



# INVITATION

KNOWLEDGE FAIR 2018  
KANCHRAPARA COLLEGE



Respected Sir/Madam

We are highly delighted to invite you to witness the "KNOWLEDGE FAIR 2018" by your gracious presence. It will be organized by student's union on Wednesday, 26 Sept 2018 & Thursday, 27 Sept 2018 between 12pm to 4pm.

At Kanchrapara College premises, "KNOWLEDGE FAIR" is our small offering to the nation. We believe that strides of "Knowledge Fair" alone, can liberate our motherland in the modern world. And therefore we strive quietly to construct a scientific & creative attitude among the young minds.

We look forward to your presence to encourage the children and bless them as well as to make the programme a grand success.

Best wishes

Dr. Nirbhik Chatterjee

Convener  
Knowledge Fair

Sri Gourab Saha

General Secretary  
Student's Union

Sri Nirmalya Majumdar

Teacher in Charge  
Kanchrapara College





10 THINGS WE COULD NOT DO WITHOUT ROBOT

1. **Medical assistance** - Robots can be used to assist people with disabilities or those who are elderly and unable to perform daily tasks. They can also be used to assist in surgery and other medical procedures.

2. **Manufacturing** - Robots are used in manufacturing to perform repetitive tasks, such as welding, painting, and assembly. They can work faster and more accurately than humans, and they can operate in dangerous environments.

3. **Space exploration** - Robots are used to explore space and collect data from other planets and moons. They can withstand the harsh conditions of space and return to Earth with valuable information.

4. **Search and rescue** - Robots can be used to search for survivors in disaster zones or to perform rescue operations in dangerous environments. They can be programmed to detect and locate survivors, and they can be used to deliver supplies and medical aid.

5. **Education** - Robots can be used in education to teach students about science, technology, and engineering. They can be programmed to perform tasks and to interact with students, making learning more engaging and interactive.

6. **Transportation** - Robots can be used in transportation to perform tasks such as driving, parking, and delivering packages. They can be programmed to navigate complex environments and to avoid obstacles, making them useful for a variety of transportation applications.

7. **Customer service** - Robots can be used in retail and service industries to provide customer service and to assist with tasks such as inventory management and product demonstration. They can be programmed to interact with customers and to provide personalized recommendations.

8. **Security** - Robots can be used in security and law enforcement to perform tasks such as surveillance, patrolling, and detecting threats. They can be programmed to detect and identify suspicious activity, and they can be used to provide a safer and more secure environment.

9. **Research** - Robots are used in research to perform tasks that are difficult or dangerous for humans. They can be used to explore deep-sea environments, to study the effects of radiation, and to perform other types of research that require precision and accuracy.

10. **Entertainment** - Robots can be used in entertainment to provide a unique and interactive experience for audiences. They can be programmed to perform stunts, to interact with fans, and to provide a variety of other entertainment applications.

ROBOT 2.0

Use of Robot

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Leaving? Please switch off the system... Reduce Carbon Footprint of your nation... CO2

Handwritten notes on a whiteboard, including the words "Robot" and "Automation".



**70% of Earth's Surface is Water**

63% of surface is fresh water

2.5% of fresh water is in ice glaciers

97% of fresh water is in the sea

2.5% of fresh water is in ice glaciers

0.01% for domestic use

**Types of Water Pollution**

- Industrial Pollution
- Pollution due to Pesticides
- Radioactive Pollution
- Pollution due to Power Plant
- Air Pollution
- Acidic Pollution

**Water**

KANCHRAPARA SARADA DEVI UCHCHA BALIKA VIDYALAYA

**Some common Methods of Water Purification**

WATER, COARSE SAND, FINE SAND

NEED: FILTER WITH COARSE SAND, FINE SAND, & ACTIVATED CHARCOAL

Reverse Osmosis Filter

BOILED WATER

**Water Conservation**

Don't Wastain - Save Some for...

Mo. Clean, Contact Glass

Save tree, Live treeless free

DRIVE a green car, Live better.

Save Water

Give a green go

KANCHRAPARA SARADA DEVI UCHCHA BALIKA VIDYALAYA

**KANCHRAPARA SARADA DEVI UCHCHA BALIKA VIDYALAYA**





ANCHRAPARA COLLEGE  
DEPARTMENT OF GEOGRAPHY

ANCHRAPARA COLLEGE  
DEPARTMENT OF GEOGRAPHY

ANCHRAPARA COLLEGE  
DEPARTMENT OF GEOGRAPHY

UPPER COURSE

MIDDLE COURSE

LOWER COURSE

DEPARTMENT OF GEOGRAPHY  
ANCHRAPARA COLLEGE  
PRODUCED BY...



# INVITATION

## KNOWLEDGE FAIR 2022 KANCHRAPARA COLLEGE GOLDEN JUBILEE SPECIAL EDITION

**Respected Sir/ Madam,**

**We are delighted to invite you to witness the Golden Jubilee special edition of our KNOWLEDGE FAIR 2022 to be held at Kanchrapara College premises from 11th November, 2022 to 13th November, 2022, from 12pm to 4pm.**

**The KNOWLEDGE FAIR, a part of our LOVE YOUR LEARNING programme is a tribute to society. We believe, kindling the joy of learning in young school children can save the nation from self-sabotaging itself. WE look forward to your august presence to encourage and bless the children .**

**Thanking you,**

**Dr. Pranab Kr. Bera  
Principal  
Kanchrapara College  
Committee**

**Dr. Bimalendu Ghosh  
Convenor  
Golden Jubilee**


**Sr. Sougato Ghosh  
General Secretary  
Students' Union**

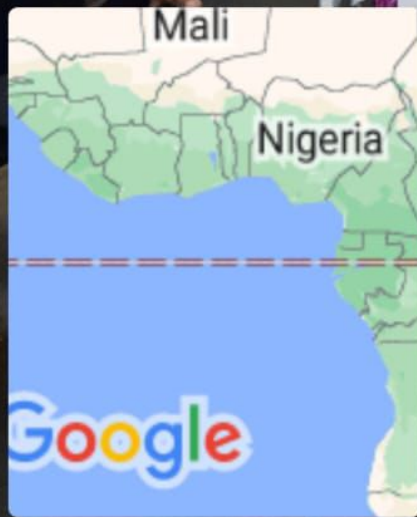








 GPS Map Camera



# Kanchrapara M, West Bengal, India

Siraj Mondal Rd, Kanchrapara, Basanta Babu Rd, Halisahar,  
Kanchrapara M, West Bengal 743145, India

Lat 22.950218°

Long 88.441351°

11/11/22 02:06 PM GMT +05:30




DEPARTMENT  
OF  
ENVIRONMENTAL SCIENCE  
GENESTER COLLEGE  
COITL

SOIL LAYERS

- 1. Humus (topsoil)
- 2. Topsoil
- 3. Subsoil
- 4. Substratum
- 5. Substratum
- 6. Substratum
- 7. Substratum

GOOD HEALTH BEGINS INSIDE **YAKULT** GOOD HEALTH BEGINS INSIDE **YAKULT**

## LOVE YOUR INTESTINE WITH YAKULT EVERYDAY



HELPS INCREASE GOOD BACTERIA IN THE INTESTINE AND BUILD IMMUNITY


**WHAT IS YAKULT AND YAKULT LIGHT?**  
 Yakult is a fermented dairy probiotic drink that was originally created in Japan in 1935. It has a sweet, citrusy flavor. There are two options for Yakult products: **YAKULT ORIGINAL RED LABEL**, **YAKULT LIGHT BLUE LABEL**. Yakult and Yakult Light is a delicious probiotic fermented milk drink that contains Yakult's exclusive probiotic *Lactobacillus casei* strain Shirota (L5).

**INGREDIENTS AND THE MICROBE INVOLVED:**  
 Yakult ingredients are water, skimmed milk, glucose-fructose syrup, sucrose, and live *Lactobacillus casei* Shirota bacteria. Yakult is prepared by adding glucose to skimmed milk and heating the mixture at 90 to 95°C for about 30 minutes. After letting it cool down to 45°C, the mixture is inoculated with the *Lactobacillus* and incubated for 6 to 7 days at 37 to 38°C. After fermentation, water, sugar, gums and lactic acid are added.

**What is the difference between yakult and yakult light?**


Yakult Light contains 50% fewer calories and less sugar than Yakult. Yakult Light contains 25 calories whereas our Yakult product contains 50. But they both are packed with live and active probiotic *L. paracasei* strain Shirota.

**Yakult Manufacturing Process Flow**



**WHY DRINK YAKULT?**

- Prevents digestive disorders
- Helps build immunity
- Reduce risk of infections
- No preservatives



- Prevent digestive disorders such as diarrhea and constipation.
- Help build immunity and reduce risk of infections.
- Reduced Sugar
- Vitamin D & Vitamin E
- Fat Free

**REFERENCE**

- <https://www.yakult.co.in/>
- <https://bebodywise.com/blog/yakult-benefits/>

GOOD HEALTH BEGINS INSIDE **YAKULT** GOOD HEALTH BEGINS INSIDE **YAKULT**

**OF MICROBIOLOGY**

**YAKULT FOR ME AND YOU**



**TOPIC: YAKULT**  
(Advancement Of Microbes In Fermented Food)





### PHARMACOLOGY

**PHARMACOLOGIST**  
is a scientific study of the medicinal properties, absorption, and actions of drugs and the study of their effects on the body. It includes the study of the action of drugs on the body and the study of the effects of drugs on the body.

**PHARMACOLOGY**  
is an essential branch of medicine and related to the study of the action of drugs.

**DRUGS**  
are those substances that are used to cure, prevent, or relieve the symptoms of disease. They are used to treat the symptoms of disease and to prevent the disease from occurring.

**CRUDE DRUGS**  
are those drugs that are obtained from natural sources and are used in their natural form. They are used to treat the symptoms of disease and to prevent the disease from occurring.

**CLASSIFICATION OF DRUGS**  
Drugs are classified into different groups based on their action on the body. The classification of drugs is based on their pharmacological action, their chemical structure, and their mode of action.

**UNDOGGED DRUGS**  
are those drugs that are used to treat the symptoms of disease and to prevent the disease from occurring. They are used to treat the symptoms of disease and to prevent the disease from occurring.

### MEDICINAL PLANTS

**Aloe vera**  
Medicinal plant - Aloe vera is a succulent plant that is used for its medicinal properties. It is used to treat a variety of conditions, including burns, wounds, and skin diseases.

**VINDOLINE**  
Medicinal plant - Vindoline is a natural alkaloid that is used to treat a variety of conditions, including cancer, heart disease, and diabetes.

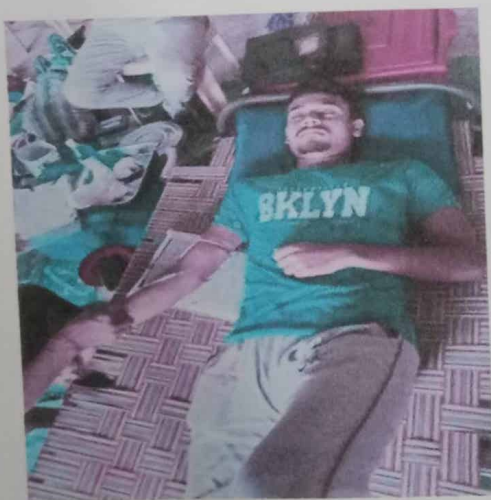
**KALMEGH**  
Medicinal plant - Kalmegh is a natural alkaloid that is used to treat a variety of conditions, including cancer, heart disease, and diabetes.

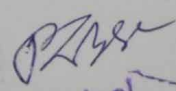
**Vasaka**  
Medicinal plant - Vasaka is a natural alkaloid that is used to treat a variety of conditions, including cancer, heart disease, and diabetes.

**C. INCHONA**  
Medicinal plant - C. inchona is a natural alkaloid that is used to treat a variety of conditions, including cancer, heart disease, and diabetes.

## EVENT REPORT OF BLOOD DONATION CAMP

NSS Blood Donation Camp Report (27.11.2018): The NSS unit of Kanchrapara College along with IQAC organised a blood donation camp in collaboration with blood bank of kalyani Medical College, Kalyani on 27 November 2018. The camp began at 11.00 a.m. in the room no 24 with a short inaugural function where in Dr. Pranab kr Bera (Principal, Kanchrapara College) and various representatives of NSS, and IQAC was given a floral welcome. Dr. Pranab kr Bera (Principal, Kanchrapara College) expressed his gratitude to all the organized departments of the college for its continuous endeavour in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. The Camp was inaugurated by Prof. Nirmalyo Majumder Associate Professor of Political Science Dr. Subhabrata De, Associate Prof. of Commerce, NSS Programme Officer, and others by Donating Blood. More than 50 volunteers came forward to donate blood during the camp which included teaching & non-teaching staff, students & non-student donors. At the end 28 units of Blood was collected. The blood donors were given a food packet contained one piece boiled egg, Banana, health drinks and Biscuits after donating the blood in order to re-energize themselves. The blood donors were provided with a blood donation certificate card by the authority.



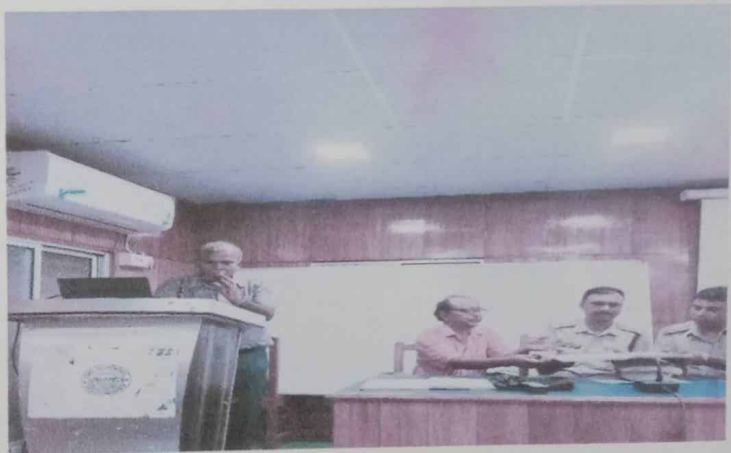
  
Principal,  
Kanchrapara College

1/12/18



## EVENT REPORT OF FIRE AND SAFETY AWARENESS PROGRAMME

NSS Fire and Safety Awareness Programme Report (28.11.2018): The NSS unit of Kanchrapara College along with IQAC organised a Fire and Safety awareness programme in collaboration with West Bengal Fire & Emergency Service, D7 Kanchrapara Fire Station. The awareness programme began at 11.00 a.m. in the room no 6 with a short inaugural function where in Dr. Pranab kr Bera (Principal, Kanchrapara College) and various representatives of NSS, and IQAC was given a floral welcome. Dr. Pranab kr Bera (Principal, Kanchrapara College) expressed his gratitude to all the organized departments of the college for its continuous endeavour in this regard. Dr. Subhabrata De, Associate Prof. of Commerce, Dr. Madhap Mondal Associate Professor of Hindi dept act as chief guest. More than 100 student take part in this programme. Officer of the Fire Station Kanchrapra MR Sanjay Saha delivered lecture regarding Fire and Safety. After that they demonstrate how to use fire extinguisher how to protect the fire affected people. They also give some demonstration regarding some precautionary measure.



*Dr. Pranab Kr Bera* 1/12/18  
Principal,  
Kanchrapara College

## EVENT REPORT THALASSEMIA AWARENESS AND SCREENING PROGRAMME REPORT

NSS Thalassemia Awareness and Screening Programme Report (29.11.2018): The NSS unit of Kanchrapara College along with IQAC organised a Thalassemia Awareness and Screening Programme camp in collaboration with Kalyani Medical College, Kalyani on 29 November 2018. The camp began at 10.00 a.m. in the room no 24. The chief guest of the Camp on 29.11.2018 was Prof. Samir Dutta Associate Professor of Botany Department. Dr. Mrinal kanti Das, Assistant Prof. of Commerce, NSS Programme Officer, and others NSS volunteer Participate in the programme . 110 sample taken for testing. According to the result of this screening programme 107 respondants are normal 3 respondants are HBE carrier and 1 respondant is Beta Thalassaemia carrier. After the camp NSS unit communicate this information to the respective family of the student.



*P. Das* 1/12/28  
Principal.  
Kanchrapara College

## EVENT REPORT EYE CHECKUP AND BASIC HEALTH CHECKUP CAMP

NSS Eye Checkup and Basic Health Checkup Camp(30.11.2018): The NSS unit of Kanchrapara College along with IQAC organised a Eye Checkup and Basic Health Checkup camp in collaboration with Asmii Eye Foundation . The camp began at 11.00 a.m. in the room no 24 with a short inaugural function where in Dr.Pranab kr Bera(Principal, Kanchrapara College) and various representatives of NSS, and IQAC was given a floral welcome. The Camp was inaugurated by Prof. Biplab Mukhopadhyay, Associate Professor of Zoology. The camp aimed to promote eye health awareness and provide free eye examinations and health checkup to students and faculty members of the college and local community people. On that date near about 80 student and 6.0 teaching and non teaching staff and 30 local community people was benifited. They were examine their eyes and health and got the free consultation.



*P. Bera*  
Principal,  
Kanchrapara College

11/12/18



## Event Report: Garment Distribution Organized by NSS Unit, Kanchrapara College

Date: 2/03/2020

Venue: Kanchrapara College, Room no -24

### Introduction

The NSS Unit of Kanchrapara College organized a Garment Distribution event aimed at providing clothing to the underprivileged members of the community. The event was a part of the NSS's ongoing commitment to social service and community welfare.

**Objectives:** 1. To distribute garments to the needy. 2. To raise awareness about the importance of social responsibility. 3. To encourage student participation in community service.

**Preparations:** The event was meticulously planned and executed by the NSS volunteers under the guidance of the program officers. The preparations included:

- Collection of garments through donations from students, faculty, and local residents.
- Sorting and categorizing the collected garments based on age, gender, and size.
- Arranging transportation and logistics for the distribution.

**Event Highlights :Inauguration Ceremony:** The event commenced with an inauguration ceremony. The principal of Kanchrapara College, along with esteemed faculty members, was present to encourage the volunteers. A brief speech was delivered by the NSS Program Officer, highlighting the significance of the event and the role of NSS in fostering community welfare.

**Distribution Process:** The distribution process was organized systematically to ensure a smooth and orderly distribution. Beneficiaries were guided to different counters based on the categorization of garments. Volunteers assisted in distributing the garments, ensuring each recipient received appropriate clothing.

**Community Engagement:** Local community members were actively involved in the event, further strengthening the bond between the college and the community. Interactive sessions were conducted to raise awareness about hygiene and the importance of wearing clean clothes.



*B. S. N.*  
Principal  
Kanchrapara College  
P.O. - Kanchrapara, Dist. - 24 Pgs. (N)



## Event Report: Cleaning Activity in College Adjacent Area Organized by NSS Unit, Kanchrapara College

**Date:** 04/03/2020 **Venue:** Areas Adjacent to Kanchrapara College

### Introduction

The NSS Unit of Kanchrapara College organized a Cleaning Activity in the areas adjacent to the college. This initiative was part of the NSS's commitment to community service and aimed at improving the hygiene and cleanliness of the surrounding environment.

**Objectives:** 1. To clean and beautify the areas surrounding Kanchrapara College. 2. To raise awareness about the importance of cleanliness and hygiene in the community. 3. To engage students in community service and foster a sense of social responsibility.

**Preparations:** The event was planned and executed by the NSS volunteers under the guidance of the program officers. The preparations included: 1. Conducting a preliminary survey to identify the areas in need of cleaning. 2. Organizing a meeting with volunteers to discuss the plan of action and assign specific tasks. 3. Procuring necessary cleaning supplies such as brooms, dustpans, garbage bags, gloves, and disinfectants. 4. Coordinating with local authorities for support and ensuring proper disposal of collected waste.

**Event Highlights:** **1. Inauguration Ceremony:** The event began with a brief inauguration ceremony at the college entrance. The principal of Kanchrapara College, along with faculty members, addressed the volunteers and highlighted the significance of maintaining cleanliness in the surrounding areas. The NSS Program Officer provided an overview of the day's activities and stressed the importance of community involvement. **2. Cleaning Activity:** Volunteers were divided into groups and assigned different areas adjacent to the college, including nearby streets, parks, and public spaces. Equipped with cleaning supplies, the volunteers worked diligently to clean the assigned areas, picking up litter, sweeping, and removing debris. Special attention was given to areas with high foot traffic and public utility spaces. **3. Awareness Campaign:** An awareness campaign ran alongside the cleaning activity. Posters and banners emphasizing the importance of cleanliness and environmental responsibility were displayed. Volunteers engaged with local residents and shopkeepers, encouraging them to maintain cleanliness and avoid littering. **4. Waste Management:** Collected waste was segregated into biodegradable and non-biodegradable categories. Proper disposal of waste was ensured, with biodegradable waste being sent for composting and non-biodegradable waste being disposed of through appropriate channels.



  
Principal  
Kanchrapara College  
Kanchrapara, Dist. - 24 Pgs. (M)



## Event Report on Distribution of Mask and Sanitizer

**Date:** 12.10.2020, **Location:** Dharambir Colony **Organized by:** NSS Unit, Kanchrapara College

**Objective:** The event aimed to promote health and safety by distributing masks and hand sanitizers to students and staff during the COVID-19 pandemic. This initiative was essential to curb the spread of the virus and ensure the wellbeing of the college community.

1. **Preparation and Setup:** The NSS unit meticulously planned the event, designating specific areas for the distribution of masks and sanitizers. Volunteers were trained on COVID-19 safety protocols and the distribution process. Multiple sanitizer stations were set up around the college premises for easy access.
2. **Distribution Process:** The event started at 11 a.m with an introduction by Mr Sanjib Saha who emphasized the importance of wearing masks and using hand sanitizers. Masks and sanitizers were handed out to students and staff as they arrived. Each individual received 100 of masks and 100 of sanitizer. Social distancing measures were strictly enforced, with volunteers ensuring orderly lines and proper spacing.
3. **Participation:** A total of 20 students and staff members participated in the event. Representatives from the NSS unit were present to oversee the distribution and engage with the participants.
4. **Feedback:** Participants expressed their appreciation for the timely provision of masks and sanitizers. Several attendees suggested conducting similar initiatives regularly to maintain a continuous supply and raise awareness.



*Sanjib Saha*

Principal  
Kanchrapara College  
P.O. - Kanchrapara, Dist. - 24 Pgs. (N)



## Event Report on Food Packet distribution program to support local families affected by COVID-19

Date: 22.05.2021

Time: 11 a.m

Area: Dharambir Colony

The NSS Unit of Kanchrapara College, in collaboration with the IQAC and the Student Unit of Kanchrapara College, is organizing a food packet distribution program to support local families affected by COVID-19. This initiative aims to provide essential food supplies to those in need, helping to alleviate some of the hardships caused by the pandemic.

**Objectives:**  
**Support Affected Families:** Provide essential food supplies to families struggling due to the pandemic.  
**Community Assistance:** Foster a sense of community and solidarity by helping those in need.  
**Raise Awareness:** Highlight the ongoing impact of COVID-19 and the importance of community support.

**Items Included in the Food Packets:**  
**Staples:** Rice, wheat flour, pulses.  
**Groceries:** Cooking oil, sugar, salt, spices.  
**Proteins:** Lentils, beans, and other sources of protein.

**How to Contribute:**  
**Donations:** We welcome contributions from students, faculty, and the community. Donations can be made in the form of food items or monetary contributions.  
**Volunteer:** Join the distribution team to help pack and distribute the food packets.

**Safety Measures:**  
**COVID-19 Protocols:** All participants are required to wear masks, maintain social distancing, and follow hygiene protocols during the event.  
**Sanitization:** Hand sanitizers and washing stations will be available at the venue.

**Acknowledgment:**  
**Collaborators:** We extend our gratitude to the IQAC, Student Unit, and all donors and volunteers for their support and contributions.



*[Signature]*  
Principal  
Kanchrapara College  
P.O. - Kanchrapara, Dist. - 24 Pgs. (M)



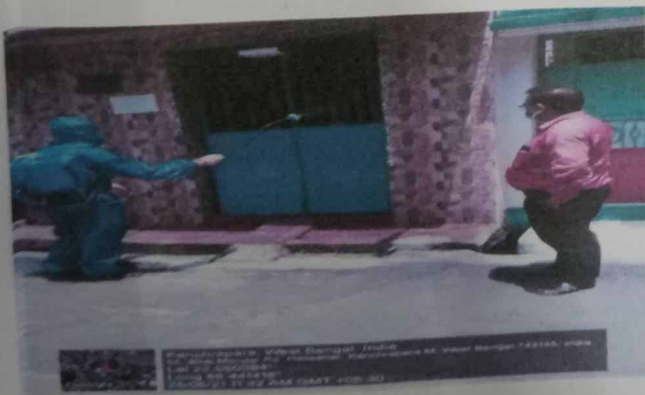
## Event Report on Dengue Awareness Campaign.

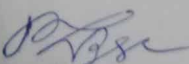
Date: 25.06.2021  
Collge

Time: 11 a.m

Venue: Adjacent Area of Kachrapara

The NSS Unit of Kanchrapara College, in collaboration with the IQAC, organized a Dengue Awareness Campaign. This initiative aimed to educate the community about the prevention and control of dengue fever. The campaign likely featured activities such as informative sessions, distribution of educational materials, and practical demonstrations on how to eliminate mosquito breeding sites and protect against mosquito bites. NSS unit of Kanchrapara College along with IQAC and Student Unit has organised a Dengue Awareness Campaign in local area on 25-06-2021. Bleaching powder and mosquito repellent were also distributed to the local people. Drain cleaning drive programme also performed .





Principal,

Kanchrapara College

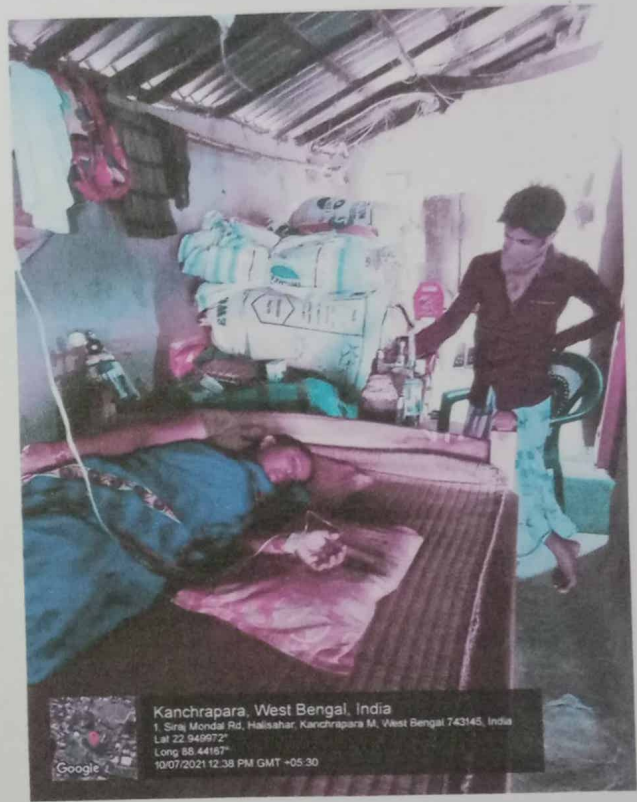
P.O. Kanchrapara, Dist.-24 Pgs. (N)



NSS Event Report- 2021-2022

NSS Activity Report dated 10<sup>th</sup> July 2021

The NSS unit of Kanchrapara College along with IQAC and Student Unit organised Oxygen Cylinder supply to the local Covid effected people adjacent to college campus. During second wave the scarcity of oxygen cylinder is the biggest issue of Covid affected people. Student unit of the college helped NSS unit to provide the oxygen cylinder to covid affected people of local area with the help of Halisahar Municipality.

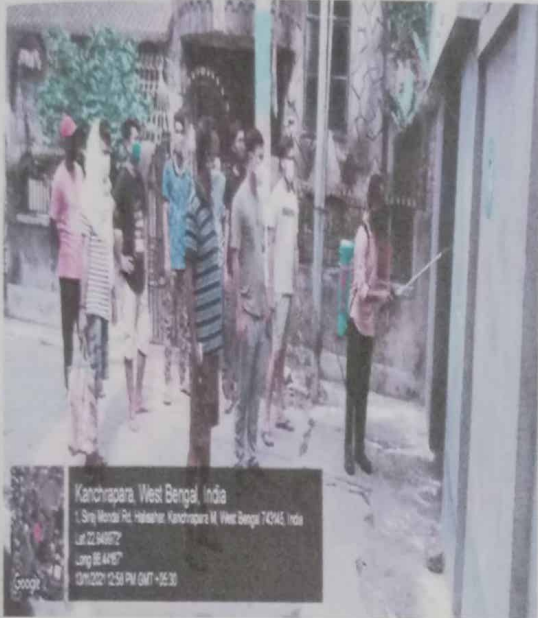


Principal  
Kanchrapara College  
P.O. - Kanchrapara, Dist. - 24 Pgs. (N)



Event Report of NSS Activity dated 13th November 2021

NSS unit of Kanchrapara College along with IQAC and Student unit organised A College campus including local area sanitization programme on 13 November 2021. Full college campus has sanitised November 2021 offline classes will be resumed after lockdown period, so the sanitisation of college campus must be initiated.



*[Signature]*  
Principal  
Kanchrapara College  
P.O. - Kanchrapara - Dist. - 24 Pgs. (N)



## Event Report On COVID-19 Vaccination Programme

Date: 28.12.2021 Time : 11 a.m Vennue Room no 24 Kanchrapara College

The COVID-19 vaccination programme organized by the NSS (National Service Scheme) unit of Kanchrapara College is likely a community-driven initiative aimed at increasing vaccination rates among students, staff, and possibly the local community. Such programmes typically involve coordination with Naihati State General Hospital setting up vaccination drives on the college premises, and promoting awareness about the importance of vaccination.

Key components of such a programme might include:

1. **Collaboration with Health Authorities:** Working with local health departments to secure vaccines and medical staff to administer them.
2. **Setting Up Vaccination Sites:** Utilizing college facilities to create accessible vaccination centers.
3. **Awareness Campaigns:** Educating the college community about the benefits and safety of COVID-19 vaccines through seminars, posters, social media, and other channels.
4. **Registration and Scheduling:** Organizing the registration process for vaccine recipients to ensure smooth and efficient vaccination drives.
5. **Follow-Up:** Providing information on the second dose (if applicable) and managing any post-vaccination queries or concerns.



Principal

Kanchrapara College  
P.O. - Kanchrapara, Dist.- 24 Pgs. (N)

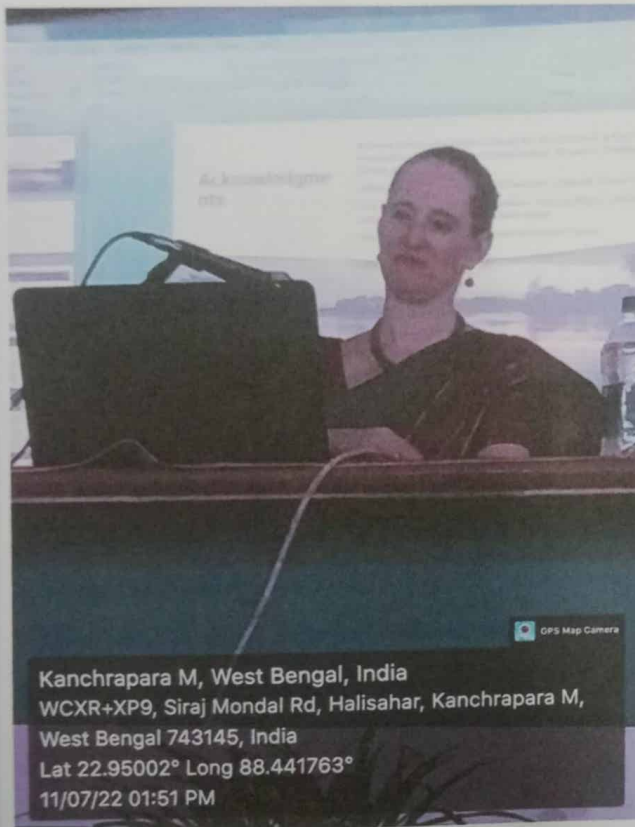


let's  
do  
it  
local



## NSS activity report-11<sup>th</sup> July 2022- World Population Day Celebration

The NSS unit of Kanchrapara College along with IQAC organised World Population Day Celebration at College auditorium on 11<sup>th</sup> July 2022 on Monday. Honourable Principal Sir and President, Governing body grace the occasion. Respected madam Mary K Shenk and Dr. Saswata Ghosh have delivered their valuable speech regarding population and development. Students and faculty members have gathered valuable knowledge on it.



*P. K. Bera*  
18/07/2022  
Principal  
Kanchrapara College  
Kanchrapara, 24 Pgs (N)

## NSS Activity Report dated 1<sup>st</sup> August 2022- Breast Feeding Week Celebration

The NSS unit of Kanchrapara College along with IQAC celebrates Breast Feeding Week at College auditorium on 1<sup>th</sup> August 2022 on Monday. The whole programme was organised in collaboration with Halisahar Municipality and Kalyani College of Medicine and JNM Hospital. Local women-mothers of Niranjan Pally came and participated gladly in that programme.



*P. K. Bera*  
08/08/2022  
Principal  
Kanchrapara College  
Kanchrapara, 24 Pgs (N)

## NSS activity report dated 1<sup>st</sup> December 2022- AIDS Day Celebration

The NSS unit of Kanchrapara College along with IQAC celebrates the observation of AIDS Day on 1<sup>st</sup> December 2022. NSS Volunteers and student unit actively participated in the Red Ribbon week celebration. They distributed leaflets and slogan to the local community and adopted villagers.



*P. K. Bera*  
10/12/22  
Principal  
Kanchrapara College  
Kanchrapara, 24 Pgs (N)

## Event Report on Tree Plantation Programme

**Date:** 02.03.2023 **Venue:** Kanchrapara College Campus and surrounding areas

The NSS (National Service Scheme) Unit of Kanchrapara College organized a tree plantation program aimed at promoting environmental awareness and sustainability among students and the local community. Here are the key details and highlights of the event:

**Participants:** NSS volunteers, college students, faculty members, and local community members

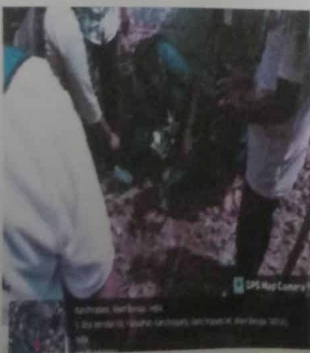
**Objectives:** **i)** To increase green cover in and around the college campus. **ii)** To raise awareness about the importance of trees and environmental conservation. **iii)** To involve students in community service and instill a sense of responsibility towards nature.

**Activities:** **1. Inauguration Ceremony:** The event was inaugurated by the Principal of Kanchrapara College, along with other dignitaries. A brief speech highlighting the importance of tree plantation and environmental conservation was delivered. **2. Plantation Drive:** Various species of saplings, including fruit-bearing and native trees, were planted across the college campus and nearby areas. Volunteers were divided into groups, each assigned a specific area for planting. **3. Awareness Campaign:** Posters and banners emphasizing the benefits of trees and the need for afforestation were displayed. An interactive session on environmental protection was conducted, where experts shared insights and tips on how to contribute to a greener planet. **4. Maintenance Plan:** A schedule for the regular watering and maintenance of the planted saplings was established. Students and faculty members volunteered to take turns in ensuring the growth and care of the new plants.

**Impact:** **i)** The program successfully planted [specify number] saplings, contributing to the college's green initiative. **ii)** Enhanced awareness among students and the community about the critical role of trees in sustaining the environment. **iii)** Fostered a sense of teamwork and responsibility among participants.

**Future Plans** **i)** Regular follow-up programs to ensure the growth and health of the planted saplings. **ii)** Expansion of the tree plantation drive to other parts of the local community. **iii)** Continued efforts in organizing similar environmental activities and workshops.

The NSS Unit of Kanchrapara College continues to strive towards creating a greener and more sustainable environment, encouraging everyone to contribute to this noble cause.



*Prase*  
Principal

Kanchrapara College

P.O. - Kanchrapara, Dist. - 24 Pgs. (N)



# A Visit Report for Practical paper: F & N-H-CC-P-9

## On Community Nutrition and Epidemiology

### Organised By

Department of Food and Nutrition In Collaboration with IQAC

Kanchrapara College, Kanchrapara, 24 pgs (N)

Venue: Kanchrapara High School, Kanchrapara, 24 pgs (N),  
West Bengal, India



**Managed By:** Mrs. Rupsha Ghosh (Faculty of Department of Food and Nutrition), Mrs. Saswati Bakal ( Lab attended of Department of Food and Nutrition)

**Date:** 08<sup>th</sup> July, 2022

**Time:** 11:30 pm to 01:30 pm

**Session:** 2022-2023

The Department of Food and Nutrition of Kanchrapara College, in collaboration with IQAC, organized an educational visit for 4<sup>th</sup> semester students on the date of 8<sup>th</sup> July 2022 for 22 students and at Kanchrapara High School to assess the nutritional status of school-going children and to learn about mid-day meal program and packed lunch program in schools.

- **Mission:** In the curriculum, offered by Kalyani University, students acquired the theoretical knowledge of anthropometric measurement and clinical assessment. After this visit, they applied the lessons learned to the school-going children on their own.

In the curriculum, offered by Kalyani University there is a practical paper (F & N-H-CC P-9) for which students have to prepare a project report on High School Visit. This visit covered that part of the syllabus as well.

- **Vision:** These types of visits will enable the students to learn the techniques of field work, which will help them when they'll work as nutritionists in community-based projects.

#### ❖ **ABOUT THE SCHOOL**

Kanchrapara High School was established in 1949 and is managed by the Department of Education. It is located in the Kanchrapara Municipality block of the north twenty-four Parganas district of West Bengal which is an urban area. The school consists of grades 5-12. The school is exclusively for boys, and there is no pre-primary section. Bengali is the medium of instruction in this school. The school is provided funds to prepare a mid-day meal on school premises.

#### ❖ **DETAILS OF VISIT**

**Session 1:** Anthropometry is widely recognized as one of the most useful techniques to assess the growth and nutritional status of an individual and a population. The visit was made to study the growth parameters of school-going children and to determine the relationship between dietary habits and overall growth of them. Also, the visit focuses on the concept of a mid-day meal program or packed lunch program which is a wholesome freshly-cooked lunch served to children in government and government-aided schools in India.

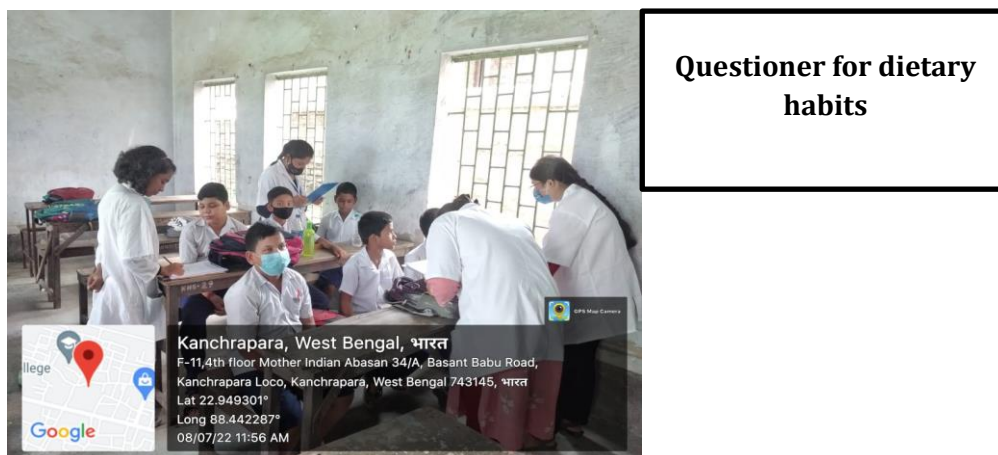
Having divided into three or four groups in both batches, students of our college took measurements of school students. The height (m) and weight (kg) of each student were

measured with tailor tape and a weight machine. BMI (weight in kg/height in meter<sup>2</sup>) was calculated from the measurement. The age of the students was also recorded. For keeping the records of the survey, each student was given a printed proforma.



By taking height and weight, the class or grade of undernutrition was calculated using ICMR guidelines. Also, the height obtained from the survey was compared with ICMR recommended standard height with respect to age. It is necessary to measure the degree of malnutrition (though genetic factors also play a role in a child's height) of the school going children.

The dietary habits, as well as clinical signs of diseases of the school students, were also recorded.



**Session 2:** The process and the whole concept of the packed lunch program were observed by our students in this session. The mid-day meal provided to school students was free of cost. School authorities provide it to students from class V to class X. They got to know

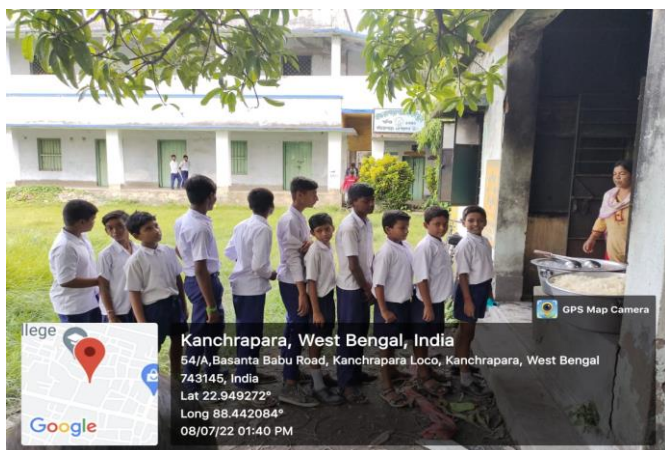
that the mid-day meal workers cooked the lunches and distributed them at 1:30 p.m. on tiffin time every day. The worker distributed all the cooked foodstuffs one by one. On the day of our visit, they served boiled white rice and soybean-potato curry.



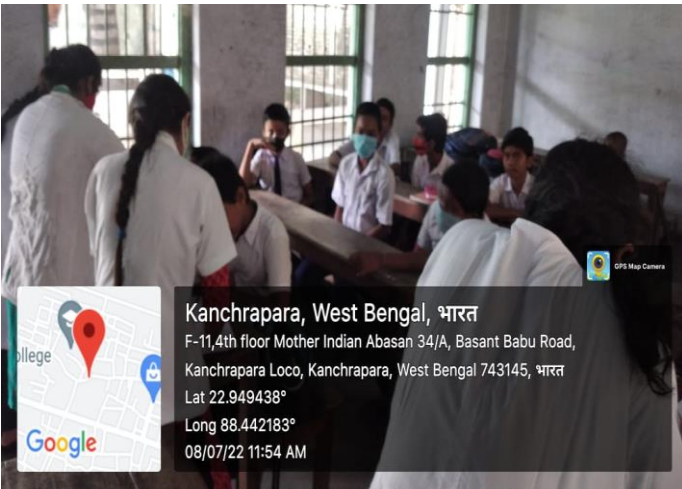
### ➤ Conclusion

During the school visit, our students learned the whole process of anthropometric measurement in a community survey, and the concept of a mid-day meal program was also cleared to them. This visit will help them in future studies on community surveys.

## PHOTO GALLERY







## VISIT REPORT

### SCHOOL VISIT

ADDRESS: Gandhi prathamik vidyalay. Hewlett Road, Kanchrapara. North-24-parganas.



#### **PURPOSE OF VISIT:**

- To assess nutritional status
- To find out the pattern of mid day meal given by school
- To conduct diet survey

#### **Managed by: Dr Chitrlekha Mukherjee**

The Department of Food and Nutrition of Kanchrapara College, in collaboration with IQAC, organized an educational visit for 4th semester students on the date of 19th July 2019 for 4th semester students at Gandhi Prathamik Vidyalay, Hewlett Road, Kanchrapara. North-24-Parganas, to assess the nutritional status of school going children and to learn about mid-day meal program and packed lunch program in schools. — Mission: In the curriculum, offered by Kalyani University, students acquired the theoretical knowledge of anthropometric measurement and clinical assessment.

After this visit, they applied the lessons learned to the school-going children on their own. In the curriculum, offered by Kalyani University there is a practical paper for which students

have to prepare a project report on High School Visit. This visit covered that part of the syllabus as well.

**Vision:**

These types of visits will enable the students to learn the techniques of field work, which will help them when they'll work as nutritionists in community-based projects





**A Visit Report for Practical paper: Skill Enhancement Course-IA**

**Course code: FNT-SEC-IA**

**On**

**VISIT TO OLD AGE HOME**

**Organised By**

**Department of Food and Nutrition**

**Kanchrapara College, Kanchrapara, 24 pgs (N)**

**VENUE: Aghori Baba Old Age Home, Garifa (Ramghat), Naihati, North 24 pgs, West Bengal , India.**



**Managed By:**

Mrs.Chitralkha Mukherjee (Faculty of Department of Food and Nutrition)

Mrs.Sneha Sengupta (Faculty of Department of Food and Nutrition)

Mrs.Rupsha Ghosh (Faculty of Department of Food and Nutrition)

Mrs Saswati Bakal ( Lab attendant of Department of Food and Nutrition)

**Date:** 09/02/2024

**Time:** 10.00 AM – 12.30 PM

The students of 1<sup>st</sup> semester NEP System of The Department of Food & Nutrition of Kanchrapara College (36 Heads) visited an old age home known as “ AGHORI BABA OLD AGE HOME”

➤ **Mission:** The main focus of this visit was to understand the Nutritional status & Health Status of the geriatric population present in the old age home.

➤ **Vision:** In the curriculum, offered by Kalyani University, there is a practical paper **Skill Enhancement Course-IA (Course code: FNT-SEC-IA)** for which students have to prepare a project report on a visit to a Old Age Home This visit covered that part of the syllabus as well as a total knowledge about the nutritional status & health status of the geriatric population and also give suggestions about their lifestyle & dietary improvement through nutritional counselling.

This visit will help the students to pursue their career in the field of community Nutrition as a community nutritionist and nutrition counsellor in future.

- **HISTORY OF AGHORI BABA ASHRAM (OLD AGE HOME)**

Aghori Baba Old age Home is located in Garifa, North 24 pgs (Shankar road, Ramghat, Naihati, West Bengal- 743166). The old age home was established before independence and it is totally a charitable organisation from the beginning.

- **ABOUT THE OLD AGE HOME**

The speciality of the old age home is that it is totally run by Donation and aids which is given by the local people and those who are willing. The boarders of this old age home lead a very simple life on the lap of the nature as the location of the home is just beside the ganges.

There was 38 boarders, 1 attending manager with 2 cooks and 1 Helper. The overall Management of the old age home was very homely.



**STUDENTS OF 1<sup>ST</sup> SEMESTER NEP SYSTEM DURING THE VISIT**

- **DETAILS OF VISIT**

After visiting the old age home a brief idea was given to the students about the old age home by the attending manager. The students were carrying a MNA (Mini Nutritional Assessment) proforma on which they filled up the information regarding the health and dietary status of the old populations staying there. They also got the detailed picture about how a old age home run and about the lifestyle of the people living there. After the interview method individually of the boarders the students got information about their health related problems and dietary habits and gave nutritional suggestions to them for their health improvement. The students also gave knowledge about low cost nutritional food products which can be easily added to their diet. For implementation some low cost foods were also given to them during the session.



### **NUTRITIONAL COUNSELLING TO THE BOARDERS BY THE STUDENTS**

**CONCLUSION:** The old age home visit was very fruitful for the students because apart from the theoretical knowledge they got the vivid idea about how to do dietary counselling, health assessment of an individual with one to one communication.



## **PHOTO GALLERY**



**STUDENTS WITH RESPECTED FACULTIES INSIDE THE OLD AGE HOME**



**DISTRIBUTION OF LOW COST FOODS**



**PREPARATION OF THE LUNCH FOR THE BOARDERS**



**BOARDERS OF THE OLD AGE HOME**

