

Institute Name: Maralidhar Girls' College
 Name of the Course: Yoga Course
 Course Duration: 30 Hours
 Resource Person: Ms. Choyona Maykrapadhyay
 Assessment Questionnaire

Answer the following:

- 1) What is Yoga?
- 2) Who is the Father of Yoga?
- 3) How old Yoga is?
- 4) What is Ashtanga Yoga?
- 5) What is the meaning of Chittaprasadanam?
- 6) What are the benefits of Meditation?
- 7) What are the benefits of Bhujangasana?
- 8) What are the benefits of Hastha-Padmasana?
- 9) According to yoga Philosophy, What is the meaning of Chitta?
- 10) What are the benefits of practising Yoga?

Choyona Maykrapadhyay
 Resource Person
 Maralidhar Girls' College

Question Paper for Examination (Self Defence)

Total - 10 Marks

Q. 1) What is Self Defence?

Ans

Q. 2) What is Yaka-Gird?

- a) Upper Punch
- b) Front Kick
- c) Side Kick
- d) Backward Kick

Q. 3) Karate means what?

- a) Self Defence
- b) Fighting
- c) Empty Head
- d) Way of the Sun

Q. 4) What is Judo?

- a) Down
- b) Low
- c) Middle
- d) High

Q. 5) What is Judo?

- a) Judo
- b) Judo
- c) Judo
- d) Judo

Q. 6) What is Judo?

- a) Karate Judo
- b) Karate Judo
- c) Karate Judo
- d) Karate Judo

Q. 7) What is Judo?

- a) Back
- b) Kick
- c) Punch
- d) Stance

Q. 8) What is Judo?

- a) Back
- b) Kick
- c) Punch
- d) Stance

Q. 9) What is Judo?

- a) World Kickboxing Federation
- b) World Kickboxing Federation
- c) World Kickboxing Federation
- d) World Kickboxing Federation

Q. 10) Karate means what?

- a) Karate
- b) Karate
- c) Karate
- d) Karate

Q. 11) Karate means what?

- a) Karate
- b) Karate
- c) Karate
- d) Karate

Choyona Maykrapadhyay

HUMAIYATULLAH COLLEGE AFGHAN ENGLISH

DATE: / /

Page: 1 of 1

1. Choose the correct answer.

1. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

2. Which of the following is not a fruit?

- a) Apple
b) Banana
c) Carrot
d) Orange

3. The word "more" is the opposite of "less".

- a) Yes
b) No
c) Maybe
d) I don't know

4. The word "more" is the opposite of "less".

- a) Yes
b) No
c) Maybe
d) I don't know

5. The word "more" is the opposite of "less".

- a) Yes
b) No
c) Maybe
d) I don't know

6. The word "more" is the opposite of "less".

- a) Yes
b) No
c) Maybe
d) I don't know

2. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

Signature

3. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

4. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

2. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

3. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

4. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

5. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

2. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

3. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

6. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

2. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

7. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

2. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

Signature

3. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

4. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

8. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

2. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

9. Select the correct word to complete the sentence.

1. The boy is very happy.

- a) Happy
b) Sad
c) Angry
d) Tired

2. The word "happy" is the opposite of "sad".

- a) Yes
b) No
c) Maybe
d) I don't know

2023/5/6 23:0

Page: 1 of 1

Page: 1 of 1

Signature

Muralidhar Girls' College

Add On Course: Media, Speaking and Presentation (30 Hour)

Resource Person: Subirity Mukherjee

Assessment Questionnaire

- 1) A first year student of The Indian Institute has been died due to ragging ... Rush immediately & Cover the news. (5)
- 2) Write a feature on this incident (ragging) for supplementary pages. (8)
- 3) A hospital will be inaugurated tomorrow by the State Governor ... Prepare a Press Release for the same. (2)
- 4) Based on interview of eminent writer Navin Chandra Das ... for the supplementary page (8)

Signature

Muralidhar Girls' College

Add On Course: Media, Speaking and Presentation (30 Hour)

Resource Person: Khushi Banerjee

Assessment Questionnaire

- 1) What are the differences between in-depth News stories and Feature Stories?
- 2) Discuss elaborative the techniques of television interview?
- 3) What are the Techniques of writing television news copy?
- 4) What do you think about an ideal "talk show"?
- 5) Discuss the different phases of pre-production and post-production for Current Affairs Program in television?
- 6) Balanced presentation is very much important for television news coverage. Does it help to build public opinion?
- 7) What are the different stages of producing a program for television?
- 8) Which responsibilities are common for bulletin producer?
- 9) What is PICT?
- 10) What responsibilities are common for news anchor?

Signature

Muralidhar Girls' College

Add On Course: Media, Speaking and Presentation (30 Hour)

Resource Person: Sarada Roy Choudhary

Assessment Questionnaire

- 1) What are the key points you should remember before writing for digital media?
- 2) What are the basic difference between newspaper writing and digital writing?
- 3) What are the issues you should never cover in writing?
- 4) Do's and Don'ts you should keep in mind when you write?
- 5) What facts you should mandatorily check to prepare a news copy?
- 6) If you and your editor are not in a same line, how you will prepare a copy?
- 7) How can you convert a hard news to a soft one?
- 8) If you have less stock information but have to write more, how you will write?
- 9) What does lead writing mean?
- 10) Write what you speak.. what does it actually mean?

Sarada Roy Choudhary

Resource Person

a brief report on ADD-ON class on Soft Skills

Teacher: Parvati Dhar

Trainee: Students of Sem VI of Muralidhar Girls College, Kolkata.

Date: 01.12.2022

The 30 hours module on soft skills was designed keeping in mind the need of the students to be a part of the professional world. The module broadly covered areas of communication development, public speaking, grooming and etiquette.

The classes were held on Tuesday and Thursday from 7 to 8:30 pm in Group.

The evaluation was done in the following parameters:

1. Class Participation
2. Assignment Submission (Written & Oral)
3. Oral Examinations
4. Or Writing

Areas of Concern:

- English language skills
- Expertise Management
- Attitude

Observation:

With the attendance being very poor no justice could be made to the initiative taken by the college. Only three students somehow managed to continue through all the classes. Continuous evaluation could be conducted only with these. The names and grades of the students are mentioned below.

Mishra Anshu Choudhary, Department of English, A

Sahar Datta, Department of Journalism, A

Sapna Mishra, BA General, A

Recommendations

Regular sessions on professional language development, personality development & grooming are recommended from Semester I.

Sarada Roy Choudhary

Resource Person

Add-On Course - Cutting & Embroidery Course

1. What is total measurement of the Inch Tape? 5*2=10
2. Write the name of two stitching tools?
3. Write The Name of three Machine Parts ?
4. Write The name of one Temporary stitch and one permanent Stitch ?
5. How many measurement needs for petticoat making ?

6. A. one inch _____ division line. 5*1=5
B. Cutting tools name _____
C. _____ is the most opulent form of Indian embroidery.
D. Chikancary Embroidery start at first _____ State.
E. _____ is the old traditional embroidery in India.
7. How many step follow to making a proper dress ? 4
8. doing a formula of blouse making- Length – 14', shoulder – 13', Chest – 32', waist- 30'
Sleeve length -6', sleeve Round – 10' 6
9. Doing the hand stitch **RUN / CHAIN** on 6'/6' fabric. 5

Kinjalini Dhan

Principal
Sri Chaitanya College

1. Which organ of the body is called 'chemical
kitchen' -

(a) Liver (b) Kidney (c) Heart (d) Spleen

2. Change in hair during pregnancy -

(a) decreases (b) increases (c) no change (d) 0

3. Energy given by 1 gm of fat

(a) 3.8 kcal (b) 9 kcal (c) 38 kcal (d) none of

4. Chemical name of vitamin A

(a) Retinol (b) Ascorbic acid (c) Vitamin D (d) none

5. Among the options the rate of

(a) least (b) maximum (c) moderate (d) very high

6. Life is preserved from -

(a) Oxygen (b) Nitrogen (c) Hydrogen (d) Helium

7. Food is not needed during menopause -

(a) Protein (b) Carbohydrate (c) Fat (d) Vitamin

8. Which of the following is not a type of protein

(a) Globulin (b) Albumin (c) Casein (d) Hemoglobin

9. Which of the following is not a source of

(a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D

10. Which of the following is not a source of

(a) Vitamin A (b) Vitamin B (c) Vitamin C (d) Vitamin D

11. Food is not needed in liver disease

(a) Protein (b) Carbohydrate (c) Fat (d) Vitamin

12. Nutrient required for body building is -

(a) Protein (b) Carbohydrate (c) Fat (d) Water

13. Which of the following is 'fast food' -

(a) Burger (b) Sandwich (c) Chapati (d) Fish Curry

14. For the body to be healthy -

(a) Protein Efficient Metabolism

(b) Protein Efficient Metabolism

(c) Protein Energy Metabolism

(d) Protein Energy Metabolism

15. Pellagra is the deficiency disorder of

(a) Thiamine (b) Pyridoxine (c) Niacin (d) Ascorbic acid

16. Which vitamin is destroyed when pulses

are cooked with soda

(a) Vit-A (b) Vit-B (c) Vit-C (d) Vit-D

17. Which of the following is a mixed heat

method of cooking -

(a) Roasting (b) Boiling (c) Baking (d) Frying

18. Right temperature of blanching is -

(a) 70°-75°C (b) 75°-80°C (c) 80°-85°C (d) 85°-90°C

High in

18. Food habit depends on —

- (a) Economic Condition (b) Geographical environment (c) Availability

19. Which food stuff is placed at the bottom of the food pyramid — (d) All of the above

- (a) Cereals (b) Oils & fats (c) Meat & fish

(d) Milk

20. ~~But~~ Full form of BMI is —

- (a) Body Mass Index (b) Bodily Mass Index
(c) Bar Mass Index (d) None

1. 1000-10000 જેવા પુખ્તવયના વ્યક્તિ માટે -
- (a) બિનનક (b) 25 (c) 20 (d) 15
2. પાકોપજીવિ કામ કરતી વાત માટે સંકળિત વસ્તુ -
- (a) પુખ્ત વય (b) પીચાણ (c) આંતર સંકળિત (d) અન્ય વસ્તુ
3. 1 વર્ષના બાળકે પાકો કાઢી શકે તેવા સમય -
- (a) 1 kcal (b) 9 kcal (c) 3 kcal (d) આંતર સંકળિત
4. વિશાળ - A એક પુખ્તવયના માટે -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
5. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
6. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
7. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
8. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
9. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
10. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય

1. 1000-10000 જેવા પુખ્તવયના વ્યક્તિ માટે -
- (a) બિનનક (b) 25 (c) 20 (d) 15
2. પાકોપજીવિ કામ કરતી વાત માટે સંકળિત વસ્તુ -
- (a) પુખ્ત વય (b) પીચાણ (c) આંતર સંકળિત (d) અન્ય વસ્તુ
3. 1 વર્ષના બાળકે પાકો કાઢી શકે તેવા સમય -
- (a) 1 kcal (b) 9 kcal (c) 3 kcal (d) આંતર સંકળિત
4. વિશાળ - A એક પુખ્તવયના માટે -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
5. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
6. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
7. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
8. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
9. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય
10. પુખ્તવયના માટે કયા વસ્તુ -
- (a) અન્ય (b) અન્ય (c) અન્ય (d) અન્ય

Sexual Harassment in Workplace and its legal side

Examinations

Total Marks - 60

Time - 30 min

All questions carries Equal marks

Full Name -

College Roll no. -

Email -

Subject of Specialization (if any) -

Semester -

Questions

1. Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 received the assent of the President on?

- A. 8 March 2013
- B. 22 April 2013
- C. 9 December 2012
- D. 22 March 2013

ANS

2. Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 is Act ____ of 2013?

- A. 14
- B. 17
- C. 31
- D. 5

ANS

3. What is the purpose of Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. provide protection against sexual harassment of women at workplace
- B. prevention and redressal of complaints of sexual harassment
- C. Both a and b above
- D. None of them

ANS

4. Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 came into force on?

- A. 22 April 2013
- B. 9 December 2012
- C. 21 August 2014
- D. 22 January 2013

ANS

5. "Chairperson" under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 means?

- A. Chairperson of Parliamentary Commission on Women
- B. Minister of Women and Child Development
- C. Chairperson of National Women's Commission
- D. Chairperson of the Local Complaints Committee

ANS

6. "Employee" under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 means?

- A. regular employee

ANS

Kingshuk Bora

Kingshuk Bora

- A. 17
- B. 18
- C. 19
- D. None of these

ANS.

16. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, applies to –

- A. Whole of India
- B. Whole of India except the state of Jammu and Kashmir
- C. Whole of India except the north-eastern states of India
- D. Whole of India except the Union Territories

ANS.

17. Can any person with information file a complaint to the employers representative –

- A. Yes only after obtaining written consent from the victim.
- B. Yes even without the consent of the victim
- C. No

ANS.

18. Which act among the following is an act of 'sexual harassment' under The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 –

- A. Unwelcome physical contact and advances, unwelcome sexually colored remarks
- B. Domestic violence against women
- C. Trafficking
- D. All the above

ANS.

19. Which of the following bodies can provide redressal to a female domestic worker who files a complaint against her employer –

- A. Women's Cell
- B. Internal Complaints Committee
- C. Local Complaints Committee
- D. All the above

ANS.

20. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, applies to –

- A. Organised sector
- B. Unorganised sector
- C. Neither A nor B
- D. Both A and B

ANS.