

## Event no. 1

- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):** Students' Week Celebration
- **THEME OF THE EVENT/ PROGRAMME:** Celebration of Student life in school and college through learning and nurturing of ideas
- **ACADEMIC SESSION:** 2023-2024
- **DATE:** 2<sup>nd</sup> January to 8<sup>th</sup> January, 2024
- **VENUE:** College main building, Students common room, Seminar Hall of Centenary building
- **OBJECTIVE/ PURPOSE:** Overall development of the student
- **SPEAKER/S / RESOURCE PERSON/S:**
- **TARGET AUDIENCE/ PARTICIPANTS:** Students, teaching and non-teaching faculty
- **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:** In accordance with the directive of the Government of West Bengal, Asutosh College in collaboration with the college Students' Union and IQAC, organized an engaging and inclusive Students' Week Celebration, from January 2<sup>nd</sup> to January 8<sup>th</sup> 2024. This week-long programme included multiple sessions and activities designed to support the overall growth and welfare of students who constitute the future of the nation.

### 02.01.2024

The state song or *Rajya gaan* was sung to initiate and set the tone of the programme. Both teachers and students took part. This was followed by the official address of Dr. Manas Kabi, Principal, Asutosh College. On the opening day, 2<sup>nd</sup> of January, a series of Students' Welfare Seminars were organized. Issues included Human Trafficking, Gender Equity and Sensitization and Cyber Crime.

Combating human and child trafficking necessitates a multifaceted and coordinated effort on the part of many agencies including government, law enforcement, civil society, and the international community. Victim protection and assistance, as well as proactive steps to address the underlying reasons of vulnerability, are critical components of any anti-trafficking approach. Faculty members from the Department of Journalism and Mass Communication and Sociology delivered the lecture on 'Human Trafficking'.

The session was divided into two major sections. Smt. Jayita Das from the Dept of Sociology spoke on child trafficking issues in India and its major causes. She explained the various social and economic factors responsible for child trafficking. In the second session, Dr. Priyanka Roy from the Department of Journalism and Mass Communication highlighted the problem of human trafficking and gave an overview of the Anti-Trafficking Laws in India. Audio-visual content was also presented which helped students grasp the subject better. Dr. Roy also mentioned how communities may help prevent human trafficking by remaining attentive, reporting suspicious activity, and engaging in awareness efforts. The role of the media in this regard was also highlighted. The sessions were interactive where the students participated actively. They shared their social media usage patterns and habits. Faculty members of the college also agreed on the value of the event and the importance of raising awareness about the issue.

The speakers for the second session on 'Gender Equity and Sensitization' were Dr. Sanchita Sanyal, Dr. Subhasri Ghosh and Dr. Chandrima Bhar, Assistant Professors from the Departments of Political Science, History, and Philosophy respectively. Dr. Sanyal said the introduction of a third gender is a significant step towards encouraging diversity, inclusivity, and recognising the presence of people whose gender identities do not fit inside the standard dichotomy of male and female. Many communities have recognised and accepted the notion of a third gender, often known as non-binary gender, as part of attempts to understand and appreciate the diversity of human experiences.

While giving her speech on The Protection of Children from Sexual Offences Act, 2012, Dr. Subhasri Ghosh said that this is a huge step towards resolving the terrible issue of child sexual abuse in India. It seeks to defend children's rights and hold those who commit sexual offences against them responsible through a specialised judicial process. She explained how the Act outlines a wide range of sexual offences against minors, including sexual assault, sexual harassment, employing a child for pornographic purposes, and penetrative sexual assault.

Dr. Chandrima Bhar during her session said that Creators, media professionals, and society as a whole must critically assess how gender issues are portrayed in various means of communication. Promoting accurate, varied, and respectful portrayals helps to build a more inclusive and equitable understanding of gender. While explaining gender equity issues she also mentioned that the presentation of gender problems shapes public views and attitudes towards gender roles. The media has the ability to affect cultural norms and may be a catalyst for positive change by challenging negative stereotypes and encouraging equality. She also explained gender stereotypes and their changing pattern in recent times, citing examples from advertisements.

Tuesday's programme ended with a cyber awareness programme where Sri Suvankar Chakraborty of the Cyber Cell and SOG (Special Operation Group) units of Kolkata Police, gave advice on how to use social media sites safely and guard against online fraud. In the era of artificial intelligence, indiscriminately publishing photographs on public platforms may aid in reliving memories, but it can also be interpreted as data by cybercriminals, who could harm the person's reputation. During the hour-long lecture, the speaker spoke extensively about

Artificial Intelligence (AI), characterising it as a "problem of the future". He presented a short clip of criminals using a 9-year-old's photographs to steal her real identity. Mr. Chakraborty stated that while technology undoubtedly makes life easier, safety is still a must when using it.

He also stressed that parents should refrain from posting excessive amounts of information about their children's accomplishments and activities on social media.

### **03.01.2024**

On 3rd January a poster-making competition and debate session were organised. The purpose of the poster-making competition was to encourage students' creative expression and assess their understanding of various environmental challenges. The competition on the topic- 'Pollution and Environment' was to get the students thinking, in addition to evaluating them on their artistic abilities. Students from various departments entered the competition with great enthusiasm. Judges of the event were Dr. Parikshit Dutta, Dr.Kunal Sinha, and Dr.Surama Bera, Assistant Professors from the departments of Physics, Electronics, and Communicative English respectively.

Students' capacity to acquire fundamental critical thinking and presentation skills can be enhanced by engaging in discussions and debate. Debates are about more than just arguing over a subject by teaching individuals how to think logically in general. They are intended to train both parties to think and enable them to consider both sides of an argument. Around 50 students from various departments participated in the debate on the topic 'Artificial Intelligence (AI) is a threat to Humans'. Dr. Sanchita Sanyal, Dr. Subhasri Ghosh and Dr. Riddhi Saha, Assistant Professors from the departments of Political Science, History and Communicative English respectively, acted as judges.

The following students stood as winners in the **debate competition** –

1<sup>st</sup> – Naitik Saha (Geology) & Suryasuchi Dey (Political Science)

2<sup>nd</sup> – Tridip Halder (Microbiology)

3<sup>rd</sup> - Arukshita Saha (Communicative English)

The following students stood as winners in the **poster-making competition** –

1<sup>st</sup> – Sampa Kayal (IFF)

2<sup>nd</sup> – Oishi Sarkar (Microbiology)

3<sup>rd</sup> – Meghna Sinha ((Microbiology)

### **04.01.24**

Our ability to make decisions, form connections, and influence the environment around us as individuals and as a society is largely dependent on our mental health. A fundamental human right is mental health. Furthermore, it is essential for socioeconomic, communal, and personal growth.

Beginning on January 2 and continuing till January 8, Asutosh College celebrated the annual Students' Week in collaboration with the Students' Union and the Internal Quality Assurance Cell (IQAC). The topic of mental health and wellbeing was covered on the third day of the programme. Sessions on "stress management" and "counselling for mental health" were arranged. It was conducted by the Psychology Department faculty members and included an interactive session. Around 100 Students from Santoshpur Rishi Aurobindo Balika Vidyapith, Modernland Girls High School and Garfa D.N.M Girls' High School and Garfa DNM High School, spoke schools in the Asutosh College Hub centre, attended the session.

Smt. Sneha Bharaty from the Psychology department was the speaker for the first session. She discussed and described how the body and brain behave. She also discussed how our mental processes work. She highlighted that the 'mind is body and body, mind' and that the mind, too, has health. She encouraged students to talk about their likes and dislikes with regard to psychological counselling.

Dr. Ananya Mondal led the second "stress management" session. She informed the students about the various stages of stress as a psychology expert. She gave the students guidance on how to recognize the signs of stress and how to deal with it.

Students' and teachers' concerns about psychological upliftment, the reasons for growing student stress, and society's part in it were discussed throughout the interactive session. These queries were excellently addressed by Dr. Rimjhim Ray, Head, Department of Psychology and other faculty members from the department. Appropriate suggestions were made for their mental well-being. They encouraged students not to see mental health problems as taboo and to seek professional help when needed.

#### **05.01.24**

On 5<sup>th</sup> January the National Service Scheme (NSS) organized a Health and Eye check up for students, teaching and non-teaching staff. The eye check-up was done by Dr. Kaushick Biswas, ophthalmologist and eye surgeon, attached with The Calcutta Medical Research Institute. The College's internal healthcare professional checked blood pressure, pulse, oxygen saturation, blood sugar, and body weight as part of the health examination.

Another component of the yearly Students' Week programme was an interactive exposure visit by Higher Secondary students to selected laboratory-based departments of the college. Participants included students of classes XI and XII from Santoshpur Rishi Aurobindo Balika Vidyapith, Garfa DNM Girls' High School, Garfa DNM High School and Modernland Girls' High School. The visit was coordinated by the departments of Industrial Fish & Fisheries, Business Administration, Computer Science, Microbiology, Biochemistry, Environmental

Science, Electronics, Chemistry, Journalism & Mass Communication, Communicative English, and Physics. Students learned about the various fields of study which are now offered at the undergraduate level. During the lab tour, students had a chance to see the different kinds of equipment that are utilized in practical applications. They also interacted with the faculty members of the concerned departments.

#### **06.01.24**

Various student-centric activities like singing competition, recitation competition, yoga and extempore speech competitions were conducted on 6th January. These activities extended beyond academic endeavours, offering the opportunity for personal development, social interaction, and the investigation of various views. The extempore competition provided a dynamic yet challenging environment for students to polish a wide range of abilities necessary for personal and professional success. Dr. Anil Kumar Chand, Dr. A.R. Md. Mustafizur Rahaman, Dr. Ananya Mondal and Ms. Sneha Bharaty from the departments of Communicative English, Zoology and Psychology gave their valuable inputs as judges. Dr. Parikhit Dutta and Dr. Aditi Das from the department of Physics coordinated the events for the day.

The following students were the winners of **extempore competition** –

1<sup>st</sup> – Disha Lall (Journalism & Mass Communication)

2<sup>nd</sup> – Dhruva Jyoti Mitra (Journalism & Mass Communication)

3<sup>rd</sup> – Junaid Javed – (Microbiology)

The following students were the winners of **recitation competition** –

1<sup>st</sup> - Junaid Javed – (Microbiology)

2<sup>nd</sup> – Sudip Kumar Das (Sociology)

3<sup>rd</sup> – Mousumi Dolui (Journalism & Mass Communication)

The following students were the winners of **yoga competition** –

1<sup>st</sup> – Sourav Mondal (Bengali)

2<sup>nd</sup> – Aman Halder (B.A. General)

3<sup>rd</sup> – Anisha Mondal (Psychology)

The following students were the winners of **singing competition** –

1<sup>st</sup> – Srija Das (English)

2<sup>nd</sup> – Pratyusha Ghosh (Economics)

3<sup>rd</sup> – Joy Mondal (BBA)

#### **07.01.24**

An International Webinar titled ‘Understanding of Mental Health’ was organised on Sunday, 7<sup>th</sup> of January. Dr. Panchajanya Ghatak, Consultant Psychiatrist, Rampton Hospital, U.K was the speaker for the day. He defined the term Psychiatry. He also classified the psychiatry under different categories like child and adolescent psychiatry, elderly psychiatry, forensic psychiatry, etc. Dr. Ghatak also discussed the relation between mind, brain and personality. Discussion on common mental illness among students like phobia, anxiety disorder, depression, bipolar affective disorder. Attention Deficit Hyperactivity Disorder (ADHD), mental disease treatment (biological, psychological, and social), how to deal with mental illness, and the need of counselling and psychotherapy were all addressed in depth. The webinar aimed to promote personal well-being, reducing the stigma and encouraging self-care.

#### **08.01.24**

The Students' Week programme concluded on Monday, January 8<sup>th</sup>, 2024, with a Career and Placement Fair. Prominent national and international companies and institutions were present at the event, which was organized by the Placement Cell. The fair was attended by both present and former students.

Professionals from organizations such as Axis Bank, RICE, and T.I.M.E. & SS Advisors gave the students advice on how to write a CV, prepare for interviews and group discussions, and explore alternative career opportunities available to them as students. Students who attended the sessions by RICE and Ziel Classes underwent an aptitude test.

#### **Scholarship Awareness Camp and Helpdesk**

The Student Scholarship Helpdesk Programme conducted from January 2<sup>nd</sup> to 4<sup>th</sup>, 2024 at *Asutosh College*, aimed to provide assistance to students seeking information and guidance on various scholarship opportunities like Swami Vivekananda Scholarship & Aikyashree, initiated by the Government of West Bengal, Private Scholarships from LIC, HDFC and Central government scholarship: Inspire. The programme witnessed an enthusiastic participation of students who sought clarification on diverse aspects related to scholarships.

The primary objective of the helpdesk programme was to facilitate students in understanding the intricacies of scholarship applications, eligibility criteria, and the overall process. The programme also aimed to address individual queries, ensuring that students received accurate and personalized guidance.

The three-day programme featured a dedicated helpdesk where students could approach knowledgeable volunteers and experts in the field of scholarships. The helpdesk was

operational during regular college hours, providing students with ample opportunity to seek assistance without disrupting their academic schedules.

The programme attracted a substantial number of students eager to enhance their understanding of scholarships. Participants actively engaged with the helpdesk personnel, asking questions ranging from eligibility requirements to the application process. The volunteers demonstrated patience and expertise, ensuring that each query was addressed comprehensively.

### **Common Queries and Themes:**

*Eligibility Criteria:* Many students sought clarification on the specific requirements needed to qualify for different scholarships. Volunteers provided detailed explanations based on the criteria outlined by various scholarship providers.

*Application Process:* A significant number of participants inquired about the application procedures, deadlines, and documentation required for scholarship submissions. Volunteers guided students through the step-by-step application process for various scholarships.

*Types of Scholarships:* Students displayed a keen interest in understanding the diverse types of scholarships available. Volunteers presented information on merit-based, need-based, and specific-field scholarships, catering to the varied interests and academic backgrounds of the participants.

*Renewal and Maintenance:* Some students who had previously received scholarships were concerned about the renewal process and the criteria for maintaining their scholarship status. Volunteers provided clarity on the renewal requirements for different scholarship programmes.

### *Feedback and Improvement:*

Overall, the programme received positive feedback from both participants and volunteers. However, some suggestions for improvement included expanding the programme duration and incorporating targeted workshops on scholarship essay writing and interview preparation.

The Student Scholarship Helpdesk Programme proved to be a valuable initiative in providing much-needed support and information to students seeking financial assistance for their education. The success of this programme highlights the importance of continued efforts in guiding students through the scholarship application process, contributing to their academic and professional success.

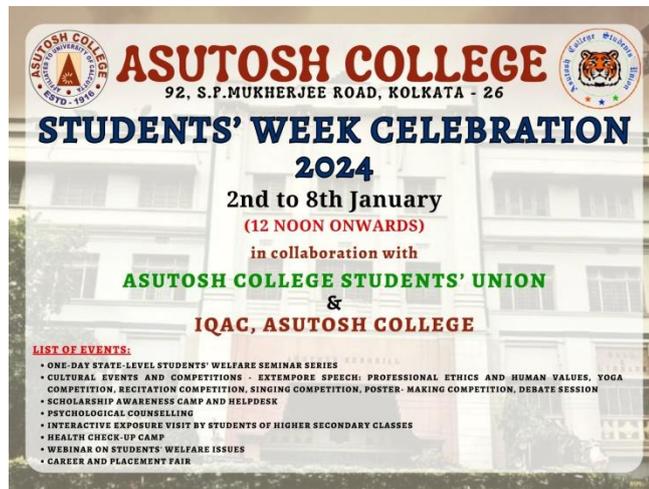
Shri Sk. Mohiuddin, Dr. Arpita Paul and Dr. Pritha Biswas, Assistant Professors from the departments of Computer Science, Mathematics and Economics conducted the program.

### **Prize Distribution Ceremony:**

The week-long Students' Week Celebration 2024 comprised a variety of events in which Asutosh College students took part. On January 8th, the Prize Distribution Ceremony was conducted. Dr. Manas Kabi, Principal, was present at the occasion to present the prizes to the students and congratulate and encourage them. Dr. Keya Ghosh, Convenor of the Students' Week Celebration Committee, Dr. Sraboni Roy, IQAC Coordinator, Dr. Rina Kar Dutta, Teachers' Council Secretary, and other faculty members from the college were also present.

➤ **EXPECTED OUTCOME:**

➤ **BANNER:**





# ASUTOSH COLLEGE

92, S.P.MUKHERJEE ROAD, KOLKATA - 26

## STUDENTS' WEEK CELEBRATION 2024

2nd to 8th January  
(12 Noon Onwards)

### INAUGURATION

By

**DR. MANAS KABI**

PRINCIPAL

ASUTOSH COLLEGE

TUESDAY, 2nd JANUARY 2024 at 11:30 AM

### PROGRAMME SCHEDULE

EVENT NAME	DATE & VENUE
One-Day State-level Students' Welfare Seminar Series on Human Trafficking, Gender Equity and Sensitization, Cyber Crime	02.01.2024 Centenary Building
Scholarship Awareness Camp and Helpdesk	02.01.2024 to 04.01.2024 Main Building
Cultural Events and Competitions: Poster-making Competition, Debate Session	03.01.2024 Main Building
Psychological Counselling (Lecture-cum-interactive session)	04.01.2024 Centenary Building
Interactive Exposure Visit by Students of Higher Secondary Classes	05.01.2024 Main Building
Health Check-Up Camp	05.01.2024 Main Building (Common Room)
Cultural Events and Competitions: Extempore Speech: Professional Ethics and Human Values, Yoga Competition, Recitation Competition, Singing Competition	06.01.2024 Main Building
Webinar on Students' Welfare Issues	07.01.2024 Main Building
Career and Placement Fair	08.01.2024 Main Building

in collaboration with

**ASUTOSH COLLEGE STUDENTS' UNION**

&

**IQAC, ASUTOSH COLLEGE**



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### STUDENTS' WEEK CELEBRATION 2024

2nd to 8th January

in collaboration with

ASUTOSH COLLEGE STUDENTS' UNION

&

IQAC, ASUTOSH COLLEGE

### INTERACTIVE EXPOSURE VISIT BY STUDENTS OF HIGH SECONDARY CLASSES

5th January 2024, 12 Noon Onwards

Venue: Departments of Journalism and Mass Communication, Electronics, Communicative English, Computer Science, Microbiology, Political Science, B.B.A., Environmental Sciences



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2nd to 8th January

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&

IQAC, ASUTOSH COLLEGE

### CULTURAL EVENTS & COMPETITIONS

Extempore Speech: Professional Ethics and Human Values, Yoga Competition, Recitation Competition, Singing Competition

6th January 2024, 12 Noon Onwards

Venue: Main Building, Asutosh College

**ASUTOSH COLLEGE**  
92, S.P.MUKHERJEE ROAD, KOLKATA - 26

**STUDENTS' WEEK CELEBRATION 2024**  
2nd to 8th January  
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**IQAC, ASUTOSH COLLEGE**

**CAREER & PLACEMENT FAIR**

8th January 2024, 12 Noon Onwards  
Venue: **Main Building, Asutosh College**

**ASUTOSH COLLEGE**  
92, S.P.MUKHERJEE ROAD, KOLKATA - 26

**STUDENTS' WEEK CELEBRATION 2024**  
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&  
**IQAC, ASUTOSH COLLEGE**

**PSYCHOLOGICAL COUNSELLING**  
(LECTURE-CUM-INTERACTIVE SESSIONS)

4th January 2024, 12 Noon Onwards  
Venue: **Seminar Hall, Centenary Building, Asutosh College**

**ASUTOSH COLLEGE**  
92, S.P.MUKHERJEE ROAD, KOLKATA - 26

**STUDENTS' WEEK CELEBRATION 2024**  
2nd to 8th January  
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&  
**IQAC, ASUTOSH COLLEGE**

**HEALTH CHECK-UP**  
+ CAMP +

5th January 2024, 12 Noon Onwards  
Venue: **Main Building, Asutosh College**

➤ **GEO-TAGGED PHOTOGRAPHS:**



