

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

111/3, B.T. Road (Bon-Hooghly), Kolkata – 700108

Phone : 8697169513

E-mail : pcmm.principal@gmail.com

Website: www.pcmm.edu.in

INTERNSHIP (2022-23)

1. Title of the Internship	‘3 days On Job Training in Community Nutrition’
2. Name of Department	Food and Nutrition
3. Name the part of the syllabus covered for Field work / Project Work/ Internship (Specific Paper name) / PRORAMME NAME/COURSE NAME (Attach syllabus)	FNTACOR08T (Community Nutrition), FNTACOR09T (Epidemiology and Public Health)
4. Date of Visit / Time/ Duration	10th to 12th May, 2023
5. Name of the Place/ Industries/ NGO/ and mention Geographical Location	CINI Chetana Resource Centre, Joka, South 24 Parganas, Pin 700104, WB, India
6. Number of Students attended and mention the semester details	27, Sem IV Honours
7. Number of Faculty members and NTS attending	3 faculties and 1 NTS
8. Name of the Collaboration/ NGO/ Institutions (If any)	Nil
9. OBJECTIVES of the Field work / Project work/ & OUTCOME	
<ul style="list-style-type: none">● To learn about the functioning of NGO● To learn about the dietary assessment techniques and quantification● To learn about the calculation procedures of dietary intake● To learn how to conduct diet survey● Got an on hands training on anthropometric assessment● To learn how to interact with community● To learn how to explain about nutritional problems of community by demonstration of models, posters, charts etc.	

10. INTERNSHIP REPORT

The 3 day training programme encompassed a tight schedule of hands on training on first day about anthropometric measures like height, weight, HC, CC, MUAC, BMI, WHR, WHtR etc. Salter scale. Infantometer operations were explained


The second day evidenced visit to Thursday Clinic where children were given vaccination and mothers were explained about "My PLATE" concept. Diet survey was explained, community skill was explained. On Third day, data was collected from Anganwadi centres about anthropometric, dietary, clinical, non formal education aspects. Diet survey was done by home visits and on returning to CINI, the calculation was done and tallied with RDA, 2010. Growth Chart was also done to ascertain the nutritional status. A certificate distribution ceremony was conducted. The training programme was fascinating and a very nice experience.

Geo tagged photo of Internship at CINI




Aghosh
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108



 **Kolkata, West Bengal, India**
C8H2+G43, in front of CINI II, New Mans Park Colony,
Pailan, Kolkata, West Bengal 700104, India
Lat 22.429003°
Long 88.30073°
10/05/23 01:28 PM GMT +05:30



 **Kolkata, West Bengal, India**
C8H2+G43, in front of CINI II, New Mans Park Colony,
Pailan, Kolkata, West Bengal 700104, India
Lat 22.428994°
Long 88.300749°
10/05/23 01:27 PM GMT +05:30

Agweli
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108

CINI Chetana Resource Centre Certificate



This is to certify that Mr./Ms. Sneha Samtra.

student of Department of Food & Nutrition of Prasanta Chandra Mahalanobis Mahavidyalaya, has successfully completed '3 days On Job Training in Community Nutrition' from 10th - 12th May, 2023 at CINI Chetana Resource Centre under the aegis of collaborative programmes between CINI Chetana Resource Centre & PCM Mahavidyalaya, 111/3, B.T. Road, Kolkata 700108.

Amit Kumar Dasgupta
Secretary

Date : 12/05/2023

Vill & P.O. - Amgachia, Via : Joka, District : South 24 Parganas, Pin : 700104, West Bengal, India.
Email : cinichetana@cinindia.org, cinichetana@ccrc.org.in Web: www.ccrc.org.in

CINI Chetana Resource Centre Certificate



This is to certify that *Mr./Ms.* Sumom Bhagat
student of Department of Food & Nutrition of Prasanta Chandra Mahalanobis
Mahavidyalaya, has successfully completed '3 days On Job Training in Community
Nutrition' from 10th - 12th May, 2023 at CINI Chetana Resource Centre under the
aegis of collaborative programmes between CINI Chetana Resource Centre & PCM
Mahavidyalaya, 111/3, B.T. Road, Kolkata 700108.

Amit Kumar Dasgupta
Secretary

Date : 12/05/2023
Date :

Vill & P.O. - Amgachia, Via : Joka, District : South 24 Parganas, Pin : 700104, West Bengal, India.
Email : cinichetana@cinindia.org, cinichetana@ccrc.org.in Web: www.ccrc.org.in

CINI Chetana Resource Centre Certificate



This is to certify that Mr./Ms. Tiyasa Mazumder.
student of Department of Food & Nutrition of Prasanta Chandra Mahalanobis
Mahavidyalaya, has successfully completed '3 days On Job Training in Community
Nutrition' from 10th - 12th May, 2023 at CINI Chetana Resource Centre under the
aegis of collaborative programmes between CINI Chetana Resource Centre & PCM
Mahavidyalaya, 111/3, B.T. Road, Kolkata 700108.

Amit Kumar Dasgupta
Secretary

Date : 12/05/2023

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

111/3, B.T. Road (Bon-Hooghly), Kolkata – 700108

Phone : 8697169513

E-mail : pcmm.principal@gmail.com

Website: www.pcmm.edu.in

INTERNSHIP (2022-23)

1. Title of the Internship	TRAINING CUM INTERNSHIP PROGRAMME ON NUTRITIONAL MANAGEMENT AND DIET COUNSELLING
2. Name of Department	Food and Nutrition
3. Name the part of the syllabus covered for Internship	FNTADSE06P: NUTRITIONAL MANAGEMENT AND COUNSELLING
4. Duration	20 th March to 3 rd April, 2023
5. Name of the Place and mention Geographical Location	KPC School of Nutrition, KPC Medical College and Hospital, 1F, Raja Subodh Chandra Mullick Road, Kolkata - 700032, West Bengal
6. Number of Students attended and mention the semester details	24, Sem VI Honours
7. Number of Faculty members and NTS attending	1 faculty , NTS- Nil
8. Name of the Collaboration/ NGO/ Institutions (If any)	Nil
9. OBJECTIVES OF INTERNSHIP <ul style="list-style-type: none">● To learn about the role of dietitian in hospital● To learn about the dietary assessment techniques and quantification● To learn about the calculation procedures of dietary intake● To learn how to conduct diet survey● Got an hands on training on organizing health camp● To learn how to interact with patients● To learn how to counsel patients of different types- CVD, T2DM, AIDS etc.● To learn how to collect patient feedback	

Geo tagged photo of students at KPC medical college during their Internship period



Agweli
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108



**KPC MEDICAL COLLEGE & HOSPITAL,
JADAVPUR**

This is to certify that the candidate Mr/Mrs/Miss Smagatika Sen
Enrollment No.653..... Has successfully completed the
internship in the Department of Clinical Dietetics & Community Nutrition at KPC


Medical College and Hospital, under our guidance and supervision from

....20/03/2023... To03/04/2023.....

During this period the candidate has participated in indoor patient's diet planning
and Special Diet preparations. Hs/her Hospital duties and performance in
evaluation wasGood.....

I wish the candidate success in all the future endeavors.

Date: 24/04/2023



DR. RANJINI DATTA
CHIEF NUTRITION HOD CLINICAL DIETETICS
KPC MEDICAL COLLEGE & HOSPITAL
HOD,

Clinical Dietetics & community Nutrition
KPC Medical College & Hospital



**KPC MEDICAL COLLEGE & HOSPITAL,
JADAVPUR**


This is to certify that the candidate Mr/Mrs/Ms Swarajendra Dey
Enrollment No. 634 Has successfully completed the
internship in the Department of Clinical Dietetics & Community Nutrition at KPC
Medical College and Hospital, under our guidance and supervision from

...20/03/2023... To 03/04/2023.....

During this period the candidate has participated in indoor patient's diet planning
and Special Diet preparations. His/Her Hospital duties and performance in
evaluation was Good.....

I wish the candidate success in all the future endeavors.

Date: 24/04/2023



DR. RANJINI DATTA
CHIEF DIETITIAN, MOD CLINICAL DIETETICS
KPC MEDICAL COLLEGE & HOSPITAL

Clinical Dietetics & community Nutrition
KPC Medical College & Hospital



**KPC MEDICAL COLLEGE & HOSPITAL,
JADAVPUR**


This is to certify that the candidate Mr/Mrs/Ms Swarajendra Dey
Enrollment No. 634 Has successfully completed the
internship in the Department of Clinical Dietetics & Community Nutrition at KPC
Medical College and Hospital, under our guidance and supervision from

...20/03/2023... To 03/04/2023.....

During this period the candidate has participated in indoor patient's diet planning
and Special Diet preparations. His/Her Hospital duties and performance in
evaluation was Good.....

I wish the candidate success in all the future endeavors.

Date: 24/04/2023

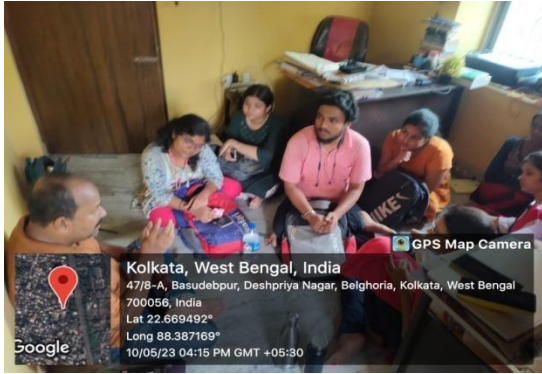


DR. RANJINI DATTA
CHIEF DIETITIAN, MOD CLINICAL DIETETICS
KPC MEDICAL COLLEGE & HOSPITAL

Clinical Dietetics & community Nutrition
KPC Medical College & Hospital

Internship at Madhabilata for the session 2022-2023 from 5.4.2023 - 15.5.2023

Semester 4 (Hons.) Students at Madhabilata during their Internship



A Ghosh
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108

PRASANTA CHANDRA MAHALANOBIS MAHAVIDYALAYA

NAME : MANISA CHATTERJEE

REG NO. : 1292121400111

SUBJECT : HUMAN DEVELOPMENT

PAPER CODE : HMDSSEC02M

TOPIC : CHILD RIGHTS AND SOCIAL ACTION

Introduction

Madhabilata is an NGO working on different issues of **Women Empowerment**. They are registered under West Bengal Act XXVI of 1961. Their registered office is at Belgharia, Kolkata.

Madhabilata's vision is to establish a Society where there is no gender based discrimination and violence of any form and no woman will be deprived of equal rights and opportunities in the society.

Objectives of the internship

Due to disparities in academic works and working experience internships are introduced.

The major objectives of this internship are:

- A holistic learning experience through this internship
- Gaining better understanding about methods and tools used in field works and social works and learn social working skills through field works
- Got an opportunity to witness various aspects of social work, field work and our daily life
- Many knowledgeable guide sessions by Madhabilata the fight for her justice's founder
- Training for social worker and volunteering them to become a professional in the working field.

Background of Madhabilata

Madhabilata-The Fight For Her Justice is one of the popular Non-Governmental Organization (NGO) located in 46C Basudebpur, Belgharia - , Calcutta listed under Non-governmental organization (ngos) in Calcutta .The creation of 'Madhabilata-The Fight For Her Justice' is a logical culmination of a series of events that motivated me and some like-minded persons to start an organization to work on the issue of Women Empowerment.

Organisation of Madhabilata

Their beneficiaries are spread across 8 districts of Kolkata, Purba Bardhaman, Paschim Bardhaman, Bankura, Murshidabad, South 24 Parganas, North 24 Parganas and Nadia, and our beneficiaries are more than 7000. They train Social Workers to become true Professionals in the fields. Madhabilata organize and conduct Internships for the budding social workers and students from various Educational Institutions. Team Madhabilata is a blend of youth, experience and maturity. The team collectively has over 25 years of working experience in development sector. Team Madhabilata believes in dreams, determination, hard work and honesty. They start their Journey in this great professional of social work, their heads held high, their guiding star Love and Empathy for all, their dream that of establishing a society where there is no gender based discrimination and no gender based violence of any form.

Areas of focus

To meet Madhabilata's vision of Women Empowerment, they organize Silver Lining Sensitization and Awareness Workshops on the following issues:

Empowerment of Kanyashree recipients, Leadership and Capacity Building, Trafficking, Child Sexual Abuse, Acid Attack Awareness, Witchcraft, Domestic Violence and Dowry, Child Marriage, Child Rights, Menstrual Hygiene, Open Defecation Free(ODF) Awareness, Career Counseling, Cyber Security and Cyber Crime, Effective Parenting, Drug Abuse, Snake Bite, Lightning, Family Planning, Measure for population stabilization and need, Capacity Building of ASHA and Anganwadi Workers.

Publication

Awards and Other Recognitions:

The prestigious C. Subramaniam Fellowship Award for excellence in Community Leadership to the Co-Founder and Treasurer of the organization, Mrs. Anjali Bin Sikdar.

The Founder and the Co-Founder of the organization were invited as Chief Guests of the AAB International Film Festival

- Need Assessment Programme for kids and adolescents of Trishna Youth Academy, run by Kolapota Youth Social Works Academy, Baduria, Bashirhat.
- 21 day's Internship Programme for students from Indian Institute of Foreign Trade every year (2016-2019)
- In collaboration of Axis Bank, Celebration of International Women's day with Katha-O-Kahini (a Kolkata based organization promoting Poetry and Audio Drama)
- 10 Workshops on the issue of Kanyashree Empowerment in Monteswar Block, Purba Bardhaman.
- Street Drama on ODF on Mission Nirmal Bangla Dibas in Nowda Block, Murshidabad.
- Workshop on Kanyashree Empowerment in Nowda Block, Murshidabad.
- Under "Mission Nirmal Bangla", 6 Workshops on Hygiene and Sanitation with Kanyashree eligible girls in Purbasthali 1 Block, Purba Bardhaman.
- 3 Workshops on Kanyashree Empowerment in Andal Block, Paschim Bardhaman.

Since October, 2016 they have stopped 28 Child Marriages in South Bengal, the information of which came out of their Awareness Workshops on Child Marriage.

Since 2018 they have handle 12 cases of Cyber Crime related to Women.

Trainings offered to interns

Madhabilata train Social Workers to become true Professionals in the fields. They organize and conduct internships for the budding social workers and students from various Educational Institutions.

They conduct their workshops in two patterns **A. Intensive Workshop** focused on Individual learning with 25-30 beneficiaries. **B. Symposium Model** of workshop focused on Group learning with 100- beneficiaries.

The characteristics for the workshops are:- 1. Interactive Workshop pattern 2. In-depth analysis on the specific issue of the workshop 3. Specific set of Objectives for workshops on separate issues providing scope for critical learning to the participants, 4. Focused on building Decision Making Ability under critical circumstances. 5. Focus on Experiential Learning.



An NGO working for Gender Equality

Ref. I/J/23

Date: 03.07.2023

This is to certify that following students from Prasanta Chandra Mahalanabis Mahavidyalaya(PCMM) have successfully completed their internship here in our organization:

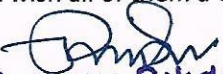
1. Anirban Mukherjee Id 543
2. Manisa Chatterjee Id 546
3. Sreya Pal ID 540
4. Sreya Halder Id 545
5. Srija Das Id 544
6. Soma Malik Id 542
7. Kahini Bhattacharya Id 541

The duration of the internship was for a period of 10 working days spanning between 5th April, 2023 to 15th May, 2023.

The areas covered are child marriage, bullying, relevant parts of The Constitution of India (Preamble, Fundamental Rights, Fundamental Duties), child rights, human trafficking, acid attack on women, Leadership theories, Capacity Building of Self, Organizational Behaviour and Techniques, creation of video content on Fundamental Duties as enshrined on The Constitution of India etc.

Performance of the students during the period of internship has been very satisfactory in terms of attendance, participation, new idea generation, group cohesion, performance etc.

We wish all of them a very bright future.


Saurav Sikdar
Founder & Secretary
Madhabilata
The Fight For Her Justice
Saurav Sikdar

Founder and Secretary
Madhabilata-The Fight For Her Justice

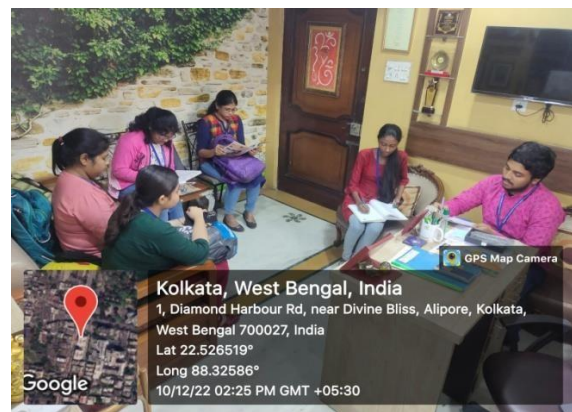
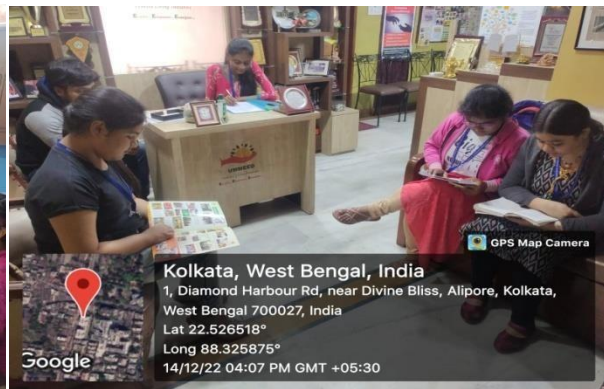
Address – 46C, Basudevpur, Belgharia, Kolkata – 700056

E-mail – madhabilata52016@gmail.com

Contact No. - 9230674756

Internship at UMEED for the Session 2022-2023 from 3.12.2022 to 24.12.2022

Semester III (Hons.) students at Internship of UMEED



Aghshi
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108

**Internship project
submitted on guidance and
counselling of children
having developmental
psychopathology**

Roll No. : 3222107 09320

Reg No. : 1292121400111

• Introduction

- Ummeed Foundation works holistically for emotional, psychological and social wellness of children from socially and economically deprived and challenged backgrounds. For 5+ to 25 years under empowering young minds, UMMEEED provides interactive learning sessions in schools, colleges and NGO's. to develop life skills and deal with adolescent issues.

• Objectives of the intemship

Due to disparities in academic works and working experience internships are introduced.

The major objectives of Umeed internships are:

- A holistic learning experience through multi-dimensional exposure

- Gaining better understanding about methods & tools used in counseling interventions

- Facilitating training programs for Educators, Parents and Students
- ~~You get~~ an opportunity to witness various aspects of Positive Psychology which are being implemented at Corporate Organizations
- Guidance and supervision sessions by experts working in different facets of psychology

- **Background of UMMEED**

UMMEED offers a multi-dimensional internship and a holistic learning opportunity for aspiring people interested in the field of mental health, positive psychology and counselling. UMMEED give exposure to a variety of aspects of psychology.



Certificate of Internship at Umeed Foundation

Mr. Anirban Mukherjee (ID: 543), Ms. Manisha Chatterjee (ID: 546), Ms. Sreya Paul (ID: 540), Ms. Sreya Halder (ID: 545), Ms. Srija Das (ID: 544), Ms. Soma Malik (ID: 542) and Ms. Kahini BhattaCharya (ID: 541) pursuing B.A. from Prasanta Chandra Mahalanobis Mahavidyalaya, has completed 21 days internship, between 3rd December to 24th December 2022, at Ummeed, for enhancing their understanding of psychology and its future application in the real-world scenario.

During the internship period, topics covered: -

- Concept and types of counselling, practicing counsellor-counselee role play.
- Building Self-Esteem, Self-Awareness for Mental Health Professionals, Importance of Intake session as well as Referral Sheets.
- Got the opportunity to observe a client under the supervision of Ummeed counsellors.
- Real-life case studies discussion including intervention techniques focusing on the following topics-
 - Adolescents having academic as well as behavioural concerns
 - Adolescents having low self-esteem

During their internship period at Ummeed, we observed they were well-behaved, prompt, enthusiastic, responsible, ready to learn, and interactive.

We hope our internship program will be beneficial for them in the future.

Ummeed wishes all the best in their future endeavors.

Salony Priya

Founder Director
Umeed Foundation

Pinki Banerjee

Counsellor and Life Skill Trainer

Aghosh
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108