



- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):**

Health Awareness Campaign “Eat Well Live Well”

- **THEME OF THE EVENT/ PROGRAMME:**

Knowledge transfer to the underprivileged people of our area

- **ACADEMIC SESSION:** 2022-2023
➤ **DATE:** 30th July, 2022
➤ **VENUE:**

Slum region of Kamdahari, Garia, Kolkata-700084

- **OBJECTIVE/ PURPOSE:**

The sole purpose of conducting the awareness program by the Department of Biochemistry was to provide a basic knowledge and understanding of the importance of having proper nutrition for the growth and development of children and adolescents among the underprivileged target groups.

- **SPEAKER/S / RESOURCE PERSON/S:**

Three students from semester IV along with one alumnus of the Department of Biochemistry gave an interesting lecture in lucid language on the various types of healthy foods, their nutritional values, daily requirements and how to prepare them easily. The children were also made aware of the unhealthy foods that need to be avoided to lead a good healthy life. The importance of drinking water and its daily requirement was also discussed. The importance of sanitization before and after taking meals was emphasized in the lecture.

- **TARGET AUDIENCE/ PARTICIPANTS:**

The program was conducted in a slum region of Kamdahari, Garia with 30 children and their mothers. Out of these thirty children, five were of 5 years old while rest were between 10 to 15 years. Their mothers were of ages from 22 to 30 years.

- **ATTENDANCE SHEET:**

Faculties of Dept of Biochemistry:

Dr. Poulami Khan

Dr. Shyamalina Halder



Dr. Paromita RoyChoudhury

Students:

Mr. Sirsajit Barua

Ms. Samanti Saha

Ms. Subhosmita Routh

Alumnus of Biochemistry Department Asutosh College

Mr. Subhojit Sinha

PRINCIPAL
ASUTOSH COLLEGE
92, S. P. MUKHERJEE ROAD
KOLKATA-700 026

➤ **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:**

With an aim of knowledge transfer to the underprivileged people, the Department of Biochemistry organized an awareness program entitled: “Eat Well Live Well” as a part of the “Initiation Project under Innovative Cell” of Asutosh College, Kolkata. This was the second awareness program after the health camp organized earlier in June, 2022 targeting the children of age 5 years to 15 years and their mothers from underprivileged zone of Garia and Brij area, Kolkata. The program was conducted in a slum region of Kamdahari, Garia with 30 children and their mothers. Out of these thirty children, five were of 5 years old while rest were between 10 to 15 years. Their mothers were of ages from 22 to 30 years. Three students from semester IV along with one alumnus of the Department of Biochemistry gave an interesting lecture in lucid language on the various types of healthy foods, their nutritional values, daily requirements and how to prepare them easily. The children were also made aware of the unhealthy foods that need to be avoided to lead a good healthy life. The importance of drinking water and its daily requirement was also discussed. The importance of sanitization before and after taking meals was emphasized in the lecture.

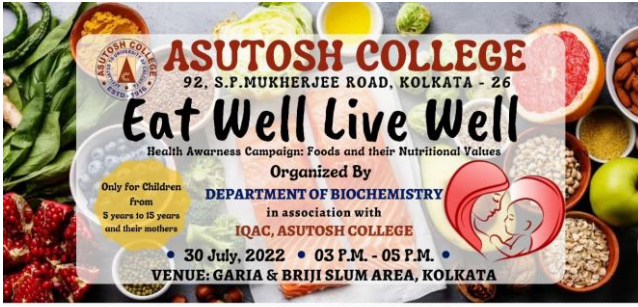
➤ **EXPECTED OUTCOME:**

The sole purpose of conducting the awareness program by the Department of Biochemistry was to provide a basic knowledge and understanding of the importance of having proper nutrition for the growth and development of children and adolescents among the underprivileged target groups. The present audience also got an idea about the nutritional values of various foods that they were already taking every day. They also got enlightened about the making of home-made nutritious foods and how to include a balanced diet in everyday life.



Even the students had a chance to outreach the common mass and transfer their acquired knowledge on the subject among the people.

➤ **GEO-TAGGED PHOTOGRAPHS:**



AN INITIATION PROJECT UNDER INNOVATION CELL, ASUTOSH COLLEGE, KOLKATA WITH AN AIM OF KNOWLEDGE TRANSFER



30.07.2022 17:46
 22.46278, 88.37456
 11 Kamadahan, Gostotala New Scheme, Kamdahan, Garia, Kolkata, West Bengal 700096



30.07.2022 17:46
 22.46278, 88.3751
 F97G+32Q, Purbapara Rd, Gostotala New Scheme, Kamdahan, Kolkata, West Bengal 700094



30.07.2022 16:46
 22.46231, 88.37456
 L55 Bose Para, Kamdahan, Gostotala New Scheme, Garia, Kolkata, West Bengal 700096



30.07.2022 16:46
 22.46293, 88.37456
 L1, Keya Bagan Rd, Gostotala New Scheme, Bramhanur, Kolkata, West Bengal 700098



30.07.2022 16:50
 22.46278, 88.37506
 #97F+3XW, Gostotala New Scheme, Kamdahan, Kolkata, West Bengal 700094

PRINCIPAL
 ASUTOSH COLLEGE
 92, S. P. MUKHERJEE ROAD
 KOLKATA-700 026

Knowledge Transfer Programme


- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):** Knowledge Transfer Programme on Fish Disease and its Prevention
- **THEME OF THE EVENT/ PROGRAMME:** Farmer's Training Programme
- **ACADEMIC SESSION:** 2022-23
- **DATE:** 18-01-2023
- **VENUE:** Asutosh College 2nd Campus Bhasa
- **OBJECTIVE/ PURPOSE:**
 - a) Increase Awareness: To increase awareness among farmers about common fish diseases, their causes, symptoms, and methods of prevention.
 - b) Promote Early Detection: Educate farmers on the early signs of fish diseases, enabling them to identify and diagnose diseases in their fish stock at an early stage.
 - c) Enhance Diagnostic Skills: Provide training and resources to farmers for basic diagnostic skills, enabling them to differentiate between various fish diseases accurately.
 - d) Introduce Preventive Measures: Educate farmers about preventive measures, including maintaining water quality, proper nutrition, and biosecurity practices, to minimize the risk of diseases in fish farms.
 - e) Improve Disease Management: Equip farmers with knowledge about effective disease management strategies, including the use of natural remedies, organic treatments, and responsible use of veterinary medicines.
 - f) Encourage Sustainable Practices: Promote sustainable aquaculture practices that reduce the prevalence of diseases, such as proper pond management, rotation of fish species, and integrated farming systems.
 - g) Facilitate Access to Resources: Provide information about reliable sources of disease-free fingerlings, quality fish feed, and other essential resources to ensure healthy fish stock.
 - h) Foster Collaboration: Facilitate networking and collaboration among farmers, researchers, and government agencies to create a support system for managing fish diseases collectively.
 - i) Strengthen Technical Skills: Conduct hands-on training sessions and workshops to enhance farmers' technical skills in disease prevention, management, and biosecurity measures.

A handwritten signature in blue ink, appearing to be 'M. M. M.', with a long horizontal line extending to the right.



- **SPEAKER/S / RESOURCE PERSON/S:** Dr. MUKTI CHANDA PAUL
- **TARGET AUDIENCE/ PARTICIPANTS:** Fish Farmers of South 24 Parganas District
- **ATTENDANCE SHEET:**

ASUTOSH COLLEGE	
Knowledge Transfer Program	
Department of Industrial Aquaculture & Fisheries	
Session: 2022-23	
Attendance of Participants	Mentor
LAL MOHON SANA ২৬.১১.২০	Mukti Chanda ২৬.১১.২৩
Amal Kalsan ২৬.১১.২০	
SUBRATIT NABAK ২৬.১১.২০	
সুব্রতী নাথ ২৬.১১.২০	
মিষ্টিময়ী নাথ ২৬.১১.২০	
Bapi Hudati ২৬.১১.২০	
Milan ROY ২৬.১১.২০	
মিলন রায় ২৬.১১.২০	
আনন্দুশ মিত্র ২৬.১১.২০	


PRINCIPAL
ASUTOSH COLLEGE
92, S. P. MUKHERJEE ROAD
KOLKATA-700 026



➤ **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:**

A knowledge transfer program is held on Fish Disease Management for the fishermen of Diamond Harbor Area. The technical know-how of Disease management though farm level is thoroughly discussed with the target group. The farmers were get knowledge about the fish disease management as the disease outbreak is the crucial factor for farm management practices.

➤ **EXPECTED OUTCOME:**

- a) Improved Disease Awareness: Farmers will have a heightened understanding of various fish diseases, their causes, symptoms, and methods of prevention, leading to early detection and timely intervention.
- b) Enhanced Diagnostic Skills: Farmers will develop proficient diagnostic skills, enabling them to accurately identify different fish diseases, facilitating prompt and appropriate responses.
- c) Effective Prevention Measures: Farmers will implement effective disease prevention measures, including proper pond management, water quality maintenance, biosecurity practices, and responsible antibiotic use, reducing the incidence of diseases in their fish farms.
- d) Increased Farm Productivity: With fewer instances of diseases, farms will experience higher productivity, leading to increased yields of healthy fish for the market.
- e) Financial Sustainability: Farmers will reduce economic losses associated with fish diseases, leading to increased financial sustainability and profitability of their aquaculture businesses.
- f) Improved Livelihoods: Increased productivity and reduced losses will contribute to improved livelihoods for farmers and their families, enhancing their overall quality of life.
- g) Adoption of Sustainable Practices: Farmers will adopt sustainable aquaculture practices, promoting environmental conservation and the long-term viability of their farms.
- h) Networking and Collaboration: Farmers will engage in networking and collaborative efforts, forming a supportive community that shares knowledge and resources, fostering a culture of mutual assistance.
- i) Data-Driven Decision Making: Farmers will maintain accurate records, enabling them to analyze trends in disease incidence and treatment effectiveness, leading to data-driven decision-making processes.
- j) Healthy Fish Stock: Through effective disease prevention and management, farmers will maintain a healthy and disease-free fish stock, ensuring the production of high-quality, safe fish products for consumers.
- k) Market Access: Farmers will gain access to markets that value disease-free fish products, leading to increased market opportunities and higher income generation.

- l) **Reduced Environmental Impact:** By adopting responsible practices, farmers will minimize the environmental impact of aquaculture, ensuring the sustainability of natural resources.
- m) **Community Education:** Farmers, as informed individuals, will educate their communities about responsible aquaculture practices, spreading awareness beyond the program participants.
- n) **Compliance with Regulations:** Farmers will understand and comply with local and national regulations related to aquaculture and fish health, ensuring legal and ethical operations.
- o) **Improved Food Security:** By producing a consistent supply of healthy fish, farmers will contribute to local and regional food security, providing a stable source of protein for communities.
- p) These outcomes reflect the program's potential to empower farmers with knowledge and skills, ultimately benefiting their farms, communities, and the broader aquaculture industry.

➤ **GEO-TAGGED PHOTOGRAPHS:**

