

Life Skills



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DUM DUM MOTIJHEEL COLLEGE
(GOVT. SPONSORED)
1 MOTIJHEEL AVENUE, KOLKATA – 74

Affiliated to WEST BENGAL STATE UNIVERSITY
Established in 1950, UGC 2(f) and 12 (B) Approved
RUSA FUNDED

**Documentation related to Life skills (Yoga,
physical fitness, health and hygiene, self-
employment and entrepreneurial skills)**


(Dr. Prodeepa Gupta Roy)
Principal
Dum Dum Motijheel College,
1, Motijheel Avenue, Kolkata-700074



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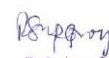
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Report on COVID-19 Vaccination Drive held at Dum Dum Motijheel College Campus

Date: 05-10-2021

Organized By: Dum Dum Motijheel College

Vaccination is the leading prevention strategy to protect individuals from COVID-19 disease and end the COVID-19 pandemic. Endorsing vaccination among students of the institution had become a matter of utmost importance to abate the spread of COVID -19. To turn this view into tangible action, Dum Dum Motijheel College decided to arrange a vaccination drive in the college campus itself on October 05, 2021. The vaccination drive was an initiative of Govt. of West Bengal organized through Department of Higher Education and the College acted as a venue or node. The college made all the necessary arrangements for this vaccination drive to be carried out smoothly. 50 students participated in the vaccination drive and got vaccinated following COVID-19 protocols and social distancing norms. With this vaccination drive on campus, the institute hopes to make the lives of all its members more protected from the Covid-19 virus.


(Dr. Pradeepa Gupta Roy)
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List of Students Vaccinated on 05/10/2021 during the Vaccination Drive at Dum Dum Motijheel College

| Sl. No. | Name of Students | Course | Name of Vaccine | Date |
|---------|-----------------------|--------------------|-----------------|------------|
| 1 | Najbul Hossain Mondal | M.Sc Math | Covaxin | 05/10/2021 |
| 2 | Avinav Roy | Bsg-Gen | Covishield | 05/10/2021 |
| 3 | Sakil Hossian Molla | Bsc Gen | Covishield | 05/10/2021 |
| 4 | Aditya Mahanta | Bsc Gen | COVISHIELD | 05/10/2021 |
| 5 | Shubhojit Kumar Das | Bsc Gen | Covishield | 05/10/2021 |
| 6 | Apurba Ghosh | Bsc Gen | Covishield | 05/10/2021 |
| 7 | Archita Sen | Bengali Hons. | Covishield | 05/10/2021 |
| 8 | Tuhir Nahroy | Bengali Hons. | Covaxin | 05/10/2021 |
| 9 | Susmita Roy | Bengali Hons. | Covishield | 05/10/2021 |
| 10 | Sahina Parvin | Bengali Hons. | Covishield | 05/10/2021 |
| 11 | Akash Dey | Bengali Hons. | Covishield | 05/10/2021 |
| 12 | Nasima Khatun | Bengali Hons. | Covishield | 05/10/2021 |
| 13 | Swarnadeep Majumdar | Botany Hons. | Covishield | 05/10/2021 |
| 14 | Reya Patra | Botany Hons. | Covishield | 05/10/2021 |
| 15 | Devtaru Datta | Botany Hons. | Covishild | 05/10/2021 |
| 16 | Nirupam Birla | Botany Hons. | Covishield | 05/10/2021 |
| 17 | Biswarup Roy | Botany Hons. | Covishield | 05/10/2021 |
| 18 | Priyanka Banerjee | Computer Sc. Hons. | Covisheild | 05/10/2021 |


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| | | | | |
|----|------------------------|----------------------------|------------|------------|
| 19 | Anushka Dutta | B.Sc.Microbiology Hons. | Covishield | 05/10/2021 |
| 20 | Chandrima Das | B.Sc.Microbiology Hons. | Covishield | 05/10/2021 |
| 21 | Jhilam Mukherjee | B.Sc.Microbiology Hons. | Covishield | 05/10/2021 |
| 22 | Krishna Manna | B.Sc.Microbiology Hons. | Covishield | 05/10/2021 |
| 23 | Sarbani Malakar | B.Sc.Microbiology Hons. | Covishield | 05/10/2021 |
| 24 | Shreya Kundu | B.Sc.Microbiology Hons. | Covaxin | 05/10/2021 |
| 25 | Sriparna Ghosh | B.Sc.Microbiology Hons. | Covishield | 05/10/2021 |
| 26 | Arpita Biswas | English Hons. | Covishield | 05/10/2021 |
| 27 | Hemel Kumar Biswas | English Hons. | Covishield | 05/10/2021 |
| 28 | Azim Molla | English Hons. | Covishield | 05/10/2021 |
| 29 | Barsha Bera | M A English | Covishield | 05/10/2021 |
| 30 | Ahana Ray | English Hons. | Covishield | 05/10/2021 |
| 31 | Sujata Roy | English Hons. | Covishield | 05/10/2021 |
| 32 | Neha Paul | Geography Honours | Covishield | 05/10/2021 |
| 33 | Sayani Biswas | Geography Honours | Covishield | 05/10/2021 |
| 34 | Abhraneel Das Gupta | Geography Honours | Covishield | 05/10/2021 |
| 35 | Proloy Halder | Geography Honours | Covaxin | 05/10/2021 |


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| | | | | |
|----|------------------------|-------------------------|------------|------------|
| 36 | Anusree Nath | Geography Honours | Covaxin | 05/10/2021 |
| 37 | Sahina Parvin | History Hons. | Covishield | 05/10/2021 |
| 38 | Swarnali Bardhan | History Hons. | Covishield | 05/10/2021 |
| 39 | Rini Patra | Human Development Hons. | Covishield | 05/10/2021 |
| 40 | Laxman Paswan | Physics(G) | Covishield | 05/10/2021 |
| 41 | Susmita Roy | Political Sc. Hons. | Covaxin | 05/10/2021 |
| 42 | Manav Paswan | Political Sc. Hons. | Covishield | 05/10/2021 |
| 43 | Ayantika Bhadra | Political Sc. Hons. | Covishield | 05/10/2021 |
| 44 | Subrata Golder | Political Sc. Hons. | Covishield | 05/10/2021 |
| 45 | Bratati Sinha | Zoology Hons. | Covishield | 05/10/2021 |
| 46 | Samadrita Mukhopadhyay | Zoology Hons. | Covishield | 05/10/2021 |
| 47 | Tiyasha Debnath | B A Gen. | Covishield | 05/10/2021 |
| 48 | Laxmi Shaw | B A Gen. | Covishield | 05/10/2021 |
| 49 | Barnali Majumder | B A Gen. | Covishield | 05/10/2021 |
| 50 | Priya Das | B A Gen. | COVAXIN | 05/10/2021 |


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Report on Blood Donation Camp held at Dum Dum Motijheel College

Date: 11-08-2023


Organized By: Dum Dum Motijheel College

On 11th August, 2023, Dum Dum Motijheel College hosted a successful blood donation camp as part of its ongoing commitment to community service and social responsibility. The event, organized by the college, aimed to address the critical need for blood donations and encourage a culture of philanthropy among students and staff.

Objectives

- **Increase Awareness:** Educate participants about the importance of blood donation and its impact on saving lives.
- **Facilitate Donations:** Provide a convenient and accessible platform for students, faculty, and staff to donate blood.
- **Build Community Spirit:** Foster a sense of community and social responsibility within the institution.

The camp was organized by the N.S.S Unit, Dum Dum Motijheel College. This camp is arranged to help the thalassemia patients. The camp took place in the NBI Room (Ground Floor), Dum Dum Motijheel College. The camp started around 9 AM with the Principal donating blood. The students of this college participated in the programme. Many common people also participated in this. The blood collected from this camp was given to the Government Hospital.


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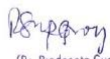
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The College N.S.S unit has arranged for refreshments for those who donated blood to the camp. Students and other people who had participated in this blood donation camp were given certificates and a small gift hamper. To scrutinize the entire process and to collect the blood, two doctors were taken in charge in said camp. The College had also arranged for a resting room for anyone who felt dizzy or sick after donating blood. Volunteers from the student union also had come to help the N.S.S unit to organize the blood donation Camp.

At the end, the Principal thanked and appreciated everyone present in the camp. The day ended with the National Anthem and a heartfelt vote of thanks from the principal of the college. The blood donation camp organized by Dum Dum Motijheel College was a resonating success, demonstrating the institution's dedication to community service and public health. The event not only met but exceeded its objectives, with a significant amount of blood collected and a high level of engagement from the campus community. We extend our gratitude to all participants, volunteers, and the partnering blood bank for their support and contributions. Moving forward, we aim to build on this success and continue our efforts in supporting vital health initiatives.


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Flyer for Blood Donation Camp

রক্তদান জীবন দান

সেমিনারের বিষয়ঃ- রক্তদানের গুরুত্ব।

আয়োজনেঃ- এন.এস.এস ইউনিট।

দমদম মতিঝিল কলেজ

১১ই আগস্ট, শুক্রবার, ২০২৩

সময়ঃ- ১২.৩০ থেকে ১.৩০

রক্তদান করুন ও অমূল্য প্রাণ বাঁচান


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Report on “Capacity Building Programme on Yoga and Meditation”

Date: 22-01-2024

Organized By: NEP Curriculum Committee and Dept. of Human Development in collaboration with IQAC of Dum Dum Motijheel College

On 22nd January, 2024, NEP Curriculum Committee and Dept. of Human Development in collaboration with IQAC of Dum Dum Motijheel College hosted a successful a “Capacity Building Programme on Yoga and Meditation”. The programme was held in Room No. G3 (Ground Floor), Dum Dum Motijheel College between 12 noon to 2:00 PM. Many faculty members and students of this college participated in the workshop.

Objectives

- Enhancement of physical health, mental clarity, emotional stability, and spiritual growth.
- Yoga often emphasizes the integration of mind and body through physical postures and breathing exercises.
- Meditation focuses primarily on mental and emotional well-being through various contemplative practices.


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Flyer for the “Capacity Building Programme on Yoga and Meditation”



Dum Dum Motijheel College
NEP Curriculum Committee
&
Department of Human Development
In Collaboration with
IQAC

Organize
A Workshop
on




Yoga and
Meditation

Speaker: Mrs. Nandini Choudhury

Date: 22-01-2024

Time: 12 noon to 2 pm Venue: G3 Room


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List of students who participated in the “Capacity Building Programme on Yoga and Meditation”

| STUDENTS' ATTENDANCE | | | |
|----------------------|----------------------|------------|------------------|
| S.No. | Name | Department | Signature |
| 1. | Sushrita Das | H.M.D.A | Sushrita Das |
| 2. | Jyotirmithi Dhar | H.I.S.A | Jyoti |
| 3. | Vivek Koiry | H.M.D.A | Vivek |
| 4. | ESP Karmakar | H.M.D.A | ESK |
| 5. | MA. Sumay Ali Khatun | Genra. B.A | MA |
| 6. | Sarbendra Nath Das | Genra. B.A | SN |
| 7. | Moumit Saitkh | Genra. B.A | Moumit SK |
| 8. | Subho Das | Genra. B.A | Subho Das |
| 9. | Subhrajit Das | Genra. B.A | Subho |
| 10. | Sujay Roy | Genra. B.A | Sujay |
| 11. | Maha Rajak | Genra. B.A | Maha Rajak |
| 12. | Jay Baran | Genra. B.A | Jay Baran |
| 13. | Susmit Das | Genra. B.A | Susmit Das |
| 14. | Anshu Biswas | Genra. B.A | Anshu Biswas |
| 15. | Mintu Choudhury | Genra. B.A | Mintu Choudhury |
| 16. | Abhishek Das | Genra. B.A | Abhishek Das |
| 17. | Rishi Chatterjee | Genra. B.A | Rishi Chatterjee |


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
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| S.No | Name | Department | Signature | S.No |
|------|--------------------|------------|--------------------|------|
| 18. | Akash S. Sinha | GENA-BA | Akash Sinha | 35 |
| 19. | Rohan Biswas | GENA-BSC | Rohan Biswas | 36 |
| 20. | Abheek Yadav | GENA-BA | Abheek Yadav | 37 |
| 21. | Rishi Kumar Pandey | GENA-BSC | Rishi Kumar Pandey | 38 |
| 22. | Azad Ali Molla | GENA-BA | Azad Ali Molla | 39 |
| 23. | Rajib Kumar | GENA-BA | Rajib Kumar | 40 |
| 24. | Jayanta Das | GENA-BA | Jayanta Das | 41 |
| 25. | Arup Chakrabarty | GENA-BA | Arup Chakrabarty | 42 |
| 26. | Jagani Munherjee | JORA-BA | Jagani Munherjee | 43 |
| 27. | Pallabiraj Ghosh | GENA-BA | Pallabiraj Ghosh | 44 |
| 28. | Roni Das | GENA-BA | R. Das | 45 |
| 29. | Shubh Das | GENA-BA | S. Das | 46 |
| 30. | Soumosid Das | GENA-BA | S. Das | 47 |
| 31. | Subrata Das | GENA-BA | S. Das | 48 |
| 32. | Ankan Naskar | JORA | A. Naskar | 49 |
| 33. | Emdadul Haque | JORA | Emdadul Haque | 50 |
| 34. | Tanisha Das | GENA-BA | T. Das | 51 |


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| Sl. No | Name | Department | Signature |
|--------|--------------------|--------------|--------------------|
| 35 | Pritya Basu | JORA-B.A | B. Basu |
| 36 | Ashis Kumar Das | JORA-Gen-B.A | A.K. Das |
| 37 | Dipayan Saha | SORA-B.A | Dipayan Saha |
| 38 | Sunradep Das | BNGA-B.A | Sunradep Das |
| 39 | Samiar Chakrabarty | GENB-B.A | Samiar Chakrabarty |
| 40 | SWARNALI SHOME | BNGA-25-BA | Swarnali Shome |
| 41 | Pradyush Bain | ENGA-23-035 | Pradyush Bain |
| 42 | Bishal Adak | PLSA-23-010 | Bishal Adak |
| 43 | Sabin Bose | Jara-23-033 | Sabin Bose |
| 44 | Samidha Ganguly | JORA-23-22 | Samidha Ganguly |
| 45 | Barina Dutta | JORA-25-25 | Barina Dutta |
| 46 | Jayita Dutta | ZORA-25-16 | Jayita Dutta |
| 47 | Anakasia Hota | ZORA-23-02 | Anakasia Hota |
| 48 | Prarthita Roy | ZORA-23-03 | Prarthita Roy |
| 49 | Hritam Chak | HORA-23-04 | Hritam Chak |
| 50 | Mritika Roy | JORA-23-017 | Mritika Roy |
| 51 | Tijana Deb Nath | JORA-23-36 | Tijana Deb Nath |


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