



Phone : 2350-5687,
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RAMMOHAN COLLEGE

(Formerly City College W.Dept.)

102/1, Raja Rammohan Sarani, Kolkata – 700009

E-mail : rmc.tic85b@yahoo.in, rmc.principal@gmail.com

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Supporting document for 5.1.2 (a)

Capacity building and skill enhancement initiatives taken by the institution in the last five years

A brief report on the Capacity building & skill enhancement courses

Soft copy of Circular/Brochures

Photographs

List of enrolled students and attendance of students



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Soft skills development

Students come to college not merely for classroom studies and grades. They learn from their peers interpersonal skills; improve their communication skill; learn leadership qualities which accounts for the holistic development of the student. Through participation in class in the form of debate and discussion, participating in competitions like extempore and quiz competition, or volunteering in NSS camps they learn things beyond the text books. Skills that go beyond good grades and exam based understanding, these qualify as soft skills.

Rammohan College has taken care to give students the space to nurture these skills. NSS volunteers actively participate in quiz and extempore competitions giving them a distinct advantage. There are students who participated and have won in Inter-college extempore competitions and debates. This gives them the much needed exposure and builds their confidence in public speaking. For instance on 12 th January, 2021, on the auspicious occasion of birth anniversary of Swami Vivekananda, National Youth Day an online programme was organized by the NSS Unit via Googlemeet platform. Total 96 students and 18 teachers attended the programme. There were paper presentations by students. Their participation through presentation kept the morale up of students even through the days of lockdown. The NSS Unit of Rammohan College arranged an extempore and quiz competition on 20th January 2022. 50 NSS volunteers took part in the competition. They spoke on socially relevant and topical issues like 'Right to Education', 'Global Warming', 'Aids-a social taboo', 'Water Pollution', and 'Effects of season change'. Following this there was an eventful Quiz competition. The competition helped the volunteers to boost their critical thinking. At the same time, they were encouraged to take part in such kind of programmes in the future.

Rammohan College under its Aparajita Programme successfully ran a skill development, soft skill training program dedicated to its students and alumnae. Aparajita was a frontrunner among internship programs in colleges that are now a part of the curriculum under NEP. It has enabled



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multiple students to develop their skills in; primary teaching through enrolling them in pre-primary teachers training certificate courses and diploma courses; health care skill development like administering First-Aid, home nursing; sewing skill development and the like. Under this program it had tie ups with SVS Marwari hospital Amherst Street that became the on-the-job training platform for students. Running on minimal admission charges, the students got exposure in varied organizations and even made up their enrollment cost by interning. Aparajita is a no profit organization run solely by the good will of the college and its hardworking students. Apart from gaining direct entry into the job market, it also prepared them with interpersonal skills, leadership qualities and communicative prowess that classrooms can only develop up to a certain point. Unfortunately due to the pandemic lockdown Aparajita program for skill development currently is suspended till further notice.

Pre-Primary Teachers' Training Course				Memorandum 2018-19 (July 18 - June 19)						
Roll No.	Name of the students	Total	Paper-I	Paper-II	Paper-III	Paper-IV	Health/holding	Project	Practs	Signature of the Candidate
04	Sourav Ganguly	498	64	51	59	62	44	168	50	A. Ganguly 23-7-19
05	Kalpita Sen	570	72	65	56	65	87	167	56	Kalpita Sen 23-7-19
06	Poonam Gupta	303	58	50	65	65	79	164	60	Poonam Gupta 23-7-19
09	Jaka Rani Jana	515	50	50	55	67	74	158	61	Jaka Rani Jana 23-7-19

Pre primary Teachers' Training 2018-19



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Certificate for
The Session 2018-19
Issued on 3/12/2019.

For Primary Teachers
Training Course
Signature with Date

Roll No.	Name	Signature	Date
04	Soumi Sengupta	S. Sengupta	3/12/19
05	Kalpita Sen	Kalpita Sen	2/12/19
06	Poonam Gupta	Poonam Gupta	03/12/19
09	Jaba Rani Jana	Jaba Rani Jana	03/12/19

Certificate for
The Session 2018-2019
Issued on 18/11/2021

For Primary Teachers
Training Course

Roll No.	Name	Signature	Date	Theory (50)	Practical (50)	Internal (20)	Report (20)	Total (140)
01	ANITA GHOSH	Anita Ghosh	18/11/2021	340	68	125	76	609
02	TANUJIT DAS	Tanujit Das	18/11/2021	376	78	140	82	676
03	SUMITA DEB	Sumita Deb	18/11/2021	346	70	128	76	620
04	DESHITA GHOSH	Deshita Ghosh	18/11/2021	346	79	130	74	629
05	INDRANIL KANAK	Indranil Kanak	18/11/2021	364	74	134	80	652

Certificates issued to students for the respective years



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Session (First Aid and Home Nursing)
Names 2017 (July - Dec)

01.	Mitali Manna.	Mitali Manna
02.	Rite Barman.	Rite Barman

First Aid and Home Nursing Training



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Language and Communication skills

In the interest of students, the Governing Body of the College passed a resolution to have a Language Lab and Data Centre in the New Science Building. It is expected to enhance the performance of our students in the current paradigm of the 'glocal'.



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Extracts of the Proceedings of the meeting of the Governing Body, Rammohan College held on 21.01.2021.

Additional Agenda :

ii) Establishment of Language Lab & Data Centre in the New Science Building, Rammohan College at 55A, Raja Rammohan Sarani, Kolkata - 700009.

The matter was placed in the Governing Body meeting and all honourable Governing Body members unanimously accepted the proposal. The Principal is requested to take necessary arrangement for the establishment of Language Lab & Data Centre.

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A one Day Workshop on Communicative English was conducted on the 10th of January 2023 by the Department of English, Rammohan College. The aim of the Program was to instil confidence in public speaking and developing communication skills. The institution organized a One Day Workshop on Communicative English on 10th January, 2023. Honourable speaker, Dr. Swati Mukerji, Associate Professor, Department of English, Gurudas College, Kolkata conducted the workshop. She gave students tips on how to improve their communication skills and highlighted the common points of weaknesses that hinder better communication. As an interpersonal skill it is imperative that students are able to recognize where they lack and improve on them. The students were divided into eight groups with ten students in each group. She gave eight different topics to each group after the end of her lecture. The leaders from each group presented their short lectures on a particular given topic within 5 minutes in second session. After the end of the Programme, all the students were given the Certificate of Participation. It was an immensely helpful session for students and teachers alike.



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(NAAC ACCREDITED COLLEGE FOR GIRLS)
102/1 Raja Rammohan Sarani, Kolkata-700009
Department of English in Collaboration with IQAC
Presents
One Day Workshop on Communicative English
Date: 10/01/2023. Time: 8 am- 10.30am.
Venue: College Premises(Room-6)



Patron



Dr. Saswati Sanyal.
Principal,
Rammohan College

Speaker



Dr. Swati Mukerji.
Former Head,
Dept of English, Gurudas College & Guest
Lecturer for the PG Students of Lady
Brabourne College.

Convenor: Gobinda Bhakta , HoD, Dept of Eng. **Co- Convenor:** Dr. Krishnendu arkar, IQAC Co-ordinator, Dept of Botany
Organising Committee: Dr. Chumki Majumder, Ms. Supriya Pal, Dr. Sayonti Mitra,
Dr. Binayath Banerjee, Dr. Binaki Choudhury, Ms. Divyansu Mukherjee

One Day Workshop on Communicative English



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Life skills (Yoga, Physical fitness, health and hygiene)

Students must develop skills that make them socially equipped to engage with the world. They must keep themselves physically fit as well as learn some skill that can help them in their career or business entrepreneurship.

On 4th of September, 2018 P&G in collaboration with National Service Scheme (NSS) organized an awareness drive of “Personal Health and Hygiene of Women”. NSS volunteers visited slum in Chaltabagan Kailash Bose Street. More than 60 students participated in this event. The aim of the event was to spread awareness of personal health and hygiene among the women. Volunteers also distributed in slum sanitary napkin, soap etc. This event was beneficial to everybody and it was a very successful programme. This developed in students a self-awareness and social responsibility towards oneself and society. The NSS unit has conducted several such programmes through 2018 to 2023.

Learning leadership skills through awareness campaigns on dengue and malaria or AIDS is perhaps even better than the classroom exposure. Through awareness campaigns students learn how to deal with the public at large, address their concerns in a mature and thoughtful fashion, persuade them to come around to their point of view through discussion. The NSS Unit of Rammohan College arranged an awareness campaign to aware the people on ‘Dengue’ and ‘Malaria’ on 20th of December, 2022. 48 volunteers and 4 teachers attended this campaign. The NSS Unit of Rammohan College also arranged a public awareness drive on ‘AIDS’ on 17th of December, 2022. 46 Volunteers and 3 teachers attended the campaign. The NSS Unit of Rammohan College arranged an Anti-Drug Awareness campaign on 30th March, 2022. These campaigns, awareness programs, walk-throughs and discussions with people in the surrounding areas gives students the much needed exposure to the realities of life that is beyond the college gates. These programmes which are often conducted in slum areas, also helped the volunteers in boosting their confidence and empathy for those living there. They also encouraged them to voluntary HIV testing and counseling. They also promoted the use of condom to reduce the HIV infections. They also advised them not to take the drugs. The main goal of this campaign was



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reduction of drug related crime and violence and reduction of drug-related health and social issues. They spoke at depth about social issues that were faced by slum dwellers, cases of violence and abuse among the women folk. Students learnt as much as they educated the slum dwellers about their rights, the precautions they need to take, and generating awareness regarding varied issues.

Gymnasium –

The gymnasium of Rammohan College was established in 2016 with the aim of promoting fitness and a healthy lifestyle among the students and faculty members. It is open to all students and faculty members. Gymnasium of Rammohan College also provides a platform for students to engage in sports and physical activities. The gymnasiums are equipped with modern equipments and facilities. Attendance register is maintained keeping a track of all students who avail of the gym facilities of the College.

Students look forward to using the facilities provided in the gym. Facilities include state-of-the-art equipments like –

- Treadmills
- Twisters
- Exercise cycles
- Weights
- Fitness benches

There are regular yoga classes held by the trained yoga instructor who has been appointed by the College authorities.



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Equipments available in the College Gymnasium



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Name	Roll No.	Phone
1. Falakwanan	113	9908200094
2. Tabu Das	91	9908201142
3. Anika Das	57	9908201141
4. Pooja Ghosh	113	9908201142

Name	Roll No.	Phone
1. Anika Das	113	9908201142
2. Anika Das	91	9908201142
3. Anika Das	57	9908201142
4. Anika Das	127	9908201142
5. Anika Das	137	9908201142
6. Anika Das	65	9908201142
7. Anika Das	122	9908201142
8. Anika Das	111	9908201142
9. Anika Das	120	9908201142

Name	Roll No.	Phone
1. Anika Das	113	9908201142
2. Anika Das	91	9908201142
3. Anika Das	57	9908201142
4. Anika Das	127	9908201142
5. Anika Das	137	9908201142
6. Anika Das	65	9908201142
7. Anika Das	122	9908201142
8. Anika Das	111	9908201142
9. Anika Das	120	9908201142

Attendance registers maintained at Gymnasium



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Ref. 50/R.M.C/2016 Date 23.6.2016


To
Smt. Sumitra Sengupta,
5, Revened Kali Banerjee Row
Kolkata – 700006

Dear Madam,

You have been appointed as an instructor of Multispecialty Gym of our College for six months. (As per G.B. resolution dated 14.05.2016) You are requested to join on 1st July, 2016.

Thanking you.

Yours truly,
S. Sangal
23/6/16
Principal
Rammohan College
Kolkata – 700009



Working Hours :
From 7.00 a.m. to 11.15 a.m.

Appointment letter of Yoga and Gym instructor.



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Apart from the regular Gymnasium and Yoga classes, NSS unit of Rammohan College has organized various programmes on Health care, Hygiene and Physical fitness.

Event Name: General Awareness Prevention and Control of Vector-borne Diseases: Dengue and Chikungunya

Brief Description: National Service Scheme (NSS) Rammohan College Unit organized a special seminar on “General Awareness Prevention and Control of Vector-borne Diseases : Dengue and Chikungunya” in the Seminar Room- 1 of New Science Building of Rammohan College on Friday 11th May, 2018 at 9:30 a.m. Our honourable Principal Dr. Saswati Sanyal inaugurated and chaired the session. The lecture was delivered by Prof. Samarendra Nath Banerjee, Associate Professor, Department Of Zoology, Rammohan College. The students were very enlightened how to prevent these diseases. The focus of the lecture was to create awareness among the students about Dengue and Chikungunya diseases and the students were very enlightened. The NSS team comprising of students and faculty members conducted various activities such as cleaning the college campus, spreading bleaching powder in the campus. There was a great deal of enthusiasm among the students during such activities. They stuck colourful posters about the theme of avoiding Dengue and Chikungunya diseases on the College Notice Board for spreading awareness. The programme was warmly accepted and it was attended by 43 students, 17 teaching and 6 non-teaching staff. This event was beneficial to everybody and it was a very successful programme.



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Event Name: Personal Health and Hygiene of Women

Brief Description: On 4th September, 2018 P&G in collaboration with National Service Scheme (NSS) organize an awareness drive of “**Personal Health and Hygiene of Women**” in the Room no. 6 of Rammohan College. The event starts with interactive session of the member of P&G and NSS volunteers. After the interactive session NSS volunteers visited slum in Chaltabagan Kailash Bose Street. More than 60 students participated in this event. The Aim of the event was to spread awareness of personal health and hygiene among the women. Volunteers also distributed in slum sanitary napkin, soap etc. This event was beneficial to everybody and it was a very successful programme.



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Event Name: Awareness of AIDS

Brief Description: A seminar on AIDS Awareness was conducted on 1st December 2018 as a part of world AIDS Day to spread awareness among the students for the disease wherein 40 students participated in the session. The lecture was delivered by Prof. Samarendra Nath Banerjee, Department Of Zoology, Rammohan College. The aim of lecture was to highlight the making students aware of causes, treatment and prevention of AIDS. The information and guidance to the students was done through power point presentation. Quarries of the students were solved through proper counseling at the end. This event was beneficial to everybody and it was a very successful programme.



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Event Name: General awareness about Mosquito

Brief Description: National Service Scheme (NSS) Rammohan College Unit organized a seminar on “General Awareness about Mosquito” in the Room-6 of Rammohan College on 30th April, 2019 at 9:30 a.m. The event was completely controlled and monitored by NSS Programme Officer and Committee members, also with the help of other faculties from different departments of our College. After the seminar NSS team comprising of students and faculty members conducted various activities such as cleaning, spreading bleaching powder in the campus and outside of the campus. All our NSS Volunteers actively participated with their full commitment of this session. There was a great deal of enthusiasm among the students during such activities.



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Event name: Health Checkup Camp

Brief description: A health checkup camp was organized on 26th November, 2019 at the new science building of Rammohan College. Total 39 students, NSS Programme Officer and NSS Committee members, faculties from different streams of Rammohan College participated in this camp. In this camp, height, weight, blood pressure etc. of the students and teachers were measured. Also, blood group detection was done in this camp.



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Event Name: NSS Special Camp 2018-2019

Brief Description: The seven day National Service Scheme Special Camp programme 2018-2019 was started at New Science Building of Rammohan College from 8th to 14th January, 2019 at 8.00 a.m. For this camp, 40 NSS student volunteers were selected from different departments of our College. Our honourable Principal Dr. Saswati Sanyal delivered inaugural address and chaired the session. Anima Roy, Programme officer of NSS welcome the students and other dignitary for the NSS special camp opening ceremony. Prof. Kabita Dey, ex coordinator of NSS, Department of Bengali, delivered felicitation address for this function. The main objective of the camp was to establishing a sense of social responsibility amongst students and inculcating values of self-discipline and selfless dedication towards community development. Its thrust was on activities and lectures that help the volunteers to work for the community, in the community and with the community. Multifarious interactive sessions, workshops, demonstrations and lecture were held in order to educate the volunteers about certain social, physical, psychological and political phenomenon. Each day began with various interactive sessions, guest lecture as well as field work.



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Event Name: COVID-19 Awareness Programme

Brief Description: NSS Unit of Rammohan College organized COVID-19 awareness program on from 20th May 2020 in online mode. In the period of lockdown situation our NSS team decided to make this time as productive time by involving some creative activities. We decided to spread awareness by making poster and sharing it with affective caption via social media platforms. Poster includes points like social distance maintains, hand washing, wearing mask, how can we save old age people and safe us to save our nation.



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Date.....20



Event Name: Yoga at Home

Brief Description: NSS Unit organized an online yoga session on 21st June 2020 at 8am.in the online webinar mode through the Google Meet Application. The theme of International Yoga Day, 2020 was “Yoga at Home” and the purpose of online yoga session was to encourage students as well as faculty members to practice Yoga at home and stay healthy during the pandemic. In this event more than 35 student NSS volunteers of various departments practice various Asanas. The program was ended at 11am.with vote of thanks by NSS programme officer. Some clips of the event day-



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Date.....20

Event name: Awareness campaign on dengue and malaria

Brief description: The NSS Unit of Rammohan College arranged an awareness campaign to aware the people on 'Dengue' and 'Malaria' on 21st March, 2022. The campaign started from 3.30 pm. Total 25 volunteers and 2 teachers attended the campaign. The volunteers made several placards on the said topic and also raised slogans during the campaign. They visited the slum area of Rammohan Sarani and Chaltabagan area. They gathered the crowd and made them aware of causes of malaria, dengue and how they can fight against them. They also advised them to keep the area clean. This programme raised awareness among people in the slum area, also helped the volunteers in boosting their confidence.



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Date.....20

Event name: Covid awareness programme

Brief description: The NSS Unit of Rammohan College arranged an awareness programme to aware the people on 'Covid' on 21st March, 2022. The campaign started from 3.30 pm. Total 23 volunteers and 2 teachers attended the campaign. The volunteers made several placards on the said topic and also raised slogans during the campaign. They visited the slum area of Rammohan Sarani and Chaltabagan area. They gathered the crowd and made them aware of causes of covid and how they can fight against them. They also advised them to wear mask and wash hands time to time. This programme raised awareness of covid among people in the slum area.



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Date.....20

Event name: Awareness campaign on 'AIDS'

Brief description: The NSS Unit of Rammohan College arranged a public awareness drive to aware the people on 'AIDS' on 15th March, 2022. The campaign started from 10.30 am. Total 43 volunteers and 3 teachers attended the campaign. They visited the slum area of Rammohan Sarani and Chaltabagan area. They gathered the crowd and made them aware about the cause and effect of aids. They also encouraged them to voluntary HIV testing and counselling. They also promoted the use of condom to reduce the HIV infetions. This programme raised awareness among people in the slum area.



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Event name: Anti-drug awareness campaign

Brief description: The NSS Unit of Rammohan College arranged an anti-drug awareness campaign on 22nd March, 2022. The campaign started from 2.30 pm. Total 18 volunteers and 2 teachers attended the campaign. They visited the slum area of Chaltabagan area. They gathered the crowd and taught them about the ill effects of drugs. They also made them aware of drug related health issues. They also advised them not to take the drugs. The main goal of this campaign was reduction of drug related crime and violence and reduction of drug-related health and social issues.



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Event name: Health Checkup Camp

Brief description: A health checkup camp was organized on 22nd March, 2022 at the new science building of Rammohan College. Total 49 students, NSS Programme Officer and NSS Committee members, faculties from different streams of Rammohan College participated in this camp. In this camp, height, weight, blood pressure etc. of the students and teachers were measured. Also, blood group detection was done in this camp.



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Event name: Awareness programme on ‘mental health issues of adolescent girls’.

Brief description: On 24th March, 2022, the NSS unit of Rammohan College arranged an awareness programme on ‘mental health issues of adolescent girls’. Total 72 students and 7 teachers attended the programme. The programme was started from 10:00 am in the morning. Dr. Wasim Jaffar was present in the programme as the main speaker. Dr. Wasim Jaffar is a renowned doctor at B. C. Roy hospital in Kolkata. He gave his valuable speech on the importance of mental health issues of adolescent girls. Mental health which is as important as physical health of one being is often overlooked because unlike physical health it does not show visible symptoms. Therefore, it is necessary to understand the importance of mental health. After his speech, there was a counseling session. Dr. Wasim Jaffar talked to the students and learned about their issues one by one. He also gave suggestions to their problems. This session was very much beneficial for the students as they could share their problems and also could find solution for them.



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Date.....20

Event name: Awareness campaign on 'AIDS'

Brief description: The NSS Unit of Rammohan College arranged a public awareness drive to aware the people on 'AIDS' on 17th December, 2022. The campaign started from 2.30 pm and ended at 5 pm. Total 46 volunteers and 3 teachers attended the campaign. They visited the slum area of Rammohan Sarani and Chaltabagan area. They gathered the crowd and made them aware about the cause and effect of aids. They also encouraged them to voluntary HIV testing and counselling. They also promoted the use of condom to reduce the HIV infections. This programme raised awareness among people in the slum area.



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Event name: Awareness campaign on dengue and Malaria.

Brief description: The NSS Unit of Rammohan College arranged an awareness campaign to aware the people on 'Dengue' and 'Malaria' on 20th December, 2022. The campaign started from 2.30 pm and ended at 5 pm. Total 48 volunteers and 4 teachers attended the campaign. The volunteers made several placards on the said topic and also raised slogans during the campaign. They visited the slum area of Rammohan Sarani and Chaltabagan area. They gathered the crowd and made them aware of causes of malaria, dengue and how they can fight against them. They also advised them to keep the area clean. This programme raised awareness among people in the slum area, also helped the volunteers in boosting their confidence.



Event name: Health Checkup Camp



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Brief description: A health checkup camp was organized on 17th December, 2022 at the new science building of Rammohan College. Total 46 students, NSS Programme Officer and NSS Committee members, faculties from different streams of Rammohan College participated in this camp. In this camp, height, weight, blood pressure etc. of the students and teachers were measured. Also, blood group detection was done in this camp.



Event name: Awareness programme on Cancer

Brief description: On 20th December, 2022, the NSS unit of Rammohan College arranged an awareness programme on cancer. The programme started at 12 pm. Dr. Samarendranath Banerjee, professor of Zoology dept., delivered his valuable speech on 'cancer'. Total 48 students and 17 teachers attended the programme. He discussed about what is cancer, what are the types of cancer, how it develops, what are the possible reasons behind this disease, which parts of the body are more prone to reduce the chance of cancer. As stated by him, the treatment of cancer is still an ongoing research topic, therefore prevention is very much important. After his speech, there was an interactive session with the students. This programme made the students



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aware about the severity of the disease as well as how they can reduce the risk of getting the disease.



Event name: Awareness programme on 'Mental Health'

Brief description: On 21st December, 2022, the NSS unit of Rammohan College arranged an awareness programme on 'Mental Health'. Total 47 students and 16 teachers attended the programme. The programme was started from 10:30 am in the morning. Mr. Mohit Ranadip was present in the programme as the main speaker. Mr. Mohit Ranadip is a renowned Psychiatric social worker at Mon Foundation in Kolkata. He gave his valuable speech on the mental health issues of different stages of life. Mental health which is as important as physical health of one being is often overlooked because unlike physical health it does not show visible symptoms. Therefore, it is necessary to understand the importance of mental health. After his speech, there was a counseling session. Mr. Mohit Ranadip talked with the students and learned about their issues one by one. He also gave suggestions to their problems. This session was very much beneficial for the students as they could share their problems and also could find solution for them.



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Self-employment and entrepreneurial skills

Students of the College have attended a workshop on Entrepreneurship and start up business on 19.11.2022 in Rammohan College. Ms. Sharmistha Banerjee , HRM of Franchise India delivered a talk and Entrepreneurship and start up business ideas.



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