

**Institute Name: Muralidhar Girls' College**  
**Name of the Course: Yoga Course**  
**Course Duration: 30 Hours**  
**Resource Person: Ms. Choyona Muiykhopadhyay**  
**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-Padasana?
- 9) According to yoga Philosophy, What is the meaning of Chitta?
- 10) What are the benefits of practising Yoga?

*Kujalkini Bhatnagar*

**Question Paper for Examination (Self Defence)**

**Total – 10 Marks**

Q. 1) What is Self Defence?

Ans:

Q. 2) What is Yoko Geri?

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

Q. 3) Karate means what?

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

Q. 4) What is Jodan?

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

Q. 5) What is Sensei?

- a) Friend
- b) Instructor
- c) Karateka
- d) Student

Q. 6) What is Dojo?

- a) Karate School
- b) Karate Uniform
- c) Karate Students
- d) Karate Instructor

Q. 7) What is Uke?

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

Q. 8) What is Dachi?

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

Q. 8) What is WKF?

- a) World Kick Boxing Federation
- b) World Karate Foundation
- c) World Karate Federation
- d) World Kick Federation

Q. 9) Heiko Dachi means what?

- a) Normal Stance
- b) V Stance
- c) Abnormal Stance
- d) Horse Riding Stance

Q. 10) Kumite means what?

- a) Karate
- b) Self Defence
- c) Fighting
- d) Form

*Kunjali Bina*

**MURALIDHAR GIRLS' COLLEGE**  
**SPOKEN ENGLISH**

TIME DURATION: 1.30 HRS

**I. CHOOSE THE CORRECT ANSWER :**

Marks 20 x 1= 20

1. How many vowels are there in English alphabets?  
a)4  
b) 5  
c) 9  
d) 6
2. Which group is made up of only vowels?  
a)a,b,c,d  
b) j,k,l,m  
c) a,I,o,u  
d) u,v,w,y
3. How many vowels are there in the given words:- "CHEERFUL."  
a)4      b) 5      c) 3      d) 2
4. The consonants in the word are:- "UNDO"  
a) u,o    b) n,o    c) n,d    d) d,u
5. Find the odd one out:- "a, w, l, u, e"  
a) e    b) w    c) a    d) i
6. Count the total number of consonants present in the word:- "MISSISSIPPI"  
a)7    b) 6    c) 4    d) 3

**II.SELECT THE OPTION WHICH IDENTIFIES THE NOUN IN THE SENTENCE :-**

7.Ragav is going for a walk.

- a)Ragav      b) Going      c)For      d) Walk

  
Principal  
Muralidhar Girls' College

8. Look at the colourful rainbow.

- a) At      b) Rainbow      c) Look      d) Colourful

III. PICK THE PRONOUN FROM THE OPTIONS TO FILL THE BLANK IN THE FOLLOWING:-

9. Ria forgot \_\_\_\_\_ bag in the playground.

- a) She      b) her      c) his      d) it

10. \_\_\_\_\_ belongs to the most intelligent group of boys in the school.

- a) He      b) she      c) it      d) his

11. Adjectives are words that describe what ?

- a) Adjectives      b) verbs      c) nouns      d) adverbs

12. The \_\_\_\_\_ prize was won by a Hindu.

- a) Great      b) First      c) One      d) Silver

IV. SELECT THE OPTION WHICH IDENTIFIES THE VERB IN THE SENTENCE :-

13. There are books on the shelf.

- a) Books      b) Are      c) Shelf      d) On

14. Kids are playing cricket in the garden.

- a) Cricket      b) Playing      c) Kids      d) the garden

15. Always obey your elders.

- a) Elders      b) Obey      c) Always      d) Yours

V. FIND OUT THE ARTICLES:-

16. I borrowed \_\_\_\_\_ pencil from your pile of pencils and pens.

- a) A      b) An      c) The      d) Zero

17. \_\_\_\_\_ ink in my pen is red.

- a) A      b) An      c) The      d) Zero

VI. SELECT THE OPTION WHICH IDENTIFIES THE PREPOSITION IN THE SENTENCE:-

18. He threw the phone on the bed.

- a) Threw      b) Bed      c) On      d) Phone

*Kupalkini Bisen*

19. I am walking along with the river bank.

- a) Along      b) River      c) Walking      d) Am

20. The fish in the aquarium looks so colourful.

- A) Looks      b) In      c) Colourful      d) So

V. EXTEMPORE:

Marks = 20

Topics:- a) My Childhood      b) My Idol      c) Aim in Life

VI. WRITING SKILL

Marks = 10

- a) CV Writing      b) Email Writing

*Kunjalkini Bhat*

**Muralidhar Girls' College**

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

**Resource Person: Sukrity Mukherjee**

**Assessment Questionnaire:**

- 1) A first year student of The Aviana Institute has been died due to ragging .... Rush immediately & Cover the news (5)
- 2) Write a feature on this issues (ragging) for supplementary pages... (8)
- 3) A hospital will be inaugurated tomorrow by the Birla Group .... Prepare a Press Release for the same (4)
- 4) Need an interview of eminent writer Navanita Dev Sen ... for the Supplementary page (8)

*Kirpalini Bhowmik*

**Muralidhar Girls' College**

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

**Resource Person: Ahona 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 PTC?
- 10) What responsibilities are common for news anchor?

*Ahona Banerjee*

Muralidhar Girls' College

**Muralidhar Girls' College**

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

**Resource Person: Sananda Roy Choudhury**

**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't 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 boat 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 refill?
- 9) What does bad writing mean?
- 10) Write what you speak.. what does it actually mean?

*Kejellini Biswas*

Principal  
Muralidhar Girls' College

## A brief report on ADD-ON class on Soft Skills

**Trainer:** Parmita Dhar

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

**Date:** 05.12.2022

The 30 hour 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 Tuesdays and Thursdays from 7 to 8: 30 pm on Gmeet.

The **evaluation** was done in the following parameters:

1. Class Participation
2. Assignment Submission (Written & Oral)
3. Oral exercises
4. CV Writing

### **Areas of Concern:**

- English language skills
- Expectation Management
- Attitude

### **Observations:**

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 them. The names and grades of the students are mentioned below:

Mitrashree Roychowdhury: Department of English: A+

Sohini Dutta: Department of Journalism: A

Sayantika Mukherjee: BA General: A

### **Recommendations:**

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

*Parmita Dhar*

05.12.2022

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

*Kingalini Bhanu*

*Principal*

1. Which organ of the body is called 'chemical lab' —  
 (a) liver (b) kidney (c) heart (d) tongue
2. Change in BMR during pregnancy —  
 (a) decreases (b) increases (c) no change (d) 0
3. Energy given by 1 gm of fat  
 (a) 4 kcal (b) 9 kcal (c) 7 kcal (d) None of
4. Chemical name of vitamin A  
 (a) Thiamin (b) cyanocobalamin (c) Retinol (d) None
5. Among the options who eats egg —  
 (a) lacto vegetarian (b) ovo vegetarian (c) vegan (d) <sup>vege</sup> <sub>torism</sub>
6. Tofu is prepared from —  
 (a) Soyabean (b) Dal (c) Eggs (d) Heat
7. Foods to be avoided during diarrhoea —  
 (a) Fruit juice (b) Glucose water (c) Fibre rich vegs. (d) Dal water
8. Which of the foods does not have high potassium —  
 (a) Dal water (b) Orange juice (c) Dal (d) Rice
9. Which of the following is an example of clear liquid diet —  
 (a) clear veg soup (b) chowmein (c) Cakes (d) Rice
10. Food to be restricted in liver diseases  
 (a) Biryani (b) light fish Thot (c) Orange juice (d) Curd

Unijellini Bina

11. Nutrient required for body building is —

- (a) Protein (b) Vitamins (c) Fat (d) water

12. Which of the following is 'fast food' —

- (a) Burger (b) khichdi (c) chapati (d) Fish curry

13. PEM का अर्थ क्या है —

- (a) Protein Effected Malnutrition  
(b) Protein Efficiency Malnutrition  
(c) Protein Energy Malnutrition.  
(d) Protein Energy Monitoring

14. Pellagra is the deficiency disorder of which of the following.

- (a) Thiamin (b) Pyridoxin (c) Niacin (d) Ascorbate

15. Which vitamin is destroyed when pulses are cooked with soda.

- (a) vit - A (b) vit - B (c) vit - c (d) vit - D.

16. Which of the following is a mixed heat method of cooking —

- (a) Frying (b) Boiling (c) Baking (d) Frying.

17. Right temperature of blanching is —

- (a) 99° - 199°c (b) 94° - 100°c (c) 50° - 60°c (d) 70° - 80°c

Kishan Singh

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 —

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

(d) Milk

20. ~~Both~~ Full form of BMI is —

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

১) জাতবহিষ্কৃত হেজ্ব সুআহানাতগার কলা হয় -

- (a) লিভার (b) বৃক্ক (c) হার্ট (d) ফিফ

২) ডাউনস সিন্ড্রোম BMR এর কী রূপ পরিবর্তন করে -

- (a) হ্রাস পায় (b) বৃদ্ধি পায় (c) কোনো পরিবর্তন (d) বৃদ্ধি পায়

৩) ১ গ্রাম শর্করা থেকে শক্তি পাওয়া যায় -

- (a) 4 kcal (b) 9 kcal (c) 7 kcal (d) কোনোটিই নয়

৪) ডিউরগিন - A এর বৈজ্ঞানিক নাম -

- (a) অ্যামোনিয়াম (b) অ্যামোনিয়ামকোবাল্টিন (c) ক্লোরিন (d) ডিউরগিন

৫) প্রেরণের কারণ ডিম ফাট -

- (a) ল্যাকটোজ ডেজিট্রিফিকেশন (b) গ্লুকোজ ডেজিট্রিফিকেশন (c) অ্যামোনিয়াম (d) অ্যামোনিয়াম

৬) হোমো কী থেকে তৈরি হয় -

- (a) অ্যামোনিয়াম (b) ডাল (c) ডিম (d) মাংস

৭) ডায়াবেটিস রোগে কোনটি বর্জন করা উচিত -

- (a) আলু (b) গুড় (c) আকসবজি (d) আলু

৮) প্রেরণের কোনটি উচ্চ পর্যায়ের স্তর থেকে আসে -

- (a) ডায়েট (b) কমলা (c) ডাল (d) আলু

৯) প্রেরণের কোনটি অধিকতর পেশুর উদাহরণ -

- (a) চিকেন (b) ডাউনস (c) কক (d) গাভী

১০) লিভারের রোগে লিভার কোন দ্রব্যটি বর্জন করা উচিত -

- (a) অ্যামোনিয়াম (b) আলু (c) আলু (d) মাংস

Kingjinni Bhanu

11. হেড নিরসনের জন্য প্রয়োজনীয় পুষ্টি উপাদান হল -

- (a) প্রোটিন (b) ফিটোমিন (c) স্নায়ু (d) জল

12. নিম্ন লিখিত কোনটি স্নায়ুতন্ত্র -

- (a) স্নায়ু (b) স্নায়ুতন্ত্র (c) স্নায়ু (d) স্নায়ুতন্ত্র

13. PEM এর সূত্রের কোনটি হল -

- (a) Protein Effected Malnutrition (b) Protein Efficiency Malnutrition
- (c) Protein Energy Malnutrition (d) Protein Energy Monitoring

14. নিম্নলিখিত কোন পুষ্টি উপাদানের অভাবজনিত রোগ -

- (a) ক্যান্সার (b) পাইরিডক্সিন (c) ক্যান্সার (d) অ্যান্টিবায়োটিক

15. ডায়েট থেকে গ্রহণ করা সর্বমোট ভিটামিন হল -

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

16. প্রস্তুতকৃত কোনটি দ্রুত প্রক্রিয়াজাত পদ্ধতি -

- (a) স্নায়ু স্নায়ু স্নায়ু (b) স্নায়ু স্নায়ু (c) স্নায়ু (d) স্নায়ু

17. স্নায়ুতন্ত্রের সর্বমোট তাপমাত্রা হল -

- (a) 99°-100°C (b) 94°-100°C (c) 50°-60°C
- (d) 70°-80°C

*Kingpin Biran*

18. স্নায়ুতন্ত্রের সর্বমোট -

- (a) স্নায়ুতন্ত্র (b) স্নায়ুতন্ত্র (c) স্নায়ুতন্ত্র
- (d) স্নায়ুতন্ত্র

19. স্নায়ুতন্ত্রের সর্বমোট -

- (a) স্নায়ুতন্ত্র (b) স্নায়ুতন্ত্র (c) স্নায়ুতন্ত্র
- (d) স্নায়ুতন্ত্র

20. BMI এর সূত্রের কোনটি হল -

- (a) Body Mass Index (b) Bodily Mass Index (c) Body Mass Index
- (d) স্নায়ুতন্ত্র

## Sexual Harassment in Workplace and its legal side

Examinations

Total Marks – 60

Time – 30 min

All questions contains Equal marks

Full Name –

College Roll no. –

Email –

Subject of Specialisation (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. 8 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. 37
- C. 32
- D. 9

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 these

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 2013
- C. 21 August 2014
- D. 22 January 2015

ANS.

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

- A. Chairman of Parliamentary Committee 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

- B. temporary employee
- C. adhoc daily wage employee
- D. All the above

ANS.

7. Which among the following is a "sexual harassment" as defined under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. physical contact and advances
- B. a demand or request for sexual favours
- C. showing pornography
- D. All the above

ANS.

8. Which among the following does not come under the meaning "workplace" under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. any private sector organisation
- B. hospitals or nursing homes
- C. any sports institute, stadium, sports complex
- D. None of these

ANS.

9. Which of the following may amount to sexual harassment under Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013?

- A. implied or explicit promise of preferential treatment in her employment
- B. implied or explicit threat of detrimental treatment in her employment
- C. humiliating treatment likely to affect her health or safety
- D. All the above

ANS.

10. Section 4 of Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 deals with?

- A. Complaint of sexual harassment
- B. Inquiry into complaint.
- C. Constitution of Internal Committee
- D. Prohibition of publication or making known contents of complaint and inquiry proceedings

ANS.

11. What is not sexual harassment

- A. Physical contact
- B. A demand or request for sexual favours
- C. Sexually coloured remarks
- D. None of these

ANS.

12. When does sexual harassment take place -

- A. When one individual subjects another person to an unwelcome act of physical intimacy, like grabbing, brushing, touching, pinching etc.
- B. When one individual makes an unwelcome demand or request (whether directly or by implication) for sexual favours from another person, and further makes it a condition for employment payment of wages/increment/promotion etc.
- C. When one individual makes an unwelcome remark with sexual connotations, like sexually explicit compliments/cracking inappropriate jokes with sexual connotations/making sexist remarks etc.
- D. All of these.

ANS.

13. Which section of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, outlines formation of local complaints committee

- A. 5
- B. 6
- C. 7
- D. 8

ANS.

14. Which section of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, outlines conciliation

- A. 8
- B. 9
- C. 10
- D. 11

ANS.

15. Which section of The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, outlines duties of employer

- 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 complaints committee –

- 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 followings 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 complaints 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. Unorganized sector
- C. Neither A nor B
- D. Both A and B

ANS.