



KHARAGPUR COLLEGE KHARAGPUR

ESTD. : 1949

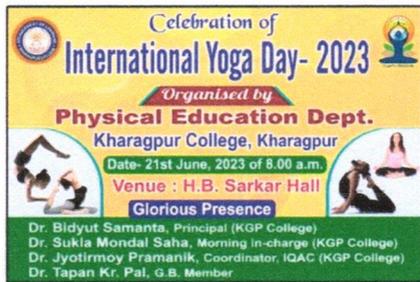
P.O.– Inda, Kharagpur, Municipality– Kharagpur, Sub-Division– Kharagpur,
P.S.– Kharagpur (T), Dist.– Paschim Medinipur, West Bengal, PIN– 721305.

Life-Skills

Report: 2022-23

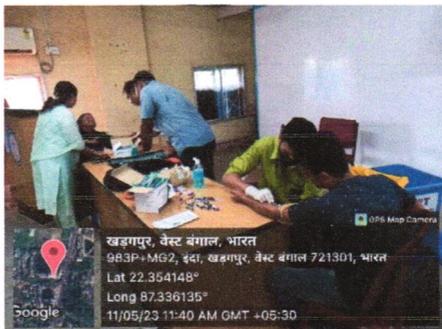
1. International yoga day dated 21.06.2023.

Physical education department celebrated International Yoga Day on 21.06.2023 at H.B. Sarkar Hall. The resource person highlighted the necessity of yoga to maintain the students' physical fitness. Students learned easy level yoga poses and asanas from the experts. 64 students participated in this programme.



2. Thalassemia screening camp dated 11.05.2023

The Thalassemia Awareness Camp was organized to raise awareness about thalassemia, a genetic blood disorder affecting a significant number of individuals globally. The camp aimed to educate the community about thalassemia, its causes, symptoms, prevention, and available treatment options. The event was organized by Kharagpur College on 11.05.2023.




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3. Eye check-up camp dated 04.04.2023

The NSS unit of Kharagpur College organized a free eye check-up camp for the students in association with Midnapore Rotary Eye Hospital. Dr. Jayram Maity was present in this program. Almost 118 students were tested.



4. Routine Health Checkup for students dated 15.03, 03.03.23, 04.01.23, 13.12.22, 01.12.22, 13.09, 04.08, 02.08.22

Routine health check-ups for students are essential to ensure their overall well-being and to identify any potential health issues early on. These check-ups typically involve a series of medical examinations and assessments that aim to monitor and maintain students' health. A general physical examination is conducted by a healthcare professional Dr Indrajit Bachar, to assess the student's overall health. This involves checking height, weight, blood pressure, pulse rate, and other vital signs.



COMPLIMENTARY
KHARAGPUR COLLEGE
DR. INDRAJIT BACHAR, MBBS
Reg. No.: WBMC 82039
Attached to (Medical Officer) of DEYPARA (CHANDRA), BPHC




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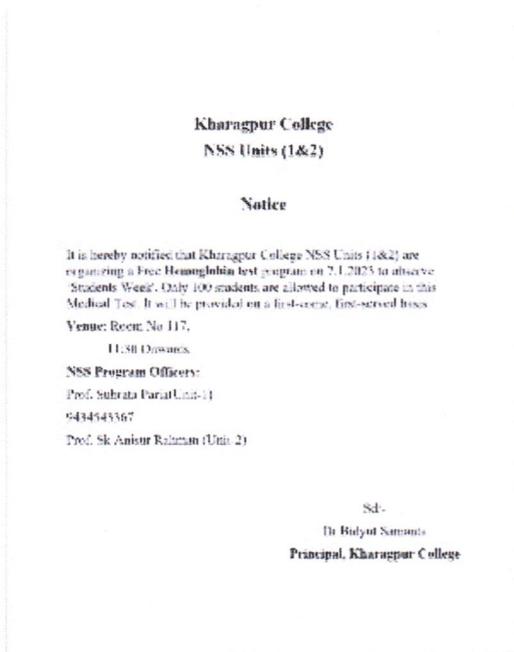
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5. Hemoglobin test camp dt 07.01.2023

Kharagpur College planned a Hemoglobin test camp in association with Midnapore Careful Diagnostic Centre. 97 students were present in this program including a few teaching and non-teaching staff. In this camp, the hemoglobin range of individual students was measured by the lab pathologist, and the result was given to the students.



6. AIDS awareness programme dt 05.12.2022

AIDS awareness program was organized by the NSS unit of Kharagpur College to observe AIDS day in room no. 208 in association with Red Ribbon Club, Vidyasagar University. This program was sponsored by the AIDS Control Board, India. 62 students were present on this above said occasion. In this program, a student seminar competition was also organized. Mariyam Shamim, Arjun Sarki, and Shakshi Kumari Gupta ranked 1st, 2nd and 3rd respectively.




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7. Self-defense workshop dt 25.11 and 26.11.2022

The Women's Cell, Kharagpur College, organized a two-day workshop (25-26 November 2022) on self-defense at the Sports Complex at 11 a.m. in collaboration with the All India Seshinkai Shito-RWU Karate-Do Federation. Our principal Dr Bidyut Samanta gave the opening speech. IQAC Convenor Dr. Jyotirmoy Pramanik gave a formal speech and the theme of the workshop was precisely presented by Smt. Udita Bhattacharya. 200 students of our college participated in the workshop.




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8. Dengue awareness programme dated 25.11.2022

The dengue awareness programme was organized in room no 114 on 25.11.22. Mandrita Mukherjee and Supratim Pradhan from IIT, Kharagpur graced the occasion and delivered the lecture. Almost 72 students were present in this program.



9. Thalassemia counselling dated 27.08.2022

The NSS unit organized thalassemia counselling sessions for the students. Almost 198 beneficiaries including 40 NSS volunteers benefitted from this program. Fourteen students were detected as thalassemia carrier positive.

Report

Total number Test - 198
 Male - 61
 Female - 137
 Total carrier

Sl. No.	Name of Student	Age	Impression	Mobile No.	Sex
1	Moushik Barua	19 Y	Carrier	906902405	M
2	Nandita Dasgupta	19 Y	Beta carrier	9822534038	F
3	Neha Sen	19 Y	HbE carrier	7363831794	F
4	Rama Das	18 Y	HbE carrier	9597586894	F
5	Ramesh Barmah	18 Y	HbE carrier	8296766316	M
6	Nikhil Prasad	19 Y	Beta carrier	741093932	F
7	Sumit Nath Deka	21 Y	Beta carrier	80168 63130	M
8	Chandana Das	19 Y	Beta carrier	9046719328	F
9	Chandana Das	18 Y	Beta carrier	7734613079	F
10	Riya Bis	19 Y	Beta carrier	747452589	F
11	Bekal Bera Subhadra	18 Y	HbE carrier	98332302235	F
12	Nayin Patra	19 Y	HbE carrier	7892802823	F
13	Souvik Dasg	18 Y	Beta carrier	9822959311	F
14	Subhadra Patra	20 Y	Beta carrier	7478294894	M



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10. Training programme on physical fitness, health and hygiene dated 28-29 September 2022.

The Department of Physiology organized the life skill program named skill enhancement course on physical fitness, health and hygiene for the 1st, 3rd and 5th-semester students on 28 and 29th September 2022. 48 students attended the course. Two-day hands-on training for blood pressure measurement, BMI calculations etc were conducted by Mr. Ashutosh Choudhary and Mr. Anupama Patnayak, faculty members of Physiology department. This course was not in the regular course curriculam.




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Life-Skill Report: 2021-22

1. A Report on Cleanliness programme dated 14.08.21

NSS units organized a cleanliness program on the occasion of Amrit Mahotsav. 35 students were present in this program.



2. Drive for Vaccination dated 5.10.2021

Kharagpur College organized a COVID Immunization Drive on 5.10.21 for 18+ students. A list of students is attached in the document section. Approx. 1450 students avail of vaccination.



3. World AIDS Day dated 01.12.2021

NSS Units observed World AIDS Day on 01.12.2021 at 2-30pm. Mr Siddhartha Kamila, a member KVBD, Kharagpur delivered a lecture on AIDS and motivated students. IQAC's Co-coordinator inaugurated this program. Student speakers delivered a lecture on AIDS. 41 students and a few faculty members were present on this occasion.




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4. Eye Test Camp, dated 03.01.2022

NSS Units and Alumni Association of Kharagpur College organized a Test Camp on 03.01.2022 at 10 am in association with the Rotary Club, Midnapore. A total of 122 students and local people were tested. In this Camp, 15 cataracts were found.



5. Thalassemia screening programme on 18.05.2022

NSS Units of Kharagpur College organized a thalassemia screening program on 18.05.22 at 11 am in association with the Control Unit School of Tropical Medicine. Madhimita Biswas was present in this camp on behalf of this association. 231 students are present. Out of those students, 174 blood samples were collected.




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6. Certificate course on YOGA 16.06 to 27.06.2022

A certificate course on YOGA was organized by the NSS unit and Department of Physical Education, Kharagpur College on and from 16.06 to 27.06.2022



7. Skill enhancement programme on physical fitness, health and hygiene dt 16-17th November 2021.

The Department of Physiology organized the life skill program named skill enhancement course on physical fitness, health and hygiene for the 1st, 3rd and 5th-semester students on 16th and 17th November, 2021. 40 students attended the course. Mr. Ashutosh Choudhary conducted the whole training programme on blood pressure measurements, BMI calculations etc.




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Life-Skills

Report: 2020-21

1. Yoga programme and Yoga Camp from 21.6.2021 to 27.06.2021

NSS observed Yoga Day, 2021 on 21.6.2021 at 8 30 a.m. A total number of 40 students and 10 teachers participated in this program conducted through an online platform Mr Arun Ghosh, a teacher of Art of Living delivered lectures on this program and trained the students. During the camp, a Yoga competition was also conducted among the participants.



2. AIDS awareness programme dated. 01.12.2020

NSS Units observed AIDS Day on 1st December 2020 through online lectures from 10 a.m. to 12 p.m. to motivate students to struggle against AIDS.

3. Thalassemia testing programme dated- 09.02.2021

NSS units in collaboration with the Thalassemia Society, Midnapore, and Kharagpur Voluntary Blood Donors Organisation, KVBD, Kharagpur, conducted the Thalassemia detection test. Almost 200 students underwent the test.




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4. Blood Donors' Motivation Program, dated 22 & 23 August 2020

NSS unit took the initiative to motivate students, teachers and other communities towards serving society through blood donation. In the said motivation program, the resource persons from KVBDO (Kharagpur Voluntary Blood Donors Organization), Kharagpur, discussed the necessity of blood donation.

Resource persons from KVBDO:

- Sri Debkrishna Bhattacharya
- Sri Kaushik Mandal
- Sri Siddhartha Kamilya
- Dr. Tapan Pal

Dr RamaPrasad Bhattacharya Joint DPI (UGC), Govt. of West Bengal delivered an inaugural speech on this occasion. More than 200 participated virtually in this programme.



5. Formation of COVID task force and setting a SAFE HOME for COVID patient

being driven by the responsibility to help COVID victims, Kharagpur College constituted a COVID task force and helpline on 10.06.2021, that continued till the situation gets normalized. . The Task force initially consisted of 25 students, 24 teaching and non-teaching staff of the college from the date of notification and the process




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College authorities set up a Safe home for COVID patients in the girls' hostel. The task force members distributed sanitizer, masks and other necessary goods to the local people for their hygiene.

E-mail: kharagpurcollege@gmail.com

Website: www.kharagpurcollege.ac.in



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Date: 10.06.2021

NOTICE

Covid Task Force and Helplines

Covid Task Force and Helplines is formed consisting of the following members in order to remain sensitive to the ongoing problems and needs of our Stakeholders and extend our best possible support and help to overcome the prolonged Covid-19 pandemic situation. It may be noted that a 'Safe Home' is running in the Girls' Hostel of the college. This facility may be availed by all the stakeholders.

Sl. No.	Name of the Faculty Member	Contact No.	Sl. No.	Name of the Student Member	Contact No.
1	Dr. Sukla Mondal Saha	9933029612	1	Prabir Das	6295372086
2	Dr. Mahadeb Mukhopadhyay	9474619499	2	Altub Khan	8617423664
3	Dr. Pradip Kumar Gai	9593686790	3	Sudipta Singha Dev	8327327977
4	Mahanga Singh	7501379028	4	Soma Patra	9083692291
5	Sri Debasish Aich	9609101614	5	Suman Singha	7029810506
6	Dr. Jyotirmoy Pramanik	7003659637	6	Pradip Maity	9933779851
7	Dr. Bikash Kumar Ghosh	9800724063	7	Sk Rajibul	9641561245
8	Dr. Indramil Chakraborty	9800439049	8	Bhawani Sing	8653835202
9	Sri Mintu Naskar	8961414255	9	Riya Das	8101836202
10	Sri Jayanta Murmu	9933663437	10	Jovita Sautra	9732706376
11	Sri Uttam Das, ANO (Acting), NCC	9593031788	11	Mallika Sahoo	8167685021
12	Sri Subrata Paria, PO, NSS	9434543367	12	Sanaka Das	8597985853
13	Dr. Subhira Mishra	9474751733	13	Avinash Sah	8327425325
14	Sk. Anisur Rahman, PO, NSS	8944979641	14	Subhadip Mandal	7478247884
15	Smt Somali Nandi	8250614588	15	Khritish Hazra	9564644392
16	Sri Subhojeet Banerjee	9046775994	16	Pratima Murmu	9800260462
17	Sri Tiharaj Biswas	8918317917	17	Subhradip Sinha	7364964568
18	Sri Asutosh Chowdhury	9932635462	18	Sathi Samanta	7699598425
19	Sri Avijit Pradhan	9434624545	19	Mousumi Pradhan	6295739392
20	Sri Madhuryamoy Pradhan	9046909080	20	Ishika Dey	8768463073
21	Sri Soutmen Bag	8250932030	21	Yes Kumar	7001192986
22	Sri Uttam Dey	7001222020	22	Priti Gururi	9339449699
23	Sri Dipak Bisai	8536047431	23	Parveen Khatun	9861650039
24	Sri Prasun Chakraborty	8768359581	24	Sonali Ray	7866897703
			25	A. Laxman Rao	8167250319

Sri Prosenjit Basak, Mob: 9830562888

Clinical Psychologist,
Midnapore Medical College and Hospital &
District Mental Health Programme, Paschim Medinipur

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Life-Skills

Report: 2019-20

1. Yoga class in the morning session

For the development of mental and physical fitness yoga class was included in our routine which was not a part of our usual curriculum. All the students on the morning shift opted for this course.

ROUTINE OF THE MORNING SHIFT				
6.30 A.M.	7.00 A.M.	8.00 A.M.	9.00 A.M.	10.00 A.M.
MONDAY	4th SEM POLSC INC SK 208 2nd SEM PED INC WP 212 1st SEM SANS INC GT 213 2nd SEM ENG INC IA 218 ORIENTATION	2nd SEM POLSC INC SK 208 2nd SEM SANS INC GT 213 2nd SEM PED INC IA 218 ORIENTATION	4th SEM PHIL INC ST 217 2nd SEM ENG INC IA 218 ORIENTATION	2nd SEM PHIL INC ST 206 2nd SEM PED INC IA 218 ORIENTATION
TUESDAY	2nd SEM ENG INC IA 218 ORIENTATION	2nd SEM BENG INC TB HALL 2nd SEM HIST INC MD 218 ORIENTATION	2nd SEM POLS INC SK 208 2nd SEM PED INC IA 218 ORIENTATION	2nd SEM HALL ORIENTATION
WEDNESDAY	4th SEM BENG INC TB 208 2nd SEM HIND INC PRA 213 2nd SEM HIST INC MD 218 ORIENTATION	2nd SEM BENG INC TB HALL 2nd SEM HIND INC PRA 213 2nd SEM HIST INC MD 218 ORIENTATION	2nd SEM POLSC INC SK 208 2nd SEM PED INC IA 218 ORIENTATION	2nd SEM POLS INC SK 208 ORIENTATION
THURSDAY	2nd SEM POLS INC SK 208 2nd SEM PED INC WP 212 2nd SEM HIST INC MD 218 ORIENTATION	2nd SEM BENG INC TB HALL 2nd SEM HIND INC PRA 213 2nd SEM HIST INC MD 218 ORIENTATION	4th SEM PHIL INC ST 217 2nd SEM ENG INC IA 218 ORIENTATION	4th SEM PHIL INC ST 206 2nd SEM BENG INC TB 208 ORIENTATION
FRIDAY	4th SEM BENG INC TB 218 2nd SEM HIND INC PRA 213 2nd SEM HIST INC MD 218 ORIENTATION	2nd SEM BENG INC TB HALL 2nd SEM HIND INC PRA 213 2nd SEM HIST INC MD 218 ORIENTATION	2nd SEM PED INC WP 212 ORIENTATION	4th SEM PHIL INC ST 206 2nd SEM SANS INC ST 207 ORIENTATION
SATURDAY	2nd SEM PED INC WP 212 2nd SEM PHIL INC ST 217 ORIENTATION	2nd SEM PHIL INC ST 217 ORIENTATION	2nd SEM PED INC WP 212 ORIENTATION	ORIENTATION

2. Swacchata Pakhwada day dated 02.10.2019

NSS units I and II organized the 'Swachhata Pakhwada' programme as a part of the World Environment Day. A measurable number of students participated in this program. The following pictures represent the cleanliness drive organized on the college campus.



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3. Blood donation camp dated 29.08.2019

A blood donation camp was organized by the two NSS units of Kharagpur College on the occasion of College Foundation Day on 29th August 2019. In this camp, 50 units of blood were handed over to the blood bank of the Kharagpur State Hospital.



Life-Skill

Report: 2018-19

1. Yoga class in the morning session 08.10.2018 onwards

Morning shift of Kharagpur College scheduled yoga classes in the class routine of 1st semester students. The classes are meant for creating awareness about the advantages of yoga among the students which in turn help them develop physical and mental fitness.

SARAR		TODAY		ROUTINE OF THE MORNING SHIFT		TODAY		TODAY	
CLASS	TIME	YOGA	PHYSICAL EDUCATION	YOGA	PHYSICAL EDUCATION	YOGA	PHYSICAL EDUCATION	YOGA	PHYSICAL EDUCATION
A YOGA	08:00-08:30	08:00-08:30	08:30-09:00	08:00-08:30	08:30-09:00	08:00-08:30	08:30-09:00	08:00-08:30	08:30-09:00
B YOGA	08:30-09:00	08:30-09:00	09:00-09:30	08:30-09:00	09:00-09:30	08:30-09:00	09:00-09:30	08:30-09:00	09:00-09:30
C YOGA	09:00-09:30	09:00-09:30	09:30-10:00	09:00-09:30	09:30-10:00	09:00-09:30	09:30-10:00	09:00-09:30	09:30-10:00
D YOGA	09:30-10:00	09:30-10:00	10:00-10:30	09:30-10:00	10:00-10:30	09:30-10:00	10:00-10:30	09:30-10:00	10:00-10:30
E YOGA	10:00-10:30	10:00-10:30	10:30-11:00	10:00-10:30	10:30-11:00	10:00-10:30	10:30-11:00	10:00-10:30	10:30-11:00
F YOGA	10:30-11:00	10:30-11:00	11:00-11:30	10:30-11:00	11:00-11:30	10:30-11:00	11:00-11:30	10:30-11:00	11:00-11:30
G YOGA	11:00-11:30	11:00-11:30	11:30-12:00	11:00-11:30	11:30-12:00	11:00-11:30	11:30-12:00	11:00-11:30	11:30-12:00
H YOGA	11:30-12:00	11:30-12:00	12:00-12:30	11:30-12:00	12:00-12:30	11:30-12:00	12:00-12:30	11:30-12:00	12:00-12:30
I YOGA	12:00-12:30	12:00-12:30	12:30-01:00	12:00-12:30	12:30-01:00	12:00-12:30	12:30-01:00	12:00-12:30	12:30-01:00
J YOGA	12:30-01:00	12:30-01:00	01:00-01:30	12:30-01:00	01:00-01:30	12:30-01:00	01:00-01:30	12:30-01:00	01:00-01:30
K YOGA	01:00-01:30	01:00-01:30	01:30-02:00	01:00-01:30	01:30-02:00	01:00-01:30	01:30-02:00	01:00-01:30	01:30-02:00
L YOGA	01:30-02:00	01:30-02:00	02:00-02:30	01:30-02:00	02:00-02:30	01:30-02:00	02:00-02:30	01:30-02:00	02:00-02:30
M YOGA	02:00-02:30	02:00-02:30	02:30-03:00	02:00-02:30	02:30-03:00	02:00-02:30	02:30-03:00	02:00-02:30	02:30-03:00
N YOGA	02:30-03:00	02:30-03:00	03:00-03:30	02:30-03:00	03:00-03:30	02:30-03:00	03:00-03:30	02:30-03:00	03:00-03:30
O YOGA	03:00-03:30	03:00-03:30	03:30-04:00	03:00-03:30	03:30-04:00	03:00-03:30	03:30-04:00	03:00-03:30	03:30-04:00
P YOGA	03:30-04:00	03:30-04:00	04:00-04:30	03:30-04:00	04:00-04:30	03:30-04:00	04:00-04:30	03:30-04:00	04:00-04:30
Q YOGA	04:00-04:30	04:00-04:30	04:30-05:00	04:00-04:30	04:30-05:00	04:00-04:30	04:30-05:00	04:00-04:30	04:30-05:00
R YOGA	04:30-05:00	04:30-05:00	05:00-05:30	04:30-05:00	05:00-05:30	04:30-05:00	05:00-05:30	04:30-05:00	05:00-05:30
S YOGA	05:00-05:30	05:00-05:30	05:30-06:00	05:00-05:30	05:30-06:00	05:00-05:30	05:30-06:00	05:00-05:30	05:30-06:00
T YOGA	05:30-06:00	05:30-06:00	06:00-06:30	05:30-06:00	06:00-06:30	05:30-06:00	06:00-06:30	05:30-06:00	06:00-06:30
U YOGA	06:00-06:30	06:00-06:30	06:30-07:00	06:00-06:30	06:30-07:00	06:00-06:30	06:30-07:00	06:00-06:30	06:30-07:00
V YOGA	06:30-07:00	06:30-07:00	07:00-07:30	06:30-07:00	07:00-07:30	06:30-07:00	07:00-07:30	06:30-07:00	07:00-07:30
W YOGA	07:00-07:30	07:00-07:30	07:30-08:00	07:00-07:30	07:30-08:00	07:00-07:30	07:30-08:00	07:00-07:30	07:30-08:00
X YOGA	07:30-08:00	07:30-08:00	08:00-08:30	07:30-08:00	08:00-08:30	07:30-08:00	08:00-08:30	07:30-08:00	08:00-08:30
Y YOGA	08:00-08:30	08:00-08:30	08:30-09:00	08:00-08:30	08:30-09:00	08:00-08:30	08:30-09:00	08:00-08:30	08:30-09:00
Z YOGA	08:30-09:00	08:30-09:00	09:00-09:30	08:30-09:00	09:00-09:30	08:30-09:00	09:00-09:30	08:30-09:00	09:00-09:30

2. Thalassemia awareness cum detection programme dated 06.03.2019

NSS (Units 1&2) & NCC cell of Kharagpur College organized a Thalassemia detection program in association with Medinipur Thalassemia Prevention Society. In this program, students were made aware of the necessity of detection of Thalassemia. Almost 29 students were present in this program.



Principal
Kharagpur College