

**Capacity building and skills enhancement initiatives
taken by the institution include the following**

Sl. No.	Name of the event
1	Lifestyle for the environment pledge (3)
2	Yoga Day Celebration (3)
3	National Nutrition Month (3)
4	Community Awareness Campaign on Childhood Cancer (3)
5	Antimicrobial Resistance Awareness (3)
6	Gender Sensitization and Psychological Counselling Session (3)
7	Acharya Jagadish Chandra Bose Memorial Lecture (4)
8	Tree Planting Drive on National Pollution Control Day (3)
9	Industrial Visit to Quality Testing Laboratory (3)
10	Research Methodology with emphasis on Protein-Protein Interaction (4)
11	Industrial Visit (3)
12	Skill Development and Entrepreneurship Workshop on Mushroom Cultivation (1)
13	Installation and demonstration of Bee Boxes (1)
14	Awareness Campaign on E-Waste Management (3)
15	Health and Hygiene - Certificate course offered by Food and Nutrition Dept (3)
16	Communicative English and Personality Development – Certificate Course offered by Dept of English (2)

World Environment Day Programme

On a momentous June 5th, 2023, Raidighi College's Green Club joined forces with a vibrant coalition of nine other University of Calcutta colleges and the Department of Environmental Science, CU, for a World Environment Day like no other. Under the aegis of the West Bengal Pollution Control Board (Ministry of Environment, WB), Biswa Bangla Convention Centre's Hall 7 in New Town pulsated with the collective spirit of environmental commitment.

The Green Club, along with its formidable allies, brought a contagious passion to the stage. Students presented innovative exhibits, their stalls teeming with interactive displays on topics like sustainable waste management, renewable energy solutions, and biodiversity conservation. The air hummed with lively discussions as inquisitive visitors explored models of eco-friendly homes and engaged in debates on reducing plastic pollution.

But the Green Club's contribution went beyond static presentations. Their captivating street play, a poignant portrayal of humanity's impact on the environment, tugged at heartstrings and sparked introspection. The rhythmic beats and powerful dialogues resonated throughout the hall, leaving a lasting imprint on the audience.

The day wasn't just about showcasing initiatives; it was about forging powerful collaborations. The Green Club actively networked with fellow participants, brainstorming joint projects and exchanging knowledge on best practices. This cross-college interaction was a testament to the unifying power of environmental action, weaving a tapestry of collective responsibility that transcended institutional boundaries.

As the day drew to a close, the Green Club returned to Raidighi, their hearts brimming with pride and their minds teeming with fresh ideas. The World Environment Day program wasn't just a celebration; it was a springboard for future action. The Green Club, armed with newfound inspiration and a strengthened network of allies, was ready to lead the charge towards a more sustainable future, one step at a time.



Yoga Day Celebration

The first rays of June 21st painted the Raidighi College campus with a golden glow, not just from the sun but from the radiant spirit of Yoga Day. The air thrummed with anticipation as students, faculty, and even curious locals gathered, drawn by the promise of inner peace and physical well-being.

Spearheaded by the indefatigable Physical Education Department faculty, the celebrations were a vibrant tapestry of knowledge and practice. Each yoga posture, from the simple "Tadasana" to the challenging "Vrikshasana," was unraveled with intricate detail. Theoretical descriptions, elucidating the benefits of each movement on the body and mind, seamlessly intertwined with live demonstrations. Students, transformed into temporary Yoga Gurus, mirrored the faculty's movements with graceful precision, their postures echoing the elegance of ancient scriptures.

But Yoga Day at Raidighi College wasn't just about mastering the asanas. It was about inclusivity and shared experience. The event transcended departmental boundaries, attracting volunteers from across the college, eager to lend a helping hand and embrace the transformative power of yoga. Even the local community, initially hesitant, couldn't resist the infectious enthusiasm. Soon, hesitant smiles gave way to determined stretches, as curious onlookers metamorphosed into enthusiastic participants, weaving their own stories into the vibrant tapestry of the day.

The culmination of the event was a sight to behold. The campus lawn reverberated with the rhythmic chant of "Om," a collective exhale releasing stress and welcoming a sense of serenity. Laughter mingled with the chirping of birds, creating a symphony of joy and well-being. As the sun dipped below the horizon, casting long shadows on the satisfied faces, it felt like more than just yoga postures had been mastered. A community had rediscovered the ancient wisdom of self-care, forging a shared path towards physical and mental well-being. Yoga Day at Raidighi College wasn't just a celebration; it was a powerful reminder that inner peace thrives in the tapestry of togetherness, one downward-facing dog at a time.



National Nutrition Month Celebration by Department of Food and Nutrition at Amala Vidya Mandir, Raidighi (6 to 9 years)

Sunlight dappled through the trees of Amala Vidya Mandir as the aroma of freshly baked muffins filled the air. Laughter and eager chatter mingled with the clatter of pots and pans, a vibrant symphony emanating from the schoolyard. Raidighi College's Department of Food and Nutrition, armed with knowledge and a passion for well-being, had descended upon the school to celebrate National Nutrition Month in a unique and engaging way.

Gone were the sterile classrooms and dry lectures. Today, the schoolyard transformed into a culinary classroom, a stage for interactive learning and delicious exploration. Students from Raidighi College, transformed into temporary nutritional educators, guided their younger companions through hands-on workshops. Deft hands measured, chopped, and kneaded, mixing healthy ingredients into scrumptious delights. Banana oat muffins yielded to the magic of baking soda, beetroot salads morphed into vibrant rainbows on plates, and fruit shakes whirred to life, promising a burst of vitamins and energy.

But the learning wasn't confined to the kitchen. Interactive quiz games tested the youngsters' knowledge about healthy choices, while puppet shows and catchy rhymes brought complex nutritional concepts to life in a way that resonated with their laughter. Soon, the schoolyard buzzed with chatter about balanced meals, hidden sugars, and the importance of water.

By the end of the day, more than just bellies were full. Amala Vidya Mandir students carried home not just the sweetness of muffins and the tang of beetroot salad, but the seeds of nutritional awareness. Raidighi College, through its innovative celebration, had not only brought the joy of cooking to young minds, but had also planted the seeds of healthy habits that would take root and flourish long after the day was over. This wasn't just a National Nutrition Month event; it was a promise, a pledge to empower younger generations to make informed choices, one delicious bite at a time.





State Level Webinar on Childhood Cancer: A Broad Overview

A hush fell over the silent webinar platform of Raidighi College as a hush fell over the audience. Heads bent towards screens, brows furrowed in focused attention, as the renowned oncologist, Dr. Amitava Chowdhury, unraveled the complexities of childhood cancer in a state-level webinar. The air, once thick with anticipation, now vibrated with the urgency of his message, each word echoing with the weight of hope and knowledge.

Dr. Chowdhury's presentation wasn't merely a medical discourse; it was a tapestry woven with facts, empathy, and a call to action. He painted a stark picture of the challenges faced by children battling cancer, highlighting the importance of early detection and access to proper treatment. But amidst the statistics and medical jargon, his words shimmered with an unwavering belief in the human spirit, in the power of science and community to overcome even the most daunting obstacles.

The virtual audience, a diverse mix of students, healthcare professionals, and concerned citizens, engaged in a dynamic dialogue with Dr. Chowdhury. Every question, every comment, resonated with a shared desire to understand, to learn, and to contribute to the fight against childhood cancer. This wasn't just a webinar; it was a space for collective introspection, a platform where knowledge empowered, and empathy ignited the potential for positive change.

As the webinar drew to a close, a sense of purpose lingered in the virtual air. Dr. Chowdhury's closing remarks – a resounding call to action – resonated in every corner of the online space. Participants, equipped with newfound knowledge and a strengthened sense of responsibility, pledged to become agents of change. Whether through raising awareness, volunteering with support groups, or advocating for better healthcare facilities, each individual felt empowered to make a difference, to become a flicker of hope in the lives of children battling cancer.

Raidighi College's state-level webinar wasn't just an academic exercise; it was a catalyst for change. It transcended the confines of the virtual platform, weaving a network of compassion and commitment that stretched far beyond the college walls. This wasn't just a day of learning about childhood cancer; it was the beginning of a collective journey, a shared promise to fight for a future where every child, no matter their age or circumstance, could access the hope and healing they deserve.



**Department of Microbiology,
Raidighi College, West Bengal**
in collaboration with
**Student Welfare & Services
Coordination Cell**

and
IQAC
Presents

COMMUNITY AWARENESS CAMPAIGN
Through
State-level Webinar on
Childhood Cancer: a broad overview

Chief Patron:
Dr. Sasabindu Jana, Principal

SPEAKER:
Dr. Amitava Chowdhury
MBBS, DCH, PGPN (Boston)
MRCPCH (UK)
Child & Newborn Specialist

Registration link:
<https://forms.gle/QJPmsqS9bZVZiXyg7>

**Date &
Time:**
**10th
Nov,
2023**
**11am-
1pm**

Campaign theme

Cancer is one of the most dreaded diseases in the world. Its incidence has been rising globally and in India. 'One in 10 Indians would develop cancer in their lifetime', said the World Cancer Report of International Agency for Research on Cancer (IARC), released by the World Health Organization. The truth is that the proportion of people who survive cancer is higher than the number of persons who die from it. National Cancer Awareness Day is observed on November 7th, every year in India, to spread awareness and educate masses about how to prevent, fight and conquer cancer.

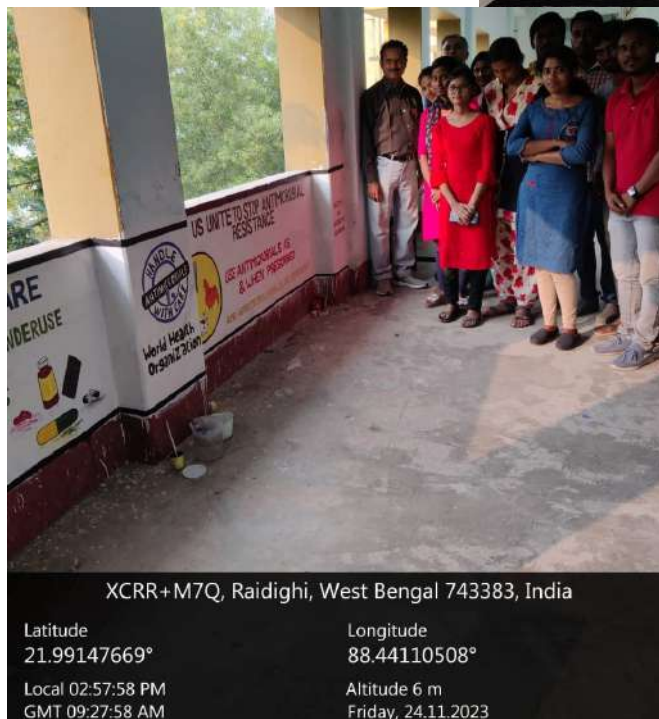
Department of Microbiology, Raidighi College, in collaboration with IQAC and Student Welfare and Services Coordination Cell will be arranging a State- level Community Awareness Webinar on 10th Nov 2023, from 11am to 1pm to commemorate National Cancer Awareness Day. This year, we have chosen to focus on how to protect our children from the menaces of cancer.

We are honoured to have a highly esteemed expert as our resource person. So, please hurry up and register for the webinar as seats are limited on Google Meet Platform.

Antimicrobial Awareness Week (18th-24th November, 2023)

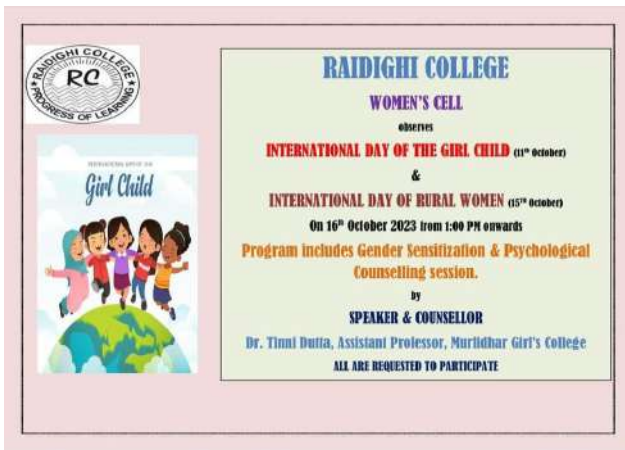
Department of Microbiology

Raidighi College's walls vibrated with vibrant life as the Microbiology department transformed them into a canvas for awareness. "Antimicrobial Awareness Week" blossomed on the bare brick, each stroke of paint echoing the fight against antibiotic resistance. Germs morphed into colorful monsters, defeated by tiny superhero antibiotics. Slogans splashed across the wall, urging responsible antibiotic use. This wasn't just art; it was a public health lesson, a visual plea for antimicrobial stewardship. Students stopped, intrigued, their eyes drawn to the vibrant battle playing out before them. This painted wall wasn't just a college decoration; it was a conversation starter, a silent teacher reminding everyone of the precious resource we must protect: the efficacy of life-saving medicines. Through their artistic activism, the Microbiology department had transformed the college into a vibrant platform for change, urging everyone to fight the silent war against superbugs, one brushstroke at a time.



Programme on International Day of the Girl Child and International Day of Rural Women Held on: 16th October, 2023

October 16th saw Raidighi College pulsate with empowerment! In a poignant celebration of womanhood, two global days coalesced – International Day of the Girl Child and International Day of Rural Women. The campus resounded with vibrant discussions, showcasing the challenges and triumphs of girls and women, both in rural and urban landscapes. Powerful poetry by students echoed their dreams and struggles, while interactive workshops tackled issues like gender bias and access to education. Guest speakers, rural women themselves, shared their inspiring stories of resilience and innovation. The day culminated in a poignant dance performance, a tapestry of movement that spoke volumes about female solidarity and strength. This wasn't just a campus event – it was a ripple of awareness, urging everyone to champion the cause of girls and women, rural and urban, who are changemakers shaping a brighter future.



Acharya Jagadish Chandra Bose Memorial Lecture

Echoes of the Cosmos: A Stellar Night at Raidighi College

Echoes of the cosmos reverberated through Raidighi College as renowned scientists, Prof. Ankan Das and Prof. Sudipta Sasmal, took the stage for the Acharya Jagadish Chandra Bose Memorial Lecture on November 30th, 2023. Organized by the Department of Physics and IQAC, the evening ignited curiosity and challenged perception.

Dr. Das embarked on a captivating journey, exploring the origins of life on Earth. With captivating storytelling, he delved into the delicate dance of chance and cosmic conditions that facilitated life's genesis. Did we simply get lucky, or was our existence predestined by the very fabric of the universe? His lecture stirred profound contemplation, urging us to rethink our place in the cosmic tapestry.

Next, Dr. Sasmal unraveled the mysteries of the Earth's tectonic dance, focusing on the elusive prediction of earthquakes. His insightful talk illuminated the complex interplay of forces that cause our planet to groan and shift. Can we ever truly anticipate these colossal tremors, or will they forever remain nature's unpredictable fury? Dr. Sasmal's presentation left the audience grappling with the tension between preparedness and the humbling power of natural forces.

The Acharya Jagadish Chandra Bose Memorial Lecture was a stellar success, igniting a thirst for knowledge and challenging the frontiers of scientific understanding. As the echoes of the cosmos faded, it left behind a lingering awareness of the awe-inspiring mysteries that surround us, both above and below our feet.



National Pollution Control Day 2023

Raidighi College's campus vibrated with green energy as they celebrated National Pollution Control Day with a vibrant tree-planting drive. Armed with spades and saplings, students, faculty, and staff transformed barren patches into pockets of hope. Laughter mingled with the earthy scent of freshly turned soil as neem, peepal, and ashoka trees found their new homes. The air crackled with a renewed commitment to a cleaner future. Placards bearing slogans like "Plant a tree, breathe easy" and "Green lungs for a healthy nation" adorned the college, reminding everyone of their shared responsibility. As the sun dipped below the horizon, casting long shadows on the newly planted trees, a sense of accomplishment bloomed. Raidighi College had not just planted trees, they had planted seeds of environmental consciousness, nurturing the promise of a greener tomorrow.



Education Visit by Departments of Microbiology and Botany

Stepping outside the familiar walls of Raidighi College, students of Botany and Microbiology embarked on a journey of learning that transcended textbooks. On December 2nd, their curriculum led them to the esteemed Faculty Centre of Integrated Rural Development and Management at RKM Ashrama, Narendrapur.

Immersed in the heart of Ramakrishna Mission Vivekananda Educational and Research Institute, students encountered cutting-edge technology woven with sustainable practices. The sophisticated Quality Testing Laboratory, sponsored by the Ministry of AYUSH, unveiled the rigorous methods employed to ensure the quality of natural medicines. In the Plant Tissue Culture Laboratory, a world of green magic unfolded, showcasing the delicate art of plant propagation. The National Horticulture Mission-backed Poly-greenhouse echoed with the promise of bountiful harvests. And the upcoming Biocontrol Laboratory, a glimpse into the future, hinted at innovative solutions for pest control.

This wasn't just a field trip; it was a dialogue between institutions. Discussions buzzed around possible follow-up activities facilitated by the existing MoU between RKM Narendrapur and Raidighi College. The collaborative spirit promised further opportunities for students, blurring the lines between classrooms and real-world application.

Returning to Raidighi, the students carried more than just memories. They carried seeds of inspiration, sown by the expertise witnessed at RKM. The sophisticated labs and dedicated researchers instilled in them a new zeal for their fields, urging them to bridge the gap between academic understanding and practical implementation. In essence, this educational visit wasn't just about curriculum fulfillment; it was a transformative spark, igniting in their hearts the fire for a scientific future, rooted in sustainability and collaboration.



State Level Seminar on Research Methodology

In a collaborative pursuit of scientific exploration, the departments of Microbiology and IQAC from Raidighi College and Sammilani Mahavidyalaya joined forces on December 5th, 2023. The Geography Laboratory of Sammilani Mahavidyalaya hosted a state-level seminar titled "Research Methodology with emphasis on Protein-Protein Interaction," drawing in academics and researchers from across West Bengal.

The esteemed Dr. Alok Kumar Sil, Professor of Microbiology at the University of Calcutta, served as the resource person for the event. His renowned expertise in the field lent immense weight to the proceedings. Dr. Sil delved into the intricate world of protein-protein interactions, highlighting their crucial role in biological processes and potential implications for medical advancements.

The seminar provided a platform for in-depth discussions on research methodologies specific to this intricate field. Participants grappled with the complexities of protein purification, binding assays, and computational modeling, all with the aim of unraveling the secrets of these molecular dance partners. The exchange of ideas fostered a dynamic learning environment, where established researchers and budding scientists engaged in fruitful conversation.

Beyond the technical expertise, the seminar also emphasized the broader framework of research methodology. Dr. Sil shared insights on problem formulation, data analysis, and scientific communication, equipping participants with essential tools for navigating the research landscape.

The collaborative state-level seminar on protein-protein interactions served as a powerful testament to the synergy that can arise when institutions come together. It ignited curiosity, spurred academic discourse, and left participants equipped to delve deeper into this fascinating realm of molecular biology. In essence, the event was a beacon of scientific progress, illuminating the intricate world of protein-protein interactions and paving the way for future breakthroughs in this critical field.





6, Hiland Park, 1925, Chak Garia, Santoshpur, Kolkata, West Bengal 700075, India

Latitude
22.48304813°

Longitude
88.39030842°

Local 11:52:01 AM

Altitude 4 m



6, Hiland Park, 1925, Chak Garia, Santoshpur, Kolkata, West Bengal 700075, India

Latitude
22.48301104°

Longitude
88.39028668°

Local 12:19:38 PM

Altitude 4 m



Industrial Visit

A whiff of menthol and a buzz of scientific curiosity filled the air at Dabur India Ltd., Narendrapur, on December 20th, 2023. A joint initiative between the Departments of Chemistry from Raidighi College and Ananda Mohan College, the industrial visit saw students and faculty embark on a fascinating journey through the world of manufacturing and research.

Stepping into the hallowed halls of Dabur, the participants were greeted by gleaming stainless steel vats whispering tales of herbal concoctions and cutting-edge technology. Guided by Dabur's esteemed scientists, they delved into the intricate processes behind familiar brands like Chyawanprash and Vatika hair oil. From witnessing the meticulous extraction of natural ingredients to observing the rigorous quality control measures, the visit shed light on the invisible science behind everyday products.

But the learning went beyond the production lines. Interactive sessions in the research and development labs unveiled the magic of innovation. Students saw firsthand the dedication of scientists as they toiled to unlock the secrets of nature, transforming ancient Ayurvedic wisdom into modern wellness solutions.

The visit wasn't just an educational excursion; it was a bridge between theory and practice. Students observed the real-world applications of the chemical principles they learned in textbooks, sparking a deeper understanding and appreciation for their subject. The collaborative spirit between the two colleges further enriched the experience, fostering camaraderie and shared learning as young minds from different institutions interacted with each other and with industry experts.

Leaving Dabur, the students carried back more than just memories. They carried newfound insight into the world of manufacturing, a spark of inspiration ignited by the dedication of researchers, and a strengthened bond with their peers and teachers. The visit served as a powerful reminder that the journey of science isn't confined to the four walls of a classroom, but extends far and wide, enriching lives and shaping the future through innovation and collaboration.



Report on Skill Development and Entrepreneurship Workshop on Mushroom Cultivation

A skill development and entrepreneurship workshop on mushroom cultivation was organized on January 19, 2024, at Raidighi College. The event was a collaborative effort by the Department of Botany, Microbiology, and the Career Counseling & Placement Cell. The workshop aimed to equip students with practical skills in mushroom cultivation and inspire entrepreneurial ventures in the field of sustainable agriculture.

The resource persons for the workshop were Dr. Nilanjan Chakraborty, Assistant Professor of Botany (UG & PG) at Scottish Church College, and Mr. Anujit Das from Earth Star Mushroom Pvt. Ltd. Their expertise and practical insights enriched the learning experience for the participants.

The workshop was structured into two technical sessions. The first session focused on the theoretical aspects of mushroom cultivation, including its biological principles, economic potential, and the scope of entrepreneurship in this domain. The second session provided a hands-on training experience, where students learned the step-by-step process of growing mushrooms, from substrate preparation to harvesting techniques.

Approximately 65 students participated actively in the workshop, demonstrating enthusiasm and keen interest in the subject. The hands-on training allowed them to apply theoretical knowledge in a practical setting, fostering a deeper understanding of the cultivation process.

To recognize and encourage participation, certificates were distributed to all attendees. The workshop not only enhanced the students' technical skills but also introduced them to the entrepreneurial possibilities in mushroom farming, thereby aligning with the broader goals of skill development and self-reliance.

Overall, the event was highly successful in inspiring students to explore sustainable and innovative practices in agriculture, marking another step forward in the college's commitment to holistic education and career readiness.





Raidighi, West Bengal, India
 XCRR+M7Q, Raidighi, West Bengal 743383, India
 Lat 21.991229°
 Long 88.440916°
 19/01/24 03:46 PM GMT +05:30



Raidighi, West Bengal, India
 XCRR+M7Q, Raidighi, West Bengal 743383, India
 Lat 21.991235°
 Long 88.440927°
 19/01/24 03:45 PM GMT +05:30



XCRR+M7Q, Raidighi, West Bengal 743383, India

Latitude	Longitude
21.99142052°	88.44089794°
Local 03:22:39 PM	Altitude 6 m
GMT 09:52:39 AM	Friday, 19.01.2024



Raidighi, West Bengal, India
 XCRR+M7Q, Raidighi, West Bengal 743383, India
 Lat 21.991404°
 Long 88.440916°
 19/01/24 03:17 PM GMT +05:30



Raidighi, West Bengal, India
 XCRR+M7Q, Raidighi, West Bengal 743383, India
 Lat 21.991222°
 Long 88.440931°
 19/01/24 03:44 PM GMT +05:30

Report on Installation and Demonstration of Bee Boxes

The Department of Zoology, Raidighi College, successfully conducted the installation and demonstration of bee boxes in the college premises. This initiative was undertaken as part of the Zoology curriculum, with apiculture being an essential topic for both Honors and General students, as well as a key component of the department's Value-Added Course.

The event provided students with a hands-on experience in apiculture, a vital area of study that combines theoretical knowledge with practical application. The installation of the bee boxes was carried out under the guidance of faculty members, ensuring that students learned about the tools, techniques, and best practices for setting up and managing bee colonies.

During the demonstration, the students observed the behavior of bees, their role in pollination, and the importance of maintaining ecological balance. Faculty members explained the scientific and economic significance of beekeeping, highlighting its relevance to sustainable agriculture and biodiversity conservation.

The practical exposure not only enriched the students' understanding of apiculture but also encouraged them to consider its entrepreneurial prospects as a sustainable livelihood option.

The program concluded with an interactive session, where students actively participated by asking questions and discussing their observations. The initiative was highly appreciated by the attendees, who found the experience both educational and engaging.

This event marked another step forward in the Department of Zoology's commitment to integrating value-added learning with academic pursuits, empowering students with practical skills and a deeper appreciation for ecological sustainability.



Report on Awareness Campaign on E-Waste Management

Date: 27th March 2024

Time: 12:00 PM to 1:00 PM

Venue: S.R. Basu Memorial Conference Hall, AJC Bose Bhawan, Raidighi College

As part of the Memorandum of Understanding (MoU) between Raidighi College and Hulladek Recycling Pvt. Ltd., the Green Club of Raidighi College, in collaboration with Hulladek Recycling Pvt. Ltd., organized an *Awareness Campaign on E-Waste Management* on March 27, 2024.

Program Details

The event aimed to educate participants about the importance of proper e-waste management and the environmental hazards associated with electronic waste. The campaign was attended by approximately 50 participants, including students, faculty members, and staff of Raidighi College.

The session was led by **Ms. Debpritha Halder**, Senior Marketing Manager at Hulladek Recycling Pvt. Ltd., who delivered an informative lecture on the significance of responsible e-waste disposal.

Highlights of the Lecture

Ms. Halder provided a comprehensive overview of:

- The definition and types of e-waste.
- The environmental and health risks posed by improper disposal of electronic items.
- The role of recycling in minimizing the harmful effects of e-waste.
- Hulladek's initiatives and services for e-waste collection and recycling.

She also emphasized how small individual actions can collectively make a significant impact in mitigating environmental damage.

Audience Engagement

The participants actively engaged in the session, asking questions about e-waste disposal and recycling processes. The campaign created awareness about the pressing need for sustainable practices in handling electronic waste, encouraging attendees to adopt eco-friendly habits in their daily lives.

Conclusion

The awareness campaign concluded with a vote of thanks to Hulladek Recycling Pvt. Ltd. and Ms. Halder for their efforts in promoting environmental sustainability. The program was a significant step toward building a more informed and responsible community at Raidighi College, aligning with the Green Club's mission to foster environmental stewardship.



XCRR+M7Q, Raidighi, West Bengal 743383, India

Longitude
88.4411771°

9 PM
9 AM

Altitude 6 m
Wednesday, 27.03.2024



XCRR+M7Q, Raidighi, West Bengal 743383, India

Latitude
21.99156025°

Longitude
88.44122192°

Local 02:16:26 PM
GMT 08:46:26 AM

Altitude 6 m
Wednesday, 27.03.2024





RAIDIGHI COLLEGE

(A NAAC Accredited College)

P.O. & P.S. -Raidighi, South 24 Parganas, Pin-
743383

Phone No. 9735340005

Website – www.raidighicollege.in

Email – principal.raidighi@gmail.com,
raidighicollege95@gmail.com



Date: 17/11/2023

Department of Food and Nutrition
Departmental Meeting

A departmental meeting will be held on 17th November 2023 at 11.30 am to discuss the preliminary idea about a Certificate course on “Health and Hygiene”. All the faculty members are requested to attend this meeting and contribute their suggestions for the same.

Arvinda Shaw

Dr. Arvinda Shaw,
Head, Assistant Professor,
Department of Food and Nutrition
Raidighi College

**Department of Food & Nutrition
Raidighi College**

Department of Food and Nutrition
Minutes of Add-on-Course Meeting.

A departmental meeting is being held on 17th November 2023 at 11.30 am to discuss the structure, components, and syllabus of the Certificate course (Health and Hygiene) to be offered by our department for the students of Raidighi College.


1. The duration will be 30 hours.
2. Resource Person: In-house faculty member.
3. The course will be completely free for our college students.
4. The course will be held from December 2023-march 2024


Signature of members present in the meeting.

- 1) Arvinda Shaw
- 2) Jayanti Chandra
- 3) Sasabanti Kundu

From the meeting on Certificate course held on 17th November 2023 at 11.30 am it was resolved that:

1. The Title of the course was confirmed to be “**Health and Hygiene**”.
2. The duration of the course will be that of 30 hours.
3. All the resource persons will be in-house faculty members.
4. The course will be completely free for students.
5. The course will be held from December 2023-march 2024


Principal, Raidighi College
Dr. Sasabindu Jana
Principal
RAIDIGHI COLLEGE
South 24 Pgs


HOD, Department of Food and Nutrition
Dr. Arvinda Shaw

Department of Food & Nutrition
Raidighi College

Certificate Course on: HEALTH and HYGIENE
DEPARTMENT OF FOOD AND NUTRITION

COURSE MODULE	
Module 1: Introduction to Community Nutrition and Health	
The concept of community, nutrition, health, factors affecting community health.	2 Lectures (2 hours)
Module 2: Nutritional Assessment Methods	
I) Definitions, aims and objectives of nutritional assessment. II) Methods of nutritional assessments- Direct and Indirect. III) Assessment of nutritional deficiencies, application of nutritional anthropometry, common anthropometric measurements for children. IV) Interpretation of anthropometric measurements, reference standards, protein energy malnutrition, common anthropometric measurements for adults. V) Limitations of anthropometry, biochemical assessments. VI) Nutritional deficiencies commonly seen in community. VII) Clinical assessments -advantages, groups, classified signs and symptoms, limitations. VIII) Diet Survey methods commonly used in community nutrition. IX) Adult consumption units, advantages, and disadvantages of different diet survey methods.	15 Lectures (15 hours)
Module 3: Common Nutritional Disorders and their Prevention	
I) Malnutrition-definition, types, prevalence, causes, consequences, prevention techniques. II) Protein Energy Malnutrition (PEM)- definition, classification, causes, prevention, treatment. III) Iron deficiency Anaemia- definition, classification, causes, prevention, treatment. IV) Iodine Deficiency Disorder- definition, spectrum, classification, goitrogens, causes, prevention, treatment. V) Vitamin A Deficiency- definition, spectrum, causes, prevention, and treatment. VI) Rickets- definition, causes, prevention.	5 Lectures (5 hours)
Module 4 : National Nutritional Intervention Program to Combat Malnutrition in India	
I) Integrated Child Development Services (ICDS) scheme and Mid-day Meal Program- launch of program, aims, objectives, beneficiaries, and nutritional components. II) National Nutritional Anaemia Prophylaxis Program (NNAPP)- aim, beneficiaries, components. III) National Prophylaxis Program for Prevention of Blindness due to Vitamin A-deficiency-(VAD)- aim, beneficiaries, components. IV) National Goitre Control Program/ Iodine Deficiency Disorder Control Program-(IDDCP)- aims, beneficiaries and components. V) Other community feeding programs- ANP, SNP, Balwadi.	4 Lectures (4hours)

Module 5: Concept of Hygiene and Sanitation		2 hours (1 lecture & 1 hour classroom activity)
I)	Hygiene-personal, kitchen, and environmental sanitation,	
II)	Importance of cleanliness for healthy living.	
III)	Doubt clearance and classroom discussion.	
Module 6: Nutrition Education in Community well-being		1 hour + 1 hour
I)	Importance of nutrition and health education.	
II)	QUIZ	



**DEPARTMENT OF FOOD AND NUTRITION
RAIDIGHI COLLEGE
Offers A CERTIFICATE COURSE on**

"HEALTH and HYGIENE"

Course Duration: 30 hours; From December 2023-march 2024

Course Coordinator:

Jayanti Dhara

Jt. Coordinator:

Srabanti Kundu

Dept. of Food & Nutrition

Course Fee: FREE

Last date for enrolment:

30th November 2023

Structure

Course objectives

Flyer

Certificate

Attendance Sheet

COURSE STRUCTURE:

The course structure is formulated for easy comprehension of all students belonging to different streams. The structure is being laid in such a way that each participant will gain in-depth knowledge about health, diet, nutrition, deficiencies, and hygiene so that they can protect themselves and their near and dear ones from different health issues. Through the course units/modules they can analyze their own nutritional status and improve their overall well being for healthy living. They can also contribute towards community health awareness through the knowledge gained from this course.

COURSE OBJECTIVES:

- To enable the students to make healthy choices and positive changes in their daily routine.
- To equip them with scientific knowledge and practices to understand the importance of good health and preventive techniques to eradicate malnutrition through minute changes in our lives.
- To spread the gained knowledge in their communities for their betterment.

COURSE OUTCOME

- CO1: Get knowledge about healthy diet, nutritional deficiencies, hygiene practices for healthy living.**
CO2: Assess their nutritional status, hygiene practices and thus make improvements.
CO3: Learn various preventive measures to combat malnutrition/ nutritional deficiencies.
CO4: Trained effectively and scientifically to spread the message of awareness on healthy living within limited resources in community people.

Da

Tin


SL NO.	NAME	REGISTRATION NO.	STUDENT ID
1	TANUMOY GHOSH	534-1114-0295-23	B.Sc/23/0084
2	SHUBHAJIT MAYRA	534-1111-0297-23	B.Sc/23/0088
3	SUBHADIP MAJHI	534-1114-0298-23	B.Sc/23/0092
4	ARIF MOLLA	534-1115-0303-23	B.Sc/23/0101
5	RAKESH GAYEN	534-1112-0316-23	B.Sc/23/0180
6	SARAT CHANDRA MURMU	534-1113-0325-23	B.Sc/23/0212
7	SUMON SHAW	534-1111-0318-23	B.Sc/23/0222
8	PRASANNA KAYAL	534-1111-0319-23	B.Sc/23/0223
9	SAGAR HALDAR	534-1111-0329-23	B.Sc/23/0265
10	PRALOY SARDAR	534-1112-0328-23	B.Sc/23/0266
11	RAKESH MONDAL	534-1112-0326-23	B.Sc/23/0269
12	KHAYRUL HOSSAIN LASKAR	534-1111-0331-23	B.Sc/23/0271
13	RAKTIM BAIDYA	534-1111-0332-23	B.Sc/23/0275
14	KAMINI SAMANTA	534-1111-0333-23	B.Sc/23/0301
15	AKROM MOLLA	142-1115-0565-22	B.Sc/23/0316
16	HEMA HALDER	534-1211-1582-23	B.Sc/23/0001
17	PALLABI DAS	534-1211-1584-23	B.Sc/23/0010
18	JHARNA HALDER	534-1211-1585-23	B.Sc/23/0012
19	NAMITA MAITY	534-1211-1586-23	B.Sc/23/0015
20	SOMASHREE TRIPATHY	534-1211-1590-23	B.Sc/23/0028
21	ANKITA HALDER	534-1211-1657-23	B.Sc/23/0029
22	SAHELI HALDER	534-1211-1593-23	B.Sc/23/0032
23	SUCHITRA KANDAR	534-1212-1594-23	B.Sc/23/0034
24	PRIYA MAL	534-1211-1595-23	B.Sc/23/0036
25	SUSMITA MANNA	534-1214-1596-23	B.Sc/23/0038
26	SUTAPA SEN	534-1211-1597-23	B.Sc/23/0041
27	RANU GHOSH	534-1214-1598-23	B.Sc/23/0051
28	MADHURIMA BHUNIA	534-1211-1599-23	B.Sc/23/0052
29	LABANI GAYEN	534-1211-1658-23	B.Sc/23/0054
30	SNEHA MANDAL	534-1214-1605-23	B.Sc/23/0076

→ Tanumoy Ghosh.
 → Shubhajit Mayra
 → Subhadip Majhi
 → Arif Molla
 → Rakesh Gayen.
 → Sarat chandra Murmu
 → Sumon Shaw.
 → Prasanna Kayal
 → Sagar Halder
 → Praloy Sardar
 → Rakesh Mondal
 → Khayrul Hossain Laskar.
 → Raktim Baidya.
 → Kamini Samanta
 → Akrom Molla.
 → Hema Halder
 → Pallabi Das
 → Jharna Halder
 → Namita Maity
 → Somashree Tripathy
 → Ankita Halder.
 → Saheli Halder
 → Suchitra Kandar.
 → Priya Mal
 → Susmita Manna
 → Sutapa Sen.
 → Ranu Ghosh
 → Madhurima Bhunia
 → Labani Gayen
 → Sneha Mandal.

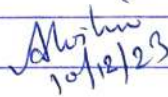
Meeting Resolution


Resolution Adopted:

01. After an immense success of the first phase of the certificate course "Communicative English and Personality Development", the meeting had decided to continue this course.
02. The meeting is held on 10/12/23. It is also a 30 hours course.
03. The students are requested to enroll their names on or before 17/12/23.
04. The course will continue from 15/1/24 to 15/03/24.
05. All rules and regulations are same as mentioned in the meeting dated: 16.11.2021.

 10/12/23.

 10/12/23.

 10/12/23

 10/12/23

Registration & Beginning of Classes

17.01.24.

1. Santanu Mondal
2. Krishnandu Mondal
3. Sukhendu Pradhan.
4. Sagar Halder.
5. Trishu Das
6. Mithu Kapat
7. Aditi Kayal.
8. Rajkumar Rang
9. Piu Halder
10. Hema Roy
11. Ritika Halder
12. Arpita Halder
13. Sayani Bhandari
14. Anwesha Bauri
15. Sudipta Baidya
16. Karf Molla
17. Inam Ahmed Choea