

# PRASANTA CHANDRA MAHALANOBIS MAHAVIDYALAYA

111,3, Barrackpore Trunk Road, Bonhooghly  
Kolkata- 700108



## Observance of Students' Week 2024

### Duration:

2<sup>nd</sup> Jan 2024 – 8<sup>th</sup> Jan 2024

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#### • The Programme Schedule:

**2<sup>nd</sup> January, 2024**

- Inaugurated by Dr Arnab Ghosh, Principal, Prasanta Chandra Mahalanobis Mahavidyalaya. Venue-205, Time-11 am-2 pm
- **Awareness camp cum helpdesk** on Student welfare scheme & Awareness programme organized by Student Welfare Committee. Venue-205, Time-2 pm-4 pm

**3<sup>rd</sup> January, 2024**

- **“Student Credit Card Camp“** organized by Prof. Puja Biswas and Prof. Biswadeep Roy. Venue -Rm no 205, Time-11 am-2 pm
- Seminar on **“How to Prepare Yourself for Competitive Examination”** organized by George School of Competitive Examination in association with Career Counseling Cell and IQAC, PCMM. Venue - Rm no 205, Time-2:00 pm – 4:00 PM

**Day 1: 02/01/2024**

**4<sup>th</sup> January, 2024**

- “**Boosting Mental Health among students: Counseling Session**” organized by Psychological Counselling Cell & IQAC, PCMM. Venue: Room no-205, Time: 12 Noon-4 PM

**5<sup>th</sup> January, 2024**

- “**যোগ-এ-বিয়োগ**”: An Awareness Program on Yoga and Meditation” By Dept. Of Physical Education & Dept. of Philosophy & IQAC, PCMM, Venue: Room no-205, Time: 11 am-3 PM

**6<sup>th</sup> January, 2024**

- “**Health Check-up Program**” organised by Food & Nutrition Dept. & IQAC, PCMM. Time: 11 am-4 PM

**7<sup>th</sup> January, 2024**

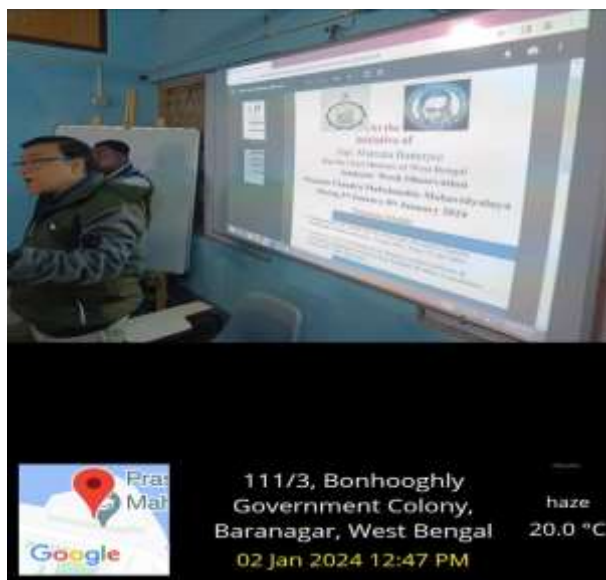
- Webinar on “**Role of Institutional Credit on Agricultural Productivity**” organized by the Economics Department in Collaboration with IQAC. Time: 11 am-4 PM

**8<sup>th</sup> January, 2024**

- “**Share Your Ideas**” A cultural Program organized by the Cultural Committee & IQAC, PCMM. Venue: Room no-205, Time: 11 am -4 PM

## Day 1: 02/01/2024

The inauguration ceremony of Students' Week 2024 was held at 11:00 AM on the first day. Dr. Arnab Ghosh, Principal, Prasanta Chandra Mahalanobis Mahavidyalaya inaugurated the program and emphasized the significance and pertinence of the initiative, underscoring its relevance to the students. The Convenor of the entire week-long program was Mrs. Puja Biswas, Assistant Professor, and Department of Economics. Students and teachers attended the programme with great enthusiasm. On the 1<sup>st</sup> Day, 50 students attended the Program. In the Second half from 2 pm onwards, an **Awareness camp cum helpdesk** on the student welfare scheme & Awareness programme was organized by Student Welfare Committee.



*Inauguration Ceremony*



**Awareness camp cum helpdesk**

## Day 2: 03/01/2024

The activities of the second day included (a) **Student Credit Card Camp**, and (b) Seminar on “**How to Prepare Yourself for Competitive Examination**” organized by the George School of Competitive Examination.

On January 3rd, 2024, from 11 pm to 2 pm, **Student Credit Card Camp** was organized and from 2 pm-4 pm, George School of Competitive Examinations, in collaboration with Career Counseling Cell and IQAC of Prasanta Chandra Mahalanobis Mahavidyalaya, organized a program on "How to Prepare Yourself for Competitive Examinations." The event, attended by 56 participants, featured insightful discussions on effective study strategies, time management, and stress-coping mechanisms. Seasoned educators provided practical tips, fostering a holistic approach to competitive exam preparation. The collaboration between institutions underscored a commitment to student success, offering a comprehensive resource for those aspiring to excel in competitive examinations.



### **Student Credit Card Camp**



**Day 2: 03/01/2024**



Seminar

on **“How to Prepare Yourself for Competitive Examination”** organized by George School of Competitive Examination.



### Day 3: 04/01/2024

#### **“Boosting Mental health among students: Counselling Session” (organized by Psychological Counselling Cell & IQAC, PCMM). Venue- Room no. 205, Time- 12-2 p.m.**

The Counselling Session carried out by Mr Nilanjan Nag had three important components which designed the entire session. They were respectively Personal exploration, Group Work and Presentation. The topic of the session chosen was **“When do we feel low or bad and whom do we choose to go then and why?”** The students were divided into groups and each group was entrusted with the job of exploring themselves especially when they are extremely low or feeling joyous, how to get rid of those bad days or situations and identifying the person who are beside them in their joy or pain. Since it was a group-based activity peer interaction was also encouraged. The main observation of the session was students started exploring their feelings actively and the presentation of their feelings was noted for further analysis. Suggestions which have been provided by the counsellor were for the teachers or mentors of the institution to coordinate with the process further and emphasis has been given on subject or Dept. based work since it helps in good bonding. It has also been drawn as an inference of the session that the process will work well in future if regular follow-up is possible.



**Students introducing themselves before the session**



***The attentive audience listening to the session***



**Day 4: 05/01/2024**

**“যোগ-এ-বিয়োগ”**: An Awareness Program on Yoga and Meditation” was organized on the 4<sup>th</sup> day to boost the physical health of the students.



*Students' participation in Various Yoga and Pranayam*



Day 5: 06/01/2024

On the fifth day, a **HEALTH CHECK-UP CAMP** was organized by the **Department of Food and Nutrition** in collaboration with IQAC in **Room no. 010 (Ground floor)** from **11 am onwards**. A total of 34 students participated in the said camp. Students of the Department of Food and Nutrition actively participated in documenting data on **age and sex**. **Height** was measured by an anthropometric rod, **weight** by a weighing scale, and **Waist circumference** and **Hip Circumference** were measured. **Body Mass Index (BMI)** and **Waist-to-Hip-Ratio (WHR)** were computed and inferred based on reference values given by the World Health Organization (WHO). A **sample Diet chart** based on anthropometric data was suggested to the participants, and recommendations and suggestions were given to all participants.



Measurement of height, Weight and waist Circumference.



Dietary Recommendations



Day 6: 07/01/2024

Webinar on “**Role of Institutional Credit on Agricultural Productivity**” organized by the Economics Department in Collaboration with IQAC. Time: 11 am-4 PM.



**Students' participation in the Webinar**

Day 7: 08/01/2024

“Share Your Ideas” A cultural Program was organized by the Cultural Committee & IQAC, PCMM on the last day of the program. Students actively participated in this program and 41 Students took part in the program.





*Students Participation in Various Dancing and Singing Program*

The students were enriched by the various activities and programmes of the Students' Week. Dr Alpana Ray, Coordinator, IQAC of the college constantly guided and assisted the Convenor in the successful completion of the entire programme. The occasion proved to be highly successful, and our sincere appreciation goes to the Government of West Bengal for spearheading this commendable initiative for the student's welfare. Special thanks are extended to Dr. Aparna



Chakraborty, JDPI at the Government of West Bengal, for her invaluable support and guidance.

*Aghosh*  
Principal  
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