

# Prasanta Chandra Mahalanobis Mahavidyalaya



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## Criteria 5: Student Support and Progression

5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following:

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene)
4. ICT/computing skills

(All of the above)

### Capacity Building and Skill Enhancement Initiatives

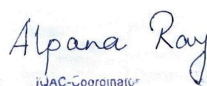
(2023-2024)

#### Life Skill: Capacity Building Programme on Gender Justice by Madhabilata –The Fight for Justice on 17.07.2023

The Human Development Department of Prasanta Chandra Mahalanobis Mahavidyalaya organized a Capacity Building Programme on Gender Justice in collaboration with the Career Counselling Cell of the college on July 17, 2023. Mr Sourav Sikdar (founder of Madhabilata Organization, Kolkata) conducted a survey-cum-workshop on ‘gender neutral career counselling’ for all the students of the college. The students underwent individual subject-oriented counselling in order to encourage them to develop ideas regarding the myriad avenues of their individual disciplines.

  
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**Capacity Building Programme on Gender Neutral Career Choices**

## **ICT/Computer Skill: Capacity Building Programme on ICT on 22.08.2023 & 23.08.2023**

The Computer Science Department of Prasanta Chandra Mahalanobis Mahavidyalaya organized a capacity building drive from August 22, 2023 to August 23, 2023 in order to educate the students on the importance of ICTs. The programme was conducted for two consecutive days, and the learners from each and every discipline from within the college participated in this orientation. This capacity drive resulted in the learners adapting the freshly acquired learning methods through ICTs which has also been incessantly encouraged by the Higher Education authorities.

  
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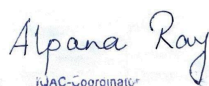
Capacity Building Programme on ICT

## Life Skill: Capacity Building Programme on Gender Equity on 24.08.2023

The Convenor of the Gender Equity Cell of Prasanta Chandra Mahalanobis Mahavidyalaya, Dr Sreyasi Chatterjee (HOD of Sociology) along with Mr Mohiuddin Mondal (HOD of Political Science) oriented the freshmen on 'Gender Equity' on August 24, 2023. They actively disseminated information on the importance of gender equality among the learners. The Gender Equity Cells works to make the learners aware about women empowerment thereby maintaining healthy relationships with the opposite gender among the students and staff of the college.

  
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Capacity Building Programme on Gender Equity

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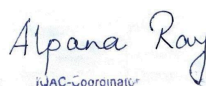


## ICT/Computer Skills: Capacity Building Programme on SWAYAM NPTEL held on 29.08.2023

The SWAYAM NPTEL Awareness Programme was organized by Prasanta Chandra Mahalanobis Mahavidyalaya on August 29, 2023 for all the students. The introductory speech was delivered by SPOC of SWAYAM NPTEL Local Chapter, Dr Sreyasi Chatterjee. She initiated her speech with the vision and mission of NPTEL, and also explained the benefits of NPTEL Course Certification for all students. Dr Chatterjee briefed the students about the NPTEL Online Certification Course, Job Oriented Courses, Soft Skill Trainings and Internships. The queries from students and faculties have been answered during the question answer session by Dr. Chatterjee.

  
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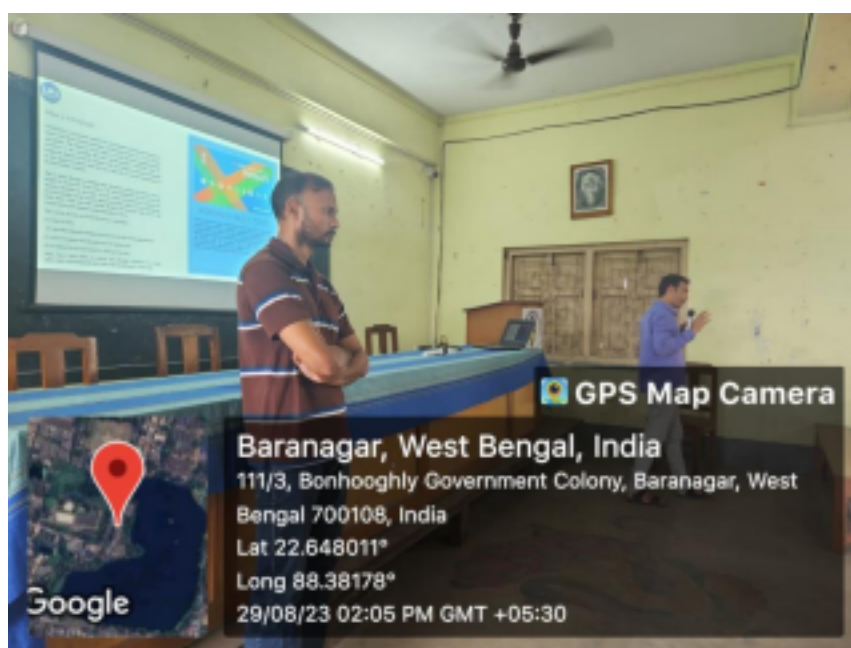


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Capacity Building Programme on Swayam NPTEL

## Soft Skills: Capacity Building Programme: Six weeks training Programme with MSME on 15.09.2023

A six week training Program on Entrepreneurship-cum-Skill Development Programme (E SDP) was conducted by the Ministry of Micro Small and Medium Enterprises (MSME) under MoU for the students of Prasanta Chandra Mahalanobis Mahavidyalaya. The Ministry of Micro Small and Medium Enterprises (MSME) launched the entrepreneurship and Skill Development Programme (ESDP), to build entrepreneurial skills and abilities in existing and potential entrepreneurs in India. It aims to enhance the skills of existing and potential entrepreneurs as well as workers. Additionally, the program aims to teach new workers and entrepreneurs various skills. This program is carried out for six weeks. Students of Prasanta Chandra Mahalanobis have participated in this programme. The sessions helped the students to

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gain knowledge about the current scenario of entrepreneurship in India and the current competitive market needs followed by what are the different stages of startups and entrepreneurship and how the entrepreneur feels and behaves in different stages, what skills are required to pursue entrepreneurship and different schemes and funding for students and startups. The overall session was very informative and helpful for the students.



**Capacity Building Programme: Six Weeks Training Program with MSME**

## **Soft Skills: Capacity Building Programme on How to Become Future Ready Workforce organised by Presidency University, Bengaluru on 23.11.2023**

A Capacity Building Programme on “How to Become Future Ready Workforce” was organised by Presidency University, Bengaluru on 23.11.2023. The lecture was delivered by the guest spokesperson Shafquat Irshad who is an expert on guiding students in the field of “Career and Future Ready”. In today’s rapidly evolving work culture, developing a workforce qualified with the necessary skills has become influential. The students from Prasanta Chandra Mahalanobis Mahavidyalaya also participated in this seminar in order for them to get an idea of the highly competitive work environment.

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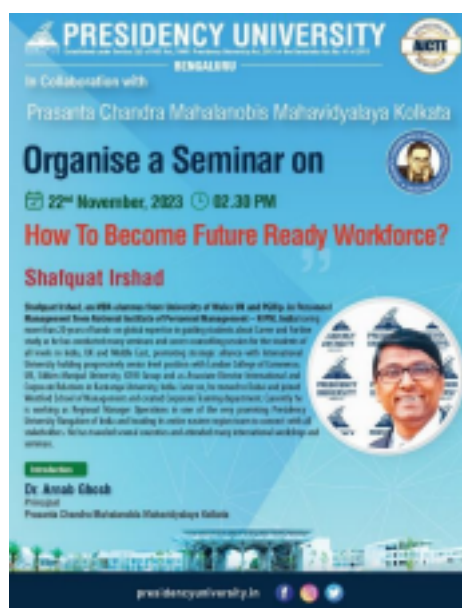
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Capacity Building Programme on How to Become Future Ready Workforce

## Soft Skills: Capacity Building Programme on Developing Self-Management skills organised by Psychological Counselling Cell

On December 14, 2023, the Psychological Counselling Cell of Prasanta Chandra Mahalanobis Mahavidyalaya, in collaboration with IQAC, organized a Capacity Building Programme on **self-management skills** for students. The session, conducted by **Mr. Nilanjan Nag**, focused on helping students navigate their academic journeys while balancing personal growth. Mr. Nag provided practical strategies for managing time, overcoming procrastination, and enhancing study techniques. He emphasized the importance of setting priorities, developing study schedules, and practicing mindfulness to reduce stress.

  
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Capacity Building Programme on Developing Self-Management Skills

## Life Skills: Capacity Building Programme on “Boosting Mental Health among students” organised by Psychological Counselling Cell

The Counselling Session carried out by Mr Nilanjan Nag at Prasanta Chandra Mahalanobis Mahavidyalaya had three important components. 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 is 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.

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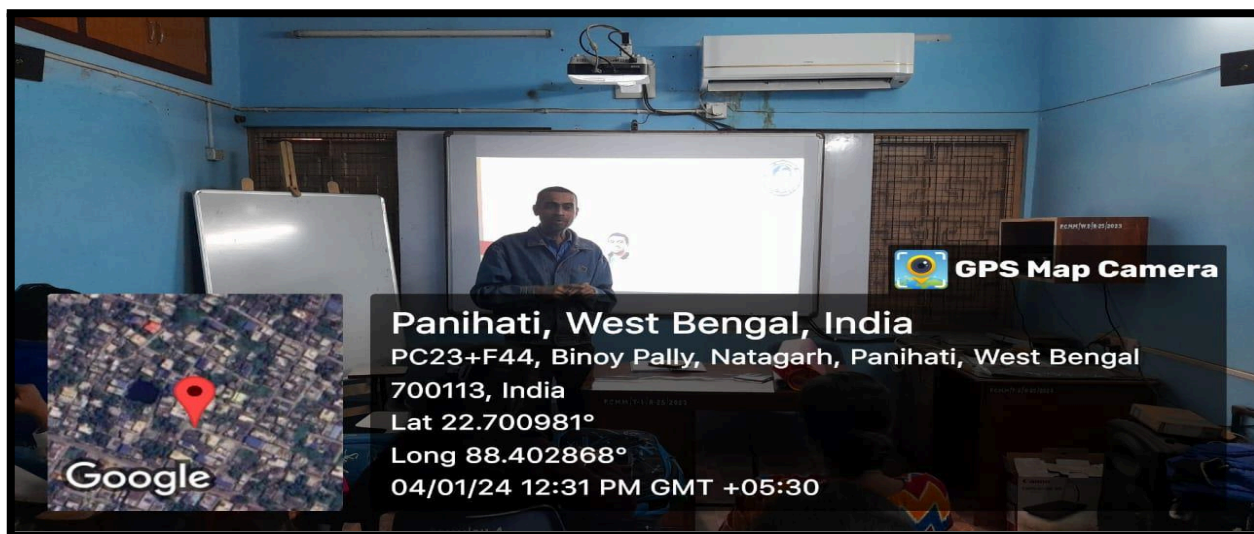
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**Capacity Building Programme on Boosting Mental Health**

## **Life Skills: Capacity Building Programme on Yoga and Meditation**

A Capacity Building Programme on Yoga and Meditation was organized by Prasanta Chandra Mahalanobis Mahavidyalaya to mark the celebration of Students' Week 2024. The students were taught the importance of yoga, meditation and exercising in their daily lives. The students along with Dr Sharmistha Roy Das performed different 'asanas' starting with Padmasana, Sukhasana, Tadasana, Bhujangasana, and concluded with Shavasana. This Yoga session also marked the importance of relieving stress, joint pain along with enhancing the flexibility of the back portion of the body of the students as well as the teachers.

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**Capacity Building Programme on Yoga and Meditation**

## **ICT/Computer Skills: Capacity Building Programme on ERP Training for students on 19.02.2024 & 20.02.2024**

The Capacity Building Programme on ERP was organized by the Internal Quality Assurance Cell (IQAC) of Prasanta Chandra Mahalanobis Mahavidyalaya. The programme aimed to provide participants with a comprehensive understanding of the ERP software system and its importance in the context of NAAC Assessment and Accreditation. The resource person for the event was Dr. Sukanta Das, HOD & Associate

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Professor of English, Prasanta Chandra Mahalanobis Mahavidyalaya who conducted the session, covering both theoretical and practical aspects of ERP implementation. With his extensive knowledge and expertise, Mr. Das guided the participants through the theoretical concepts and practical aspects of ERP software systems.




Capacity Building Programme on ERP Training

## Language/Communication Skills: Capacity Building Programme on “Word-Toon” organised by Thinking Minds Committee

Mr. Subhendu Sarkar, Illustrator and visual artist had conducted a Capacity Building Programme on WORD-TOON (art with words). His workshop highly enriched the students for nurturing creative minds. 59 students from Prasanta Chandra Mahalanobis Mahavidyalaya and 2 students from Hiralal Majumder Memorial College for Women participated in the event. 30 faculty members (inclusive of virtual mode) participated in the event.

  
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## Capacity Building Program on Word Toon

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