPT OF PERSONALITY

The term personality is used in a number of ways including the apparent features of a person. However, psychologists use it to refer to the characteristic pattern of thinking, feeling and acting. By characteristic pattern we mean the consistent and distinctive ways our ideas, feelings and actions are organized. When we talk about personality we usually refer to the totality or whole of the person. Thus, the enduring pattern expressed by the person in various situations is the hall mark of personality. Interestingly the theories of personality go beyond the literal meaning of "personality" which stands for large masks used by actors in ancient Greek drama. Contrary to this the personality theorists view 'personality' as the essence of the person. It is a person's "true" inner nature. The unique impression that a person makes on others is equally important in understanding personality. However the concept of personality has been defined by psychologists in many ways and it is the theoretical perspective or position which directs our attention to particular aspects of personality.

Understanding personality has proved to be a difficult and challenging task. It's so complex that no single theory is able to cover the total personality. The different theories approach the structure and functioning of personality from different positions. There are many theories of personality each provides different answers about the way they treat the issues about personality functioning. In particular, they provide different explanations about the role of conscious/unconscious factors, determinism/freedom in functioning, role of early experience, role of genetic factors, uniqueness/universality etc. In the present lesson you will learn about four major theoretical perspectives of personality. They include psychoanalytic, trait, humanistic and social-cognitive perspectives.

18.2 THE PSYCHOANALYTIC PERSPECTIVE

Founded by Sigmund Freud, this theory emphasizes the influence of the unconscious, the importance of sexual and aggressive instincts, and early childhood experience on a person. This theory has been very influential not only in psychology but also in literary circles, art, psychiatry and films. Many of Freud's ideas have become part and parcel of every day usage. Freud started his career as a neurologist. His theory developed in the course of his observations of his patients, as well as, self analysis. He used free association to help his patients recover forgotten memories.

Freud discovered that mind is like an iceberg and we have limited conscious awareness.

Freud proposed that psychological forces operate at three levels of awareness:

Conscious level: The thoughts, feelings, and sensations that one is aware of at the present moment.

Preconscious level: It contains information of which one is not currently aware, however, they can easily enter conscious mind.

Unconscious level: It consists of thought, feelings, wishes, drives etc. of which we are not aware. It, however, influences our conscious level of activity.

Freud thought that unconscious material often seeks to push through to the conscious level in a disguised manner. It may be in a distorted manner and or it may take a symbolic form. Interpretation of dreams and free association were used for analysis of the three levels of awareness.

Personality Structure

Freud believed that human personality emerges due to a conflict between our aggressive and pleasure seeking biological impulses and the internalized social restraints against them. Thus, personality arises in the course of our effort to resolve the conflicts. To this end he proposed three structures which interact with each other: Id, Ego and Super Ego. Let us learn about these structures:

Id: It is the unconscious, irrational part of personality. It is the primitive part immune to morality and demands of the external world. It operates on the pleasure principle. It seeks immediate satisfaction.

Ego: It is involved with the workings of the real world. It operates on the **reality principle.** It is the conscious, and rational part of personality that regulates thoughts and behaviors. It teaches the person to balance demands of external world and needs of the person.

Super Ego: It is the internal representation of parental and societal values. It works as the voice of conscience, that compels the ego to consider not only the real but also the ideal. It judges one's behaviors as right or wrong, good or bad. Failing up to moral ideals bring about the shame, guilt, inferiority and anxiety in the person.

Personality Development

On the basis of case-history of patients, Freud reached at a conclusion that personality development occurs through a sequence of psychosexual stages. In these stages the Id's pleasure seeking tendency focuses on different areas of body. Table 18.1 shows these stages.

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 Table18.1: Stages of Psychosexual Development

Stages	Focus of activity
Oral (0-18 months)	Pleasure centers in the mouth and leads to activities of sucking and biting etc.
Anal (18-36 months)	Pleasure centers on bowel and bladder elimination
Phallic (4 to 6 years)	Pleasure centre is genitals Touching and fondling of genitals give pleasure
Latency (7 to 11 years)	Children repress their sexual impulses and channelize them into socially acceptable activities such as sports, arts.
Genital (From the onset of puberty)	Pleasure zone is the genital. Maturation of sexual interests

Defense Mechanisms

The Ego has to perform a difficult duty of mediating between the instinctual demands of Id and moral position of Super Ego. The Ego tries to solve the problem and if a realistic solution or compromise is not possible it indulges in distorting thoughts or perception of reality through certain processes called defense mechanisms. To defend or safeguard ourselves, we use technique called defense mechanism. These are also called Adjustment Mechanisms. Some of the key mechanisms are given below:

Mechanism	Description
Denial	Failure to recognize or acknowledge the existence of unpleasant event/information as I do not know, I have not seen etc.
Displacement	Emotional impulses are redirected toward one other i.e. substitute person/object
Projection	Attributing own unacceptable urges to others
Rationalization	Justifying our actions or feelings through socially acceptable explanations
Reaction formation	Thinking or acting in a way that is the extreme opposite of unacceptable urges
Regression	Retreating to behaviour characteristic of an earlier stage of development
Repression	Exclusion of anxiety producing thoughts, feelings or impulses from consciousness
Sublimation	Sexual urges are channelized into productive, nonsexual activities

Freud's ideas have been controversial. The neo-Freudians differed from Freud on a number of issues. Some of the key theorists who are included in this category are listed below.

Carl Jung: Collective Unconscious

Jung was opposed to the central role of sex and aggression in human life. Instead he proposed that people are motivated by more general psychological energy. He proposed that the deepest part of one's psyche comprises the collective unconscious. It is a set of influences inherited from our family and the human race. The collective unconscious contains archetypes which are the mental images of a particular person, object or experience. Hero, powerful father, innocent child, nurturant mother are example of archetypes.

Karen Horney: Basic Anxiety

Horney emphasized on the importance of social relationships in personality development. Basic anxiety refers to the feeling of a child of being isolated and helpless in a potentially hostile world.

Alfred Adler: Feelings of Inferiority and Superiority

Adler proposed that the central human motive is that of striving for superiority. It arises from feelings of inferiority that are experienced during infancy and childhood During this period the child is helpless and depends on others for help and support.

The psychoanalytic ideas have been criticized on the ground that there is inadequate evidence to support the theory.



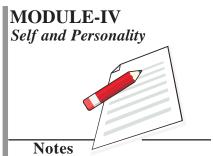
Fill in the blank with suitable words:

- 1. Freud has likened mind with an _____
- 3. Children repress their sexual impulses during ______ stage.

18.3 THE TRAIT PERSPECTIVE

Traits are characteristic behaviours and conscious motives. They represent a

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relatively stable and enduring predisposition to behave in a given way. Traits are frequently used in describing people. The focus of trait approach is very common and involves enumerating list of personal characteristics. Trait theories of personality identify, describe and measure individual differences. The apparent traits are called surface traits (e.g. happy, cordial). Contrary to this there are certain source traits. Raymond Cattell developed a trait theory which has 16 source traits. He called them personality factors. Some of them are: Reserved-Outgoing, Serious-Happy-go-lucky, Practical-Imaginative and Relaxed-Tense.

Eysenck proposed a theory which classifies people in four types: introvertedneurotic, introverted- stable, extraverted- neurotic and extraverted- stable. In subsequent work Eysenck proposed psychoticism as another dimension of personality.

Recently McCrae and Costa have proposed a five factor model, comprising of neuroticism, extraversion, openness to experience, agreeableness and conscientiousness. Traits are used to describe behaviour and make prediction. However, human behaviour is an outcome of interaction between traits and situations. Hence, the situations chosen and consistency in responding to situations indicate the value of traits.

It is said that the trait theories do not explain the personality of a person. They tell us little about the causes of individual difference, and the dynamic processes are neglected.

10.4 THE SOCIAL COGNITIVE PERSPECTIVE

This perspective was developed by Albert Bandura. It views behaviour as influenced by the interaction between persons and the social context. It is proposed that our thoughts and actions originate in the social world but it is essential to note that human beings have capacity for self-regulation and engage in active cognitive processes. Their interrelationships are shown in Fig. 18.1

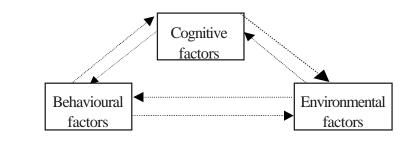


Fig. 18.1 Reciprocal determinism of Behaviours, Cognition and Environment

Bandura developed the concept of self efficacy which incorporates a person's

Personality Theories

cognitive skills, abilities and attitudes as represented in one's self-system. Selfefficacy indicates the degree to which one is convinced of the abilities and effectiveness in meeting the demands of a particular situation. The theory is based on laboratory research. However, the theory ignores the unconscious factors which may influence behaviour. The theory also emphasizes the rational side of life while ignoring the emotional side.

The cognitive-social theory brings into focus the role of thought and memory in personality. We often find that the expectations and skills learned by people are very important in determining behaviours.



Match the names given in column A with the concept given in column B:

Column A	Column B
(a) Freud	(i) introverted – stable
(b) Jung	(ii) Need hierarchy
(c) Eysenck	(iii) Sublimation
(d) Bandura	(iv) Collective unconscious
(e) Maslow	(v) self efficacy

18.5 THE HUMANISTIC PERSPECTIVE

These theories propose that within each individual is an active creative force, often called "self". This force seeks expression. It develops and grows. This perspective, also known as the third force, emphasizes on human potential and characteristics like self-awareness and free will. It views human beings as innately good. The conscious and subjective perception of self is considered very important. Carl Rogers and Abraham Maslow are the main proponents of the humanistic perspective.

Abraham Maslow proposed the idea of self actualized people. He proposed that human motives are arranged in a hierarchy of needs. As shown in figure 18.2 human needs are organized from physiological needs to self transcendence.

Maslow notes that the self actualized people have realistic perception, are spontaneous, easily accept self and others, are creative, and enjoy and appreciate positive aspects of life, like privacy and independence.

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Carl Rogers thinks that the basic human motive is actualizing tendency. It is the innate drive to maintain and enhance the human organism. Rogers observed that people are motivated to act in accordance with their self concept. They deny or distort the experiences that are contrary to their self-concept. The ideal condition for development is unconditional positive regard. His notion of a fully functioning individual is that the self-concept is flexible and evolving. It holds an optimistic view of human beings.

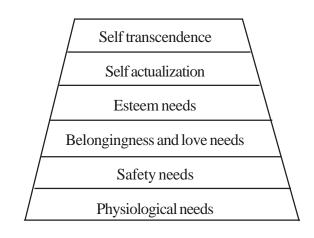


Fig. 18.2 Maslow's hierarchy of needs

18.6 CONCEPT OF GUNAS

The Indian approach to personality emphasizes on the combination of three qualities namely, Sattava, Rajas and Tamas. These qualities or Gunas have been discussed in detail in the Samkhya Theory. Bhagvadgita has provided an account of these gunas. These gunas are present in different degrees and at any point of time one or the other may dominate. The behaviour of a person depends on the guna that is dominating a person at any point of time. A brief description of these gunas is given below.

Sattva Guna: The main attributes which characterize Sattva guna are truth, gravity, duty, discipline, detachment, cleanliness, mental balance, sense of control, determination and sharp intelligence.

Rajas Guna: A person dominated by Rajas guna has attributes that include vigorous activity, desire for sense gratification, dissatisfaction, envy and materialistic point of view.

Tamas Guna: It involves anger, arrogance, mental imbalance, depression, laziness, procrastination and a feeling of helplessness. Bhagvadgita views the three gunas in a prototypical form and describes that the food which we eat, mentality (Budhi), Charity (Dan) etc. can also be categorized in the three types of gunas or qualities.

18.7 ASSESSING HUMAN PERSONALITY

In view of the fact that the knowledge about personality is useful in many settings researchers have developed a variety of tools for its assessment. These tools can be categorized into three types namely observational, self-report and projective.

The observational tools include interview, rating of a person in one or many situations.

Projective tests are a special kind of test in which ambiguous material is used and the person whose personality is being tested has to give his or her own meaning or interpretation. Thus, it is expected that the personality of the examinee will be projected in the response given by him or her. Two of the famous projective tests are Rorschach Ink Blot Test and Thematic Apperception Test (TAT). In the Ink Blot test a person is shown a set of 10 symmetrical ink blots and asked to say what he or she sees in each of them. The response given is interpreted by the psychologist. In the TAT certain photographs are shown and the person has to develop a story describing the situation with regard to its past, present and future. The story narrated by the person is coded and analyzed by the psychologist.

It must be noted that the use and interpretation of various personality tests requires professional training.



State whether the following statements are True or False:

- Projection is failure to acknowledge the existence of unpleasant event information. True/False
 Sublimation is conclimation of convolution into and duction and contrivities
- (2) Sublimation is canalization of sexual urge into productive, non sexual activities. True/False
- (3) Cattell has proposed 16 core traits of personality. True/False
- (4) Rogers has developed the concept of self efficacy True/False
- (5) Humanistic perspective is also called third force in psychology.

True/False

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18.8 FACTORS INFLUENCING PERSONALITY DEVELOPMENT

The development of personality of an individual takes place in a socio-cultural context. The particular potentialities with which a child is born may develop or become stunted depending on the way maturation takes place and the kind of experiences encountered by the person. In the process of growth and development people develop unique configuration of traits which lead to individual differences. In this way one finds that personality formation is a complex process depending upon common and unique experiences on the one hand, and, genetic factors on the other. It has been indicated that there are stable ways in which specific situation trigger specific patterns of thought, feeling and behaviour.

- (1) Genetic factors: Almost all theorists consider heredity as a major determinant of personality. Some like Freud, view personality as purely biological. However, others recognize the value of social and cultural factors. In fact it would be wrong to view the question in either or manner and give more emphasis to heredity or environment. Studies of behaviour genetics suggest that most personality variables are 15 to 50 percent inheritable.
- (2) Early experience: Most of the theorists of personality think that personality development is a continuous process. The early years play very important role in the shaping of personality. However, the immediate environment and experiences are also found to be of immense value.
- (3) **Primary groups:** While explaining personality development family is found to play a critical role. The early relationships with members of family are particularly important. Freud thought that many of the problems during adult life are due to problematic child rearing practices leading to emotional disturbances. The sense of identity and relevance of appropriate modeling has been emphasized.
- (4) Culture: People living in one culture often share similar practices, beliefs and values. The child is expected to learn to behave in the manner expected by the culture. For instance boys and girls are expected to show different sets of personality characteristics. The various occupational roles are also shaped by culture. However, the effect of culture may not be uniform for everyone belonging to that culture because they are transmitted through different ways and persons and people also have certain unique experiences.

Personality Theories



- 1. Name the guans mentioned in the Indian approach to personality.
- 2. Name the three categories of personality assessment.
- 3. Name two important projective tests of personality.
- 4. What are the factors that influence personality?

TERMINAL EXERCISE

- 1. Describe the concept of personality.
- 2. What are main four perspectives to understand personality?
- 3. What is the difference between conscious and pre conscious mind?
- 4. Name various stages of psychosexual development.
- 5. What is meant by need hierarchy? List all these needs.

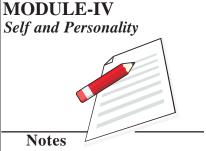
ANSWER TO INTEXT QUESTIONS

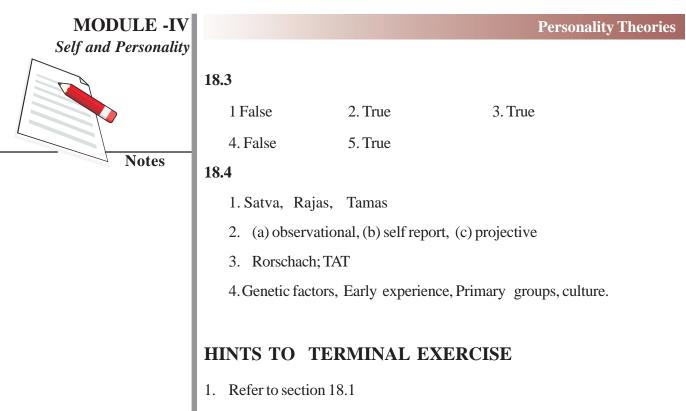
18.1

- 1. iceberg
- 2. id, ego, superego
- 3. latency

18.2

Column A	Column B
(a)	(iii)
(b)	(iv)
(c)	(i)
(d)	(v)
(e)	(ii)





- 2. Refer to section 18.2, 18.3, 18.4 and 18.5
- 3. Refer to section 18.2
- 4. Refer to section 18.2
- 5. Refer to section 18.5

Good Morning,

Dear students, As you all are aware of the objectives of the course and it's schedule much before, nothing more to say on this right now . This certificate course is going to start from tomorrow . The platform by which you can attend your classes for this certificate course is **Google Meet**. Make sure it is up-to-date. The link will be shared in this group before 10 minutes of the commencement of Class. Please don't be late. *Time: Tomorrow 7pm.(1hour)*



Personality Development

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The concept of Personality Development

Personality is defined as the form of characteristic thoughts, feelings and behavior that differentiate one individual from the other and it persists over time. It is the integration of biological and experienced behaviours of an individual that forms responses to environmental stimuli. To build a good personality, following traits are listed to be most crucial (Fig. 1.):

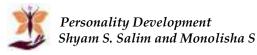
- 1. Character traits
- 2. Behavioral traits
- 3. Attitude traits

Personality traits are different to each other and could be a mixture of both good and bad. It's always an individual's choice to choose change of traits provided; we need to endure the desire to make changes in life. Personality Development is a step towards improvement and development of talents and potentials, enhancing quality of life, realization of dreams and aspirations and facilitating employability. The stages include formal and informal activities and the leaders and program managers may realize the full potential of each individual in an existing group. Hence, this process of improving or transforming the personality is called personality development.

Significance of Personality Development

It is essential to understand that, pleasing personality is admiring, but this thought is not readily accepted by most of the individuals. Personality development is perceived only as training towards improving ones' outlooks. This is a void statement and it is must to realize that personality development is a quite broader topic and it includes how one-self can educate them to have clean and neat social personality with grace and groom. It also instructs them to enhance one's communication and interpersonal skills. Objectives of life without these important skills will be futile to head towards success. Benefits of personality development include the following keys:

- Self-Confidence
- Credibility
- Leadership qualities
- Interpersonal skills



- Curiosity
- Communication skills

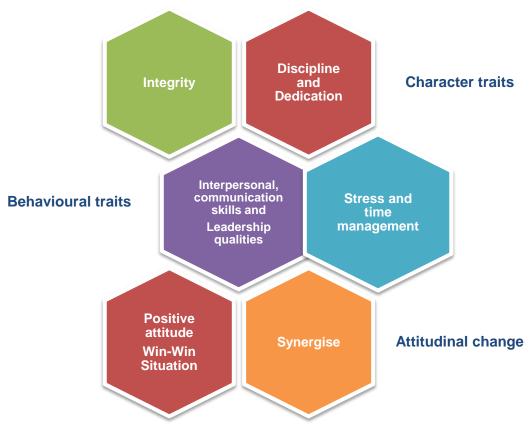


Fig.1. Different traits for Personality Development

Self-Confidence

Self-confidence is an important trait required to face success in our lives. Although many of us still find it difficult to hold the trait within and this vicious cycle of lacking confidence may lead to keep us distant from our desires. Confident people admire the characters in others: their chiefs, their friends, their family and their peers. Admiring confidence from others will also enhance our idea towards raising the self-confidence in us. The level of confidence shows in many ways of your behaviour: the way you speak, the way you handle others, the way you solve the problems and so on. Confidence also deals with two major factors: Self-esteem and Self-efficacy. We develop a sense of self-efficacy in ourselves by acquiring skills and knowledge. This will increase our confidence levels to learn and work hard on our vision, and we will succeed. The level of confidence will always boost us to face the risks and crisis and better manage and persists with the setbacks. Self-esteem is breaking down the negative forces and fear of facing failures and raising the hope towards win-win situation.

Credibility

Credibility in the current modern era is one of the noticeable personas. Most of us decide an individual by their outlooks and their attire. A book cannot be judged from its outer cover, in similar way, an individual cannot be judged from their

outlooks. A best personality will be covered by their shabby looks and inexpensive dresses. So, it is always good to show up a credible outlook by enhancing your physical features. Do not show up a poor professional image Over-aggressiveness simply doesn't work in most of the official environments other-way, Passiveness too will not work, always find the middle ground to show credibility to your peers.

Interpersonal skills

Interpersonal skills are skills performed everyday which includes interaction with other people, both individually and in groups. People with strong interpersonal skills are successful in their professional and personal lives. Interpersonal skills are more centred on communication, listening, questioning and understanding body language. It also includes the skills and attributes related to the emotional intelligence or being able to understand and manage your own and others' emotions. People with good interpersonal skills will be able to work well in a team or group without any hesitation. They will be a good communicator with effective skills and it is therefore important in diverse areas of life with the society. We should be able to discover our own strengths and weaknesses. We are developing our interpersonal skills since childhood usually subconsciously.

Leadership qualities

Personality development encourages leading and motivating others towards achievement. A good leader will motivate their group in a positive way to reach success. This quality is a goal-oriented one which helps a person to achieve their ambitions. It will make them work hard lumps in achieving their goals. A leader should keep a vision and equal perspective on all humans. We can be an employee or a manager or a higher official, but we must possess both leadership and motivational character in us. An efficient leader must have a fulfilled knowledge of motivation factors over others. Leaders should ensure following the moral and ethics and also to harmonise the subordinate needs. A word of appreciation is always rewarding to motivate and influence a person to succeed in his/her vision. Good reward or exceptional behaviour with a token of appreciation, certification or letter can be motivating to the peer groups. Problem solving capacity is a major character required for a leader to make his/her peers stronger-mentally and emotionally. A major take-away point on leadership is "To be an efficient leader, you must be selfruling yourself and self-motivating yourself". We must have our own identity, needs and vision to do anything to achieve our ambitions. If you can motivate and rule yourself to achieve your own ambition, you will master in harmonizing the common goals of the organisation.

Curiosity

A wrong word can lead to major destructions in an environment. We should say right things at right places to make others feel sophisticated and comfortable. This deal with understanding the different cultures and avoid such related blunders in a business environment. If failed in following certain culture based systems, may break a deal or affect the future of the business.



Communication skills

Most important trait despite other skill is being able to communicate our thoughts and feelings to others. Communication is defined as sharing the information from one place to the other either vocally, written, visually or non-verbally. Information transmittance must be clear and understandable to make the listening group or individual more interactive. The ability to communicate information accurately and clearly is an important life oriented skill and which should be developed and overlooked. The information should be very accurate and clear. When looking for Jobs or a promotion from our current position, we need to demonstrate and build and develop our communication skills. The verbal and non-verbal skills are appropriate to deal wide variety of people maintaining proper vocabulary, eye contact and language to the audience. Writing skills should also be improved to present the ideas clearly, visibly and concisely. Presentation skills, listening skills and speaking skills also must be developed.

Big-five Personality traits - OCEAN

(O-Openness, C-Conscientiousness, E-Extraversion, A-Agreeableness, N-Neuroticism)

Many researchers and psychologists reviewed the five dimensions of personality referred to as the "Big 5" Personality traits. Theories on personality traits suggests different number of possible traits e.g.: Gordon Allport's list of 4,000 personality traits, Raymond Cattell's 16 personality factors, and Hans Eysenck's three-factor theory. Despite several theories, the five-factor theory emerged to be the most essential one that serve as the building blocks of personality. Each personality trait represents a diverge variations between two extremes. Extroversion is a continuum between extreme extraversion and extreme introversion. There are five dimensions termed as Five Factor Model (FFM). The five categories are usually described as follows:

- Openness to Experience
- Consciousness
- Extraversion
- Agreeableness
- Neuroticism

Openness

This trait represents characters such as insight and imagination. People possessing this character tend to be with broad range of interests. Curiosity about the society, environment and interest towards learning new things and new experiences will be their thirst. They are very creative and adventurous. If they are diminished in this trait, they may be more traditional and may scuffle with intellectual thoughts.

Conscientiousness

This is the trait of being careful and vigilant. High levels of thoughtfulness, good impulse control and goal-directed behaviours are dominant characters of this group of people. They are planned and think about impact of their thoughts on others. This

trait is also part of the HEXACO model of personality and is an aspect of what was traditionally referred to as having a character. They are generally dependable and spontaneous in behaviour, workaholics, perfectionists and compulsive. Individuals low on this trait will be engaged in antisocial activities and are less goal-oriented.

Extraversion

Excited, Social, talkative, assertive and highly emotional characters are extroverts. People in this category are outgoing and gain energy in social activities. They expect people to be around them to feel energized and excited. People opposite to this character are called as introverts and they tend to be very reserved and they reserve energy in social settings. Social events are not their cup of coffee and require a period of solitude and silence in order to recharge back with the energy.

Agreeableness

Trust, Modesty, Altruism, Co-operation and Sympathy are the major traits of these personality traits. These people maintain building social harmony and peace in the working environment. Agreeableness is not always suitable in the working environment. People who are low on agreeableness will be an excellent scientists, critics or soldiers. They also tend to be unfriendly, distant and non-co-operative.

Neuroticism

Sadness, moodiness, jealous, depressed, fear, anger, anxiety and emotional instability are the traits characterised by neurotics. People with this trait will experience mood swings, anxiety, irritability and sadness. Those who are low in this trait will be emotionally resilient. People with this trait are shy and self-conscious show delayed gratification.

Low Score	High Scores
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Reserved	Affectionate
Suspicious, Critical,	Trusting, Lenient, Soft-
Ruthless, Irritable	hearted, Good-natured
Negligent, Lazy, Dis-	Conscientious, Hard-working,
organised, Late	Well-organised, Punctual
Calm, Even-tempered,	Worried, temperamental, Self-
Comfortable, Unemotional	conscious, Emotional
Down-to-earth, Uncreative, Conventional, Uncurious	Imaginative, Creative, Original and Curious
	ReservedSuspicious, Critical, Ruthless, IrritableNegligent, Lazy, Dis- organised, LateCalm, Even-tempered, Comfortable, UnemotionalDown-to-earth, Uncreative,

Figure. 2. Five important traits of Personality

Simple ways to develop your personality

Smile and good impression - Greet everyone with a smiling face. You will be perceived for your good impression and manner in the early start of the day. They will receive you as a good friend and a kind person when you treat others with a bright smile.



Good mannerism - Develop good manners, show respect towards elders and higher officials in the office. Make sure you don't show aggressive attitude, rude behaviour towards others.

Be positive - Show positivity towards all the deeds and efforts your make in action. Boost your energy towards creating enthusiastic environment. Don't have negative thoughts on things which you can't control. Practice positivity.

Be more passionate - Always drive your visions with passion, develop your thoughts and innovations on your ambition and get moving with new ideas and keep focused. Do your jobs with ease and joy.

Be compassionate - Be happy to help others in need and care for them during their worst times. Be always a good listener and value the thoughts of others. Listen to others to understand them and feel free to console them on their upsets and frustrations. Sharing and caring a little is a positive trait.

Praise the one in front of you - Wishing good for others and rewarding them on an achievement or a word of appreciation is always a good personality to develop. Don't compare yourself to others during the success of others. This will make a negative thought on ourselves lacking self-confidence.

Communicate effectively - Communication is one of the other major components of Personality development. Communication effectively expands knowledge of others. Learn to share news and article you read or you have seen to others. This can stimulate the minds and also gives you things to discuss.

Be a lion in the face of danger – Be bold to face the danger. If you are on an ethical path, there is no any obstacles or danger that will fail you tremendously. Though the crisis or danger by other ways will teach you lessons towards success. It will make you experience the good and bad and activities not to reappear. So, be bold to face the cons of life.

Exercise and Meditate - This will develop capability to handle and manage stresslevels. Life can be a mess sometimes and it can risky to make your mind relaxed. It may lack focus, which will make us act rude and grouchy. Plan a hour or two to meditate and exercise which will help you boost your mind and improve your mental health.

References

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- Mile, D.J., Power of Positive thinking, Delhi, Rohan Book Company (2004).
- https://www.verywellmind.com/the-big-five-personality-dimensions-2795422
- https://www.managementstudyguide.com/importance-of-personality-development.htm



A Certificate Course on Stress Management – A Solution to Personality Disorders

<u>Course Type</u>: (Online Certificate Course . It's free, no Course Fees required)

Certificate Issuing Authority: Banwarilal Bhalotia College, Asansol, West Bengal, India

<u>Course Organizer</u>: Department of Philosophy & Education , Banwarilal Bhalotia College, Asansol

Target Audience: UG Students only.

Intake Capacity: 100 (Seats will be filled on first come first served basis)

<u>Pre-Requisites:</u> Basic Knowledge on psychology and computer /smart phone.

Course Opening Date: 11 /11/2021.

Course Registration: Register on or before 09 /11 / 2021 through the following link -

https://forms.gle/aR1NdQDM371whJDU6

Course Duration: 4 Weeks or 30 Hours

(Approx. 8 Classes per Week, Each of 1 Hour Duration, Except Sunday)

<u>Course Mode:</u> Virtual/Online through Google Meet Platform .

<u>**Class Timings:**</u> All the Classes will be scheduled in the Evening between 7 PM – 9 PM (IST)

Course Evaluation: Final Assessment at the end of the Course .

<u>Course Instructor</u>: Dr Sutapa Basu , Associate Professor in Department of Philosophy

Banwarilal Bhalotia College, Asansol - 713303, West Bengal, India Email id: sutapa.basu57@gmail.com

COURSE OUTLINE & OUTCOME:

This course is specifically designed for all UG level students . We will start with the basic ideas of stress, adjustment ,mal adjustment and its impact on day to day lives of the students. We will then gradually proceed on to learn the details of how stress hampers significantly the development of personality and day to day works in various ways. Then we will proceed to the core topic of how to cope with stress and stress management with adequate examples and expert opinions. Finally, we will go deeper into the course where the applications of stress management and its benefits will be discussed in details. This course will enable the students to learn how the modern-day stress full life leads to various mental disorder and to acquire the necessary knowledge which will surely help them in their future and will enable them to develop a clear insight for balanced personality development and successful adjustment. Certificates will be issued at the end of the Course to the successful participants.

COURSE SYLLABUS/MODULES :

Week 1 (Module – 1): What is stress and causes of stress and its impact on daily lives. (7-8 Classes)

What is stress? Meaning and definition of stress. Causes of stress among college goers. Types of Stress , Sources of Stress

Week 2 (Module – 2): What is adjustment, mal-adjustment, personality and its relation with stress. (7-8Classes)

Concept of adjustment and mal-adjustment. Different factors responsible for mal adjustment. A brief idea on personality and its determinants, theories and techniques of assessment.

Week 3 (Module - 3): Stress management and coping strategies. (7-8 Classes)

Ways of reducing stress and various coping strategies to dealt with stress and lead a happy and healthier life.

Week 4 (Module – 4): Assessment techniques of personality and feedbacks from the students. (7-8 Classes)

What is personality assessment? various techniques of assessing personality; observation, situational test, questionnaire, personality inventory, rating scale and projective techniques. *Assignments at the end of each week.*

COURSE MATERIALS/REFERENCE BOOKS:

BASIC TEXTS:

- 1. S. K. Mangal-Essentials of Educational Psychology.
- 2. Sushil Roy –Siksha Monobidya
- 3. Dr.Sanat Kumar Ghosh- Sikshaye Sangoti Oposangoti & Nirdeshana
- 4.NCERT- Guidance and Counselling
- 5.Dr. K.P.Sehgal- Guidance and Counselling
- 6.Bhan S. & Dutt, N. K. (1986). Mental Health through Education. New Delhi: Vision Books.
- 7.Brown, J. F. (1940). The Psycho-dynamics of Abnormal Behavior. New York: McGraw Hill Book Co.
- 8. PPTs, PDFs, Google Links and other study materials.

CHAIRPERSON: Professor, (Dr) Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol

ABOUT COURSE INSTRUCTOR:

Dr.Sutapa Basu, Associate Professor in Philosophy has been serving in the B.B.College, Asansol since past 30 years. She is a dedicated and students favoured teacher of repute. She has been associated with many research projects and published many papers in the various reputed journals. Her educational contribution also includes many UGC sponsors research projects including two post-doctoral projects from the Ramakrishna Mission Institute of Culture,Golpark,Kolkata. She has also published three books to her credit; Indian philosophy, The life and teaching of Sri Sarada Devi-The Divine philosopher, Sri Sri Maa Sarada – Matrviter Darshan. Except this she has kept herself involved with many philanthropist works. She uses to get regular invitations to deliver lectures on Sri Sri Maa Sarada & Swami Vivekananda.

KEY SPEAKER:

Dr.Santosh Kumar Behera, Associate Professor (Department of Education, KNU)

COURSE COORDINATOR:

Mr. Satyashree Deviprasad Rout, Department of Education, Banwarilal Bhalotia College, Asansol Contact mail id : <u>mrsdprout@gmail.com</u>. Mo-9475414760/7872769813

Link for Registration will remain open till – 9/11/2021 https://forms.gle/aR1NdQDM371whJDU6

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CHANDAN MURMU
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Madhurima Mukherjee
Ishita Santikary
Kaberi Mondal
Taniya Ghosh
Subhajit Sutradhar
Taniya Banerjee
Chandrani Datta
Ronita sinha
Sonali Dutta
Subham Sengupta
Shrabani ghosh
Satyajit Mandi
Ashutosh Mukherjee
Rimpa mondal
Nikita bhagat
Tithi karmakar
Tannu Kumari Paswan
Ankita Das
Radha Mondal
Nandita Roy
Ruma Bhadra
Shama parween
Yasmeen
Ifat jahan
Zeenat Parveen
Sana naz
Priyanka Gorai
Eti paramanik
Krishnendu Gope
Saikat Dutta
Sourav Sen
Doyal maji

Aiswarya banerjee
Joya Das
Reshma Hembram
Namita Tudu
Sonali Murmu
Kalpana Ghosh
Dipali murmu
Sangita Soren
Barsha Dhibar
Gopal Malakar
Puja hembram
Sibam sutradhar
Subhajit Maji
Riya Rakshit
Sefali Ruidas
Sujata Bauri

Nil
Good
The concept is very clear . And teacher teaches us in a right way .
Everyone should do this certificate course
I will do all the work with a cool head and not go for tension and depression
I would thanks to all the teachers who helped us for this CC, even I would also be happy if we do some more courses
The course was good and satisfying
I feel really happy to attend this couse classes. And i am sure this session is help me in my future.
THANK YIU SIR& MA'AM S
Thank you
Questions should be moderate
I want join again next this type of course with same TEACHERS.
এই কোর্স টা আমি ফিউচার এ আবার করতে চাই , কেনো কি এই কোর্স টা আমাকে অনেক কিছু জানতে ও শিখতে সাহায্য করে
The course is very helpful and help us reduce stress .I think every students should join this course.
I wanted to know mor this course.
Attended the class daliy
Avoid, Alter, Accept and Adapt . Exercise lower you body's Stress hormones such as cortisol in the long run. It also he
All over student motivate This course
Make time for hobbies and interests
Stay as stress free as possible.
Anything is write
Anything is write
We need this type of course again
We need this type of course again.
We need this type of core again We need this type of core again
Try a little bit hard and i can score good marks
We need this type of course again
We need this type of course again.
I have known many important things from this course.We need this types of course again.
We need this type of course again
I need extra classes this course.
It is very good and helpful for our future.
We need this type of course again
It's very helpful for your future.
We benefited a lot from reading this stress subject
We need this type of Course again
We need this type of course again We need this type of course again
Taking the time to relax every day helps to manage stress and to protect the body from the effects of stress. You can c
এই কোর্সের মাধ্যমে ভবিষ্যতে মানসিক চাপ কমাতে অন্যদের সাহায্য করতে পারব। This serves is really amazing nd it's really balaful for stress sworthinking ats anasial thry to sur all the teachers who be
This course is really amazing nd it's really helpful for stress, overthinking etc.special thnx to our all the teachers who he
Certificate course my future is best
We need this type of course again Children achieve more when college and parents work together.
I have benefited from this course. The concept of strees is clear to me. I also learned how to relieve stress. I would like
I need this type of course again
It's good suggestion for future.
No need for improvement, everything is goodI'm satisfied with that course
Helpful course
Be mindful
This course is very supportive in future life.
This course is supported in future life.
Knowledge confidence
Agree
Taking tha time to relex evryday helps to manage stress and to protect the body from the effects of stress. You can che
Anything
We need this type of course again.
We need this type of course again.
This course to redeuce your stress so i think every student should join this course

This is helpful & good

Good, but I want another class like this.

with this kinda topics

ছ।এখানে ক্লাস নেওয়া প্রতিটি Sir ও Maam কে আমার অসংখ্য ধন্যবাদ 鏥

Ips release endorphins which are chemical that improved your mood and act as natural painkiller. Sleep

hoose from a variety of techniques, such as deep breathing, imagery, progressive muscle relaxation, and lp us now this days stress is a big nd huge problem ...this course solved the problem what we should do

: to thanks my teachers for all this.

pose from a variety of techniques, such as deep breathing, imagery, progressive muscle relaxation, and

orward in life. Because life is one. So life is precious to everyone.. Forward in life. Because life is one .so life is precious to everyone. k you so much to every mam and sir for taking our classes.

aonality noi amader sharirik dik diyeo onek sahajyo kore6e thankyou Jara amader ai course ta poralen a

anks to all sir, mam for doing this course

), Exercise can also improve your sleep quality which can be negatively affected by stress ..

1 mindfulness meditation.

when we depressed or stressed etc..again thank you

mindfulness meditation.

ind bojhalen thankyou

A Certificate Course on Stress Management – A Solution to Personality Disorders

<u>Course Type</u>: (Online Certificate Course . It's free, no Course Fees required)

Certificate Issuing Authority: Banwarilal Bhalotia College, Asansol, West Bengal, India

<u>Course Organizer</u>: Department of Philosophy & Education , Banwarilal Bhalotia College, Asansol

Target Audience: UG Students only.

Intake Capacity: 100 (Seats will be filled on first come first served basis)

Pre-Requisites: Basic Knowledge on psychology and computer /smart phone.

Course Opening Date: 11 /11/2021.

Course Registration: Register on or before 09 /11 / 2021 through the following link -

https://forms.gle/aR1NdQDM371whJDU6

Course Duration: 4 Weeks or 30 Hours

(Approx. 8 Classes per Week, Each of 1 Hour Duration, Except Sunday)

<u>Course Mode:</u> Virtual/Online through Google Meet Platform .

<u>**Class Timings:**</u> All the Classes will be scheduled in the Evening between 7 PM – 9 PM (IST)

Course Evaluation: Final Assessment at the end of the Course .

<u>Course Instructor</u>: Dr Sutapa Basu , Associate Professor in Department of Philosophy

Banwarilal Bhalotia College, Asansol - 713303, West Bengal, India Email id: sutapa.basu57@gmail.com

COURSE OUTLINE & OUTCOME:

This course is specifically designed for all UG level students . We will start with the basic ideas of stress, adjustment ,mal adjustment and its impact on day to day lives of the students. We will then gradually proceed on to learn the details of how stress hampers significantly the development of personality and day to day works in various ways. Then we will proceed to the core topic of how to cope with stress and stress management with adequate examples and expert opinions. Finally, we will go deeper into the course where the applications of stress management and its benefits will be discussed in details. This course will enable the students to learn how the modern-day stress full life leads to various mental disorder and to acquire the necessary knowledge which will surely help them in their future and will enable them to develop a clear insight for balanced personality development and successful adjustment. Certificates will be issued at the end of the Course to the successful participants.

COURSE SYLLABUS/MODULES :

Week 1 (Module – 1): What is stress and causes of stress and its impact on daily lives. (7-8 Classes)

What is stress? Meaning and definition of stress. Causes of stress among college goers. Types of Stress , Sources of Stress

Week 2 (Module – 2): What is adjustment, mal-adjustment, personality and its relation with stress. (7-8Classes)

Concept of adjustment and mal-adjustment. Different factors responsible for mal adjustment. A brief idea on personality and its determinants, theories and techniques of assessment.

Week 3 (Module - 3): Stress management and coping strategies. (7-8 Classes)

Ways of reducing stress and various coping strategies to dealt with stress and lead a happy and healthier life.

Week 4 (Module – 4): Assessment techniques of personality and feedbacks from the students. (7-8 Classes)

What is personality assessment? various techniques of assessing personality; observation, situational test, questionnaire, personality inventory, rating scale and projective techniques. *Assignments at the end of each week.*

COURSE MATERIALS/REFERENCE BOOKS:

BASIC TEXTS:

- 1. S. K. Mangal-Essentials of Educational Psychology.
- 2. Sushil Roy –Siksha Monobidya
- 3. Dr.Sanat Kumar Ghosh- Sikshaye Sangoti Oposangoti & Nirdeshana
- 4.NCERT- Guidance and Counselling
- 5.Dr. K.P.Sehgal- Guidance and Counselling
- 6.Bhan S. & Dutt, N. K. (1986). Mental Health through Education. New Delhi: Vision Books.
- 7.Brown, J. F. (1940). The Psycho-dynamics of Abnormal Behavior. New York: McGraw Hill Book Co.
- 8. PPTs, PDFs, Google Links and other study materials.

CHAIRPERSON: Professor, (Dr) Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol

ABOUT COURSE INSTRUCTOR:

Dr.Sutapa Basu, Associate Professor in Philosophy has been serving in the B.B.College, Asansol since past 30 years. She is a dedicated and students favoured teacher of repute. She has been associated with many research projects and published many papers in the various reputed journals. Her educational contribution also includes many UGC sponsors research projects including two post-doctoral projects from the Ramakrishna Mission Institute of Culture,Golpark,Kolkata. She has also published three books to her credit; Indian philosophy, The life and teaching of Sri Sarada Devi-The Divine philosopher, Sri Sri Maa Sarada – Matrviter Darshan. Except this she has kept herself involved with many philanthropist works. She uses to get regular invitations to deliver lectures on Sri Sri Maa Sarada & Swami Vivekananda.

KEY SPEAKER:

Dr.Santosh Kumar Behera, Associate Professor (Department of Education, KNU)

COURSE COORDINATOR:

Mr. Satyashree Deviprasad Rout, Department of Education, Banwarilal Bhalotia College, Asansol Contact mail id : <u>mrsdprout@gmail.com</u>. Mo-9475414760/7872769813

Link for Registration will remain open till – 9/11/2021 https://forms.gle/aR1NdQDM371whJDU6

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	Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	This course is good and ir ghoshkalpana230@gmail.com	Kalpana Ghosh	Education	3rd sem
					*	*						
2/2021 11:39:13 Agree	Highly Agree	Agree	Agree	Agree	Agree	Agree	Disagree	Highly Agree	Teachar dipali7169murmu@gmail.com	Dipali murmu	Education	3rd semester
12/2021 11:39:13 Agree									We have made many imp			
12/2021 11:39:13 Agree									It would be great to do so			
12/2021 11:39:13 Agree 12/2021 11:39:26 Agree					Lilladada Alexana	Highly Agree	Highly Agree	Agree	Many thanks to all sir, ma sangitasoren149@gmail.com	Sangita Soren	Philosophy	1st semester
12/2021 11:39:13 Agree 12/2021 11:39:26 Agree	Agree	Agree	Agree	Agree	Highly Agree	Highly Agree					Philosophy	
12/2021 11:39:13 Agree 12/2021 11:39:26 Agree 12/2021 11:39:55 Agree												
12/2021 11:39:13 Agree 12/2021 11:39:26 Agree 12/2021 11:39:55 Agree 12/2021 11:41:12 Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	This Course is very good barshadhibar292@gmail.com	Barsha Dhibar	Education	3rd Sem
12/2021 11:39:13 Agree 12/2021 11:39:26 Agree 12/2021 11:39:55 Agree											Education	

Timestamp 1.Do you feel the ca	ourse i 2. Do you feel the o	content 3.Do you satisfy wit	n the 4.Do you feel the te	acher: 5.Do the teachers ha	as prc 6.Do you think this cou	urse 7. Do you satisfy with	n the 8. Do you think this	s cours 9.Do you think this cour	rse 10. Please give your su	g Email address Score	Name of the Student.	Name of the Departmen	t. Semester.
12/12/2021 11:49:46 Don't know	Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	Tha course is varry Heal	lfi sutradharsibam1@gmail.com	Sibam sutradhar	Philosophy	5th
12/12/2021 11:51:28 Highly Agree	Agree	Highly Agree	Highly Agree	Agree	Agree	Highly Agree	Agree	Agree	Thank you all teacher	majisubhajit961@gmail.com	Subhajit Maji	Education	3rd
12/12/2021 11:54:20 Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	Agree	This is helpful & good	riyarakshit111@gmail.com	Riya Rakshit	Philosophy	5th
12/12/2021 11:56:34 Agree	Agree	Agree	Highly Agree	Highly Agree	Agree	Agree	Highly Agree	Highly Agree	Good,but I want another	c ruidassefali@gmail.com	Sefali Ruidas	Philosophy department	5th semester
12/12/2021 12:36:32 Don't know	Highly Agree	Disagree	Highly Agree	Highly Agree	Don't know	Don't know	Disagree	Agree		sujatabauri8670@gmail.com	Sujata Bauri	Education	3rd

- [1] Responder updated this value.
- [2] Responder updated this value.
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- [4] Responder updated this value.
- [5] Responder updated this value.
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- [9] Responder updated this value.



মানসিক স্বাস্থ্য ও অবসাদ

ভূমিকা

মানসিক স্বাস্থ্য ও অবসাদ আলোচনার আগে স্বাস্থ্য কী সে সম্বন্ধে আমাদের জানা দরকার। স্বাস্থ্য বলতে আমরা শারীরিক সুস্থতা বা রোগমুক্ত জীবনকে বুঝি। ব্যাপক অর্থে শারীরিক সুস্থতার সাথে মানসিক সুস্থতারও প্রয়োজন। মানসিক স্বাস্থ্য দেহ ও মনের সমতা রক্ষা করে। আমরা যে কাজই করি না কেন শরীর ভালো না থাকলে কোনো কিছুই ভালো লাগেনা। ফলে কাজে উৎসাহ আসে না, কর্মক্ষমতা হ্রাস পায়। যে নিজের চাহিদা ও পরিবেশের সাথে সঙ্গতি বজায় রেখে কাজ করতে পারে সেই মানসিক দিক দিয়ে সুস্থ। তখন ঐ কাজই মানসিক স্বাস্থ্য হিসেবে অভিহিত হয়।

অতিরিক্ত কাজ বা পরিশ্রমের ফলে একজন লোকের কর্মদক্ষতা সাময়িকভাবে হ্রাস পায়। আবার দীর্ঘক্ষণ একই কাজ করার জন্য একঘেয়েমি আসে ফলে সেই কাজের প্রতি দৈহিক ও মানসিক পরিবর্তন দেখা দেয়। ব্যক্তির মানসিক ও শারীরিক অবস্থার এই পরিবর্তনকে ক্লান্তি বা অবসাদ বলে।



ইউনিট সমাপ্তির সময়

ইউনিট সমাপ্তির সর্বোচ্চ সময় ১ সপ্তাহ

এ ইউনিটের পাঠসমূহ পাঠ-৩.১ : মানসিক স্বাস্থ্য ও এর প্রভাব পাঠ-৩.২ : মানসিক অস্থিরতা ও মানসিক অবসাদ

পাঠ-৩.১ মানসিক স্বাস্থ্য ও এর প্রভাব



এ পাঠ শেষে আপনি–

- মানসিক স্বাস্থ্য কী তা জানতে পারবেন;
- স্বাস্থ্যকর জীবনের জন্য মানসিক স্বাস্থ্যের ভূমিকা ব্যাখ্যা করতে পারবেন;
- বিজয়ী বা বিজিত হলে একজন খেলোয়াড়ের কী প্রতিক্রিয়া হয় তা বর্ণনা করতে পারবেন।

🛐 মানসিক স্বাস্থ্য

[■] সাধারণভাবে মানসিক স্বাস্থ্য বলতে "Full and harmonious functioning of the whole personality" কে বোঝায়। খেলাধুলা ও ব্যায়াম যেমন শারীরিক সুস্থতা বজায় রাখে, তেমনিভাবে মানসিক স্বাস্থ্য আমাদের দেহ ও মনের ভারসাম্য রক্ষায় সহায়তা করে। যে ব্যক্তি নিজের চাহিদা ও পরিবেশের মধ্যে সংগতি বিধান করতে পারে সেই মানসিক দিক থেকে সুস্থ। আর ব্যক্তির মধ্যে মানসিক সুস্থতা বজায় রাখার বা মানিয়ে নেয়ার জন্য যে বিষয়টি কাজ করছে তাই হলো মানসিক স্বাস্থ্য।

শিক্ষার্থীদের জীবনে মানসিক স্বাস্থ্যের ভূমিকা

দেহের কোনো অঙ্গের ক্রিয়া সঠিকভাবে না হলে যেমন দৈহিক অসুস্থতা দেখা দেয়, তেমনি মানসিক প্রক্রিয়া সঠিকভাবে না হলে মানসিক অসুস্থতার সৃষ্টি হয়। খেলাধুলার ক্ষেত্রে শিক্ষার্থীর জীবনে প্রতিযোগিতার মনোভাব বৃদ্ধি পাওয়ার কারণে এই মানসিক অসুস্থতা লক্ষ্য করা যায়। খেলাধুলা শুধু শারীরিক কসরত নয়, এর সাথে জয় পরাজয় বা আনন্দ-বেদনা জড়িত। তবে একজন ক্রীড়াবিদ শারীরিকভাবে সুস্থ থাকে তখনই যখন সে মানসিকভাবে সুস্থ থাকে। কারণ শারীরিক ও মানসিক সুস্থতা একে অপরের পরিপূরক।

জয়-পরাজয়ে খেলোয়াড়ের প্রতিক্রিয়া

একজন শিক্ষার্থী বা খেলোয়াড় খেলাধুলায় জয়লাভ করলে উৎফুল্ল হয়, পরবর্তীতে আরও ভালো করার জন্য তার আত্মবিশ্বাস গড়ে ওঠে। তার এই সাফল্য ধরে রাখার জন্য সে প্রশিক্ষণের প্রতি মনোযোগী হয়। এর পিছনে প্রচুর পরিশ্রম ও সময় ব্যয় করে। আবার এরপ জয়ের ফলে তার মধ্যে নেতিবাচক প্রভাবও পড়তে পারে যেমন– প্রচন্ড আত্মবিশ্বাস, নিজেকে বড় করে দেখা কিংবা অপরের দক্ষতাকে ছোট করে দেখার মনোভাব গড়ে উঠতে পারে। সুতরাং খেলোয়াড়ের বিজয়ী মানসিকতার ভালো বা মন্দ দুধরনের ফলাফলই আসতে পারে। আবার কেউ পরাজিত হলে হতাশার সৃষ্টি হয়, অন্যের ওপর দোষ চাপানোর চেষ্টা করে। অনেকে আবার মানসিকভাবে বিপর্যস্ত হয়ে খেলাধুলা ছেড়েও দিতে পারে। সুতরাং জয় পরাজয়ের এই স্বাভাবিক ঘটনা সহজভাবে নিতে না পারলে মানসিক চাপের সৃষ্টি হয় এবং তার কাজকর্মে অসংগতি চোখে পড়ে। এ ক্ষেত্রে ক্রীড়া শিক্ষক বা প্রশিক্ষকের বিজয়ী বা বিজিত খেলোয়াড়ের সাথে একত্রে কাজ করে তার মানসিক স্বাস্থ্য বা মানসিক ভারসাম্য রক্ষার সর্বাত্মক চেষ্টা করা প্রয়োজন। শারীরিক সুস্থতার সাথে সামঞ্জস্য রেখে মানসিক স্বাস্থ্যের উন্নতি না হলে কোনো খেলোয়াড় জীবনে কাজ্খিত ফল লাভ করতে পারবে না।

\$ 4	স্বাস্থ্য কী লিখুন	মানসিক স্বাস্থ্য কী লিখুন
🛠 শিক্ষার্থীর কাজ		

সারাংশ

শারীরিক সুস্থতার উপর মানসিক স্বাস্থ্য নির্ভরশীল বা একে অপরের পরিপূরক। মানসিক স্বাস্থ্য দেহ ও মনের ভারসাম্য রক্ষায় সাহায্য করে। শারীরিক সুস্থতার সাথে সামঞ্জস্য রেখে মানসিক স্বাস্থ্যের যখন উন্নতি হয় কেবল তখনই একজন খেলোয়াড় তার কাঙ্খিত লক্ষ্যে পৌঁছাতে পারে। মানসিক স্বাস্থ্যের উন্নতি না হলে কেউ সর্বোচ্চ সাফল্য অর্জন করতে পারে না। আবার জয়ের ফলে কারোর মধ্যে নেতিবাচক প্রভাবও পড়তে পারে। যেমন- তার মধ্যে আত্মবিশ্বাস বেড়ে গিয়ে নিজেকে বড় করে দেখে। ফলে বিজয়ী খেলোয়াড়ের মানসিকতায় ভালোমন্দ দুই ধরনের মনোভাব সৃষ্টি হতে পারে।

পাঠোত্তর মূল্যায়ন-৩.১

সঠিক উত্তরের পাশে টিক (√) চিহ্ন দিন।

- ১। মানসিক স্বাস্থ্য কী?
 - (খ) শরীরের উন্নৃতি (ক) দেহ ও মনের ভারসাম্য রক্ষা করে (ঘ) মানবিক উন্নতি
- (গ) মন ও চোখের উন্নতি
- ২। দৈহিক অসুস্থতার জন্য মন ভালো থাকে না। কথাটি-
 - (ক) মিথ্যা (খ) সত্য
 - (গ) আংশিক সত্য (ঘ) কোনটাই না
- •। একজন খেলোয়াড় বিজয়ী হলে
 - i) খেলাধুলার প্রতি বেশি মনোযোগী হয়
 - ii) খেলাধুলার প্রতি আগ্রহ বাড়ে
 - iii) খেলাধুলা ছেড়ে দেয়

নিচের কোনটি সঠিক?

- (ক) i (♥) ii
- (গ) ii, iii (ম) i, ii ও iii
- ৪। বিজয়ী বা বিজিত খেলোয়াড়ের সাথে প্রশিক্ষকের কী ধরনের কাজ বা প্রশিক্ষণের ব্যবস্থা করা উচিত?
 - (ক) শক্তভাবে প্রশিক্ষণ দেয়া উচিত
- (খ) হালকাভাবে প্রশিক্ষণ দেয়া উচিত
- (গ) একত্রে কাজ করে মানসিক অবস্থার উন্নতি করা উচিত (ঘ) সাধারণমানের প্রশিক্ষণ দেয়া উচিত

পাঠ-৩.২ মানসিক অস্থিরতা ও মানসিক অবসাদ



এ পাঠ শেষে আপনি–

- মানসিক অস্থিরতা কী তা বলতে পারবেন;
- মানসিক অস্থিরতা দূরীকরণের ব্যবস্থা গ্রহণ করতে পারবেন;
- অবসাদের ধারা ও প্রকারভেদ ব্যাখ্যা করতে পারবেন;
- অবসাদগ্রস্থ হওয়ার কারণ ও ফলাফল ব্যাখ্যা করতে পারবেন;
- অবসাদ দূরীকরণের উপায় বর্ণনা করতে পারবেন।

মানসিক অস্থিরতা

■ মানুষের মনে যখন কোনো দুশ্চিন্তা দেখা দেয় তখন মনের মধ্যে অস্থিরতা শুরু হয়। কোনো খারাপ খবর শুনে, খেলার বা পরীক্ষার খারাপ ফলাফলে বা নিকটজনের কোনো দুঃসংবাদ পেলে মনের মধ্যে অস্থিরতা দেখা দেয়। অস্থিরতা প্রকট হলে শরীর ও মন দুইই ভেঙ্গে পড়ে। শরীর ও মন একে অপরের পরিপূরক। মানসিক অশান্তি থাকলে শরীর খারাপ হয়। মানসিক অস্থিরতা আমাদের জীবনে অনেক ব্যর্থতা ও দুর্গতির সৃষ্টি করতে পারে। মানসিক অস্থতার কারণে শিশুমনে মানসিক বিকৃতির সূচনা হয়। মাতা-পিতা বা অভিভাবক এ বিষয়ে সতর্কতা অবলম্বন করে শিশুমনের অস্থিরতা দুরীকরণে যত্নবান হবেন।

প্রথমে মানসিক অস্থিরতার কারণ বের করতে হবে। পরে তার সাথে ভালো ব্যবহার করে, ধৈর্য্যশীল আচরণের মাধ্যমে তা দূর করার চেষ্টা করতে হবে। যেমন– কেউ পরীক্ষায় ফেল করলে তাকে বকাবকি না করে তাকে বোঝাতে হবে, যে তুমি এখন থেকে ভালোভাবে লেখাপড়া কর তাহলে আগামীতে ভালো ফল করবে। মানসিক অস্থিরতা দূরীকরণ তথা প্রতিরোধের জন্য সুশিক্ষা, শিশুর স্বাস্থ্যসম্মত লালনপালন, পরিচর্যা, উন্নত পারিবারিক পরিবেশ, মাতা-পিতা ও অভিভাবকের ইতিবাচক দৃষ্টিভঙ্গি ইত্যাদির প্রয়োজন। মানসিক আচরণের এই জটিল গতিপ্রকৃতি ও অস্থিরতা দূরীকরণে ধৈর্যশীল আচরণ, সুশিক্ষা, শিশুবান্ধব পরিবেশ, পুষ্টি ও আনন্দময় জীবনযাপনের জন্য প্রয়োজনীয় সব কিছুর ব্যবস্থা থাকা প্রয়োজন। এর ফলে আগামীতে এক সুস্থ সবল জাতি গড়ে উঠবে যা সামগ্রিকভাবে দেশের এবং সকলের জন্য কল্যাণ বয়ে আনবে।

মানসিক অবসাদ

একই কাজ অনেকক্ষণ ধরে করলে একঘেয়েমি আসে এবং সেই কাজের প্রতি মানুষের আগ্রহ কমে যায়। ফলে তার দেহে ও মনে পরিবর্তন দেখা দেয়। এই পরিবর্তনের ফলে মানুষের কর্মক্ষমতা হ্রাস পায়। মানসিক ও শারীরিক অবস্থার এই পরিবর্তনকেই ক্লান্তি বা মানসিক অবসাদ বলে। মূলকথা অবসাদ বলতে কর্মশক্তির শিথিলতা বা কর্মশক্তি হ্রাস পাওয়াকেই বোঝায়। কর্মক্ষমতা হ্রাসই হলো এর মূল কারণ। মনোবিজ্ঞানীদের মতে- 'একনাগাড়ে অনেকক্ষণ কোনো কাজের দরুন শরীরের কর্মক্ষমতার যে অবনতি হয় তাকে অবসাদ বলে'।

অবসাদকে দুই ভাগে ভাগ করা হয়েছে- (ক) দৈহিক অবসাদ (খ) মানসিক অবসাদ।

ক) দৈহিক অবসাদ: নির্দিষ্ট সময়ের বেশি ব্যায়াম বা শারীরিক পরিশ্রম করলে যে ক্লান্তি আসে তাকে দৈহিক অবসাদ বলে। এ অবসাদ দৈহিক পেশিঘটিত ও ইন্দ্রিয়গত। শ্রমের নির্দিষ্ট একটি সময় আছে সে সময় অতিক্রম করলে অবসাদ দেখা দেয়। ব্যায়াম বা পরিশ্রমের সময় যে শারীরিক চাহিদা অনুভূত হয় তা দেহ নিজেই পূরণ করে নেয়। যেমন– দ্রুত শ্বাস প্রশ্বাস ক্রিয়ার ফলে অতিরিক্ত অক্সিজেনের চাহিদা মেটানো যায়। আবার রক্তের চাপ ও হৃদকম্পন বেড়ে গেলে শরীর থেকে অতিরিক্ত শর্করা নিঃসৃত হয়। খ) মানসিক অবসাদ: অনেকক্ষণ ধরে মানসিক কাজ করতে থাকলে কর্মক্ষমতা হ্রাস পায় এবং অবসাদ দেখা দেয়। যেমন– বেশি সময় ধরে অংক করলে একটা পর্যায়ে অংক করার জন্য বিচার শক্তি, চিন্তা শক্তি ও নির্ভুলভাবে করার ক্ষমতা কমতে থাকে। এই কমতে থাকা বা পরিবর্তনের এই অবস্থাকে মানসিক অবসাদ বলে। তবে দৈহিক ও মানসিক কাজকে যেমন সম্পূর্ণ পৃথক করা যায় না, তেমনি দৈহিক অবসাদ ও মানসিক অবসাদকে আলাদা করা যায় না। অনেকক্ষণ দৈহিক পরিশ্রম করলে মানসিক অবসাদ আসতে পারে, তেমনি একটানা মানসিক কাজ করতে থাকলেও দৈহিক অবসাদ আসে।

শিক্ষার্থীর উপর মানসিক অবসাদের প্রভাব

শিক্ষার্থী বলতে শারীরিক শিক্ষা কার্যক্রমে অংশগ্রহণকারী সকলকে বোঝানো হয়েছে। শারীরিক শিক্ষা কর্মসূচিতে অংশগ্রহণকারী শিক্ষার্থীদের যে দৈহিক অবসাদ আসে তা তাদের অবসাদের পরিমাণের উপর নির্ভর করে। তাদের শারীরিক পরিশ্রমের ফলে বিপুল পরিমাণ ঘাম নি:সৃত হয়, শারীরিক অঙ্গ-সঞ্চালনের উপর প্রভাব ফেলে। কিন্তু যখন তারা মানসিকভাবে অবসাদগ্রস্থ হয়ে পড়ে তখন যেসব প্রভাব প্রত্যক্ষ করা যায় তা নিম্নরূপ,

- ১। তাদের কর্ম সম্পাদনে ভুল হতে থাকে।
- ২। তারা নিজেদের প্রতি আস্থা হারিয়ে ফেলে।
- ৩। কাজের মধ্যে সমন্বয় থাকে না।
- ৪। কাজের ছন্দ হারিয়ে ফেলে।
- ৫। অমনোযোগী হয়ে পড়ে, কলাকৌশল সঠিকভাবে আয়ত্ব করতে পারে না।
- ৬। কাজের একাগ্রতা কমে যায়।
- ৭। মানসিকভাবে দুর্বল হয়ে পড়ে।

মানসিক অবসাদের কারণ

দৈহিক, মানসিক, সামগ্রিক বা আংশিক যাই হোক না কেন তার পিছনে কতগুলো কারণ রয়েছে। ইতিপূর্বে আমরা আলোচনা করেছি কর্মসূচিজনিত শারীরিক চাপের কারণে অবসাদ আসে। তবে আরও অনেক কারণে অবসাদ আসতে পারে। মনোবিজ্ঞানীরা অবসাদের কারণসমূহকে তিন শ্রেণিতে ভাগ করেছেন- ১) দৈহিক, ২) মানসিক ও ৩) পরিবেশগত। দৈহিক অবসাদের জন্য মাংসপেশিতে ল্যাকটিক এসিডের সৃষ্টি হয় ফলে দেহকোষের ক্ষয়, শরীর থেকে লবণ বের হওয়া, অক্সিজেনের ঘাটতি ইত্যাদি অতিরিক্ত অঙ্গ সঞ্চালনের কারণে হয়ে থাকে। মানসিক অবসাদের কারণ হলো-

- ১। মানসিক প্রস্তুতির অভাব: কোনো কাজ করার আগে মানসিক প্রস্তুতি গ্রহণ করা প্রয়োজন।
- ২। কাজে অভ্যস্ত না হয়ে ওঠা: কর্মসূচি নিয়মিতভাবে পালন না করলে ঐ কর্মসূচিতে অবসাদ আসে।
- ৩। কাজে প্রেষণা থাকতে হবে: কোনো কাজের পিছনে প্রেষণা থাকলে একটানা কাজ করেও অবসাদ আসে না। প্রেষণা না থাকলে তাড়াতাড়ি অবসাদ চলে আসে।
- ৪। মানসিক ইচ্ছার অভাব: কর্মসূচিতে শিক্ষার্থীদের আগ্রহ বা ইচ্ছা থাকতে হবে। ইচ্ছা না থাকলে দ্রুত অবসাদগ্রস্ত হয়ে পড়বে।
- ৫। পরিবেশগত কারণ: শারীরিক ও মানসিক কারণ ছাড়াও কিছু পরিবেশগত কারণেও অবসাদ আসতে পারে। খুব গরম, খুব ঠান্ডা বা গুমোট আবহাওয়া এগুলো কোনো কাজের পরিবেশ নয়। এ রকম পরিবেশে অবসাদগ্রস্থ হয়ে পড়ার সম্ভাবনা বেশি। অনুরূপভাবে পরিমিত আলো, বাতাস ও পরিছন্ন পরিবেশ থাকলে অল্পতেই অবসাদ এসে ভর করতে পারে না।

মানসিক অবসাদ দূরীকরণের উপায়

দৈহিক ও মানসিক শক্তি ক্ষয়ের ফলেই অবসাদের সৃষ্টি হয়। তাই দেহ ও মনের সুস্থতা ও সক্রিয়তা আনয়নের মাধ্যমে অবসাদ দূর করা সম্ভব। অবসাদ দূরীকরণের জন্য আমরা নিচের বিষয়গুলোর উপর গুরুত্বারোপ করতে পারি।

- ১। কর্মসূচির প্রতি আগ্রহ সৃষ্টি: যদি কর্মসূচির প্রতি আগ্রহ বাড়ানো যায় তাহলে অবসাদ আসে না।
- ২। একঘেয়েমি পরিহার: কর্মসূচিতে যেন একঘেয়েমি না আসে সেদিকে লক্ষ্য রেখে কর্মসূচি প্রণয়ন করতে হবে। কর্মসূচিতে যেন আনন্দপূর্ণ ও বৈচিত্র্যপূর্ণ কাজকর্ম থাকে।

- ৩। চাপযুক্ত কর্মসূচি পরিহার: শিক্ষার্থীরা যেন চাপ সহ্য করতে পারে সে দিকে লক্ষ্য রেখে কর্মসূচি তৈরি করতে হবে।
- ৪। বিশ্রাম ও ঘুম: দেহের ক্ষয়পূরণের জন্য পুষ্টিকর খাবার প্রয়োজন। তেমনি অবসাদ দূর করণের জন্য বিশ্রাম ও ঘুমের প্রয়োজন। বিশ্রাম ও ঘুমের ফলে দেহ ও মস্তিষ্কের অবসাদ দূর হয়।
- ৫। পরিবেশগত কারণ: অস্বাস্থ্যকর পরিবেশ, আলো-বাতাসের অভাব, এমন পরিবেশ পরিহার করে খোলা-মেলা পরিষ্কার পরিচ্ছন স্থানে কর্মসূচি বাস্তবায়ন করলে শিক্ষার্থীরা আনন্দের সাথে অংশগ্রহণ করবে ও মানসিক অবসাদের কোনো প্রভাব পডবে না।

	দৈহিক অবসাদ বর্ণনা করুন	দৈহিক অবসাদের কারণ লিখুন
🛠 শিক্ষার্থীর কাজ		

সারাংশ

মনের মধ্যে কোনো দুশ্চিন্তা দেখা দিলে অস্থিরতা শুরু হয়। তখন শরীর ও মন দুইই ভেঙ্গে পড়ে। শরীর ও মন একে অপরের পরিপূরক। মানসিক অশান্তি থাকলে শরীর খারাপ হয়ে পড়ে ফলে আমাদের জীবনে অনেক ব্যর্থতা ও দুর্গতির সৃষ্টি হয়। মানসিক অস্থিরতা দূরীকরণের তথা প্রতিরোধের জন্য সুশিক্ষা, শিশুর স্বাস্থ্যসম্মত খাবার, লালন-পালন, পরিচর্যা, উন্নত দৃষ্টিভঙ্গি, আনন্দময় জীবনযাপনের ব্যবস্থা ও স্বাস্থ্যসম্মত পরিবেশ প্রয়োজন। একই ধরনের কাজ অনেকক্ষণ ধরে করলে একঘেয়েমি আসে। ঐ কাজের প্রতি মানুষের দৈহিক ও মানসিক পরিবর্তন ঘটে। এই পরিবর্তনের ফলে মানুমের কর্মক্ষমতা হ্রাস পায়। দৈহিক ও মানসিক এই পরিবর্তনেকেই অবসাদ বলে। অবসাদ দুই ধরনের - দৈহিক ও মানসিক। অতিরিক্ত অঙ্গ সঞ্চালনের ফলে যে অবসাদ সৃষ্টি হয় তা হলো দৈহিক অবসাদ। অনেক সময় ধরে অংক করলে বা ছবি আঁকলে তা নির্ভুলভাবে করা যায় না বার বার ভুল হয়। এই ভুল হওয়াটাই হলো মানসিক অবসাদ।

পাঠোত্তর মূল্যায়ন-৩.২

সঠিক উত্তরের পাশে টিক (√) চিহ্ন দিন।

- ১। মানসিক অস্থিরতা কখন দেখা দেয়? ক) পড়াশোনা করলে খ) শব্দ শুনলে গ) দুশ্চিন্তা হলে ঘ) ভালো খবর শুনলে ২। শরীর ও মন একে অপরের-ক) মধ্যে সম্পৰ্ক আছে খ) পরিপুরক গ) মধ্যে সম্পৰ্ক নাই ঘ) অনির্ভরশীল ৩। অবসাদ কাকে বলে? ক) কাজের চাপ বেশি হলে খ) কর্মসূচিকে ঘ) অতিরিক্ত কাজের চাপে মানসিক ও শারীরিক পরিবর্তনকে গ) অতিরিক্ত কাজ করলে i) একঘেয়েমি পরিহার
- ৪। অবসাদ দুরীকরণের উপায় কোনটি
 - ii) পৰ্যাপ্ত বিশ্ৰাম ও ঘুম
 - iii) বেশি করে বই পড়া
 - নিচের কোনটি সঠিক?
 - (ক) i ও ii গ) iii ও i

(♥) ii (ম) i, ii ও iii > চূড়াম্ড মূল্যায়ন

সৃজনশীল প্রশ্ন

()

- ১। মুরাদ ও কৌশিক ২টি ক্রিকেট দলের ক্যাপ্টেন। মুরাদের কাছে কৌশিকের দল হেরে যাওয়াতে কৌশিক মনমরা হয়ে পড়ে। এদিকে মুরাদ নিজেকে অপ্রতিদ্বন্দ্বী বলে ঘোষণা করে। এ অবস্থায় তাদের প্রশিক্ষক সামাদ সাহেব দু'জনকে নিয়ে একসঙ্গে একটি দল করে প্রশিক্ষণের ব্যবস্থা করেন।
 - ক) খেলাধুলায় মানসিক অবসাদ কখন হতে পারে?
 - খ) খেলাধুলায় অতিরিক্ত আত্মবিশ্বাসের ফলাফল কী হতে পারে?
 - গ) উদ্দীপকে মুরাদ ও কৌশিকের আচরণ ব্যাখ্যা করুন।
 - ঘ) প্রশিক্ষক সামাদ সাহেবের গৃহীত পদক্ষেপের কারণ বিশ্লেষণ করুন।

সংক্ষিপ্ত প্রশ্ন

- ১। মানসিক স্বাস্থ্য কী?
- ২। দৈহিক অবসাদ কেন হয়?
- ৩। মানসিক অস্থিরতা কী?
- ৪। পরিবেশ ভালো না হলে কী হয়?

রচনামূলক প্রশ্ন

- ১। মানসিক অবসাদ দূরীকরণের উপায়গুলো বর্ণনা করুন।
- ২। শিক্ষার্থীর উপর মানসিক প্রভাবগুলো আলোচনা করুন।
- ৩। মানসিক অবসাদের কারণগুলো উল্লেখ করুন।

পাঠোত্তর মূল্যায়ন- ৩.১ : ১।ক ২।খ ৩।গ ৪।গ পাঠোত্তর মূল্যায়ন- ৩.২ : ১।গ ২।খ ৩।ঘ ৪।ক



Report on the Online-Certificate Course on Basic Statistics

Organized by Department of Statistics, Banwarilal Bhalotia College, Asansol

The field of statistics is the science of learning from data. Statistical knowledge helps us to use the proper methods to collect the data, employ the correct analyses, and effectively present the results. Statistics is a crucial process behind how we make discoveries in science, make decisions based on data, and make predictions. Statistics allows us to understand a subject much more deeply. There are two main reasons why studying the field of statistics is crucial in modern society. First, this are guide us for learning from data and navigating common problems that can lead us to incorrect conclusions. Second, given the growing importance of decisions and opinions based on data, it's crucial that we can critically assess the quality of analysis that others present to us. As per need of the new age of data, where abundance of data and implementation of data based method is changing our daily life, the eight week online certificate course on "Basic Statistics" was introduced by the department of Statistics on 10th November, 2022 for UG and PG students. More than 40 students have participated. Only 26 students have secured 60% or more on each of the five online tests and they have received the E- certificates.

Certificate Course on Basic Statistics

Course Type: Online Certificate Course (It's free, no Course Fee required) Certificate Issuing Authority: Banwarilal Bhalotia College, Asansol, West Bengal, India Course Organizer: Department of Statistics, Banwarilal Bhalotia College, Asansol Target Audience: UG Level students of Mathematics, Economics and Statistics Pre-Requisites: Knowledge of 10+2 level Calculus. Course Opening Date: 15th November, 2021 (Tentative) Course Registration: Register on/before 10th November, 2021 through the following link <u>https://forms.gle/xSaxqiD9QsN6K7Mr6</u> Course Duration: 4 Weeks (Approx. 4 Classes per Week, Each of 2 Hours Duration) Course Mode: Virtual/Online through Google Meet Platform Class Timings: All the Classes will be scheduled in the Evening between 7 PM – 9 PM (IST) Course Instructor: Kuntal Bakuli, Assistant Professor in Department of Statistics Banwarilal Bhalotia College, Asansol - 713303, West Bengal, India Email id: kuntal.statistics1986@gmail.com

Course Outline & Outcome:

Understanding statistics is essential to understand the social and behavioral sciences. In this course you will learn the basics of statistics; not just how to calculate them, but also how to evaluate them.

In the first part of the course we will discuss methods of descriptive statistics. You will learn what cases and variables are and how you can compute measures of central tendency (mean, median and mode) and dispersion (standard deviation and variance). Next, we discuss how to assess relationships between variables, and we introduce the concepts correlation and regression.

The second part of the course is concerned with the basics of probability: calculating probabilities, probability distributions and sampling distributions. You need to know about these things in order to understand how inferential statistics work.

The third part of the course consists of an introduction to methods of inferential statistics - methods that help us decide whether the patterns we see in our data are strong enough to draw conclusions about the underlying population we are interested in. We will discuss confidence intervals and significance tests. An assignment will be provided at the end of each week. An assignment can be submitted several times. A student has to score minimum 60% in each assignment to complete the course. The Certificate will be issued only after completion of the course.

Course Syllabus/Modules

Course Introduction: Before we start, we'll give you a broad sense of what the course is about and how it's organized. Are you still deciding whether this is the course for you? Then make sure to check out the 'Course Outline and Outcome' and 'What to expect from this course' sections below, so you'll have the essential information you need to decide and to do well in this course! If you have any questions about the course format, deadlines or grading, you'll probably find the answers here.

Module 1 : Exploring Data (2 classes)

In this first module, we'll introduce the basic concepts of descriptive statistics. We'll talk about cases and variables, and we'll explain how you can order them in a so-called data matrix. We'll discuss various levels of measurement and we'll show you how you can present your data by means of tables and graphs. We'll also introduce measures of central tendency (like mode, median and mean) and dispersion (like range, interquartile range, variance and standard deviation). We'll not only tell you how to interpret them; we'll also explain how you can compute them. In this module we'll only discuss situations in which we analyze one single variable. This is what we call univariate analysis. In the next module we will also introduce studies in which more variables are involved.

Module 2: Correlation and Regression (2 Classes)

In this second module we'll look at bivariate analyses: studies with two variables. First we'll introduce the concept of correlation. We'll investigate contingency tables (when it comes to categorical variables) and scatterplots (regarding quantitative variables). We'll also learn how to understand and compute one of the most frequently used measures of correlation: Pearson's r. In the next part of the module we'll introduce the method of OLS regression analysis. We'll explain how you (or the computer) can find the regression line and how you can describe this line by means of an equation. We'll show you that you can assess how well the regression line fits your data by means of the so-called r-squared. We conclude the module with a discussion of why you should always be very careful when interpreting the results of a regression analysis.

Module 3: Probability and Probability Distributions (4 classes)

This module introduces concepts from probability theory and the rules for calculating with probabilities. This is not only useful for answering various kinds of applied statistical questions but also to understand the statistical analyses that will be introduced in subsequent modules. We start by describing randomness, and explain how random events surround us. Next, we provide an intuitive definition of probability through an example and relate this to the concepts of events, sample space and random trials. A graphical tool to understand these concepts is introduced here as well, the tree-diagram. Thereafter a number of concepts from set theory are explained and related to probability calculations. Here the relation is made to tree-diagrams

again, as well as contingency tables. We end with a lesson where conditional probabilities, independence and Bayes rule are explained. All in all, this is quite a theoretical module on a topic that is not always easy to grasp. That's why we have included as many intuitive examples as possible.

Probability distributions form the core of many statistical calculations. They are used as mathematical models to represent some random phenomenon and subsequently answer statistical questions about that phenomenon. This module starts by explaining the basic properties of a probability distribution, highlighting how it quantifies a random variable and also pointing out how it differs between discrete and continuous random variables. Subsequently the cumulative probability distribution is introduced and its properties and usage are explained as well. In a next lecture it is shown how a random variable with its associated probability distribution can be characterized by statistics like a mean and variance, just like observational data. The effects of changing random variables by multiplication or addition on these statistics are explained as well. The lecture thereafter introduces the normal distribution, starting by explaining its functional form and some general properties. Next, the basic usage of the normal distribution to calculate probabilities is explained. And in a final lecture the binomial distribution, an important probability distribution for discrete data, is introduced and further explained. By the end of this module you have covered quite some ground and have a solid basis to answer the most frequently encountered statistical questions. Importantly, the fundamental knowledge about probability distributions that is presented here will also provide a solid basis to learn about inferential statistics in the next modules.

Module 6: Methods of Estimation (4 classes)

We can distinguish two types of statistical inference methods. We can: (1) estimate population parameters; and (2) test hypotheses about these parameters. In this module we'll talk about the first type of inferential statistics: estimation by means of Point estimation method and confidence intervals. In Point estimation we use the observed value of a statistic to estimate the population parameters. A confidence interval is a range of numbers, which, most likely, contains the actual population value. The probability that the interval actually contains the population value is what we call the confidence level. In this module we'll also pay attention to how you can estimates for means and proportions and how you should interpret them. We'll also pay attention to how you can decide how large your sample size should be.

Module 7: Significance tests (4 classes)

In this module we'll talk about statistical hypotheses. They form the main ingredients of the method of significance testing. An hypothesis is nothing more than an expectation about a population. When we conduct a significance test, we use (just like when we construct a confidence interval) sample data to draw inferences about population parameters. The significance test is, therefore, also a method of inferential statistics. We'll show that each significance test is based on two hypotheses: the null hypothesis and the alternative hypothesis. When you do a significance test, you assume that the null hypothesis is true unless your data provide strong evidence against it. We'll show you how you can conduct a significance test about a mean and how you can conduct a test about a proportion. We'll also demonstrate that significance tests and confidence intervals are closely related. We conclude the module by arguing that you can make right and wrong decisions while doing a test. Wrong decisions are referred to as Type I and Type II errors.

About Course Instructor:

Mr. Kuntal Bakuli joined Banwarilal Bhalotia College in 2016, as an assistant professor of Statistics. He is a research scholar (PhD student) in the Department of Statistics of University of Calcutta. Mr. Bakuli has research interest in Queuing theory and Bio-statistics. He has few published papers in national and international journals.

Link of online tests

Test I - <u>https://docs.google.com/forms/d/1tbnXcWN9DytvAqbGpf3VJ6fMveunx4-</u> COIYWQQkq3yU/edit?usp=sharing

Test II - <u>https://docs.google.com/forms/d/1nao_5ZRHQNI0zG_0d9a68emQK9h3IfC-</u> CCXHcXfhJM/edit?usp=sharing

 Test
 III
 https://docs.google.com/forms/d/1UX1AtCgrSXWpFbySL59

 F2kL9jzkqyi6NugZE0bGNGc/edit?usp=sharing

 Test
 IV
 https://docs.google.com/forms/d/1UX1AtCgrSXWpFbySL59

 F2kL9jzkqyi6NugZE0bGNGc/edit?usp=sharing

 Test
 V
 https://docs.google.com/forms/d/14_hU034gXrdX5e-A4

 gmCII1fQFES7f0TEKzw0PWeAI/edit?usp=sharing

Sample Certificates





Central Library, Banwarilal Bhalotia College, Asansol, West Bengal, India

Admission Notification of 4-Week (40 hours) Certificate Course

in

OPEN EDUCATIONAL RESOURCES FOR STUDENTS

Online applications through google form are invited from eligible candidates for admission to the above mentioned course in blended mode offered by Central Library, Banwarilal Bhalotia College, Asansol, West Bengal, India under the Aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India and under the guidance of Prof. (Dr.) B. Maharana, Head, P.G. Department of Library and Information Science, Sambalpur University, Odisha, India.

About the course: -

The certificate course in Open Educational Resources (OERs) is mainly designed to make the students aware of online freely accessible learning materials. OERs are online learning materials having openly licensed for using, sharing and reusing. OERs are helpful for students especially during pandemic as they can be accessed from anywhere, any time by any one. In this way, this course aims to promote learner-centric resources and self-learning. Assignments are included to find right OERs at right time from different platforms of OERs.

Learning outcomes: -

- > To make aware of Open Educational Resources
- > To know about Creative Commons Licenses
- To find OER Platforms in and around the globe
- > To know how to search Open Educational Resources

Other necessary details: -

 Course type: - Certificate Course through Google Meet
 Course fees: - Rs. 100/- (Payment through the following

Account—Name of the account-- Banwarilal Bhalotia College, A/C No. <u>0824050010032</u>, IFSC—<u>PUNB0082420</u>

Punjab National Bank, Ushagram Branch)

Target learners: - UG/PG students of any discipline Pre-requisites: -Basic Knowledge of Computer or Smartphone

Start date: - <u>14/11/2021</u> End date: - <u>14/12/2021</u> (Timings: - 7pm to 9pm on Saturdays, Sundays and National Holidays)

Number of Seats: - 80 (Seats will be filled on first come first served basis)

e-Certificate will be awarded after successful submission of the assignments through registered mail id of the participants and attendance is must for Final Online Objective Test.

Chairperson: Prof. (Dr.) Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol, West Bengal, India

Name of the instructors: - Prof. (Dr.) Bulu Maharana, Head, P.G. Department of Library and Information Science, Sambalpur University, Odisha; Dr. Sabitri Majhi, Assistant Professor. P.G. Department of Library and Information Science, Sambalpur University, Odisha and Abhijit Chakrabarti, Librarian, Banwarilal Bhalotia College, Asansol, West Bengal

Course coordinator: - Abhijit Chakrabarti, Librarian, Banwarilal Bhalotia College, Asansol Contact mail id: knowledgeavi@gmail.com

Link for Admission (Link will remain open till 19.11.2021): --

https://forms.gle/sNtf6rgvq7ZzGCj79

Name of the Course: - Open Educational Resources for UG/PG students Course Type: - Elective Online Free Certificate Course through Google Meet Category: Multidisciplinary UG/PG Level Course Target Learners: - UG and PG students of any discipline Issuing authority: - Banwarilal Bhalotia College, Asansol, West Bengal, India Organizer: - Central Library, Banwarilal Bhalotia College, Asansol, West Bengal, India under the Aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India under the guidance of Prof. (Dr.) Bulu Maharana, Head, P.G. Department of Library and Information Science, Sambalpur University, Odisha Duration: 4 Weeks (40 hours, 3 Credits) Start Date: 14.11.2021 End Date:18.12.2021 Class Timings: - 7pm to 9pm on Saturdays and Sundays in each week Pre-Requisites—Basic Knowledge of Computer and/or Smartphone Number of Seats: - 80 (Seats will be filled on first come first served basis) e-Certificate will be awarded after successful submission of the assignments through registered mail id of the participants and attendance is must for Final Online Objective Test. No hard copies will be dispatched. Name of the Instructors: - Prof, Dr. Bulu Maharana and Abhijit Chakrabarti Contact Mail:- knowledgeavi@gmail.com About the Course: -

The certificate course on Open Educational Resources (OERs) is mainly designed to make the students aware of online freely accessible learning materials. OERs are online learning materials having openly licensed for using, sharing and reusing materials. OERs are helpful for students especially during pandemic as they can be accessed from anywhere, any time by any one. In this way, this course aims to promote learner-centric resources and self-learning. Assignments are included to find right OERs at right time from different platforms of OERs.

Learning Outcomes:

- > To make aware of Open Educational Resources
- To know about Creative Commons Licenses
- > To find OER Platforms in and around the globe
- > To know how to search Open Educational Resources

NAME	Internal Assessment (30%)	Online Assessment	Marks Addedd (70%)	Total Marks Obtained (Out of 100)	Letter Grade	
DEBASIS			(1011)			1
BAHADUR	22	45 / 100	31.5	53.5	Е	1 III
ABHIJIT	, 			,	,	
BANERJEE	24	50 / 100	35	59	E	I !
AMIT KUMAR SAW	21	65 / 100	45.5	66.5	D	TOTAL MARKS= B+D
Ankit kumar singh	25	75 / 100	52.5	77.5	С	「II
Baiju Thomas	25	50/100	35	60	D	
CHUMKI MANDAL	25	75 / 100	52.5	77.5	С	
Debasish Mondal	26	80 / 100	56	82	В	
Dr. Sanjay Jagannathrao Shenmare	23	65 / 100	45.5	68.5	D	
HARSH RAJ	28	80 / 100	56	84	В	
LILI SAHU	27	70 / 100	49	76	C	90-100= A GRADE
Nagaiah .M	21	60 / 100	42	63	D	8089.99= B GRADE
Natkas sangita sheshrao	22	55 / 100	38.5	60.5	D	7079.99= C GRADE
NILUFER BANO	22	60 / 100	42	63	D	6069.99= D GRADE
PRABHA SUNDAS	28	80 / 100	56	84	B	5059.99= E GRADE
Rajat Kr Goswami	20	80 / 100	56	83	B	Below 50=Failed
Ruman Malik	28	80 / 100	56	84	B	
SATARUPA SAMANTA	25	80 / 100	56	81	B	
SAMANTA SIBY SHAJI	25	80 / 100	56	81	B	+
SIGY GEORGE	28	75 / 100	59.5 52.5	77.5	C D	+
SIGY GEORGE Sk Manoj Rahaman	25	75 / 100	52.5 52.5	77.5	C C	+
SK Manoj Ranaman SUBHAM SAHU	24	65 / 100	52.5 45.5	76.5	C C	+
SUBHAM SAHU SUMANA		007100	+0.0	10.0		+
BHATTACHARYYA	27	80 / 100	56	83	В	
SURAJIT DAS	19	45 / 100	31.5	50.5	E	
Swarnendu	· [· · · · · · · · · · · · · · · · · ·				, ,	†]/
Banerjee	23	75 / 100	52.5	75.5	С	LII
TAPAS GOSWAMI	26	70 / 100	49	75	С	LII'
UDAYAN GHOSH	26	80 / 100	56	82	В	I/

NUMBER OF REGISTERED PARTICIPANTS-34

https://docs.google.com/spreadsheets/d/1NTcTdOwEfVAh23n97oBXca2v 4ryjoG3H7hU0RqMSLXA/edit?usp=sharing

NUMBER OF AWARDEE OF CERTIFICATES---27



Banwarilal Bhalotia College

(GOVT SPONSORED U. G. & P. G. College)

ASANSOL - 713303, WEST BENGAL (INDIA)

Department of Political Science (Hindi Shilt)

Certificate Course on

Contemporary Political Theory

Course Mode: Online

Course Type: Certificate Course

Certificate Issuing Authority: Bauwarilal Bhalona College, Asansol

Patron: Dr. Amitava Basu, Principal, Banwarilal Bhaloha Cellege, Asansol

Course Organizer: Department of Poliheal Science (Mindi Shift), Banwanial Bhalotia College,

Astrisol

Under the Aegis of IQAC, BanwanIal Bhalotta College, Asansol

Course Coordinator: Saulosh Bhagat, Assistant Professor in Department of Political Science -

(Hindi Shift), Banwarilal Bhalotix College, Asunsol

santosh18.jnu agmail.com

Joint Coordinator: Queen Sinha, SACT in Department of Political Science

(Hindi Shift), Banwarilal Bhalotia College, Asansol

Eligibility: Under Graduation & Post Graduation in Arts/Social Sciences Stream

Date of Commencement of the Course: 15th October, 2021 (Intake - 50)

Duration of the Course: 35 Hours 12 Weeks (Approx 3 Classes per Week, Each of 1 Hour Duration)

Registration: 11/10/2021 to 22/10/2021 (link of the Registration is given below)

https://forms.glc/084P8EARTaNep/MQ16

Evaluation: Weekly Assignment and Final Exam at the End of the Course

Course Fee: INR 100 (Fees to be deposited in following account detail)

Barli Name - Punjali National Bank, Branch - Ushagram, Asansol, A'c Name - Banwarilal Bhalotin College, A/c No. - 0824050010032, IFSC - PUNB0082420, MICR - 713024008

Course Objectives and Outcomes

This course has been designed for conducting theoretical investigations of contemporary political phenomenia. The goal of this course is to understand the fundamental contemporary political theories that have shaped our world, and to consider which political theories imay shape our world in the future. In the process of exploring the theories at the foundation of multiculturalism, communitarianism, horat egalitarianism and post-modernity, we do consider how each of them addresses the most fundamental human questions. What is the just form of political society and government? What is better way of his for human beings? Moreover, in order to have a critical understanding and evaluation of these political theories fairly, this course will attampt to identify and to examine the most powerful arguments for and against each of these theories. The intention of the course is twofold. 1) to familiarize students with the intellectual inheritance of contemporary societies, and 2) to engage them in the controversizes which modern theory has raised but which remain as yet unresolved. Further, the objective of this course is exploring the scope of domination

Course Syllabus/Modules

Unit I

Political Theory

Meaning, Why Do We Need to Read Political Theory, Decline & Resurgence of Political Theory (8 Class)

Unit II

Multiculturalism

Hastorical Perspective: Fluraham and Multiculturalism: Conception of Multiculturalism of Will Kymhoka and Blakhu Parekh

(6 Class)

Unit III

Communitarianism

Theoretical Aspects, Communitarianism and Liberalian (6 Class)

Unit IV

Post-modernity

Theoretical Aspects: Critique of Enlightenment, Rationality and Universalism (6 Class)

Unit V

Liberal Egalitarianism

Meaning, Conception of John Rawls and Ronald Dwarkin on Liberal Egalitariansin (8 Class)

For any query contact at this E-mail id santash18 jnu@gmail.com

Course Coordinator

Santoth Kumar Bhagat

Santosh Kumur Bhagat Assistant Professor Department of Political Science (Hindi Shift) Banwarilal Bhalotia Colloga, Asansol Parcon and Chairperson

AB

Dr. Amitava Basa Principal Banwarilai Bhalotia College, Asansol

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Great-POIPSOVO, Mediae of Gertificate Gentre and Value Added Course for the Department of Postical Source (Hind) Shifts



SANTOSH BHAGAT <sebbhagat@gmail.com>

PO/PSO/CO, Module of Certificate Course and Value Added Course for the Department of Political Science (Hindi Shift).

SANTOSH BHAGAT <sdbbhagab@gmail.com< To: bboollege igac@gmail.com

Wed, Oct 13, 2021 at 3:57 PM

Co: nase heo@gmail.com.subpta_umaths@yahoo.co.in

Respected Sr.

Please find attached the PO/PSO/CO, module of Certificate Course and Value Added Course for the department of Political Science (Hindi Shift): Further, this is to bring to your kind notice that we shall provide the Mentor-Mentee Report. in due course.

Thanking you in anlieipation.

Sincere regards, Santosh Ehagat Department of Political Science (Hindi Shift)

3 attactments

PO-PSO-CO (1).pdf 625K

Certificate Course on Contemporary Political Theory1.pdf 150K

Value Added Course.pdf 145K





GONT. SPONSORED U. G & P. G. College)

ASANSOL - 713303, WEST BENGAL (INDIA)

Department of Political Science (Hindi Shift)

Notice

This is to inform to all concerned that department of Political Science (Hindi Shift) of our college is going to organize a certificate course on "Contemporary Political Theory". The interested candidates are requested to register their names before 22nd October, 2021. Total intake of this course is 50.

Course Courdinator

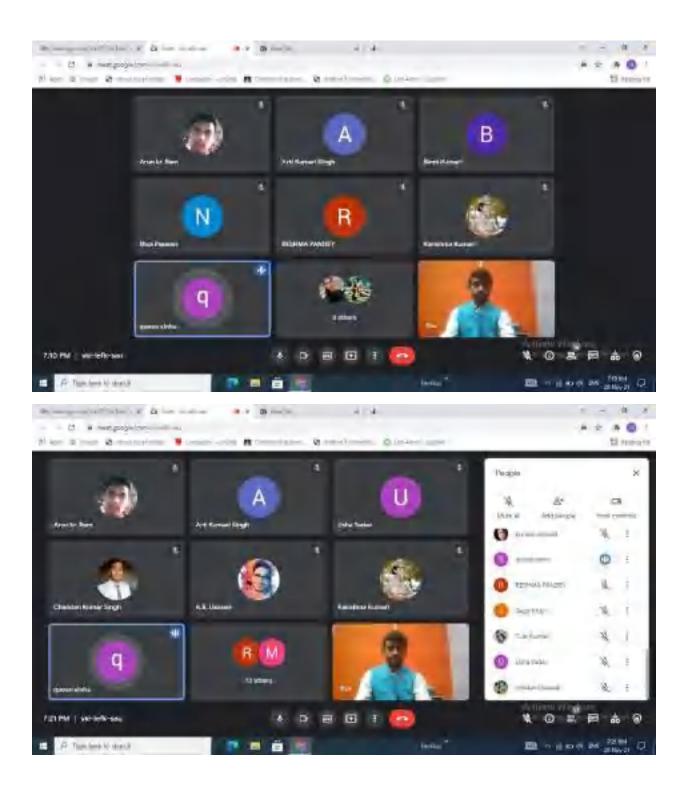
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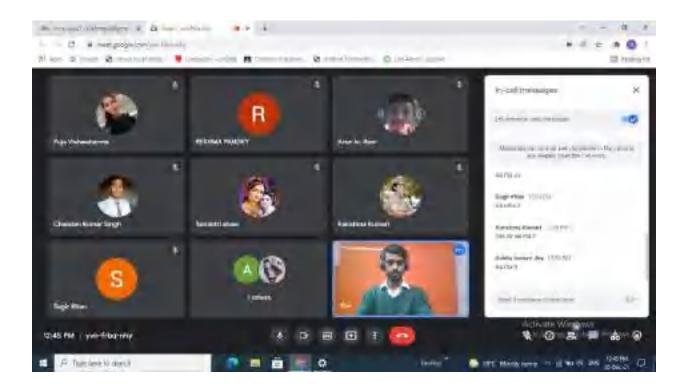
Santosh Kumar Bhagat Assistant Professor Department of Political Science (Hindi Shift) Banwarilal Bhalotia College, Asansol Pairon and Chairperson

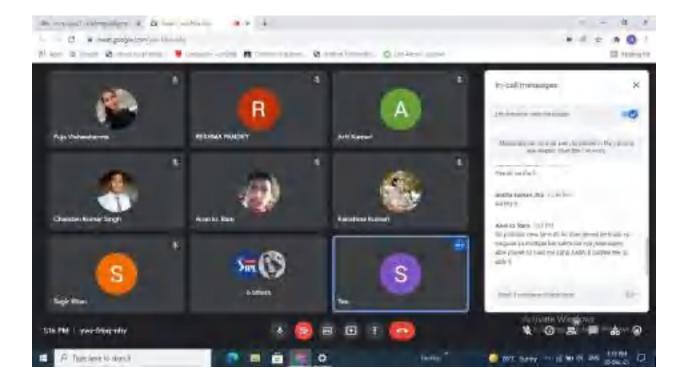
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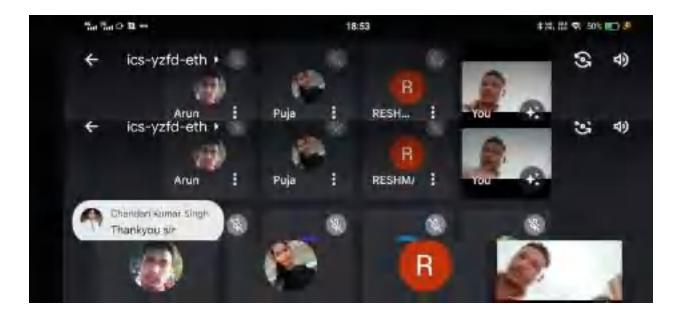
Dr. Amitava Basu Principal Banwarilai Bhalotia College, Asansol

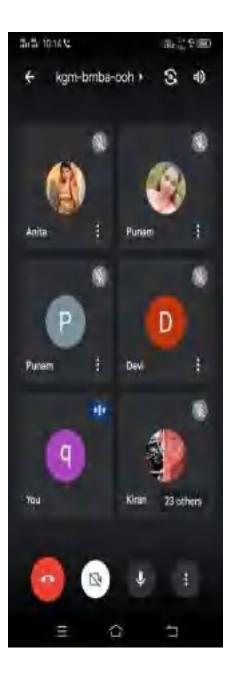
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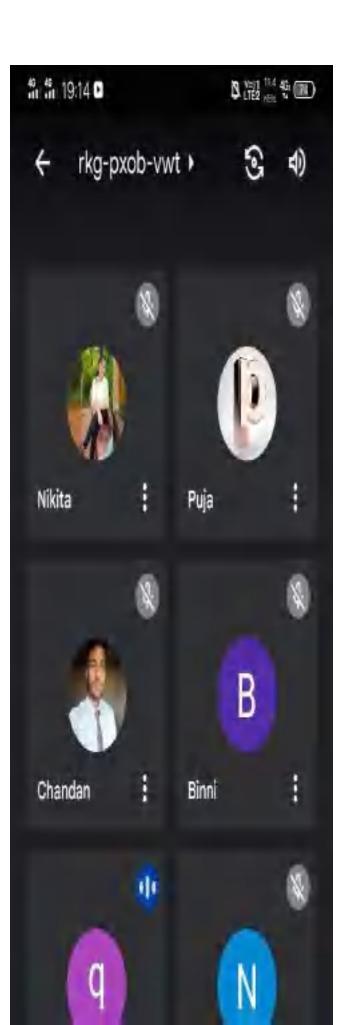


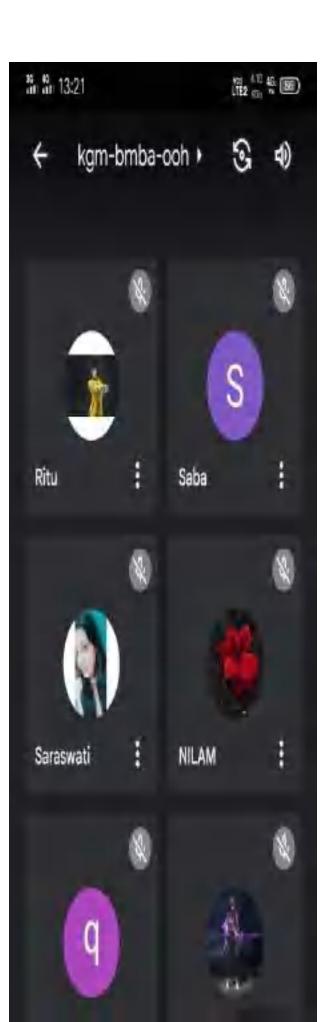


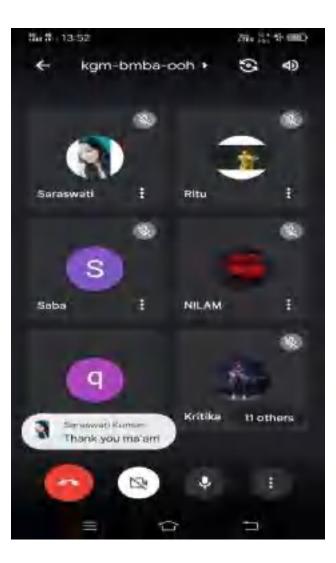












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+91 94348 38465 joined using this group's invite link:

November 28, 2021

Pami joined using this group's invite link.

+91 77187 51924 joined using this group's invite link.

+91 96096 20125 Joined using this group's invite link

+91 74079 59850 joined using this group's invite link.

Chandan Kumar joined using this group's invite link.

+91 6296 871 776 Joined using this group's invite link.

+91 85972 17187 joined using this group's invite link.

+91 75839 13574 joined using this group's invite link.

Punam Jaiswal joined using this group's invite link

November 29, 2021

+91 96417 32414 jained using this group's invite link

We shall start the Certificate Course today at 7PM in online mode (google meet). Please attend the same. Size AM W To join the meeting on Google Meet, click this link: https://meet.google.com/vki-iefk-sau Or open Meet and enter this code: vki-iefk-sau Message



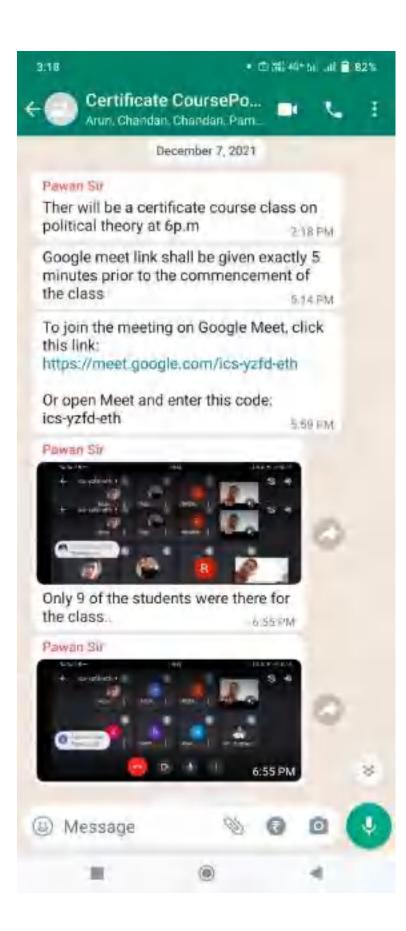
ASANSOL - 713303, WEST BENGAL (INDIA)

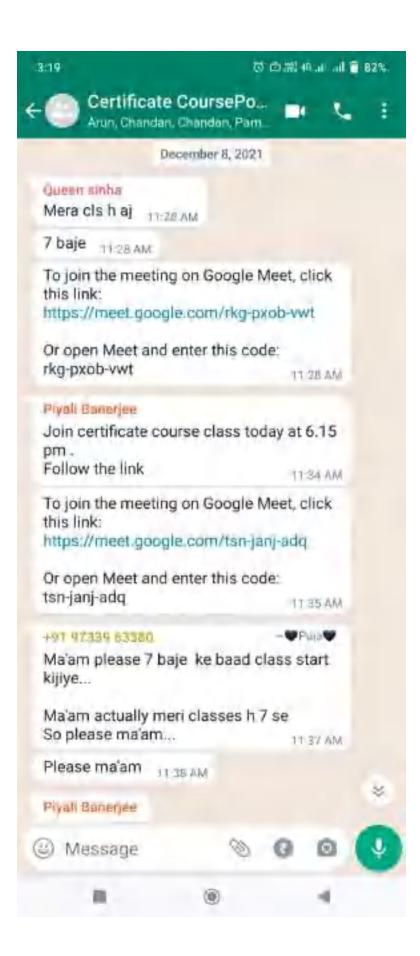
Department of Political Science (Hindi Shift)

Routine for Certificate Course on Contemporary Political Theory

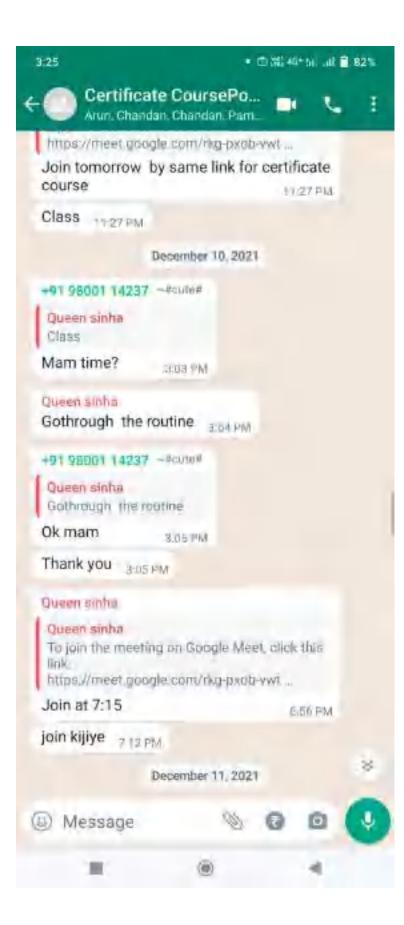
Monday	7 PM Pawan Gurung	
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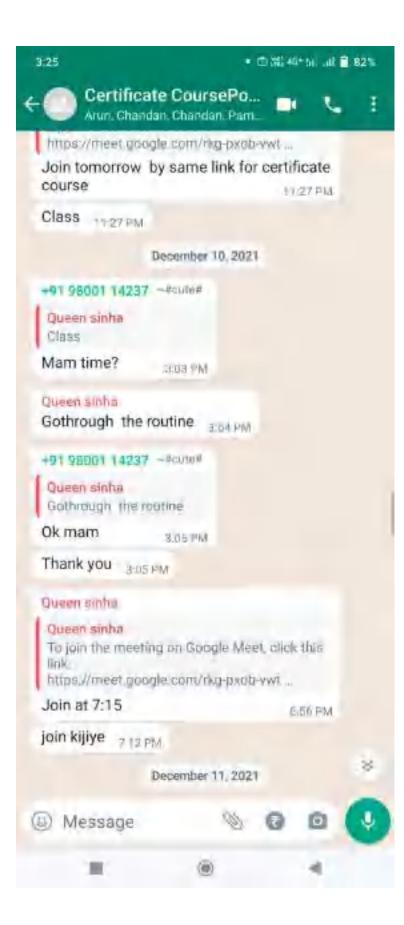
















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ASANSOL – 713303, WEST BENGAL (INDIA) Department of Political Science (Hindi Shift)

Report of Certificate Course on Contemporary Political Theory

Department of Political Science (Hindi Shift), Banwarilal Bhalotia College, Asansol under the aegis of IQAC, Banwarilal Bhalotia College, Asansol and guidance of our inspiration Dr. (Prof.) Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol organized a 36 hours long **"Certificate Course on Contemporary Political Theory".** This course was held during November to December, 2021. Total no of participants were 28 for the said course.

Name of the Course Coordinator –

Santosh Kumar Bhagat, Assistant Professor, Department of Political Science (Hindi Shift), Banwarilal Bhalotia College, Asansol

Name of the Course Joint Coordinator -

Queen Sinha, SACT, Department of Political Science (Hindi Shift), Banwarilal Bhalotia College, Asansol



Report on the Online Certificate Course on A Tensorial Way to Relativity & Cosmology Organized by Department of Mathematics Banwarilal Bhalotia College, Asansol

As per the growing need of the UG and PG level students in Mathematics and Physics, a twelve-week Online Certificate Course on the topic "A Tensorial Way to Relativity & Cosmology" was introduced by the Department of Mathematics, Banwarilal Bhalotia College, Asansol, West Bengal, India. The objective of this course was to familiarize the students about the concepts of tensors and to enable them further to use the idea of tensors to develop the Theories in Modern Physics such as Relativity and Cosmology. The curriculum for this course was thoroughly designed by the Course Co-ordinator Dr. Sudipta Das, Assistant Professor in Department of Mathematics, Banwarilal Bhalotia College. The Brochure for this course (attached with this Report) was circulated well in advance. Many students were highly enthusiastic about this course and a total of **107 people** from all over India have registered. A dedicated WhatsApp Group was also created for further communication regarding this Course. This Certificate Course was inaugurated by Prof. Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol through a virtual session on **17th October, 2021**. Dr. Tapas Kumar Maji, Head and Assistant Professor, Department of Mathematics, Banwarilal Bhalotia College greeted the audience by his Welcome Address. Dr. Supriya Pan, Assistant Professor in the Department of Mathematics, Presidency University, Kolkata was our Chief Guest for the Inauguration Program who delivered a lucid speech to the participants to introduce them with the basics of Relativity and Cosmology and to motivate them for further research in these areas. During the course, other topics of Modern Physics were also discussed whenever needed. Also, at a later stage of this course, a brief exposure to the most important open problems for present-day Physics was provided and the current status of the research activities in Relativity and Cosmology were also discussed for the interested students. The course has received some very positive overall feedbacks though some UG level students have requested to offer this course at more basic level as some topics of this course was considered to be much advanced for them. A large amount of assignment problems as well as numerous homework problems were given to the students as hand-in exercises and they submitted their answers through Google Form or WhatsApp. After the twelve-week duration of this course, a Final Test was conducted through Online Assignment on 16th January, 2022. A total of 28 participants have passed this Test and received Online Certificates through an Online Valedictory Program on **17th January, 2022**.

The other details regarding this Certificate Course is hereby attached along with this Report.

Certificate Course on <u>A Tensorial Way to Relativity & Cosmology</u>

Course Type: Online Certificate Course (It's free, no Course Fee required) Certificate Issuing Authority: Banwarilal Bhalotia College, Asansol, West Bengal, India Course Organizer: Department of Mathematics, Banwarilal Bhalotia College, Asansol Under the Aegis of IQAC, Banwarilal Bhalotia College, Asansol Target Audience: UG/PG Level Mathematics and Physics Students Pre-Requisites: Basic Knowledge on Geometry, Differential Calculus & Vectors Course Opening Date: 17th October, 2021 (Tentative) **Course Registration:** Register on/before 10th October, 2021 through the following link https://forms.gle/dfQo3E9HtNfsxAEw5 **Course Duration:** 12 Weeks (Approx. 3 Classes per Week, Each of 1 Hour Duration) **Course Mode:** Virtual/Online through Google Meet Platform Class Timings: All the Classes will be Scheduled in the Evening between 7 PM - 9 PM (IST) Course Exams: Regular Weekly Assignments & Final Exam at the end of the Course Course Instructor: Dr. Sudipta Das, Assistant Professor in Department of Mathematics Banwarilal Bhalotia College, Asansol - 713303, West Bengal, India Email id: sudipta jumaths@yahoo.co.in

Course Outline & Outcome:

This course is specifically designed for advanced UG and PG level students in Mathematics and Physics. We will start with the basic idea of tensors as a generalization of vectors. We will then gradually move on to learn the details of algebraic operations on the tensors along with the transformation laws. Then we will proceed to the core topic of tensor calculus and study the ideas like metric tensors, curvature and derivatives of tensors with adequate examples. Finally, we will delve deeper into the course where the applications of tensor calculus in different fields of Physics, especially in Special & General Theory of Relativity and Cosmology will be discussed in details with some elaborate demonstrations. This course will enable the students to learn about the modern-day research topics such as Relativity and Cosmology and to acquire the necessary tools which will surely help them in their future fields of research. Certificates will be issued at the end of the Course to the successful participants.

Course Syllabus/Modules

Week 1 & 2 (Module – 1): Basics of Tensors & Tensor Algebra (5-6 Classes)

Vectors, Euclidean & non-Euclidean Geometry, notations about indices & summation convention, symmetric & anti-symmetric systems, tensors as generalization of vectors, transformation properties of tensors: contravariant, covariant & mixed tensors, algebraic operations on tensors: contraction, inner product & outer product of tensors, idea of metric tensor and its applications. *Assignments at the end of each week.*

<u>Week 3, 4 & 5 (Module – 2):</u> Introduction to Tensors Calculus (8 Classes)

Differentiation of tensors: covariant derivative, definition and properties of affine connection & Christoffel symbols, differential operators & their properties: gradient, curl, divergence & Laplacian, Lagrangian & geodesic equations, definition & properties of Riemann curvature tensor, Ricci tensor & Ricci scalar. *Assignments at the end of each week.*

Week 6, 7 & 8 (Module – 3): Tensorial Description of Special Theory of Relativity (9-10 Classes)

4-dimensional Minkowski Spacetime & four-vectors, Principles of Relativity, interval between two events, Lorentz transformations: time dilation & length contraction, velocity & acceleration four-vectors, energymomentum four-vector, angular momentum tensor, relativistic dynamics: covariant Newton's law, covariant laws of electromagnetism. *Assignments at the end of each week.*

Week 9, 10, 11 & 12 (Module – 4): Applications to General Relativity & Cosmology (12 Classes)

Action integral, electromagnetic field equations, action for matter fields, Einstein tensor, Introduction to Theory of General Relativity, Einstein field equations, Black Holes: Schwarzschild solution, introduction to Cosmology: Robertson-Walker metric, Friedmann equations, solutions to Friedmann equations and models of our Universe, distance measurements, cosmological redshift, Hubble law and expanding universe, Basic idea of Cosmic Microwave Background Radiation (CMBR). *Assignments at the end of each week.*

Course Materials/Reference Books:

Basic Texts:

- 1. Tensors, Relativity and Cosmology by Mirjana Dalarsson & Nils Dalarsson, Academic Press.
- 2. Introducing Einstein's Relativity by Ray D'Inverno, Oxford University Press.
- 3. Spacetime and Geometry by Sean M. Carroll, Addison Wesley.

For Further Reading:

4. Lecture Notes on General Relativity by Matthias Blau.

http://www.blau.itp.unibe.ch/GRLecturenotes.html

5. Relativity, Gravitation and Cosmology by Robert J. A. Lambourne, Cambridge Publishers.

About Course Instructor:

Dr. Sudipta Das has joined at Banwarilal Bhalotia College, Asansol on 25th February, 2015 as an Assistant Professor in Mathematics and working here till date. He has completed his Ph.D. from Indian Statistical Institute, Kolkata on 7th January, 2015. His specialization is in Mathematical Physics and his research interest lies in the fields of Relativity and Cosmology, especially on the topic of Dark Energy in Cosmology. Presently he is offering numerous UG Courses for B.Sc. Mathematics Hons. students on Differential Calculus & Differential Equations, Calculus of Several Variables, Particle Dynamics, Dynamics of Rigid Bodies, Probability & Statistics, Special Theory of relativity; and one PG Course for M.Sc. Physics students on Special Theory of Relativity. An avid reader and traveller, whenever not busy with teaching jobs or research works, Dr. Das can often be found to be travelling in the Himalayas.



Inauguration Program for the Certificate Course on <u>A Tensorial Way to Relativity & Cosmology</u>

Organized by

Department of Mathematics, Banwarilal Bhalotia College, Asansol

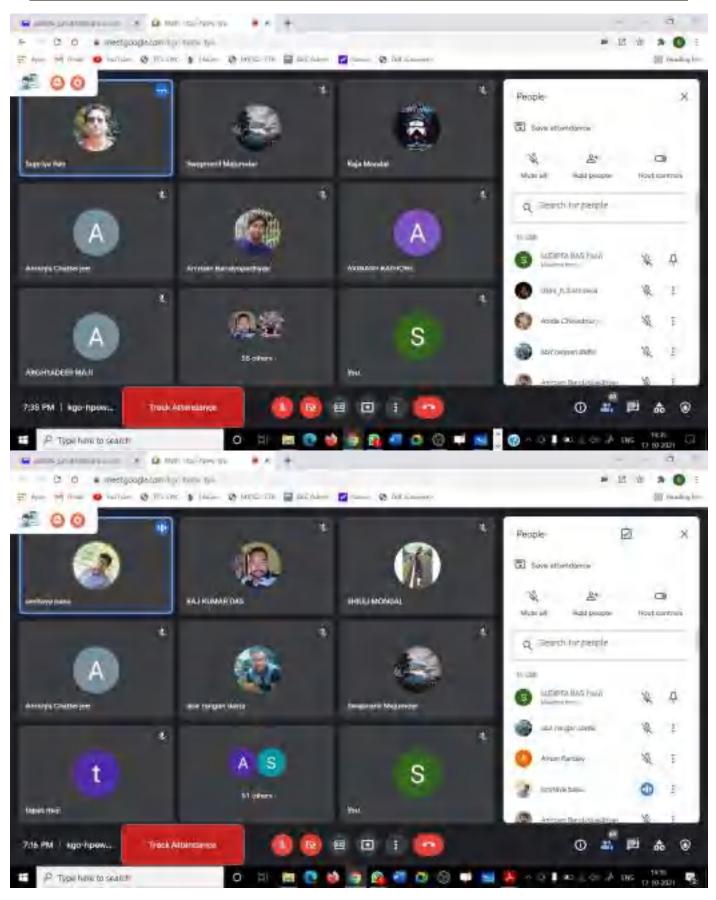
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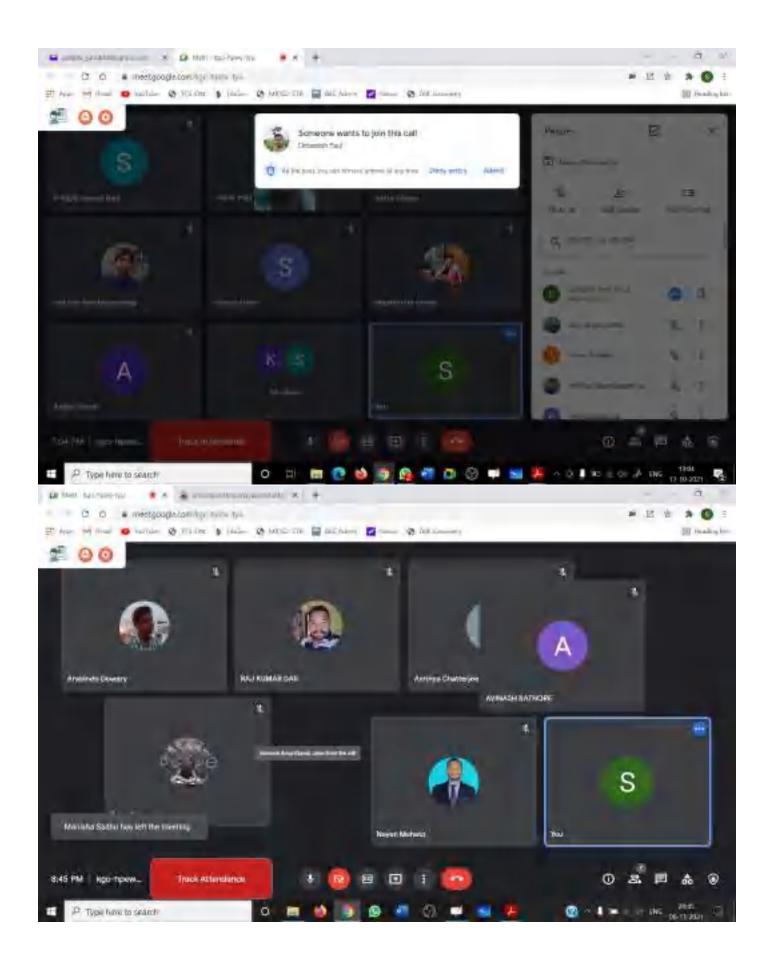
Date: 17th October, 2021 Time: 7 PM Onward

Program	Dignitaries	Schedule
	Dr. Tapas Kumar Maji	
Introductory Speech	Head & Assistant Professor	7:00 PM
	Department of Mathematics	
	Banwarilal Bhalotia College, Asansol	
Welcome Address &	Prof. (Dr.) Amitava Basu	
Inaugural Speech	Principal	7:10 PM
	Banwarilal Bhalotia College, Asansol	
	Dr. Supriya Pan (Guest Speaker)	
Invited Speech	Assistant Professor	7:20 PM
	Department of Mathematics	
	Presidency University, Kolkata	

Meeting Link: <u>https://meet.google.com/kgo-hpew-tyu</u> (Please join 5 minutes before schedule for smooth functioning)

Sample Screenshots of Classes of Certificate Course During Jan 2021 to Dec 2021 by Dr. Sudipta Das





Sample Online Certificates for the Course



A Tensorial Way to Relativity & Cosmology

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This is to certify that MR. SOUMYAJT ROY of Romakrishna Mission Residential College, Narendrapur has successfully completed the Twelve-Week Colline Certificate Course on "A Tensorial Way to telativity & Cosmology" organized by the Department of Mathematics, Barwarial Bhalotia College, Asansol, West Bengal, India, from 17th October, 2021 to 17th January, 2022.

Sudipta Time

Dr. Sudipto Das Course Coordinator & Amintant Professor in Methametics Bonwarital Brainitia College, Assessed Principal & Re-Officio Secretary of Governing Body Bunwerilal Shalotio College, Asamol



Online Certificate Course on A Tensorial Way to Relativity & Cosmology

Organized by Department of Mathematics, Banwarilal Bhalaria Callege

Unifer the magis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India



This is to certify that MR. ANRINYA CHATTERJEE of Chundernogore Government College has successfully completed the Twelve-Week Online Certificate Gaussi on 14 Tensorial Way to Telefivity & Cosmology", organized by the Department of Mathematics, Banwarilal Bhalotia College, Asansol, West Bengal, India, from 17th October 2021 to 17th January, 2022.

Gadethy Don Dr. Sucipto Des Course Coordinator & Assistant Professor in Mathematics Banwarital Bhatotis College, Asansoi Prot. Amiliava Bosu Principal & Ex-Officio Secretary of Governing Body Banwarilal Bhalotis College, Asansol

Report of Certificate Course:

A Certificate Course was organized entitled **as An Introduction to MS Excel and QGIS** by the Department of Geography, Hindi Shift on and from 1st November, 2021 to 23 rd December, 2021 (32 hours). The brochure, notification, class screenshots, attendance of students and pertinent information are attached herewith.

Name of the Course: An Introduction to MS Excel and QGIS

Course Coordinator: Dr. Manas Pal and Ms. Sohini Neogy

Course Instructors/ Resource Persons: Dr. Manas Pal, Ms. Sohini Neogy and Mr. Saurav Vishwakarma

Number of participants: 45

Name of the participants and their email address:

Name of the Student	Email Address	WhatsApp Number
Laxmi Pandit	panditlaxmi2020@gmail.com	7076788757
Piush Singh	Piushs059@gmail.com	7548002340
Rina kumari kurmi	reenapatel93828@gmail.com	9382866912
Manisha Kumari	kumarim7691@gmail.com	7602833767
Abhishek Prasad	abhishekprasad02293@gmail.com	8637548669
AMARJEET KOUR	amarjeetkour1522@gmail.com	7586066939
Raja Burnwal	burnwalraja23@gmail.com	8513012773
Harsh Shaw	hshaw7950@gmail.com	9883817806
Anjali yadav	anjaliroy8637@gmail.com	8637346618
Komal km Giri	komalkmgiri@gmail.com	8942076695
Sanju kumari	prahladasn2020@gmail.com	9641508973
Shivani Kumari yadav	shivanikumariyadav133@gmail.com	9064777408
Suraj Ram	surajram7705@gmail.com	7908647705
Jayanti Mondal	jayantimondal1258@gmail.com	6297699117
Priti Thakur	pritithakur334@gmail.com	8927926566
SALINI SAHA	sahashalini60@gmail.com	9832566824
Manisha Kumari	kumarim7691@gmail.com	7602833767

Sabana Khatoon	khatoonsabana655@gmail.com	8759257485
Anisha kumari Roy	royanisha965@gmail.com	8101476511
Shruti Singh	shrutisingh86257@gmail.com	7478188808
Laxmi Modi	laxmimodi84@gmail.com	8609127583
ROSHNI KHATOON	roshnikhatoon590@gmail.com	7047938035
Sharqua Rakshi	sharquarakshi786@gmail.com	7047978925
BRAJ KISHOR BHAGAT	brajkishor8906@gmail.com	6297447871
Jyoti Gupta	jg9044429@gmail.com	8101437659
Sudha kumari	sudhakumari75846@gmail.co	8918548802
Utttam Kumar pandit	ukpandiitt@gmail.com	8116469394
Subham kr rai	subhamrai.asn@gmail.com	8170069098
Pratima Kumari Ahir	richakumari993304@gmail.com	7001670434
Priti Sharma	sharmaprity169@gmail.com	9064663145
Madhu kumari yadav	kbishal5030@gmail.com	8927483151
Sahil singh	sr476470@gmail.com	9144433059
Deepa kumari	artikumari4083@gmail.com	6295900344
SARIKA PASWAN	bishwakarmadusadrng@gmail.com	6296348934
SAKCHI KUMARI BURNWAL	sakchikumari15@gmail.com	7074478960
Abhishek Pandey	abhishekpandey36070@gmail.com	7029946326
Kalyani Bahadur	lovebahadur8@gmail.com	9749496906
Rakesh Kumar Mahato	mahatorakeshkumar38@gmail.com	9883373203
EKTA kumari	ektasinghrajput83@gmail.com	9832175131
BISHAL PRASAD KUSHWAHA	bishalkushwaha400@gmail.com	7319570730
Abu Aashqain Sahil	aashqainsahil@gmail.com	9332348143
Swati Kumari Turi	waibhavturi@gmail.com	8388946870
Suman Kumari Nonia	sumannonia193@gmil.com	8250779129
Punam Kumari mondal	punammondal31@gmail.com	7866872514
Neha mondal	nehamondal565@gamil.com	9883422029



Banwarilal Bhalotia College

Affiliated to **KAZI NAZRUL UNIVERSITY**, Asansol (GOVT. SPONSORED UG & PG College)

Estd: 1944

ASANSOL – 713303, WEST BENGAL (INDIA)

Phone: 0341-2274842

Fax :0341-2274529

Web: www.bbcollege.ac.in

Date: 17/10/2021

NOTICE

The Department of Geography (Hindi Shift) is going to organize a Certificate Course on An Introduction to MS Excel and QGIS from 1st November to 20th November (for 32 hours). The interested candidates are requested to register their names before 29/10/2021.

Momas Pul

Dr. Manas Pal Prof. HOD, Department of Geography (Hindi Shift) Banwarilal Bhalotia College, Asansol

Apr

(Dr.) <u>Amitava Basu</u> Principal Banwarilal Bhalotia College, Asansol

CERTIFICATE COURSE ON

AN INTRODUCTION TO MS EXCEL AND QGIS

Course Outline and Outcome:

The course has been categorically targeted towards upskilling of undergraduate students pursuing honours in Geography. The course would commence with the basic theoretical concepts of MS Excel and QGIS. It would further move onto the elementary practical training of the software and thereafter, it would target on imparting the applications of the software in Geography. This course will enable the students to acquire knowledge about the fundamental tools, thereby aiding them to explore the different avenues of the discipline in future. Certificates will be issued to the participants at the end of successful completion of the course.

Course Type: Certificate Course (No course fee required)

Course Organizer: Department of Geography (Hindi Shift), Banwarilal Bhalotia College, Asansol, West Bengal, India under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

Course Coordinators: Dr. Manas Pal and Ms. Sohini Neogy

Target Participants: UG level Geography students

<u>Pre-Requisites</u>: All participants must have laptop/desktop with Windows and stable internet connectivity and must have MS Excel (2010 onwards) and QGIS (3.0 onwards) installed in their computer. Course Opening Date: 1st November, 2021

Course Registration: Register on/before 28th October, 2021 through the following link-

https://forms.gle/BrWmHvJWU8zUaBMd7

Course Duration: 32 hours

Course Mode: Virtual/Online through Google Meet Platform

Class Duration and Timings: 2 hours per day, 3 days in a week; 7PM-9PM (IST)

Course Exams: Online test at the end of the course

Course Content:

Topics	No. of theory classes	No. of practical classes	Total no. of classes
Introduction to MS-Excel, Excel Features, Navigation and Formatting, Sorting, Filters, Functions and formulas.	i	î.	2
Creation of charts and layouts (bar, pie, line, box and whisker, radar).	-	ì	1
Descriptive statistics, correlation, regression analysis.	-	Ĩ	1
Remote Sensing, GIS, GNSS, Geoinformatics and related terms, advantages/limitations of Geoinformatics, applications of geoinformatics.	1	+	1
Dimensions of GIS data, Conceptual (field/object) and logical (raster/vector/object oriented), Data sources, data capture (raster/vector/attribute), Raster and vector data processing.	1	1	1
QGI5 Interface & plugins concepts, raster styling, Georeferencing (image to image).	-	1	1
Digitisation of features and administrative boundaries, data attachment, overlay, and preparation of annotated thematic maps, creation of map layout.		3	3
Supervised image classification, class editing, and post-classification analysis	~	2	2
Attribute & spatial query, area/perimeter/length extraction from features, field calculation/ statistics etc.	-	1	1
Different types of Proximity and Geoprocessing analysis on vector layers.	1	1	1
Data processing and analysis in Google Earth Pro, extraction of data from Google Earth Pro to GIS environment.	-	1	1
Assignment submission and doubt clarification.		1	1

Course Instructors:



Dr. Manas Pal Assistant Professor & Head, Department of Geography (Hindi Shift), Banwarilal Bhalotia College, Asansol. Email Id: manaspal.07@gmail.com

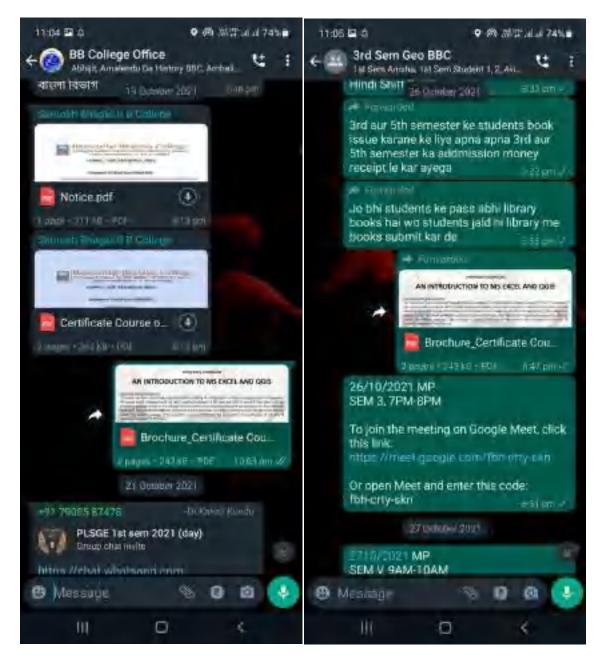


Ms. Sohini Neogy Assistant Professor, Department of Geography (Hindi Shift), Banwarilaf Bhalotia College, Asansol. Email id: sohini.neogy@gmail.com

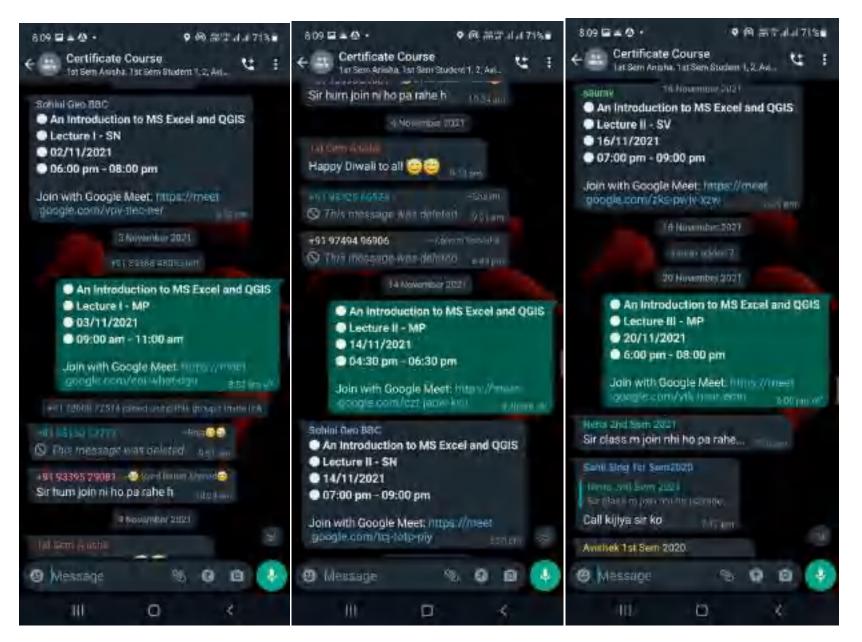


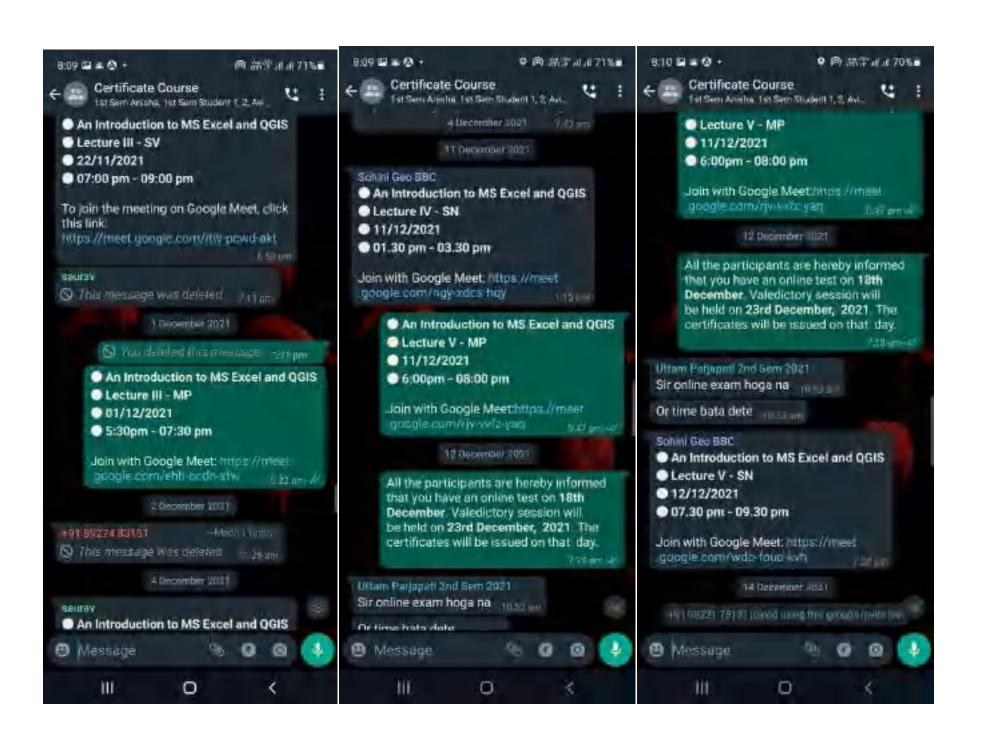
Mr. Saurav Vishwakarma State Alded College Teacher-I, Department of Geography (Hindi Shift), Banwarilal Bhalotia College, Asansol. Email Id: imsrv14@gmail.com

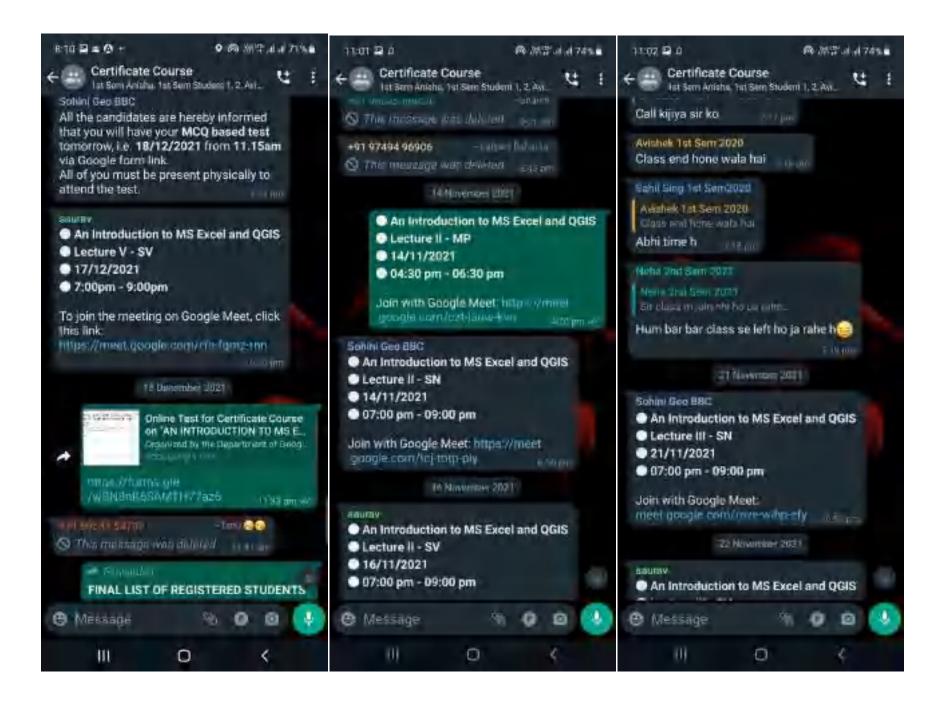
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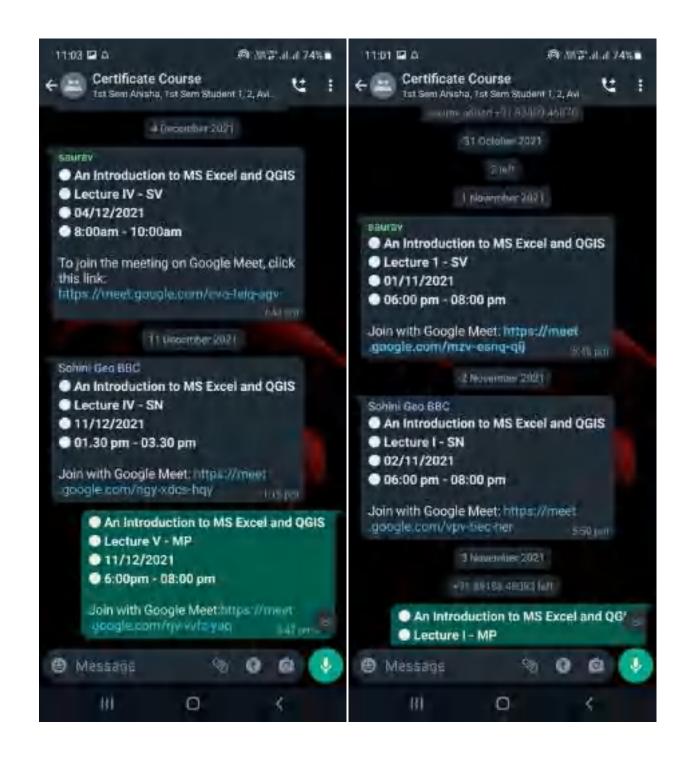


Notice of Classes:









Attendance of students:

Daily Attendance Report for class-list: 2021-11-20



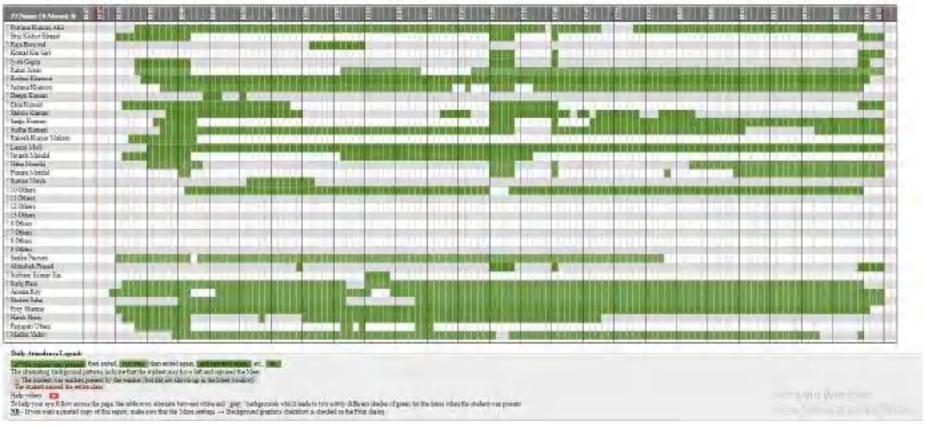
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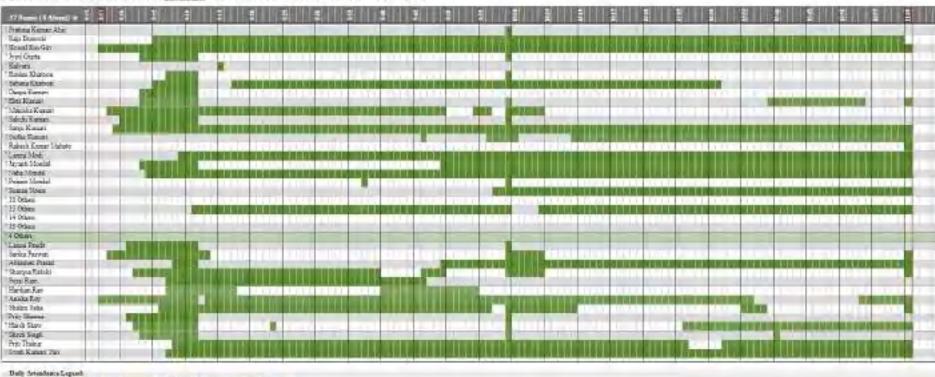
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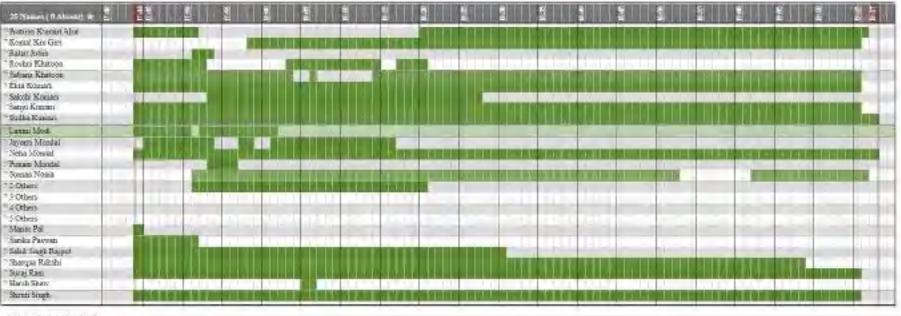
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Daily Attendance Report for class-list: 2021-12-01

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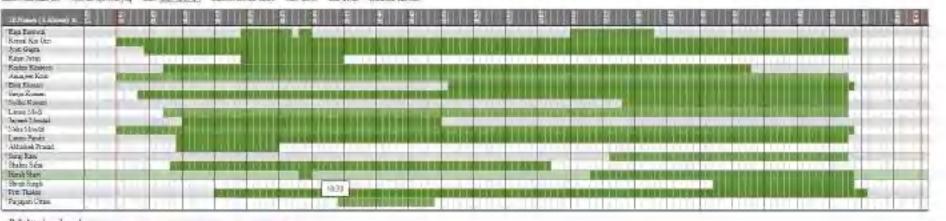
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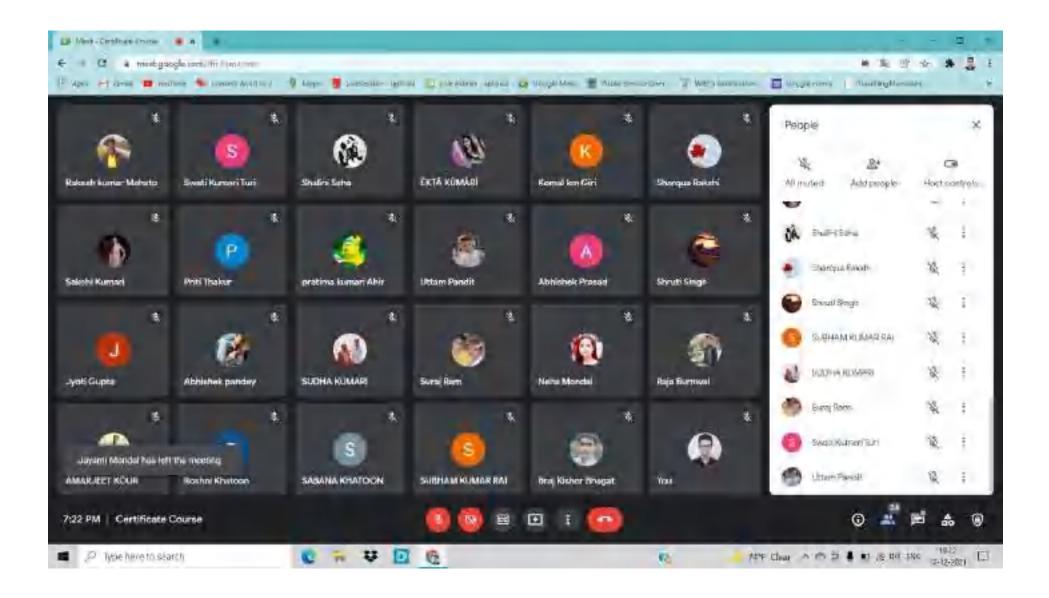
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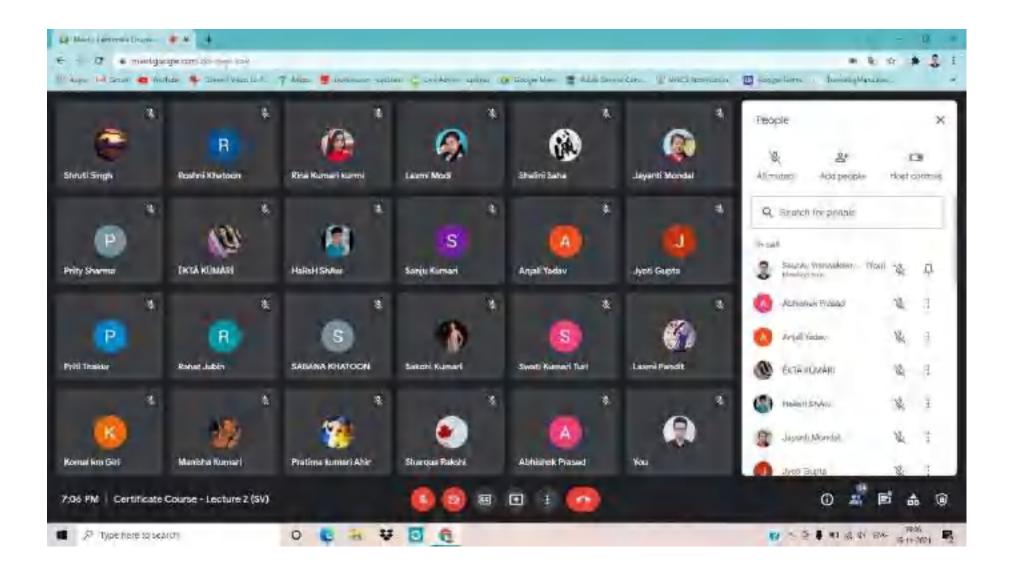
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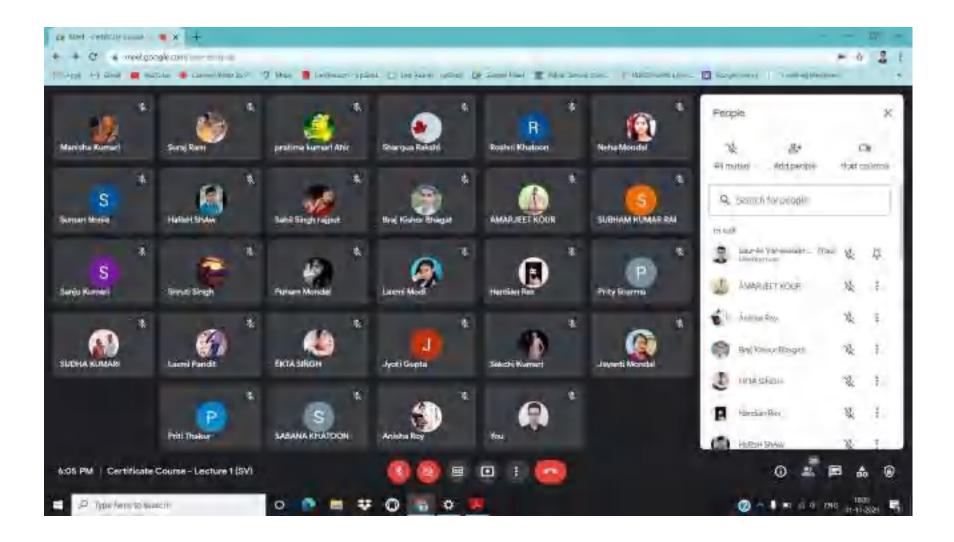
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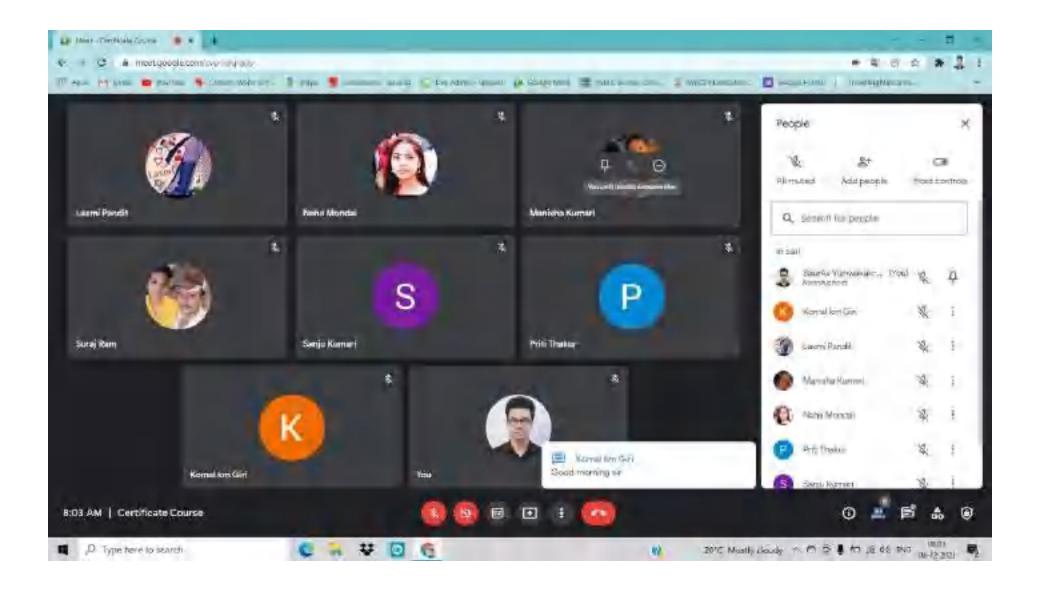
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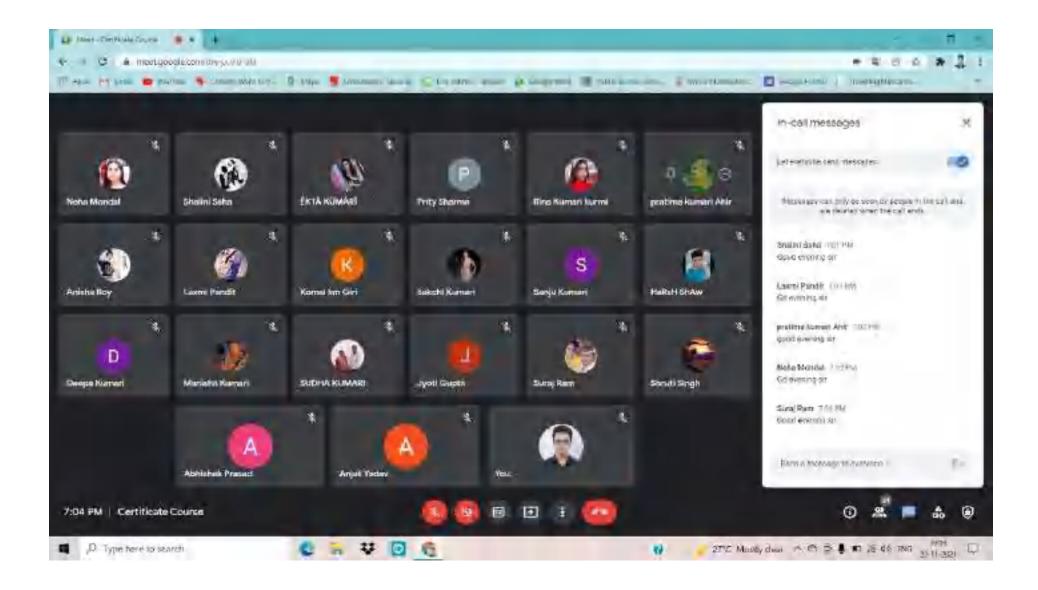
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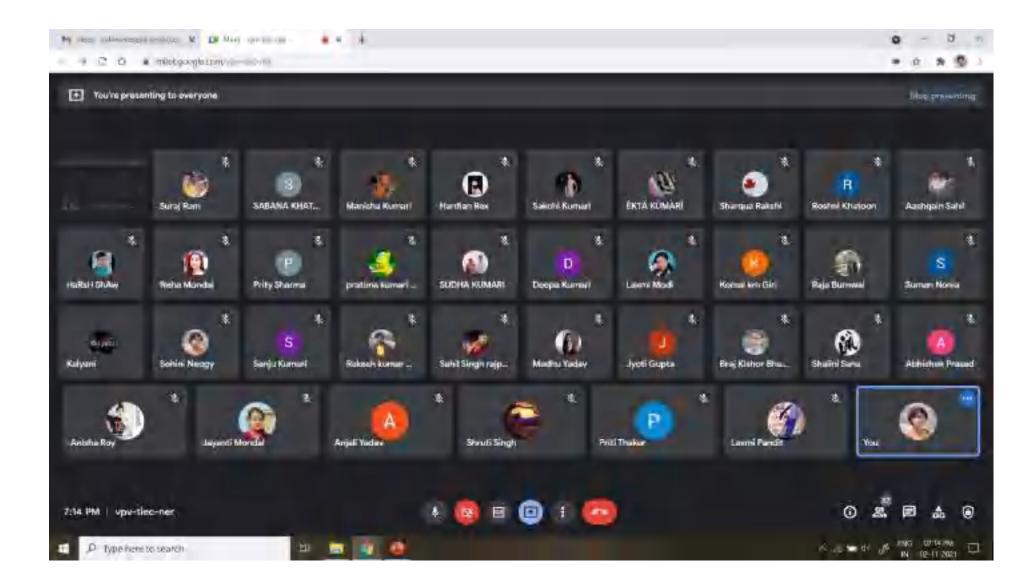


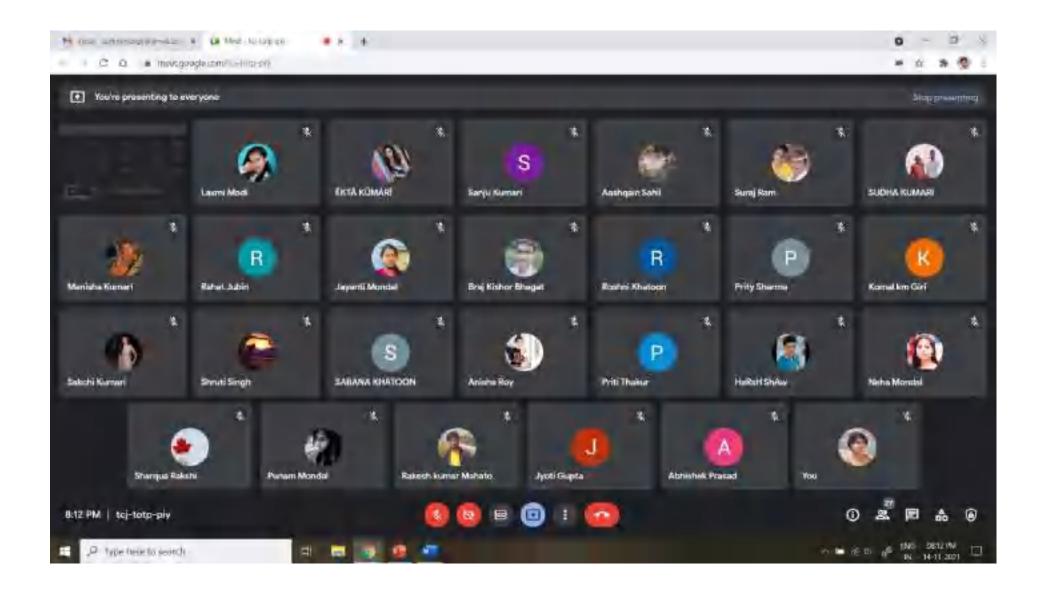


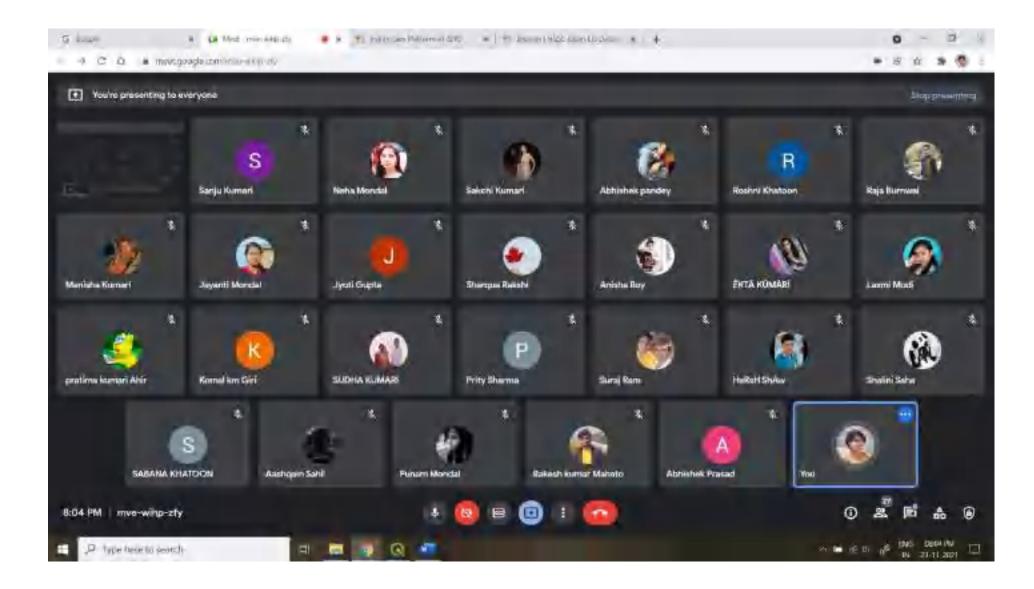


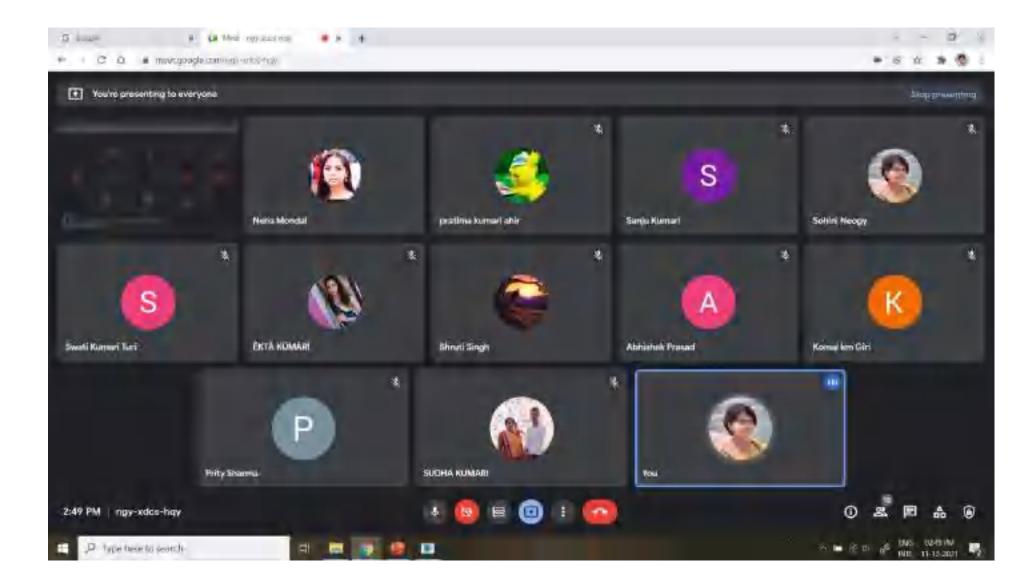


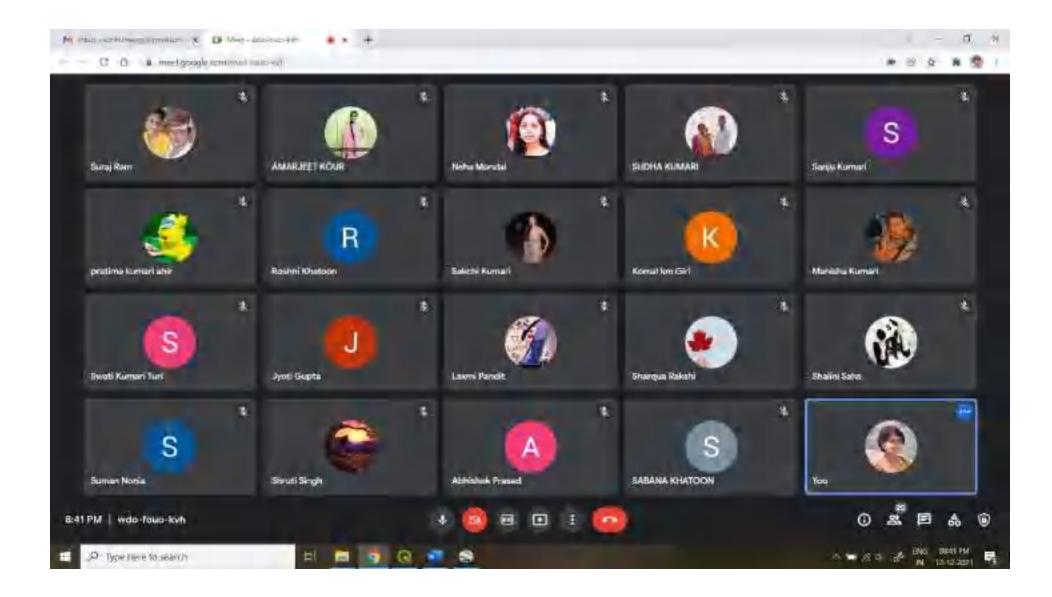












Sample of Certificate:











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पाठ्यक्रम पूरा करने वाले स्टूडेंट को बांटे गये प्रमाण पत्र

आसनसोल. आसनसोल बीबी कॉलेज के भूगोल विभाग की ओर से आयोजित सटिंफिकेट कोर्स १ इंट्रोडक्शन टू एमएस एक्सेल एंड क्यू जो एस १ के पूरा करने वाले स्टूडेंट्स को प्रमाण पत्र वितरित किया गया. प्रिंसिफ्ल डॉ अमिताभ बासु ने स्टूडेंट्स को प्रमाण पत्र वितरण किया और उनके उज्ज्वल भविष्य को कामना की. 45 दिनों के इस कोर्स का आरंभ बीबों



कॉलेज भूगोल विभाग की ओर से एक नवंबर से 18 दिसंबर तक किया गया था. इसमें भूगोल विभाग के 45 स्टूडेंट ने भागीदारी की थी. कोर्स को सफलता पूर्वक पूरा करने वाले स्टूडेंट्स को आज प्रमाण पत्र दिया गया. कार्यक्रम में मुख्य अतिथि टीडीबी कॉलेज रानीगंज के डॉ सुमा डां, सायनतन रॉव, डॉ सुदीपता दास, डॉ अमलेन्दु सामनता, डॉ रिल्विक रॉव, ऋतूपर्णा तरफदार आदि उपस्थित थे. भूगोल विभाग के सहायक प्रोफेसर डॉ मानस पाल, सोहिनी नियोगी, सौरव विश्वकर्मा ने बताया कि एमएस एक्सेल के कोर्स करने से स्टूडेंट्स डाटा बेस मैनेजमेंट में बेहतर काम कर पाएँगे.

बीबी कॉलेज के सैकड़ों बच्चों को सर्टिफिकेट कोर्स का प्रमाणपत्र वितरण का आयोजन किया



(खबर 99 संबाददाता)

आसनसोल -

आसनसोल स्थित बोबो कॉलेज में एमएस-एकरोल और करूजीआईएस का परिचय पत्र कॉलेज के भूगोल विभाग के हिंदी शिपट और आईक्यूएसी के तत्वावधान में सार्टीफकेट कोर्स पूरा होने के बाद समापन समारोह का आयोजन किया गया.

जाई एक महीने से अधिक समय के लिए यह एमएस एक्सेल और जयूजीआईएस का कोर्स कराया गया था.

इस सटिफिकेट कोर्स के लिए 45 प्रतिभागियों ने अपना पंजीकरण कराया है: जिसमें वों मानस पाल, सुओ सोहिनी नियोगी और सौरत विश्वकर्मा पाद्यक्रम के प्रशिधक थे,

जीआईएस आध्यरित ज्ञान और कौशल विकास इस पादयक्रम का मुख्य उदेश्य था को छात्र जीआईएस आधारित मैपिंग तैयार कर सकेंगे जो तेविगेशन सिस्टम, शहरी और नगर नियोजन, आपदा प्रबंधन, जलाशय और बांध स्थल स्थान, बनों को कटाई और वनस्पति प्रबंधन, ई-कॉमस आदि के लिए बहुत उपयोगी है

ये अपने कौशल को विकसित करने में भी सक्षम होंगे तथा डेटाबेस प्रबंधन में भी सक्षम हो पाएंगे, कार्यक्रम की मुख्य अतिथि डॉ. सुमा डॉन, सहायक प्रोफेसर, टीडीबी कॉलेज रानोगंज को थी.

उन्होंने अपने गठन विचार-विमर्श में इस सर्टिफिकेट कोर्स के विभिन्न क्षेत्रों पर प्रकाश डाला है. प्राचार्य औ. अमिलाव बसु ने भी अपने व्याख्यान में खत्रों को प्रेस्ति किया.

मौके पर डॉ मानस पाल, सूत्री सोहिनी नियोगी, त्री सौरव विश्वकर्मा, सुश्री सर्यतनी सॅय, डॉ सुदीप्त दास, डॉ अमलेंद्र सामंत, डॉ ऋत्विक सॅय,ओपती रितुपर्णा तारफदार आदि उपस्थित थे. सभी शिक्षकों ने खत्रों के जीव प्रमाण पत्र बांट उन्हें सम्मानित किये.

प्रशिक्षण पूरा होने के बाद मिला सर्टिफिकेट

आसनसोल : बीबी कॉलेज में एमएस-एक्सेल और क्यूजीआईएस का कोर्स पूरा करने वालों को प्रशिक्षण प्रमाण पत्र दिया गया। कॉलेज के भूगोल विभाग के हिन्दी शिफ्ट और आईक्यूएसी के तत्वावधान में 45 दिनों का प्रशिक्षण पूरा होने के पश्चात आयोजि समापन समारोह में प्रशिक्षुओं को प्रमाण पत्र दिया गया। इसमें 45 प्रतिभागियों ने अपना पंजीकरण कराया था। डॉ मानस पाल, सोहिनी नियोगी और सौरव विश्वकर्मा ने सभी को प्रशिक्षण दिया था। मौके पर मुख्य अतिथिहे रूप में रानीगंज टीडीबी कॉलेज की सहायक प्रोफेसर डॉ सोमा दां, बीबी कॉलेज के प्राचार्य डॉ अमिताभ बासु, सायंतनी रॉय, डॉ सुदीम दास, डॉ अमलेंदु सामंत, डॉ ऋत्विक रॉय, ऋतुपर्णा तारफदार आदि उपस्थित थे। डॉ अमिताभ बासु ने कहा कि प्रशिक्षण प्राप्त छात्र-छात्राएं जीआईएस आधारित मैपिंग तैयार कर सकेंगे, जो नेविगेशन सिस्टम, शहरी और नगर नियोजन, आपदा प्रबंधन, जलाशय और बांध स्थल स्थान, वनों की कटाई और वनस्पति प्रबंधन, ई-कॉमर्स आदि के लिए बहुत उपयोगी है। वे अपने कौशल को विकसित करने में भी सक्षम होंगे तथा डेटाबेस प्रबंधन में भी सक्षम हो पाएंगे।



Banwarilal Bhalotia College

Affiliated to **KAZI NAZRUL UNIVERSITY**, Asansol (GOVT. SPONSORED UG & PG College)

Estd: 1944

ASANSOL – 713303, WEST BENGAL (INDIA)

Phone: 0341-2274842

Fax :0341-2274529

Web: www.bbcollege.ac.in

To The Principal Banwarilal Bhalotia College, Asansol

Sub: Report of the Certificate Course held on and from 1stNovember, 2021 to 20th December, 2021 on An Introduction to MS Excel and QGIS

Respected Sir,

With great pleasure, this is to inform you that a Certificate Course was organized entitled as An Introduction to MS Excel and QGIS by the Department of Geography, Hindi Shift on and from 1st November, 2021 to 20th December, 2021. The Valedictory Ceremony was held on 23st December, 2021. Dr. Suma Dawn, Assistant Professor, Department of Geography (UG and PG), T. D. B. College, was the Chief Guest of our program. Dr. Sudipta Das, IQAC Coordinator, of our college and Dr. Amalaendu Samanta, ATCS of our college were also present there along with your honorable presence. I extend my heartfelt thanks to all of them and my esteemed colleagues Ms. Sohini Neogy and Mr. Sauray Viswakama for their enormous cooperation during the entire course.

The notification, brochure, class screenshots, attendance of students and pertinent information are attached herewith in sequential order for your pursue.

Thank you,

Sincerely,

Manas Pal

Dr. Manas Pal HOD, Department of Geography (Hindi Shift) Banwarilal Bhalotia College, Asansol

Banwaríla Bhalotía College, Asansol Department of Physics Certíficate Course Report

UG & PG Department of Physics of Banwarilal Bhalotia College, Asansol conducted a **ten weeks online certificate course** on "*Advanced Computational Physics*" under the aegis of IQAC. The course was started on and from 9th November 2021 and ended on 18th Jan'2022 with a valedictory session. There around *151* participants including faculties as well as students across the country were registered in the course. One participant from South Africa was also registered in the course although due to mismatch of time schedule between two countries he cannot completed the course successfully. The syllabus of the course was designed by our faculties Dr. Kousik Mukherjee, Dr. Jayanta Kumar Majhi and Mr. Kajal Maji. Dr. Kousik Mukherjee was the coordinator while Dr. Jayanta Kumar Majhi and Mr. Kajal Maji were two instructors. There held three classes per week and the assessment were done through regular assignment, quizzes, attendance & finalized with a MCQ test. At the end of the course 24 participants who have fulfilled all the criteria and qualify the Final examination were issued certificate. The course detail with syllabus is given in the brochure. The registration link, instructions, the attendance link sample certificate, Screenshot of valedictory and the Whatsapp group link all are given below herewith.

The registration link:

https://docs.google.com/spreadsheets/d/1KQuprk1UznEmbjrrg2frLx8F6mIxGQtbuXIVLlp55kQ/edit?usp=sharing

Attendance link:

https://docs.google.com/spreadsheets/d/1Bci1Sy_aaIpw_s46l6msBb5ZSI20LkeHpX5UvmkNeI0/ /edit?usp=sharing

The brochure link:

https://drive.google.com/file/d/1eQtE7W819E4fczZNdwgig9LDDQk4C1PV/view?usp=sharing

Valedictory program Screenshot link:

https://drive.google.com/file/d/18OXtfT4ts9VdZPCwqmyqCxq9M4cu1M8l/view?usp=sharing

Sample certificate link:

https://drive.google.com/file/d/1WLOimBLYKUE_42XoEH5rgj4TwYQN_5bU/view?usp=sharing

Instructor

Instructor

Coordinator

Mr. Kajal Maji Dr. Jayanta Kumar Majhi Dr. Kousik Mukherjee



BANWARILAL BHALOTIA COLLEGE ASANSOL, WEST BENGAL

30+ Hours Certificate Course on "An Introduction to Game Theory"

Course Type: Interdisciplinary Certificate Course

Course Mode: Online Mode Online through Google Meet Platform

Certificate Issuing Authority: Banwarilal Bhalotia College, Asansol, West Bengal, India Course

Organizer: Department of Economics, Banwarilal Bhalotia College, Asansol

Under the Aegis of IQAC, Banwarilal Bhalotia College,

Target Audience: UG Level All Social Sciences student

Date of Commencement of the Course: 24th June, 2021

Course Registration: Register on/before 24th June, 2021 through the following link

https://docs.google.com/forms/d/e/1FAIpQLSfSxw2ODIXvB4CkznR6pw9JE9ZpPucMDFWnY 2rss3bCd-gbyw/viewform

Course Duration: 04 Weeks

Course Fee: Nil

Course Evaluation: Assignments for each units, Final Exam (MCQ) at the end of the Course and Presentation

Intake: 15 (Seats will be filled on "first come first served" basis)

Email id: shashikrshaw@gmail.com

To The Principal through IQAC

Banwarilal Bhalotia College,

Asansol-713303, WB, India

Subject - Departmental Meeting regarding framing of the detailed Syllabus and Schedule for the Certificate Course on "An Introduction to Game Theory" to be conducted by the Department of Economics

Respected Sir,

We are delighted to inform that the Department of Economics is proposing a Certificate Course on "An Introduction to Game Theory" In this connection, the Department of Economics held a meeting on 08/06/2021 with all the faculties of the department to decide on the syllabus and schedule of the proposed Certificate Course.

Following resolutions were reached upon in the meeting:

1. The course will comprise of 30+ hours (35 hours approx)

2. The course is scheduled to start from 24th June, 2021.

3. The entire course will be conducted through online mode via Google Meet.

4. It was decided that no Registration/Course Fee for this Course will be required as it will be conducted free of cost.

5. The detailed syllabus was also chalked-out in this meeting. On behalf of all the faculty members of the department, I would humbly request you to give us permission for conducting the proposed course.

Thanking you in anticipation,

Course Coordinator

Shashi Kr Shaw

See - See

Department of Economics

08/06/2021

NOTICE

This is to inform all the students that Department of Economics is starting CERTIFICATE COURSE, which is duly approved by IQAC, Banwarilal Bhalotia College, Asansol

Details of the course

1. Course Title: An Introduction to Game Theory

2. Duration of the course: 30+ hours (Theoretical and Application)

3. Course Fee : Free

4. Eligibility: Students of Science, Economics and Commerce discipline are eligible for this course.

5. Number of seats: 15 (Fifteen) (Seats will be filled on "first come first served" basis)

6. Last day of registration of names: 24th June 2021

Certificate will be awarded on the completion of the course.

Students who are interested in joining this course, Should register their names at https://docs.google.com/forms/d/e/1FAIpQLSfSxw2ODIXvB4CkznR6pw9JE9ZpPucMD FWnY2rss3bCd-gbyw/viewform

Course Co-Ordinator

ger - so-

(Shashi Kr Shaw) Asst. Professor Department of Economics Banwarilal Bhalotia College, Asansol

Dated 18/06/2021

Certificate Course in "An Introduction to Game Theory"

Course Instructor- Shashi Kr Shaw

Website - https://sites.google.com/view/economicswithshashikrshaw/certificate-course-in-anintroduction-to-game-theory

Game theory is an integral part of modern economic analysis. The purpose of the course is to offer an introduction to the study of game theory which has found extensive applications in various fields of study. This course introduces the basic concepts of game theory in a way that allows students to use them in solving simple problems. The course will deal with the solution concepts for normal form and extensive form games along with a variety of economic applications.

Duration and Modules : This is a **30+ hours** certificate course on "An introduction to Game Theory" organized by the Department of Economics, BB College, Asansol. (24 to 26 - 2 hours lecture = **6 hours** for Introduction, 29th June to 3rd July - 2 hours lecture = **10 hours**, 5th June to 10th July = **12 hours lecture**, 12th to 13th July = 2 hours lecture = **4 hours**) - **Attendance sheet**

Assignment submission date- 1st - 3rd July , 2nd - 8th July, 3rd and 4th- 15th July

Assignment 1 Submission date 4th July

Assignment-2 Submission date 7th July

Assignment 3 and 4 Submission date 15th July

MCQ Exam date - 17th July 2021

https://docs.google.com/forms/d/e/1FAIpQLSeybsmdTGcEVvwAduQNBZHb0s_KBuZj1TeXB 3Maxf23flUnvg/viewform

Presentation-20th July

https://drive.google.com/file/d/1kVy_7aCPn6pncRFiMFRcnMAg_s4_ur0j/view?usp=sharing

The five modules of the course are as follows,

a. Introduction to Game Theory - 1 hours

Basic Concepts and assumptions of Game Theory

- b. Two Person Zero Sum Game 12 hours
- c. Dominant strategies and Nash Equilibrium with various strategies -10 hours
- d. Mixed Strategy Nash Equilibrium 2 hours
- e. Extensive Games and Subgame Perfect Nash equilibrium 10 hours

EXAMINATIONS AND AWARDS

Course will be cover online and relevant material will be provided in the website. There will be 4 assignment based on class teaching and final exam will be mcq type application base consisting of 20 questions. Weightage of class assignment is $1/3^{rd}$ and final exam with Presentation has weightage of $2/3^{rd}$

The students securing minimum 75 % marks will receive certificate.

Reading

1. Game Theory Through Examples (2014) by Erich Prisner, Chapters 1 and 2, Published and Distributed by The Mathematical Association of America. https://www.maa.org/sites/default/files/pdf/ebooks/GTE_sample.pdf

2. Introduction to Game Theory: a Discovery Approach Jennifer Firkins Nordstrom, https://nordstromjf.github.io/IntroGameTheoryv4-2020.pdf

3.A Short Introduction to Game Theory by Heiko Hotz,https://www.theorie.physik.unimuenchen.de/lsfrey/teaching/archiv/sose_06/softmatter/talks/Heiko_Hotz-Spieltheorie-Handout.pdf

4. Microeconomics 8th Edition Chapter-13, page no. 487-525 by Pindyck,R.S., and D.L. Rubinfeld - *Link*

COURSE CO-ORDINATOR: Shashi Kr Shaw – Asst. Professor, Dept. of Economics, Banwarilal Bhalotia College.



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Admitted Students -18

Timestamp	Email address	Name	Phone Number		
19/06/2021 09:44:35	raunakparween815@gmail.com	Raunak Parween	8370857556		
19/06/2021 10:17:26	anjalikumari4327@gmail.com	Anjali Kumari	8944857147		
19/06/2021 11:47:26	yadavnandini512001@gmail.com	Nandini Yadav	7478041504		
19/06/2021 19:21:15	roshnidas312@gmail.com	Roshni Das	9064594540		
20/06/2021 15:13:36	chumkimazumder00@gmail.com	CHUMKI MAZUMDER	8927059461		
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21/06/2021 21:30:32	rupalimunda141@gmail.com	Rupali Munda	7718242802		
21/06/2021 22:03:16	acharyyashuvam5@gmail.com	Shuvam acharyya	9735804879		
21/06/2021 22:58:32	mukherjeetithi69@gmail.com	Tithi Mukherjee	9614696307		
22/06/2021 06:53:57	renuy837@gmail.com	Renu Yadav	9083141750		
22/06/2021 08:48:21	r8158954557@gmail.com	ROHIT MAJHI	7583930184		
22/06/2021 08:55:26	shainaparween023@gmail.com	Shaina parween	8942992088		
22/06/2021 09:18:18	khushiuraw750@gmail.com	Khushi uraw	7430815297		
22/06/2021 13:04:04	rswati1999@gmail.com	R.swati	7908932798		
22/06/2021 19:14:23	gorairiya150@gmail.com	RIYA GORAI	9749375007		
24/06/2021		Suman Kumari	Joined after Google form close		
24/06/2021		Anita Prasad	Joined after Google form close		
24/06/2021		Noushin Parween	Joined after Google form close		

Name	ASSIGNMENT 1	ASSIGNMENT 2	ASSIGNMENT 3	ASSIGNMENT 4	Assignment Marks out of 25	Exam marks out of 25	Presentation OUT OF 25	obtained marks/75
Raunak Parween	7	6	5	6	24	18	18	60
Anjali Kumari	0	0	0	0	0	5	AB	5
Nandini Yadav	7	6	6	6	25	20	25	70
Roshni Das	7	5	6	5	23	18	23	64
CHUMKI MAZUMDER	7	6	5	6	24	21	25	70
Rima Karmakar	7	6	6	5	24	21	25	70
Rupali Munda	7	0	0	0	7	15	0	22
Shuvam acharyya	7	5	6	5	23	6	AB	29
Tithi Mukherjee	7	3	5	3	18	0	0	18
Renu Yadav	0	0	0	0	0	AB	AB	0
ROHIT MAJHI	2	0	2	2	6	7	AB	13
Shaina parween	3	2	5	6	16	17	10	43
Khushi uraw	6	1	5	3	15	AB	AB	15
R.swati	2	3	6	5	16	13	0	29
RIYA GORAI	7	6	6	5	24	21	16	61
Suman Kumari	5	0	5	3	13	10	AB	23
Anita Prasad	3	0	5	4	12	8	AB	20
Noushin Parween	0	0	3	4	7	AB	AB	7

Name of the Students who successfully Completed the Certificate Course on – Raunak, Nandini, Roshni, Chumki, Rima and Riya. 6 out of 18

Students scoring 75% marks will receive certificate







Banwarilal Bhalotia College Economic Society

Economics Department under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

On Successful Competion of Certificate Course titled "An Introduction to Game Theory"

Certificate of Appreciation

Awarded to Mr./Ms./Mrs. <u>Chumki Mazumder</u>, <u>Student in the Department of Economics</u>, <u>Banwarilal Bhalotia College</u>, <u>Asansol</u>, Session 2019-2022. Grade awarded – "E" with score of 70/75.

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Sri Moloy Ghatak Patron G.B. President, B. B. College, Asansol

Shashi Kr Shaw Assistant Professor B. B. College, Asansol



Banwarilal Bhalotia College Economic Society

Economics Department under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

On Successful Competion of Certificate Course titled "An Introduction to Game Theory"

Certificate of Appreciation

Awarded to Mr./Ms./Mrs. <u>Nandini Yadav</u>, <u>Student in the Department of Economics</u>, <u>Banwarilal Bhalotia College</u>, <u>Asansol</u>, Session 2019-2022. Grade awarded – "E" with score of 70/75.

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Sri Moloy Ghatak Patron G.B. President, B. B. College, Asansol

Shashi Kr Shaw Assistant Professor B. B. College, Asansol



Banwarilal Bhalotia College Economic Society

Economics Department under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

On Successful Competion of Certificate Course titled "An Introduction to Game Theory"

Certificate of Appreciation

Awarded to Mr./Ms./Mrs. <u>Raunak Parween</u>, <u>Student in the Department of Economics</u>, <u>Banwarilal Bhalotia College</u>, <u>Asansol</u>, Session 2019-2022. Grade awarded – "A" with score of 60/75.

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Shashi Kr Shaw Assistant Professor B. B. College, Asansol



Banwarilal Bhalotia College Economic Society

Economics Department under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

On Successful Competion of Certificate Course titled "An Introduction to Game Theory"

Certificate of Appreciation

Awarded to Mr./Ms./Mrs. <u>Rima Karmakar</u>, <u>Student in the Department of Economics</u>, <u>Banwarilal Bhalotia College</u>, <u>Asansol</u>, Session 2019-2022. Grade awarded – "E" with score of 70/75.

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Sri Moloy Ghatak Patron G.B. President, B. B. College, Asansol

Shashi Kr Shaw Assistant Professor B. B. College, Asansol



Banwarilal Bhalotia College Economic Society

Economics Department under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

On Successful Competion of Certificate Course titled "An Introduction to Game Theory"

Certificate of Appreciation

Awarded to Mr./Ms./Mrs. <u>Riva Gorai</u>, <u>Student in the Department of Economics</u>, <u>Banwarilal Bhalotia College</u>, <u>Asansol</u>, Session 2019-2022. Grade awarded – "A" with score of 61/75.

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Sri Moloy Ghatak Patron G.B. President, B. B. College, Asansol

Shashi Kr Shaw Assistant Professor B. B. College, Asansol



Banwarilal Bhalotia College Economic Society

Economics Department under the aegis of IQAC, Banwarilal Bhalotia College, Asansol, West Bengal, India

On Successful Competion of Certificate Course titled "An Introduction to Game Theory"

Certificate of Appreciation

Awarded to Mr./Ms./Mrs. <u>Roshni Das</u>, <u>Student in the Department of Economics</u>, <u>Banwarilal Bhalotia College, Asansol</u>, Session 2019-2022. Grade awarded – "A" with score of 64/75.

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Sri Moloy Ghatak Patron G.B. President, B. B. College, Asansol

Shashi Kr Shaw Assistant Professor B. B. College, Asansol

Concept Notes: An Introduction to Game Theory

Game theory is an integral part of modern economic analysis. The purpose of the course is to offer an introduction to the study of game theory which has found extensive applications in various fields of study.

Students will know different strategies involving zero sum game and Non zero Sum game. The applications to various scenario make students think beyond limited equilibrium outcome.

Commercialized by movies such as "A Beautiful Mind," Game theory is the modeling of strategic interaction among rational (and irrational) Players. It includes the modeling of conflict among Partners, firms, Nations and Political parties. In this course students will be able to understand various strategic interactions as well as able to apply it to various real world scenarios.

Also, students will be taught probabilistic outcome of each scenario and how to make choices based on various strategies.

To conclude this course is designed to teach students the significance of strategic interaction and how to optimize the outcome given various possibilities.

Report- The Course begin in the last week of June, 2021 and throughout the course students were finding it to be different from text book concept of equilibrium what they have learned till date. Initially, students were little hesitant to answer based on concepts and application taught but as the course progress they find it interesting given various real world examples and able to apply it properly within the framework of Game Theory. It was an engaging session but limitation of online teaching learning hampers some students progress as they continuously face issue of connectivity but given what we have, overall performance remains goods. Even though only 6 out of 18 students get certificate, there is a transparency in evaluation at each stage that make students understand the area they have to work and those who have successfully completed they understand the importance of discipline and regularity.

Report of the Certificate Course, Sanskrit Department, 2021

For a long time we the teachers of the department of Sanskrit were thinking of conducting a certificate course in Sanskrit so that learners or generally interested persons in Sanskrit might take the taste of the melody of this language and its literature .In the meeting of the Departmental faculty members held on 30th November 2021 we decided that we would conduct a 40- hour course for all. The course was named as 'General Concept of Sanskrit and spoken Sanskrit'. Professor Sukumar pal was entrusted with the responsibility of preparing the syllabus .He did so very shortly .Advertisement was published and the students were asked to enroll themselves on payment of rupees 50 only.As many as 74 students were enrolled .At the very opening day they were given the syllabus the course started on 02.12 .2021 and it continued till 21/12 2021 in online mode .Everyday the course continued for 2 hours from 7 p.m. to 9 p.m. The teachers of the department decided to take classes everyday .The course ran for three weeks .We took up the lessons on elementary Grammar ,development of reading ,writing and simple translation skills .Some classes were meant for spoken Sanskrit also .We found students from college and even passed out students from various disciplines got enrolled and expressed their interest in the subject .They were very much interactive that motivated us .Examination was conducted on on the last teaching day i.e.on 21.12.2021 and after a few days certificates were distributed among the successful candidates. We found 52 students out of 74 completed the course successfully.

Notice



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02.12.2021 থেকে আপনাদের সাটিফিকেট কোর্সের ক্লাস শুরু হবে ক্লাস শুরু হওয়ার নির্ধারিত সময়ের আগে গ্রুপে ক্লাসের Link দিয়ে দেওর হবে। দুটি পর্যায়ে ক্লাস নেওয়া হবে-	য	 i) Formation of dhātu-rūpa and Shabda-rūpa. ii) General concept of Sanskrit translation. iii) How to speak Sanskrit ? 		
ক) প্রথম পর্যায় অর্থাৎ প্রথম দশ দিব 02.12.2021 — 11.12.2021 সময়: 6pm - 8pm শিক্ষক — 1) মাননীয় বিজয় দত্ত মহাশয়। 2) মাননীয় মলয় দাঁ মহাশয়। আলোচ্য বিষয়: কথ্য সংস্কৃত (Spok Sanskrit) খ) দ্বিতীয় পর্যায় অর্থাৎ দ্বিতীয় দশ দিন- 12.12.2021 — 21.12.2021		2) মাননীয় সৌরভ চক্রবর্তী মহাশয়। (7pm- 8 pm) আলোচ্য বিষয়: i) Why we read Sanskrit ? ii) The impact of Sanskrit on the world and science. iii) The basic concept of ancient Sanskrit literature and grammar iv) The easy technique of spoken Sanskrit and translation		
সময়: 7pm - 9pm শিক্ষক — 1) মাননীয় সুকুমার পাল মহাশয়। (8pm - 9pm) আলোচ্য বিষয়: i) Ecomotion of dbötu cino and	×	*কুড়ি দিন সফল ভাবে অংশগ্রহণকারীগণকেই সাটিফিকেট দেওয়ার জন্য যোগ্য বলে বিবেচিত ———		8
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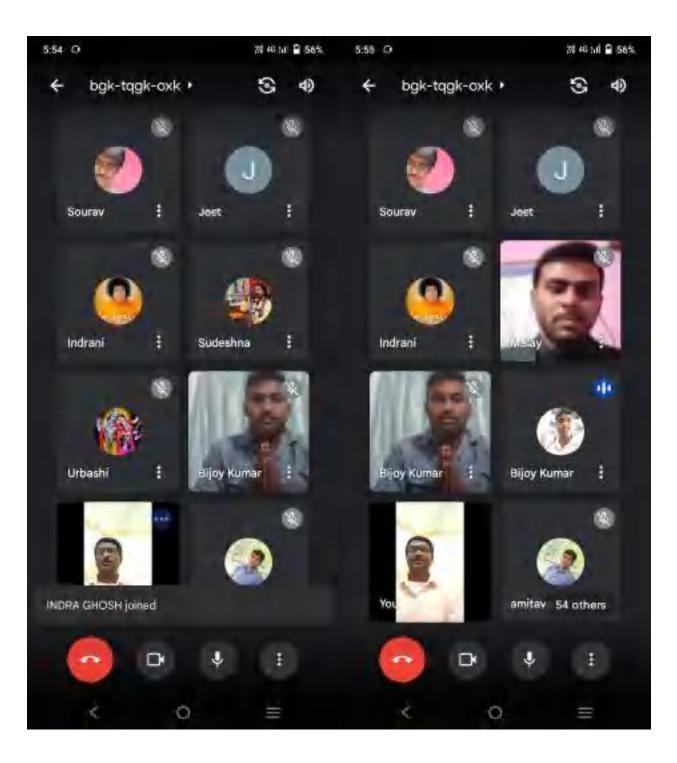
*কুড়ি দিন সফল ভাবে অংশগ্রহণকারীগণকেই সাটিফিকেট দেওয়ার জন্য যোগ্য বলে বিবেচিত করা হবে।

*প্রথম দিন অর্থাৎ আগামীকাল 02.12.2021 তারিখে আমাদের ক্লাস শুরু হওয়ার সময় 6pm ... তার ঠিক 15 মিনিট আগে অর্থাৎ 5:45pm এ আমরা আমাদের পরিচয় পর্ব সম্পন্ন করবো। আমাদের সাথে উপস্থিত থাকবেন বি.বি কলেজের মাননীয় অধ্যক্ষ ডঃ অমিতাভ বসু মহাশয়। সুতরাং 5:45 pm এ সকলকেই উপস্থিত থাকতে হবে। 15 মিনিটের পরিচয় পর্ব শেষে নির্ধারিত সময় অনুসারে 6pm থেকে সম্ভায়ণ্ণ শিক্ষা শুরু হবে।

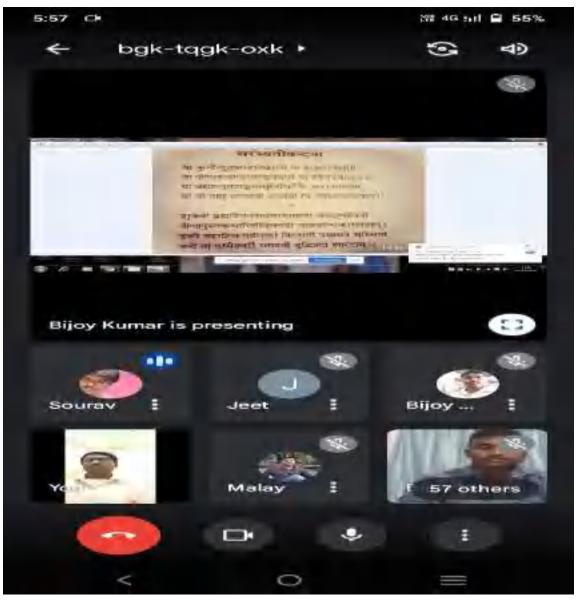
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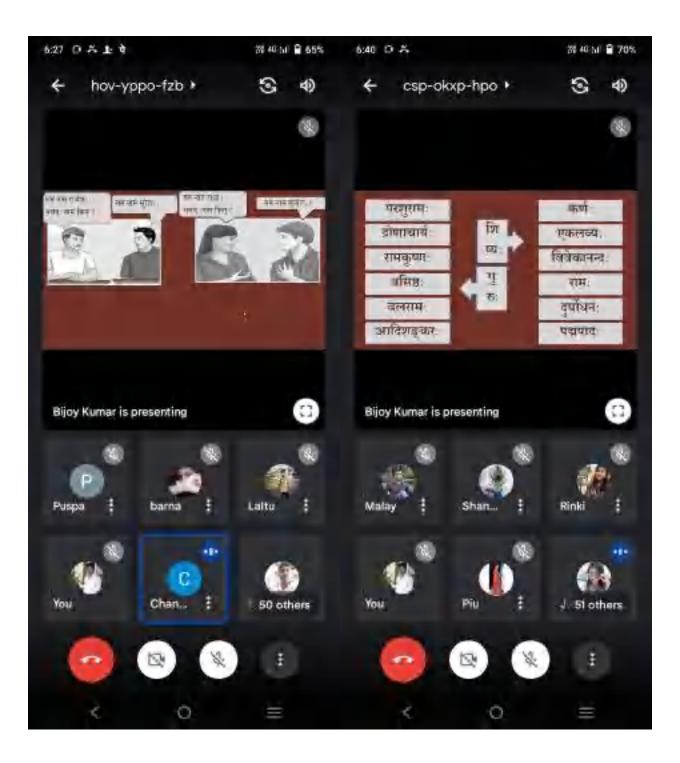
Some Screenshots of the Inauguration

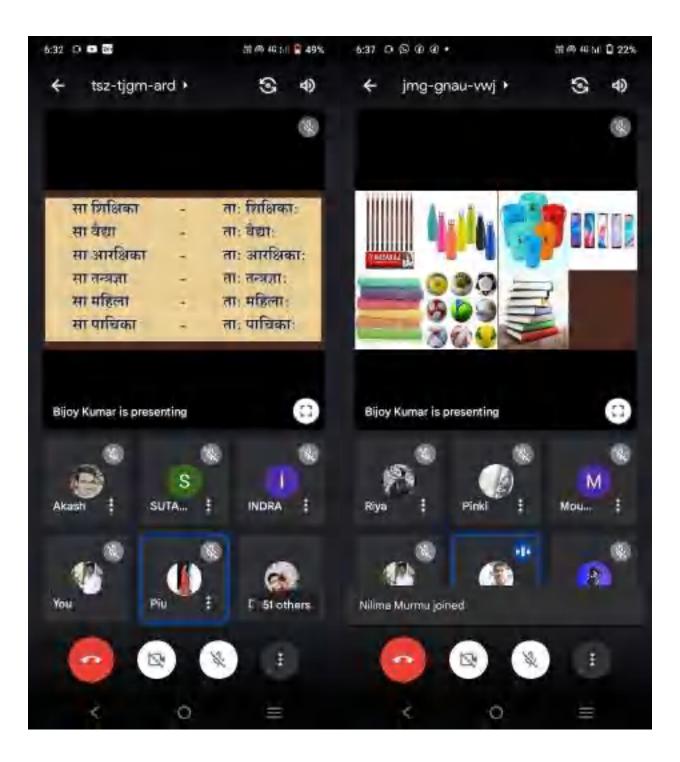


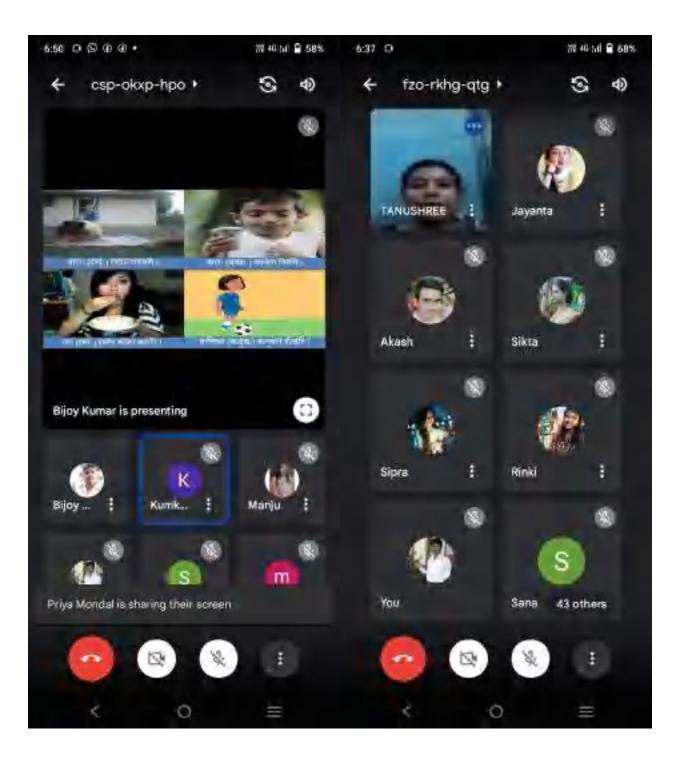


Some Screenshots of the Classes









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Banwarila Bhalotia College, Asansol Department of Physics Certificate Course Report

UG & PG Department of Physics of Banwarilal Bhalotia College, Asansol conducted a **twelve** weeks online certificate course on "*Scientific Writing: Tools & Techniques*" under the aegis of IQAC. The course was started on and from 16th November 2021 and ended on 8th Feb'2022 with a valedictory session. Around *100* participants including faculties as well as students across the country registered for the course. The syllabus of the course was designed by our faculties Dr. Ambalika Biswas and Dr. Abhik Ghosh. Dr. Ambalika Biswas was the coordinator while Dr. Abhik Ghosh was the instructor. Three classes were held per week and regular assessments through assignments, quizzes and projects were done. Attendance above 80% and 70% score in the regular assessments were the two essential criteria that had to be fulfilled by the participants to obtain the course completion certificate. 15 candidates were successfully awarded the certificates in an online valedictory program. The course details along with the syllabus, attendance link, sample certificates, screenshot of valedictory program are attached below.

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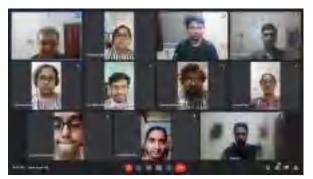
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Sample certificate:

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Banwarilal Bhalotia College Constituent College of the KAZI NAZHUL UNIVERSITY, Asanoo

(GOVT SPONSORED U. G. & P. G. College)

ASANSOL - 713303, WEST BENGAL (INDIA)

Department of Political Science (Hindi Shift)

Value Added Course in Political Science & Public Administration

Course Mode: Online

Course Type: Value Added Course

Certificate Issuing Authority: Banwanlat Bhaloha College, Asarsol

Patron: Dr. Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol

Course Organizer: Department of Political Science (Hindi Shift), Banwarilai Bhalotia College,

Asansol

Under the Aegas of IQAC, Banwarilal Bhalotia College, Asansol

Course Coordinator: Pawas Gurung, Assistant Professor in Department of Political Science, (Hindi Shift), Bauwarilal Bhalotia College, Asansol

Joint Coordinator: Piyali Banerjee, Assistant Professor in Department of Political Science

(Hirdi Shiff), Banwurilal Bhalotia College, Astaisol

Banwarila/Bhalotta College, Asansol

Eligibility: Linder Graduation & Post Graduation in Arts/Social Sciences Stream

Date of Commencement of the Course: 15th December, 2021

Duration of the Course: 35 Huans/12 Weeks (Approx. 3 Classes per Week, Each of 1 Hour Duration)

Registration: 08/12/2021 to 12/12/2021 (link of the Registration is given below)

https://bems.gle/BUmRVSHdsGNaEqEA

Evaluation: Weekly Assignment and Final Exam at the End of the Course

Course Fee: INR 100 (Fees to be deposited in following account detail)

Baris Name - Purjub National Baris, Branch - Ushagram, Asanaol, A/c Name - Banwanial Bhalotia College, A/c No. - 0824050010032, IFSC - PUNB0082420, MICR - 713024008

Course Objectives and Outcomes

This course is based on a prior understanding of the nature and value of theoretical inquiry in politics and administration. The task of political science is not only to understand and explain political phenomena but also to deal with a few fundamental questions that have an impact on the good life, and the ways in which we strive to collectively attain it. The objective of this course is to investigate and understand some of the major debates in contemporary political and administrative domain and to enrich our skills of analysis and judgment through constant engagement.

Course Svilabus/Modules

UnitI

Secularism, Tolerance and Minority Rights

Traditions of Tolerance (in India): Values of Secularism, Secularism and Minority rights

(8 Class)

Unit II

Justice

Theoretical Aspects: Conception of John Rawls and Robert Nozick. (6 Class)

Unit III

Ethics and Integrity in Public Administration

Concepts and Cases (8 Class)

Unit IV.

Gender Issues in India

Theoretical Aspects: Public Policies for Women Empowerment in India; Violence against Women in India (6 Class)

Unit V

Sustainable Development

Concept; Green Criticism of Modern Industrialist Society; Sustainable Development Goals Adopted by UN

(6 Class)

For any query contact at this E-mail id santosh 18 inwagmail.com

Course Coordinator

From 200 FF

Pawan Gurung Assistant Professor Department of Political Science (Hindi Shift) Banwarilal Bhalotia Colloge, Asansol Patron and Churperson

AB

Dr, Aminiya Basu Principal Banwarilal Bhalotia College, Asansol (6 Class)

Unit V

Sustainable Development

Concept; Green Criticism of Modern Industrialist Society; Sustainable Development Goals Adopted by UN

(6 Class)

For any query contact at this E-mail id santosh 18 inwagmail.com

Course Coordinator

From 200 FF

Pawan Gurung Assistant Professor Department of Political Science (Hindi Shift) Banwarilal Bhalotia Colloge, Asansol Patron and Churperson

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Dr, Aminiya Basu Principal Banwarilal Bhalotia College, Asansol 318022 6:31 PM

Circuit - POPSOVCO, Metale of Certificate Course and Value Added Course for the Department of Polatos Steence (Hind) Shift).



SANTOSH BHAGAT <sdbbhagat@gmail.com>

PO/PSO/CO, Module of Certificate Course and Value Added Course for the Department of Political Science (Hindi Shift).

SANTOSH BHAGAT <sdbbhagab@gmail.com> To: bbsollage /qao@gmail.com Co naac heo@gmail.com sudpta_umaths@yahoo.co.in Wed, Oct 13, 2021 at 3,57 PM

Respected Sk

Please find attached the PO/PSO/CO, module of Certificate Course and Value Added Course for the department of Political Science (Hindi Shift). Further, this is to bring to your kind notice that we shall provide the Mentor-Mentee Report In due course.

Thanking you in anticipation

Sincere regards, Santosh Bhagat Department of Political Science (Hind Shift)

3 attachments

B PO-PSO-CO (1).pdf

Certificate Course on Contemporary Political Theory1.pdf 12 1.50K

Value Added Course.pdf

145K



Gonstituent College of the KAZI NAZRUL UNIVERSITY, Americal (dovt. sponsored U. G. & P. G. College)

ASANSOL - 713303, WEST BENGAL (INDIA)

Department of Political Science (Hindi Shift)

Notice

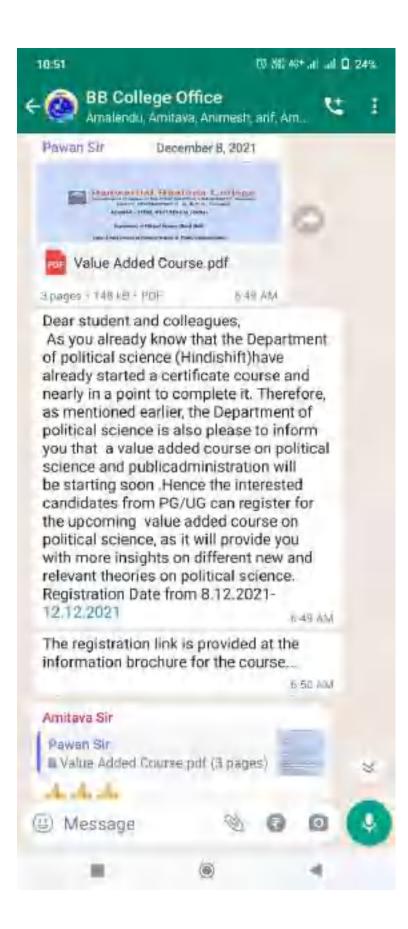
This is to inform to all concerned that department of Political Science (Hindi Shift) of our college is going to organize a "Value Added Course in Political Science and Public Administration". The interested candidates are requested to register their names before 12th December, 2021. Total intake of this course is 100.

Course Coordinator

Pawan Gurung Assistant Professor Department of Political Science (Hindi Shift) Banwarilal Bhalotia College, Asansol Patron and Chairperson

NB

Dr. Amitava Basu Principal Banwarilal Bhalótia College, Asansol



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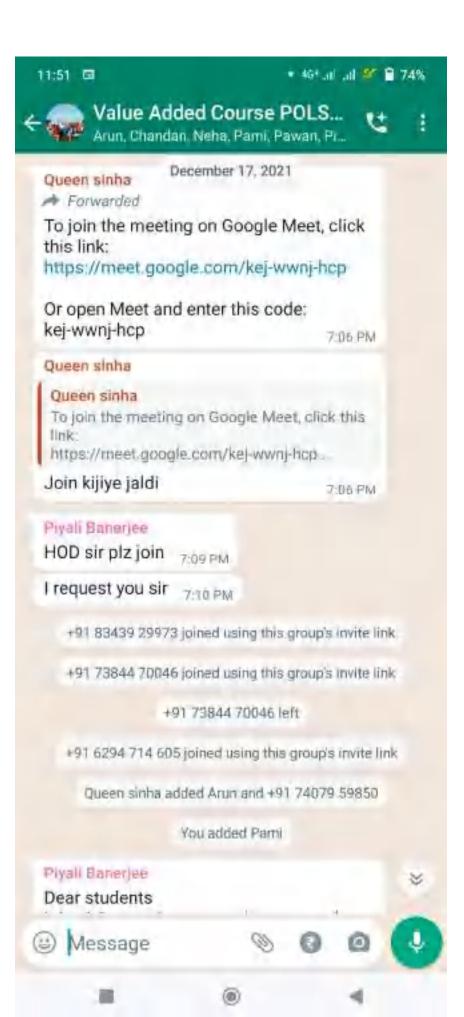
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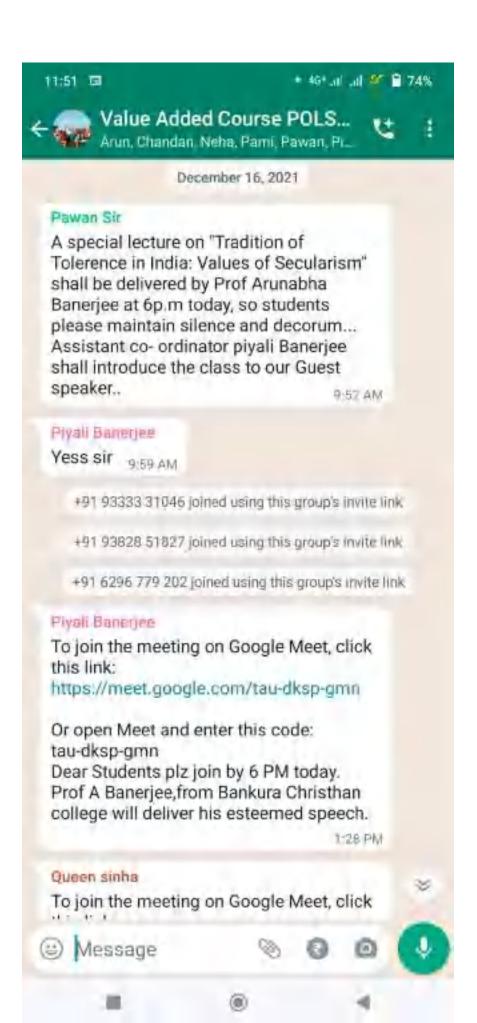
Messages and calls are end-to-end encrypted. No one outside of this chat, not even WhatsApp, can read or listen to them. Tap to learn more.

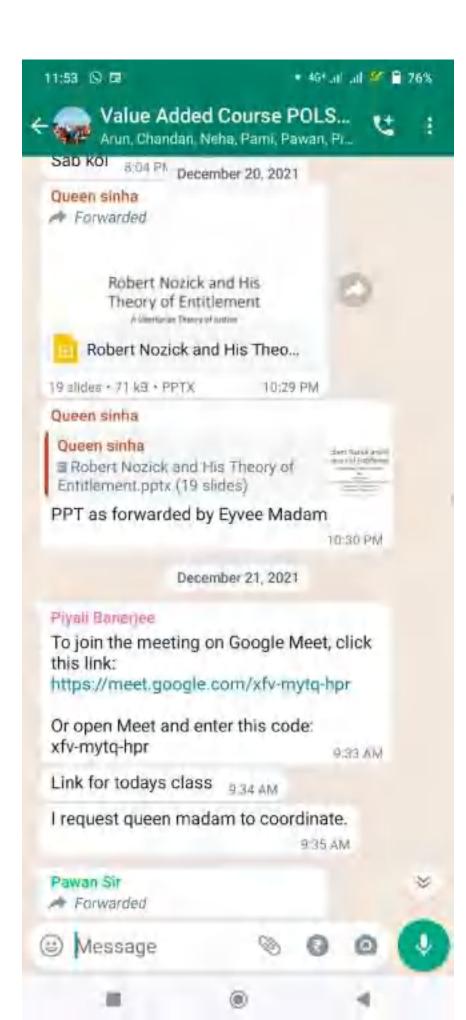
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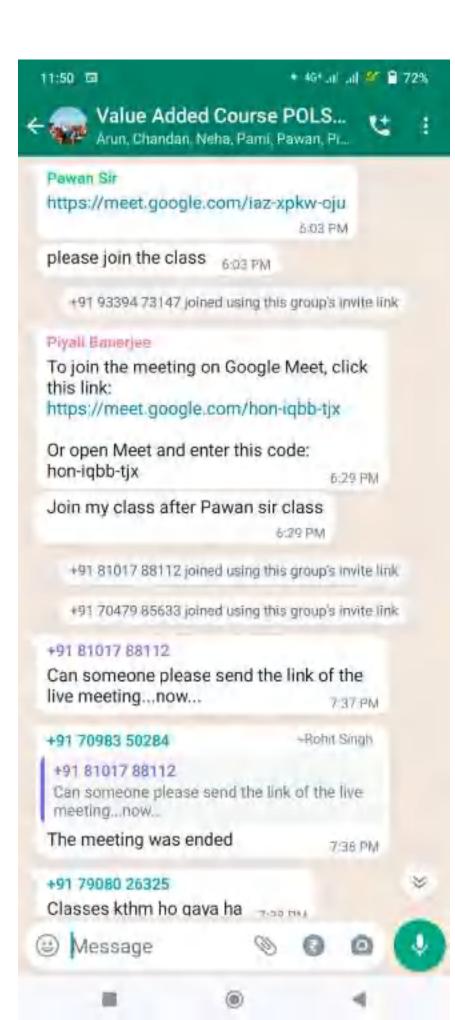
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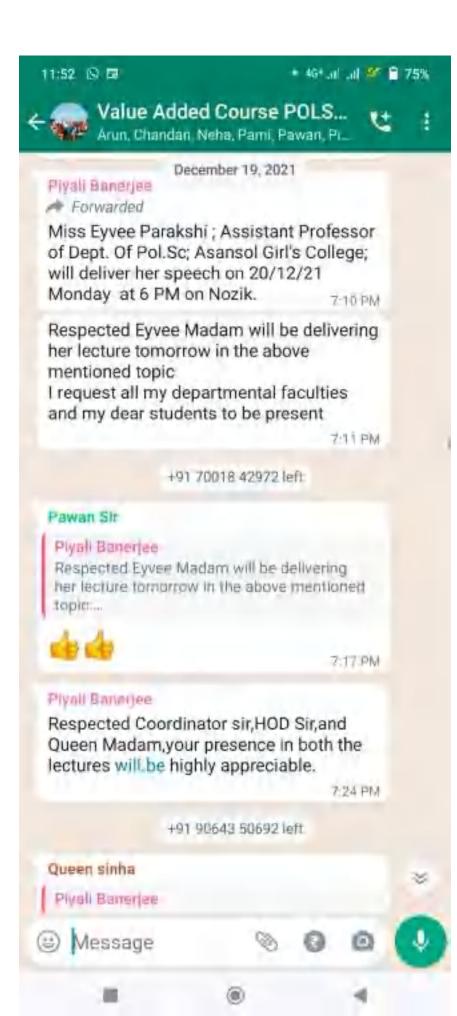
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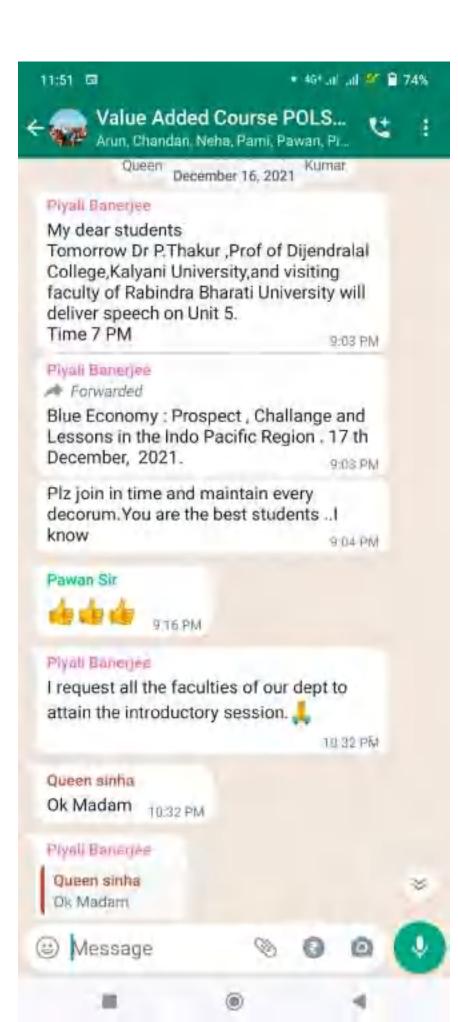
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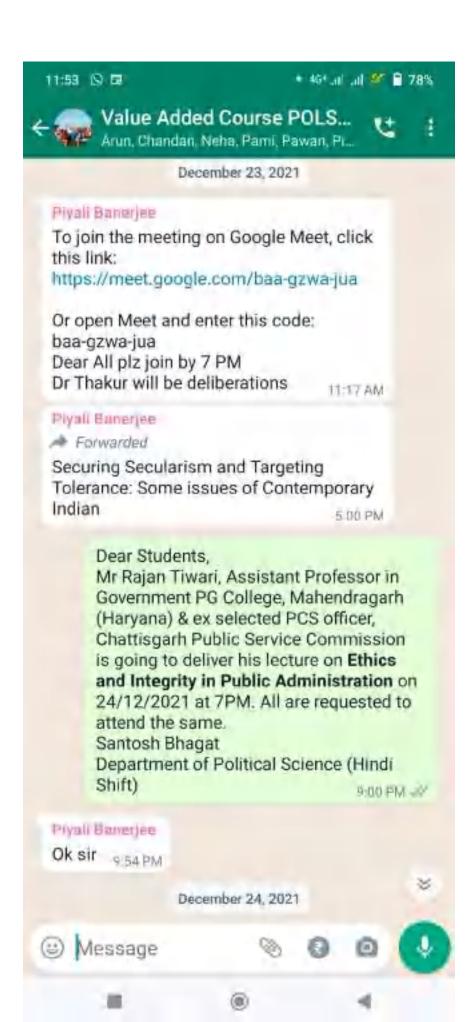


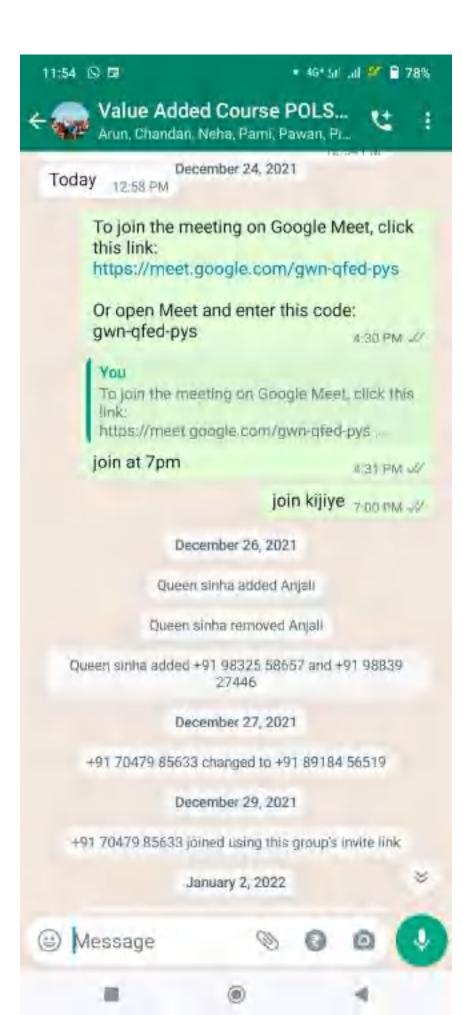


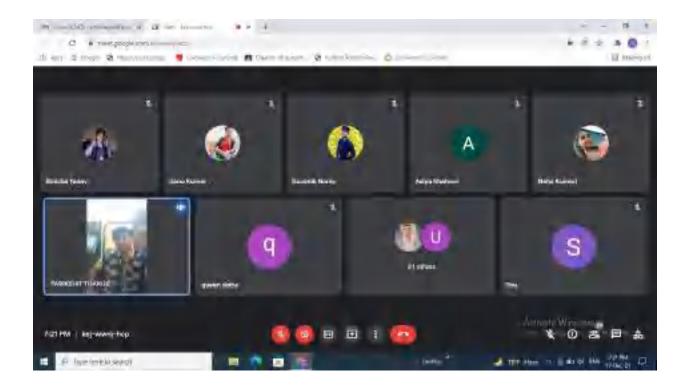


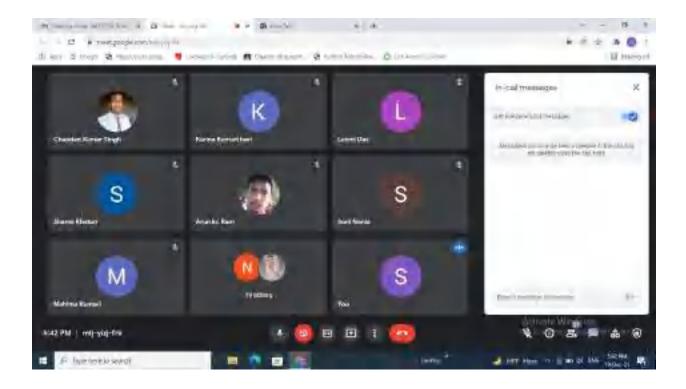






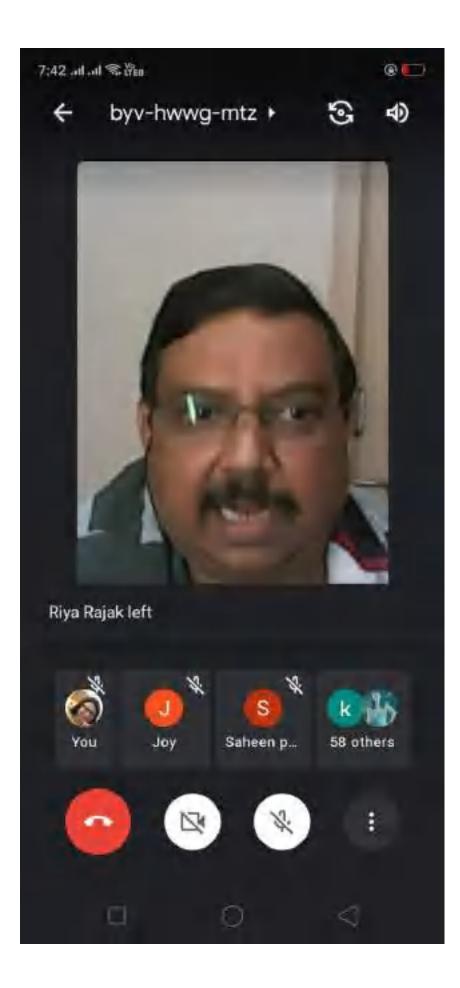


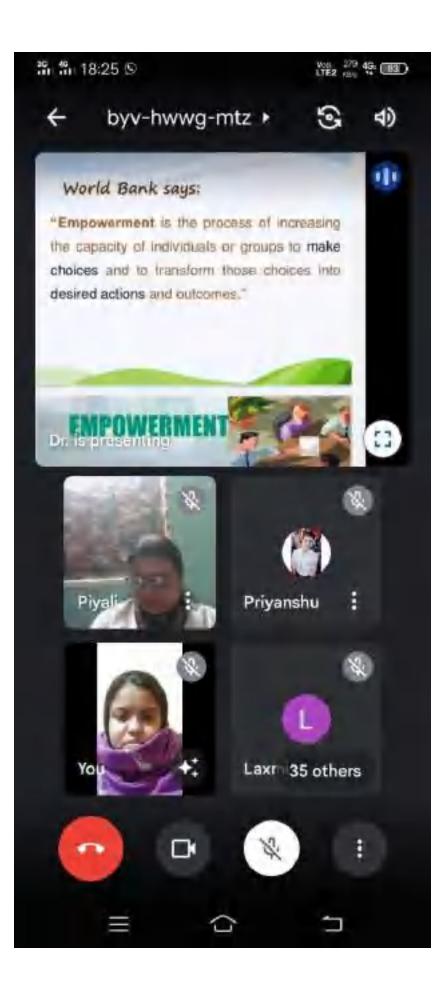


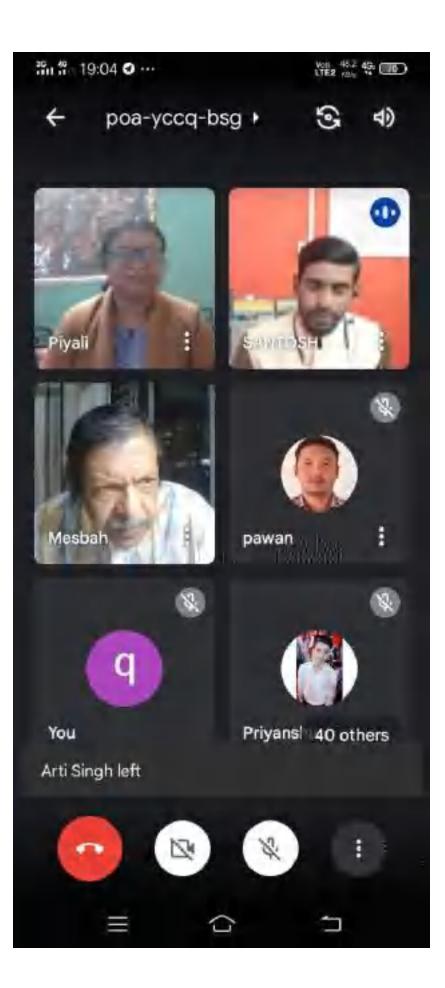




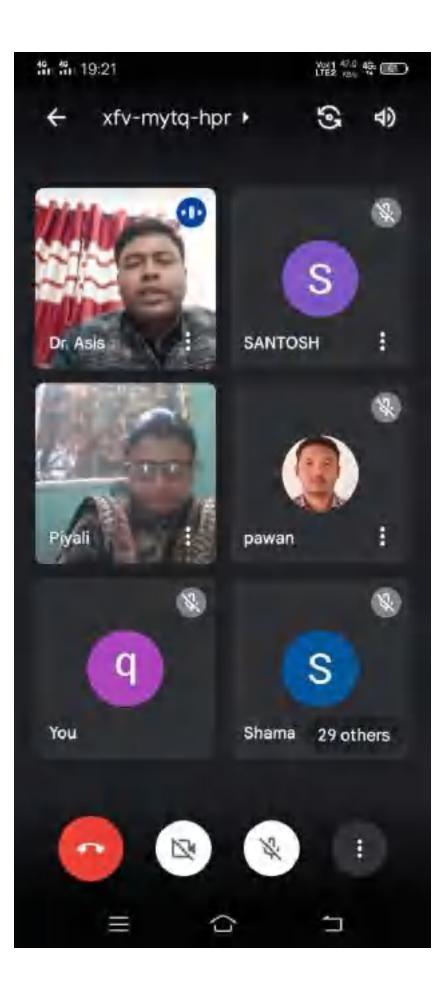


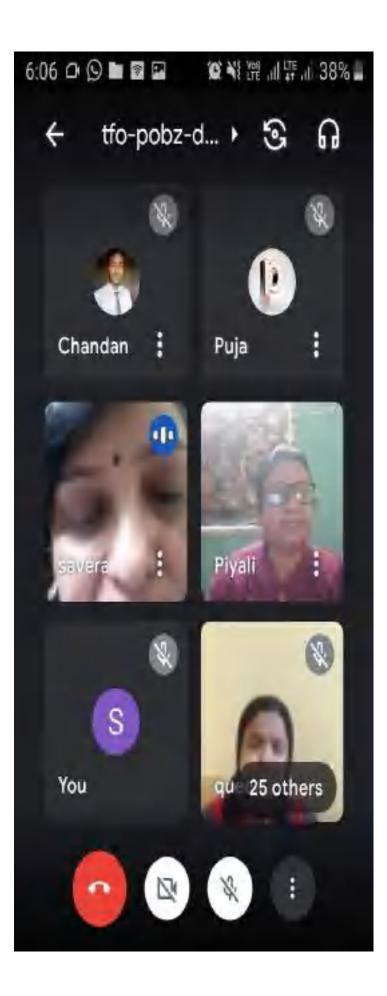














Constituent College of the KAZI NAZRUL UNIVERSITY, Asansai (GOVT. SPONSORED U. G. & P. G. College)

Department of Political Science (Hindi-Shiff)

Certificate of Appreciation

This is to certify that Dr. Aronabha Banerjee, Professor, Department of Political Science, Bankura Christian College, Bankura delivered a lecture on

"Secularism and Tolerance', dated 05/01/2022 as a Resource Person, in an International Value Added Course for forty hours duration, on Secularism, Tolerance and Minority Rights: Tradition of Tolerance (in India); Values of Secularism; Secularism and Minority Rights', Organized by the Department of Political Science (Hindi-Shift), under the aegis of IQAC, Banwarilal Bhalofia College, Asansol, 713305, West Bengal, India and held during December 2011 to January 2022.

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Constituent College of the KAZI NAZRUL UNIVERSITY, Asensol (GOVT. SPONSORED U. G. & P. G. College)

Department of Political Science (Hindi-Shift)

Certificate of Appreciation

This is to certify that Dr. Parikshit Thakur, Assistant Professor, Department of Political Science, Dijendralal College, Kalvani University, delivered a lectury on

'Blue Economy: Prospects, Challenges and Lessons in the Indo Pacific Region', dated 17/12/2001 4: a Resource Person, in an International Value Added Course for forty hourduration, on Sustainable Development: Green Criticism of Modern Industrialist Society Sustainable Development Goals Adopted by UN', Organized by the Department of Political Science (Hindi Shift), under the aegis of IQAC, Banwarilal Bhalobia College, Asamsol, 713303. West Bengal, India and held during December 2021 to January 2022

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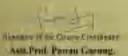
Constituent College of the KAZI NAZRUL UNIVERSITY, Asensol (GOVT. SPONSORED U. G. & P. G. College)

Department of Political Science (Hindi-Shiff)

Certificate of Appreciation

This is to certify that Mr. Rajan Tiwari, Assistant Professor, Department of Political Science, Government College Mahendergarh delivered a lecture on

'Ethics and Integrity in Public Administration', dated 24/12/2022 as a Resource Person. in an International Value Added Course for Jorty hours duration, on 'Ethics and Integrity in Public Administration: Concepts and Cases'. Organized by the Department of Political Science (Hindi Shift), under the acgis of IQAC, Banwarilal Bhalota College, Asansol. 713203. West Bengal, India and held during December 2021 to January 2022.



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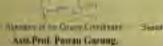
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Department of Political Science (Hindi-Shiff)

Certificate of Appreciation

This is to certify that Eyever Pakrashi. Assistant Professor, Department of Palifical Science, Asansol Girls' College, Asansol, delivered a lecture on

'Robert Nozick and His Entitlement Theory: A Libertarian Theory of Justice', dated 20/12/2022 us a Resource Person. In an International Value Added Course for forty hours duration, on Justice: Theoretical Aspects: Conception of John Rawls and Robert Novick', Organized by the Department of Political Science (Hindi Shift), under the argis of IQAC, Banwurilal Bhalotia College, Asansol, 713303, West Bengal, India and held during December 2021 to January 2022



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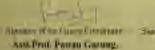
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Department of Political Science (Hindi-Shift)

Certificate of Appreciation

This is to certify that Dr. Savera Sharma, Associate Professor. Bidhan Chandra College. Asansol, Kazi Nazrul University, delivered a lecture on

'Gender Jassies', dated 6th January and as a Resource Person, in an International Value Added Course for forty hours duration, on 'Gender Issues in India: Theoretical Aspects: Public Policies for Women Empowerment in India; Violence against Women in India; Organizad by the Department of Political Science (Hindi Shift), under the aegis of IQAC, Banwunlal Bhalolia College, Asansol, 713303, West Bengal, India and heid during December 2021 to January 2022



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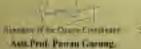
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Department of Political Science (Hindi-Shift)

Certificate of Appreciation

This is to certify that Dr. Rabindranath Bhattacharya, Professor, Department of Political Science, The University of Burdwan, Burdwan, delivered a lecture on

"Ethics and Integrity in Public Administration', dated 05th January, 2022 as a Resource Person, in an International Value Added Course for forty hours duration, on "Ethics and Integrity in Public Administration: Concepts and Cases', Organized by the Department of Phillical Science (Hindi Shiji), under the argis of IQAC, Banwavital Bhalolia College, Asansol. 713203. West Bengal, India and held during December 2021 to January 2022.



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Constituent College of the KAZI NAZRUL UNIVERSITY, Asensol (GOVT. SPONSORED U. G. & P. G. College)

Department of Political Science (Hindi-Shiff)

Certificate of Appreciation

This is to certify that Sanchita Hazra. Assistant Professor, Department of Political Science, Deshbandhu Mahavidyalaya, Chittaranjan, delivered a lecture on

Violence Against Women in India', dated 50/12/2021 as a Resource Person, in an International Value Added Course for forty hours duration, on 'Gender Issues in India: Theoretical Aspects; Public Policies for Women Empowerment in India: Violence Against Women in India', Organized by the Department of Political Science (Hindi-Skiff), under the acque of IOAC, Banwarilal Bhalatia College, Asinsol, 713303, West Bengal, India and held during December 2021 to Jamkary 2022

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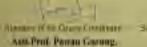
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Department of Political Science (Hindi-Shiff)

Certificate of Appreciation

This is to certify that Dr. Asis Mistry. Assistant Professor, Department of Political Science, University of Calcutta, delivered a lecture on

'Sustainable Development: From MDGs to SDGs', dated at " December, unit as a Resource Person, in an International Value Added Course for forty hours duration, on Sustainable Development: Green Criticism of Modern Industrialist Society Sustainable Development Goals Adopted by UN', Organized by the Department of Political Science (Hindi-Shift), under the acgis of IQAC, Banwardal Bhalotia College, Asansol, 713303. West Bengal, India and held during December 2021 to Junuary 2022



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Constituent College of the KAZI NAZRUL UNIVERSITY, Assessoi (GOVT. SPONSORED U. G. & P. G. College)

Department of Political Science (Hindi - Shift)

Certificate of Appreciation

This is to certify that **Dr. Meshah Kamal**. President, International Institute of Peoples' History & Professor of History, University of Dhaka delivered a lecture on

Secularism, Tolerance and Minority Rights', dated 04/04/0022 as a Resource Person, in an international Value Added Course for forty hours duration, on 'Secularism, Tolerance and Minority Rights: Tradition of Tolerance (in India); Values of Secularism; Secularism and Minority Rights', Organized by the Department of Political Science (Houdi-Shijt), under the action of IQAC, Banwarilal Bhalatia College, Asansol, 713309, West Bengal, India and hold during December 2021 to January 2023

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ASANSOL – 713303, WEST BENGAL (INDIA) Department of Political Science (Hindi Shift)

Report of Value Added Course on Political Science and Public Administration

Department of Political Science (Hindi Shift), Banwarilal Bhalotia College, Asansol under the aegis of IQAC, Banwarilal Bhalotia College, Asansol and guidance of our inspiration Dr. (Prof.) Amitava Basu, Principal, Banwarilal Bhalotia College, Asansol organized a 40 hours long **"Value Added Course on Political Science and Public Administration".** This course was held during December, 2021 - January, 2022. 90 percent syllabus were completed in the month of December, 2021. Distinguished national and international guest speakers were invited on the behalf of our department for this course to deliver lecture. Total no of participants were 83 for the said course.

Name of the Course -

Value Added Course on Political Science and Public Administration

Name of the Course Coordinator -

Pawan Gurung, Assistant Professor, Department of Political Science (Hindi Shift), Banwarilal Bhalotia College, Asansol

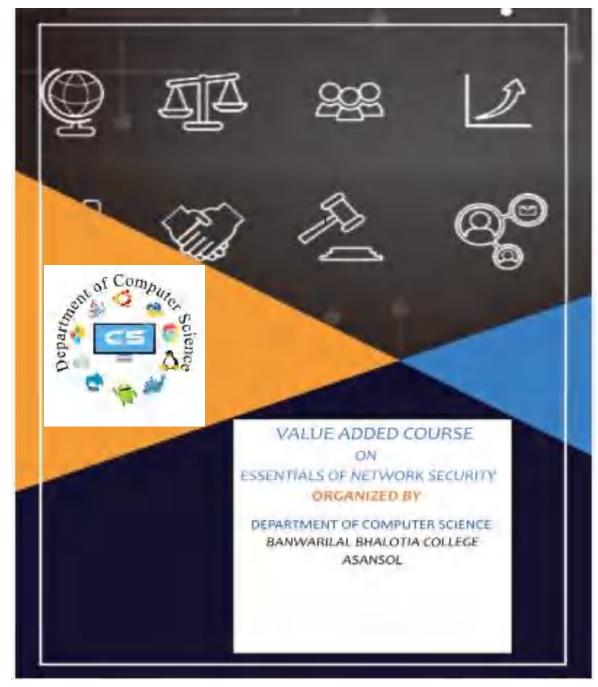
Name of the Assistant Course Coordinator -

Piyali Banerjee Paul, Assistant Professor, Department of Political Science (Hindi Shift), Banwarilal Bhalotia College, Asansol

DEPARTMENT OF COMPUTER SCIENCE

BANWARILAL BHALOTIA COLLEGE, ASANSOL

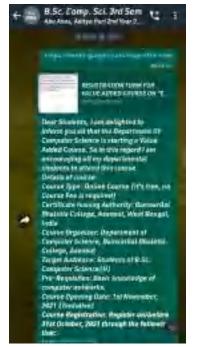
REPORT ON VALUE ADDED COURSE



~~COMPILED BY ARPAN TEWARY, DEPARTMENT OF COMPUTER SCIENCE

NAME OF COURSE: ESSENTIALS OF NETWORK SECURITY

Notification for the students through whatsapp group:



NOTIFICATION BROCHURE LINK:

https://drive.google.com/file/d/1y7ojwhkHIKt0EztCdacJ6wm4ouR738L A/view?usp=sharing

NO. OF PARTICIPANTS: 68(Initial Registration)

At the end, 48 students of our department have successfully completed the course.

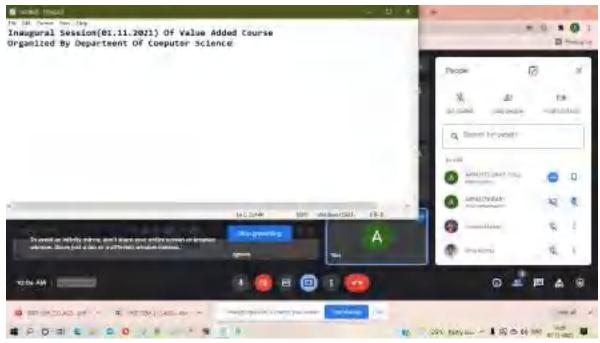
NAME OF RESOURCE PERSON: Mr. ARPAN TEWARY, SACT, DEPT. OF COMPUTER SCIENCE, B.B.COLLEGE

TECHNICAL COMMITTEE MEMBER: Mr. ARPAN TEWARY

REGISTRATION RESPONSE SHEET SCREENSHOT:

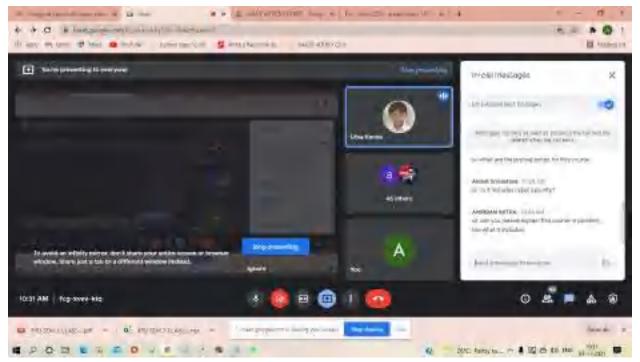
REGISTRATION FORM FOR VALUE ADDED COURSE ON "ESSENTIALS OF NETWORK SECURITY" ORGANIZED...

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INAUGURAL SESSION HELD ON 01.11.2021

VARIOUS QUERIES REGARDING THE COURSE FROM THE STUDENTS WERE ANSWERED:



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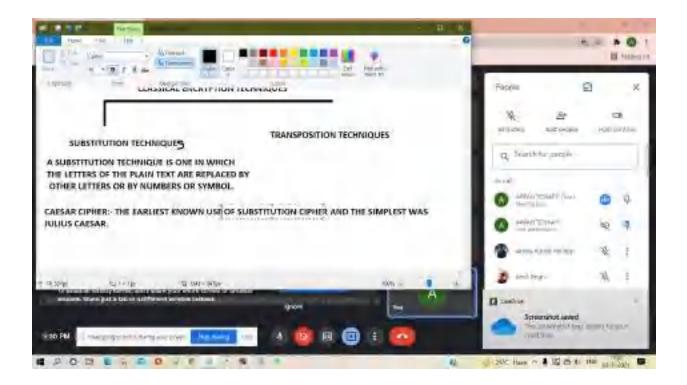
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ATTENDANCE OF STUDENTS: (HERE ARE SOME SCREENSHOTS)

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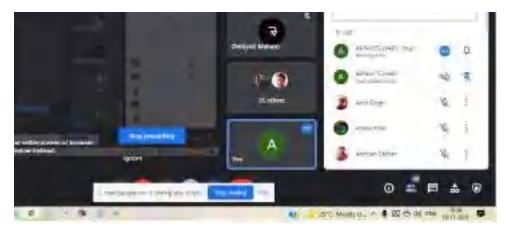
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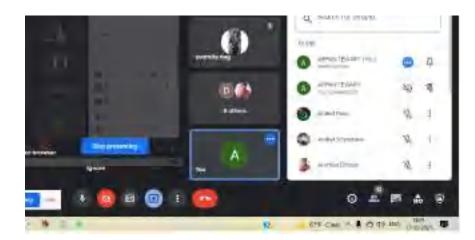
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CLASS CONDUCTED ON 17/12/2021

VAG 2CLA6SE6 Meet Attendance 12/17/2021

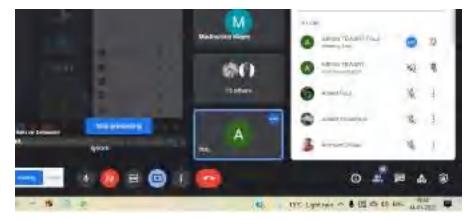
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CLASS CONDUCTED ON 14/01/2022

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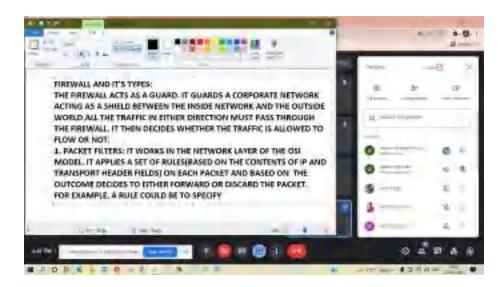
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CLASS CONDUCTED ON 04/02/2022

VAC LAST CLASS Meet Attendance 2/4/2022

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Anirban Dhibar	2/4/2022 18:30	4 2/4/2022 19.23	3.4 00:52:57	Ť.
Ankita Mondal	2/4/2022 18:30	4 2/4/2022 19:23	3:4 00:52:57	7
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Pratiksha Patha	k 2/4/2022 18:30	4 2/4/2022 19:23	3.4 00:52:57	7
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EXAMS WERE CONDUCTED ON WEEKLY BASIS:(SOME OF THE SCREENSHOTS WERE AS FOLLOWS)

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VAC Exam (Week-1) (Responses) 🔹 🖾 🖄

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Week-2 EXAM(VALUE ADDED COURSE) (Responses) 🖄 🖾 🖄 File Edit View instert Format Data Tools Extensions Help

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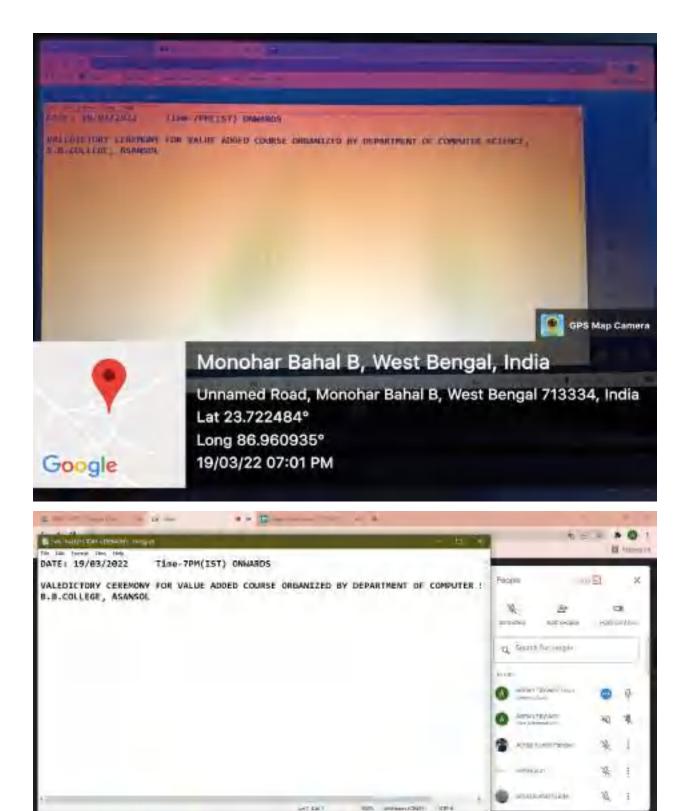
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VALEDICTORY CEREMONY CONDUCTED ON 19/03/2022 FROM 7PM(IST) ONWARDS:

NOTICE IN WHATSAPP GROUP:





~~COMPILED BY ARPAN TEWARY, DEPARTMENT OF COMPUTER SCIENCE

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VALEDICTORY CEREMONY OF V.A.C. Meet Attendance 3/19/2022

Participants	-bined	Left
ARPAN TEWART	3/19/2022 18:58	3/19/2022 19:13:
	3/19/2022 18:59	3/18/2022 10:13
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Ariteri kurner Guj	3/19/2022 18:59	3/19/2022 18:59/
Danakaha Tahsin	3/19/2022 18:59	3/18/2022 19:13:
Joyganesh Batat	3/19/2022 18:59	3/19/2022 19:13
Mourina Maji	3/19/2022 18:69	3/19/2022 19:13
Rana Dawn	3/10/2022 18 59	3/18/2022 10:13
Riyan Hoy	3/19/2022 18:59	3/19/2022 19:13
Savatie Subfrie S	3/19/2022 18:39	3/19/2022 19:13:
Ankel Pail	3/19/2022 18 59	3/19/2022 19:13:
Anirban Dhibar	3/19/2022 18:59	3/19/2022 19:13
Ansita Mondai	3/19/2022 18:59	3/19/2022 19:13
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Buthmiltya Mukh	3/19/2022 19:00	3/19/2022 19:13.
Puntim Rumari	3/19/2022 19:00	3/19/2022 19:00.
RENUKA MOND	3/19/2022 19:00	3/19/2022 19:001
Amt Singh	3/19/2022 19:03	3/19/2022 19:03
Arkanev Diss	3/19/2022 19:03	3/19/2022 19:13
Ayush Jaysmai	3/19/2022 19:03	3/10/2022 10:13
Bijay Mahalo	3/19/2022 19:03	3/19/2022 19:13
Debasish Monda	3/19/2022 19:03	3/19/2022 19.13.
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CERTIFICATE DISTRIBUTION: (HERE ARE SOME SCREENSHOTS)-

