



WORLD ENVIRONMENT DAY, 2022



Inter-College Competition

Organised by Netaji Nagar Day College in association with Muralidhar Girls' College

Netaji Nagar Day College under the joint initiative of the Departments of Botany and Zoology and in association with MoU partner Muralidhar Girls' College is inviting online entries from Undergraduate Students to participate in the following categories to commemorate World Environment Day 5th June 2022. Entries will be accepted from 5th June 2022-10th June 2022.

SEGMENT 1: POSTER COMPETITION.

Theme for the poster: "Only One Earth".

Poster should be in Pdf format in portrait orientation containing 1 page only.

SEGMENT 2: ESSAY WRITING

Topic for the Essay: "Only One Earth: Living Sustainably in Harmony with Nature".

Word limit should be 300-400 words and to be submitted in Pdf format only.

INSTRUCTIONS:

- 1. There will be no entry fee for participation.**
- 2. A student can participate in ONE segment only.**
- 3. Participants should write their name, college name, semester, roll number and mobile number.**
- 4. Entries shall not be accepted after 10th June.**
- 5. Prizes will be given for the best three entries.**
- 6. Language for the essay writing/ poster presentation should be English/Bengali.**
- 7. All entries must be sent via email at worldenvironmentdaynndc@gmail.com**

World Environment Day is observed on 5th June every year. In 2022 the event was hosted by Sweden. "Only One Earth" is the campaign slogan for this year, with the focus on "Living Sustainably in Harmony with Nature". To commemorate World Environment Day 2022, Muralidhar Girls' College and Netaji Nagar day College jointly organized an Inter College competition from 5th June 2022 to 10th June 2022. The programme was divided into two segments i.e. Poster competition and Essay-writing competition. Theme of the poster competition and topic for essay competition were "Only One Earth" and "Only One Earth: Living Sustainably in Harmony with Nature" respectively. Four students from Muralidhar Girls' College namely Khushi Sah, Geography honours, second semester, Suparna Das, Sociology honours, second semester, Priya Das, Sociology honours, second semester and Somasree Naskar, Psychology honours, second semester participated in the competition. Apart from Muralidhar Girls' College, students from Maulana Azad College, Netaji Nagar Day College, Narasinha Dutta College and West Bengal State University also participated in the competition. Muralidhar Girls' College secured two prizes in the poster competition. Khushi Sah secured first prize while Somasree Naskar bagged the second prize.

WORLD ENVIRONMENT DAY 2022

LIST OF PRIZE WINNERS:

POSTER PRESENTATION:

First prize-

1. Khushi Sah

Muralidhar Girls' College

Second prize-

1. Somasree Naskar

Muralidhar Girls' College

2. Dhananjoy Dutta

Netaji Nagar Day College

Third prize-

1. Tridib Ranjan Sardar

Netaji Nagar Day College

2. Shirin Saba

Maulana Azad College

Essay Competition:

First prize-

Shibobrata Das

Netaji Nagar Day College

Second prize-

Anwasha Sultana

Narsimha Dutta College

Third prize-

Debapratim Pattanayak

West Bengal State university



NAAC B++

MURALIDHAR GIRLS' COLLEGE

P-411/14, Gariahat Road, Ballygunge, Kolkata-700029

On the occasion of International Women's Day, IQAC of MURALIDHAR GIRLS' COLLEGE has taken the initiative to organise a "LIVE Intra-College (Inter-Departmental) Wall Magazine Competition" in the college premises to celebrate women's achievements in social, political, economic and cultural spheres.

Topic of Wall Magazine: Women Empowerment

Date and Time of Competition: 07.03.2022, 12 noon to 3 pm.

Date of Result Declaration: 08.03.2022.

All Departments are encouraged to participate and play a role in raising awareness about gender issues, so that world can become a better place for women altogether.

Dr. Suvasree Dutta (Dasgupta)
IQAC Coordinator
Muralidhar Girls' College

Dr. Kinjalkini Biswas
Principal & IQAC Chairman
Muralidhar Girls' College

Guidelines for the Wall Magazine Competition

- 1. Department-wise Group Participation is allowed only.*
- 2. Registration Fee: NIL*
- 3. Prior registration is compulsory for participating in the competition.*
- 4. Use the following link to register your group for the competition:*
<https://forms.gle/7avBgxNXzSkeeETc8>
- 5. Single Registration for each group is required.*
- 6. Registration link will remain open till 12 noon of 5th March, 2022.*
- 7. The Wall Magazine has to be entirely prepared in the college premises within the stipulated time. The students will have to bring a full size chart paper (Black/ White) along with other stationeries that they will require to prepare the Wall Magazine. College will not provide participants with any supplies required for making the wall magazine.*
- 8. Prizes will be handed over to the groups securing the first 3 positions only.*
- 9. All the participants will have to abide by the COVID -19 protocols strictly.*

For any further query please call Dr. Suvasree Dutta (Dasgupta), IQAC Coordinator, at 9830322020 or send mail at suv_dutt_dg2009@yahoo.com



MURALIDHAR GIRLS' COLLEGE

NAAC B++

P-411/14, Gariahat Road, Ballygunge, Kolkata-700029

"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."

- Maya Angelou

To celebrate women's achievements in social, political, economic and cultural spheres, and in order to reassert its pledge towards gender parity, **IQAC of MURALIDHAR GIRLS' COLLEGE** celebrates **INTERNATIONAL WOMEN'S DAY** in a pandemic-safe manner this year through a series of online inter-college competitions on **8th MARCH, 2021**.

- **Short Essay (both in English and Bengali)**
- **Photography**

All **Under-Graduate students** are encouraged to participate and play a role in raising awareness about gender issues, so that world can become a better place for women altogether.

Dr. Suvasree Dutta (Dasgupta)
IQAC Coordinator
Muralidhar Girls' College

Dr. Kinjalkini Biswas
Principal & IQAC Chairman
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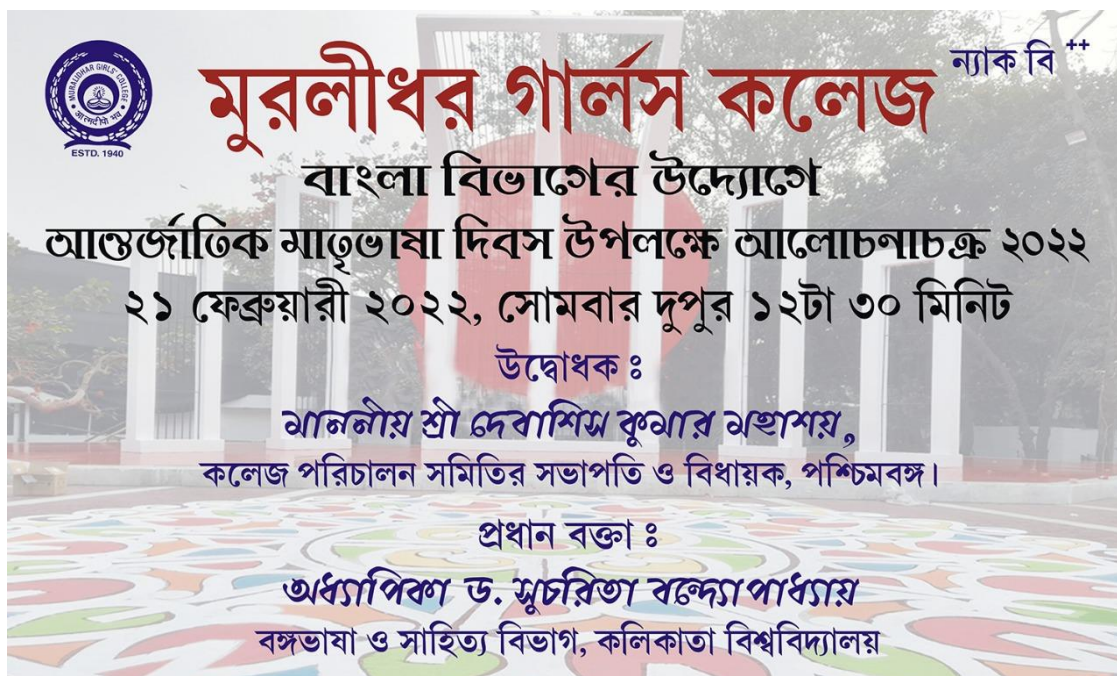
GUIDELINES FOR THE ESSAY AND PHOTOGRAPHY COMPETITION

1. The competition is open to **Under-Graduate Students** only.
2. Registration Fee: **NIL**
3. Prior registration is compulsory for participating in the competition. Use the following link to register yourself for the competition: <https://forms.gle/V9Sb2jcDfR6YeaQ88>
Registration link will remain open till **12 noon of 7th March, 2021.**
4. **English essay** topics (**any one**). Word limit: 500 words.
 - Breaking the beliefs of the Indian tradition, one of the famous movies of recent times, 'KI & KA' claims, "Home-maker means woman, bread-winner means man". Express your views for or against the statement.
 - Safety of Women in Public Spaces
5. **Bengali essay** topics (**any one**). Word limit: 700-1000 words.
 - পরিবর্তনশীল সমাজে নারীর অবস্থান
 - সাংবাদিকতা ও নারী
6. All essay writings are to be submitted in typed form and in **PDF format** only.
7. **Photography** Competition topics:
 - Today's woman- Beyond body
 - Diversified Role of Women
 - Empowered Women
8. a) Photos to be captured with mobile cameras only. b) Use of Filter is strictly not allowed. c) Caption is compulsory for each photograph. d) Unedited Pictures are to be submitted. e) Maximum 3 photographs (from same topic or different topics with separate Caption for each one of them) per participant is allowed.
9. All registered participants are requested **to write their own name, college name, contact number and mail id positively** with their submissions and send the same to the following E-mail ID: **mgc.competition21@gmail.com**, within **8th March, 2021, 5pm.**
10. E-Certificates will be provided to the **first three rank holders in each category.**

For any further query please call **Dr. Suvasree Dutta (Dasgupta)**, IQAC Coordinator, at **9830322020** or send mail at **suv_dutt_dg2009@yahoo.com**

Seminar Report on International Mother Language Day(21st February)

The Department of Bengali of Muralidhar Girls' College had successfully organized a seminar on International Mother Language Day on 21st February, 2022. The seminar was inaugurated by Dr. Kinjalkini Biswas, Principal of the college by lighting the lamp. The seminar was started at 12.30 PM. Dr. Kinjalkini Biswas, Principal of the college heartily welcomed all the guests, participants, faculty members and students for the seminar. She also welcomed the guests by offering the memento. Some students sang songs in the seminar. Sri Debashis Kumar, President of G.B of the college, MLA of W.B appreciated the seminar arranged by the Dept. of Bengali of Muralidhar Girls' College. He also gave a speech to motivate the students about the importance of the day. Dr. Sucharita Banerjee, chief guest, Professor of Bengali Language and Literature, C.U. gave a lecture in the seminar on 'Narir Bhasha'. The seminar concluded at 5 PM with a vote of thanks by Dr. Manishankar Adhikary, Head of the Department of Bengali. There were 160 participants in the seminar. The College gave tremendous support and co-ordination in making these seminar successful.



The poster features the college's logo on the left, which includes the text 'MURALIDHAR GIRLS' COLLEGE' and 'ESTD. 1940'. The main title is in large, bold Bengali script: 'মুরলীধর গার্লস কলেজ'. Below it, in smaller Bengali script, is 'বাংলা বিভাগের উদ্যোগে'. The event details are listed: 'আন্তর্জাতিক মাতৃভাষা দিবস উপলক্ষে আলোচনাচক্র ২০২২', '২১ ফেব্রুয়ারী ২০২২, সোমবার দুপুর ১২টা ৩০ মিনিট'. The guest of honor is 'উদ্বোধক : মাননীয় শ্রী দেবশিখা কুমার মজুমদার', with her title 'কলেজ পরিচালন সমিতির সভাপতি ও বিধায়ক, পশ্চিমবঙ্গ।'. The speaker is 'প্রধান বক্তা : অধ্যাপিকা ড. সূচরিতা বন্দ্যোপাধ্যায়', with her title 'বঙ্গভাষা ও সাহিত্য বিভাগ, কলিকাতা বিশ্ববিদ্যালয়'. The background of the poster shows a building and a colorful circular pattern on the ground.



ন্যাক বি **

বাংলা বিভাগের উদ্যোগে আন্তর্জাতিক মাতৃভাষা দিবস উপলক্ষে আলোচনাচক্র ২০২২

ভাষাপ্রেমী বন্ধু,

আমাদের কলেজের বাংলা বিভাগ আগামী ২১ ফেব্রুয়ারী ২০২২, সোমবার দুপুর ১২টা ৩০ মিনিটে আন্তর্জাতিক মাতৃভাষা দিবস উদযাপন করছে।

অনুষ্ঠানের প্রধান বক্তা অধ্যাপিকা ড. সুচরিতা বন্দ্যোপাধ্যায়, বঙ্গভাষা ও সাহিত্য বিভাগ, কলিকাতা বিশ্ববিদ্যালয়। উদ্বোধন করবেন কলেজ পরিচালন সমিতির সভাপতি ও বিধায়ক (প.ব.) মাননীয় শ্রী দেবশিস কুমার মহাশয়।

এই উপলক্ষে আয়োজিত আলোচনাচক্রে আপনাকে/আপনাদের সাদর আমন্ত্রণ জানাচ্ছি।

ধন্যবাদান্তে -

ড. মণিশংকর অধিকারী
বাংলা বিভাগীয় প্রধান
মুরলীধর গার্লস কলেজ

ড. কিঞ্জলকিনি বিশ্বাস
অধ্যক্ষা
মুরলীধর গার্লস কলেজ



Interactive Session on “Prevention and Treatment of Drug Abuse”

Department of Psychology

Muralidhar Girls’ College

30.04.2022

Room no. 28

The Department of Psychology, Muralidhar Girls’ College and Human Development and Research Institute (HDRI) a pioneer organization in the field of Substance Abuse and HIV/AIDS organized an interactive session on “Prevention and Treatment of Drug Abuse” for all Semester VI students on 30.04.2022 at 01:00 pm. The session was conducted by Ms. Jhilik Dutta, the Project Coordinator and Ms. Aishani Bagchi, the counsellor of HDRI collaborating with the Department of Psychology and IQAC of Muralidhar Girls’ College.

A small history of HDRI

HDRI has been working in the field of community development, drug addiction and Rehabilitation since 1987. The first programme was the Anti-Dope Therapy Program and a research center was formed by HDRI. The program was held at Calcutta University Institute Hall, collaborating with Calcutta University and the University College of Medicine. In 1987 first detoxification camp started in slum areas of Kolkata. In 1993 a fifteen bedded Integrated Rehabilitation Center for Addicts, supported by the Ministry of Social Justice and Empowerment, Govt. Of India. In 1998 an intervention program among IDUS started where abscess management was provided to them and other problems like womanisaton, multiple sex activity and unprotected sex. In the 2009 IDUS program at Murshidabad, Lalgola near Bangladesh border, working as an OST Centre.

The focus was on drug abuse including types of drugs, etiological factors, prevention and treatments.

Drugs - A Closer Look

A pharmaceutical preparation or naturally occurring substance which is primarily used to bring about a change in some existing process or state can be called a drug.

When these drugs are taken other than medical use that increases in amount and frequency then it is called drug abuse.

Tolerance is a condition where the users need more and more of the drug to experience the same effect where smaller quantities fail to provide longer effects.

Addiction is a mental disorder characterized by compulsive, consumption or behaviour despite negative consequences. Where they become dependent both physically and mentally.

Drugs can be classified into 5 parts namely

1. Narcotic Analgesics
2. Cannabis
3. Depressants
4. Stimulants
5. Hallucinogens

Addiction is called a disease as it has an etiological agent, which when comes in contact with the patient creates lesions and mainly damages an individual's structural, biochemical, physiological and behavioural aspects. It also has certain syndromes that are observable.

In addition, it creates Physiological and Psychological dependence where the body becomes so accustomed to the intake of the drug that if it suddenly stops then they suffer from sleep disturbance, nausea, vomiting, convulsion, and tremors. They can also feel anxiety, panic, hallucination and delirium which can lead to death.

The treatment of addiction mainly focuses on medical management psychosocial management and other techniques which includes Harm reduction, Demand reduction and Supply reduction. The other psychotherapeutic program includes meditation, relaxation, yoga, morning meeting, lecture session, and inventory. In this program individual, group and family counselling is done among which CBT is the most important one.

The session was highly satisfactory and participatory in nature. Students asked lots of questions regarding drug use, treatment methods, and the role of social factors related to drug abuse.

Some photos of the session:







**WISHING YOU A
HAPPY NEW YEAR**

**Join us
for an online session on
Emotional Wellbeing & Relaxation**

Date: January 05, 2022
Time: 2.00 pm to 3.30pm

For Registration
Click on- <https://forms.gle/C2gigWJBkf9eFwii9>

Organized by CINI-TEENLINE,
in Collaboration with
IQAC, MURALIDHAR GIRLS COLLEGE.

CONTACT TEENLINE AT- 8013682218 / 7980240264
teenline@cinindia.org
www.cini-india.org
Teenline App is now available on Google Play store.

BRIEF REPORT OF WEBINAR

TOPIC- Webinar on Emotional Wellbeing and Relaxation for students of Muralidhar Girls' College

Date- 05 th January 2022

Time- 2.00 pm to 3.30 pm

Total number of Participants- 76 (registered); 29 (attended)

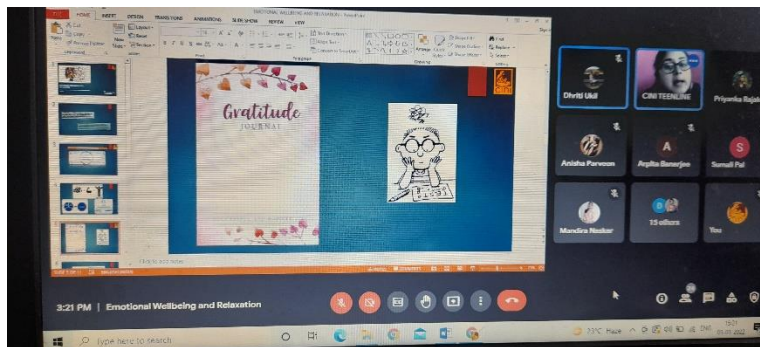
A Webinar on the topic of “Emotional Wellbeing and Relaxation for Students” was organized by CINI-Teenline in collaboration with Education Department of Muralidhar Girls' College was held on 05th January 2022 at 2.00 pm. About 29 participants joined this session.

In the beginning of the webinar Ms. Saptamita Sengupta, counsellor of Teenline, had given a brief description of Child in Need Institute along with TEENLINE. She also informed students about the services of Teenline. After giving an introduction of that day's speaker the webinar had started.

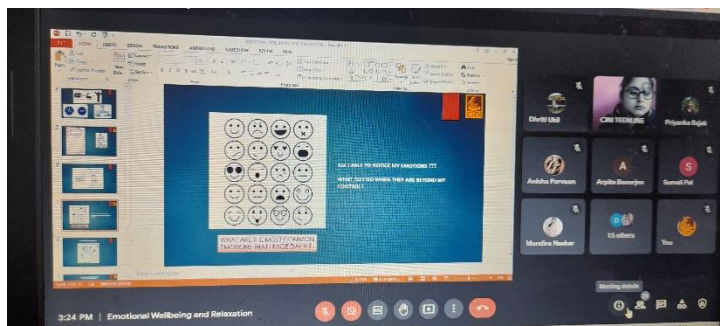
The speaker of this webinar, Ms. **Deyashini Paul**, had started the programme by asking the students about their physical and mental health issues in this pandemic situation. Students answered spontaneously about their challenges and shared their own feelings. It was also asked them what kind of steps they are taking to take care for themselves.



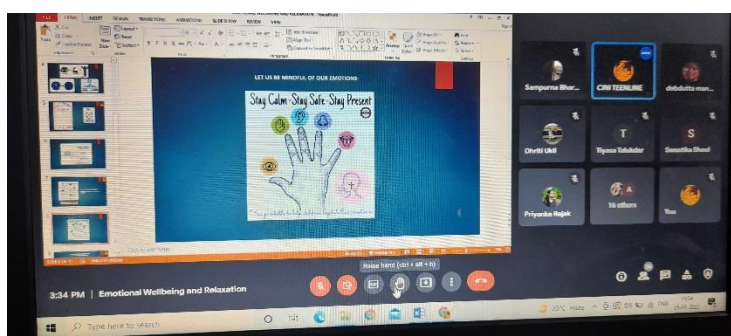
After the introduction, the programme had started by showing some presentations includes definition of emotional wellbeing. Few activities were provided to them. The first activity was '**Gratitude Journal**'. This is a paper- pencil task, where participants were instructed to follow the steps which was given by the host. After giving the instructions, 10 minutes were given to them. After that, a brief discussion on the first activity was also done.



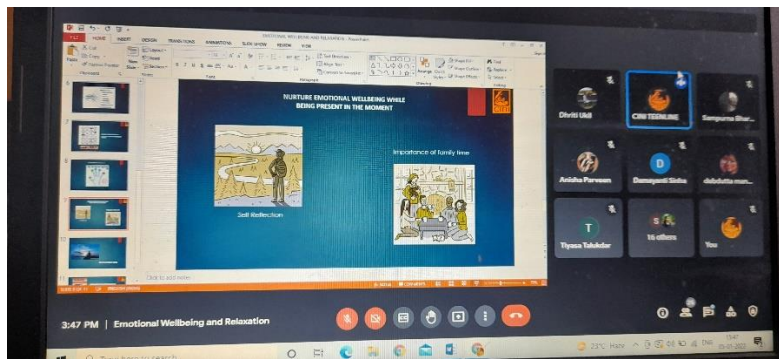
Next, the second activity, **“What are the most common emotions that I face daily?”** was introduced to them. As per the instructions they put only 4 emoticons which usually defines their daily emotions. After completion of second task they were sharing their daily emotions and what kind of challenges they felt usually.



The third activity was 5 senses activity namely. **‘Mindfulness Activity’**. In which they are asked to feel 5 senses separately which helps them to bring back to the present life.



The next activity was **“Nurture Emotional Wellbeing while being present in the moment”**. By using two pictures, **‘Self-Reflection’** and **‘Importance of family time’**, they were requested if they felt comfortable then they can share their inner most feelings or whatever they visualize after seeing these two pictures .



After completion of all these activities **Relaxation** activity was done with them, through a Guided Meditation. Students responded that they felt very relaxed, calm and free after the relaxation and they wanted to practice it further to overcome hurdles of their life. There were some good reflections from their end and we are glad that they could experience the same.

The Webinar was ended by Vote of Thanks given by Ms. Deyashini Paul. A feedback form was also circulated to them after completion of the webinar.

National Science Day-2022 at Muralidhar Girls' College

National Science Day is celebrated every year on February 28, to mark the discovery of the 'Raman Effect' - a phenomenon in spectroscopy, by Sir Chandrasekhar Venkata Raman. Sir C V Raman discovered the Raman Effect in 1928 while working in the laboratory of the Indian Association for the Cultivation of Science, Kolkata, for which he was awarded the prestigious Nobel Prize in 1930.

Also this day is celebrated to appreciate the efforts of individuals & organizations tirelessly working in the field of Science & Technology for the betterment of mankind. This day stands to motivate and encourage young budding minds of students into the field of Science and Technology which is why Principal Madam along with the science faculties of Muralidhar Girls' College had chosen to celebrate the

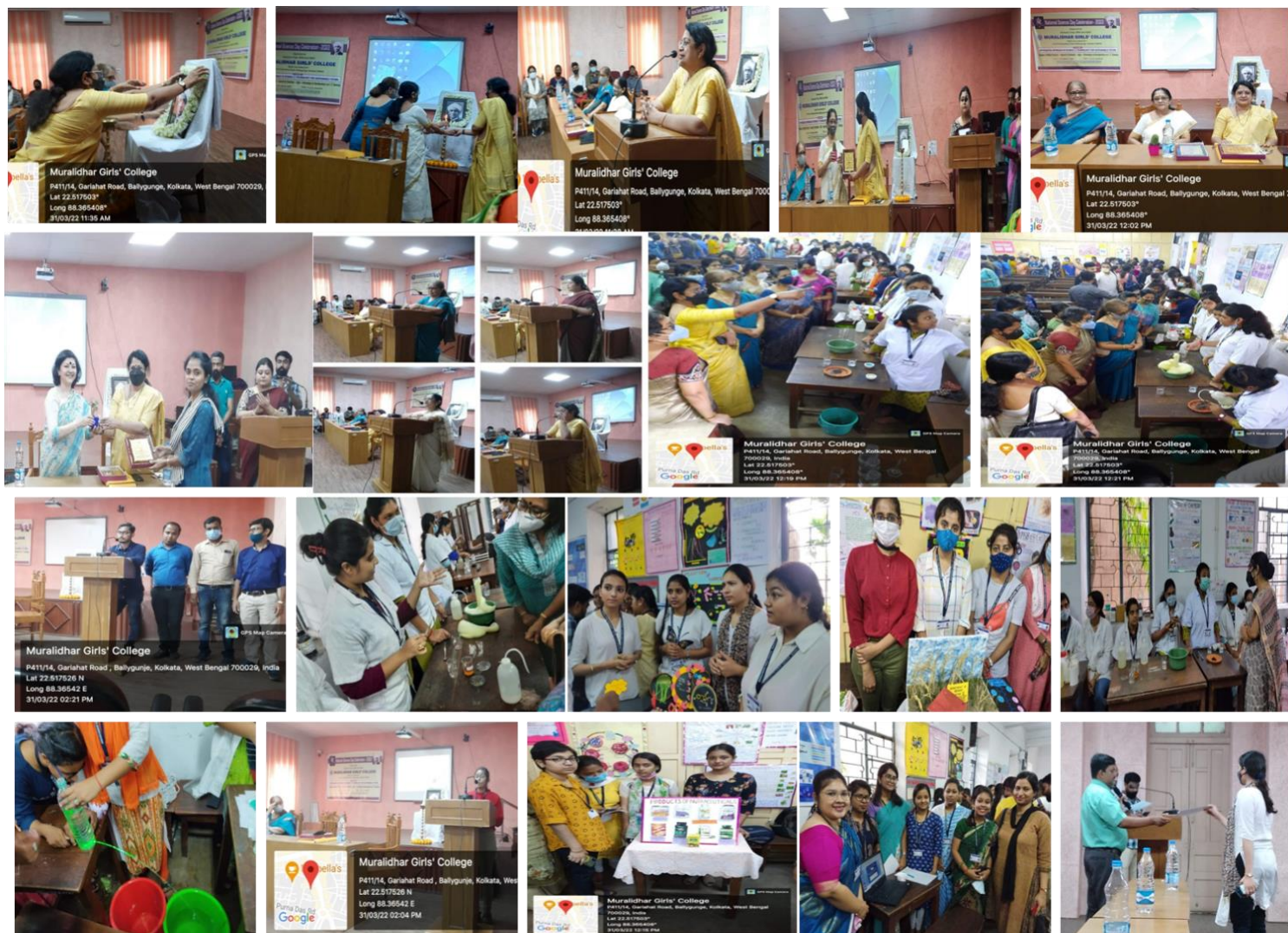


National Science Day-2022 on the 31st of March 2022, so that our students could get over with their semester exams and participate in majority. Sir C. V Raman once said "Ask the right questions and nature will open the doors to her secrets". Syncing to this invigorating thought and following the theme of National Science Day 2022- Integrated approach in Science & Technology for sustainable future, the following events were organized- **Poster and Model Presentation** by Students, **Students Speech**, **Students Quiz** and a **Documentary film** on the life and journey of Sir C. V. Raman. The guests for the day were Dr. Indrila Guha, Principal, Basanti Devi College, Dr. Sonali Banerjee Yash, Principal, Netaji Nagar Day College, Dr. Mallasri Bhattacharya, Ex-Prof. of Botany, Muralidhar Girls' College who took the stage alongside Dr. Kinjalkini Biswas, Principal, Muralidhar Girls' College. The event began with lighting of lamp and garlanding the photograph of Sir C. V. Raman, followed by felicitation of the guests with a small token of appreciation. The felicitations were conducted by Dr. Senjuti Mandal, Dept. of Chemistry, Mrs. Ambalika Chakraborty, Dept. of Chemistry & Dr. Bandana Das, Dept. of Mathematics. The welcome note for this event was given by our Principal Madam Dr. Kinjalkini Biswas. The event was compered by Dr. Priya K Gopal, Dept. of Microbiology.

This day was planned to keep a competitive mindset at bay, rather following the purpose of this celebration and basic motto of awakening the minds to always be in scientific motivation, there was no competition kept in the events. The Quiz Competition was open to all and each student giving correct answer was instantly given a pen for a prize by Dr. Sangita Daschowdhury, Dept.

of Botany & Dr. Senjuti Mondal, Dept. of Chemistry. The quiz masters for the event were Mr. Subhrajit Dey, Dept. of Mathematics and Mr. Avik Mukherjee, Dept. of Botany, they were helped by Mr. Subhankar Saha, Dept. of Statistics, Mr. Sarat Patra, Dept. of Chemistry & Mr. Suraj Ali, Dept. of Physics. Total of 120 students participated in the quiz and 25 won the quiz prizes. The National Science Day-2022 celebration at Muralidhar Girls' College was joined by students from Netaji Nagar Day College and Basanti Devi College in all the events. The day ended with a documentary on Sir C.V. Raman. Principal Madam appreciated the participants of the National Science Day event. Dr. Sampriya Choudhury, Dept. of Botany presented the concluding thoughts of the day. Dr. Suvasree Dutta Dasgupta, IQAC Coordinator, gave the vote of thanks. The day ended with distribution of participation certificate to all the participants, by Mr. Sontu Bugh, Dept. of Botany. Conclusively it was an overall successful event which left all the participants, teachers and visitors fully satisfied & with a contented heart.

Snippets of the Day:-



MURALIDHAR GIRLS' COLLEGE

NSS ACTIVITIES UNDERTAKEN IN 2021 & 2022

UNIT 1 & 2

Name of the activity	Organising unit	Name of scheme	Year of activity	Number of students participation
One Billion Rising- awareness campaign on violence against women	Unit 1&2, MGC	Regular NSS activities	2 nd Feb, 2022	07 student volunteers
Webinar on Women's Right, Discrimination against Women	Unit 1&2, MGC	Regular NSS activities	7 th March, 2022	03 student volunteers
Webinar on 'Youth and Mental Health'	Unit 1&2, MGC	Regular NSS activities	30 th March, 2022	10 student volunteers
Blood donation camp	Unit 1&2, MGC	Regular NSS activities	20 th May 2022	34 donors (students, teachers & community people) All teachers
Gender sensitization - Swayam	Unit 1&2, MGC	Regular NSS activities		02 (students)
Dance therapy - 'Turning Point' a NGO	Unit 1&2, MGC	Regular NSS activities	26 th February 2022	06 student volunteers
'WORLD HEARING DAY, 2022'“To Hear for Life, Listen with Care”.	Unit 1&2, MGC	Regular NSS activities	10 th March, 2022	1+16 (faculty + student volunteers) & many students of the college
Seminar on “Step into IT Industry”	Unit 1&2, MGC	Regular NSS activities	28 th March, 2022	05 (students)
Rabindra Jayanti Celebration - Kolkata Ekatma	Unit 1&2, MGC	Regular NSS activities	21 st may, 2022	07 (students)

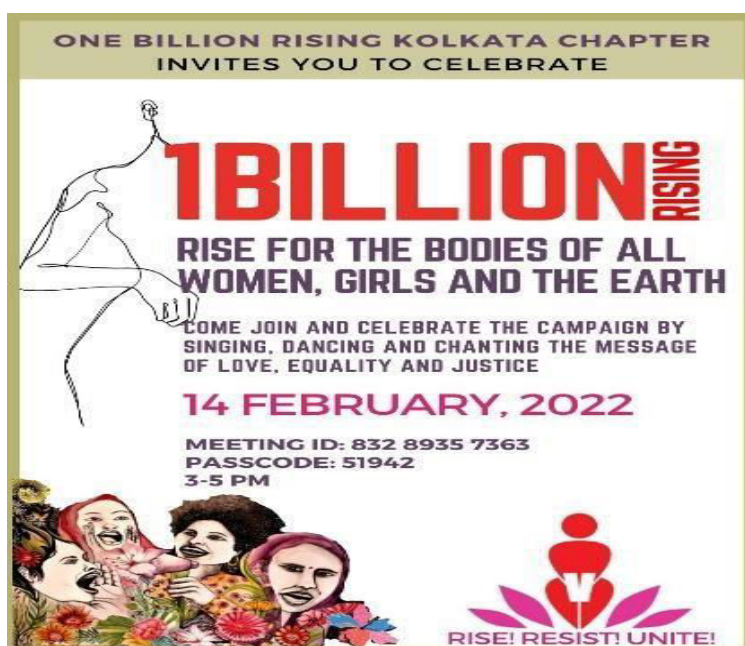
Bratachari Course - Bengal Bratachari Samiti	Unit 1&2, MGC	Regular NSS activities	30th April - 20 th April 2022	23 (students)
Poster Campaigning against the use of plastics	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	27 th March, 2022	31
‘Stress Management and Positive Psychology in the context of COVID 19 Pandemic’.	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	28 th March, 2022	66
Online Session on Thalassemia & Blood Donation	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	30 th March, 2022	68
Lecture on complete well- being of students- Dr Suchandra Das	Unit 1&2, MGC	Special camp 25 th – 31 st March, 2022	31st March, 2022	70

2022

All through the year the college works in collaboration weeks with Swayam for women empowerment. On 14th February 2022, a zoom meeting was organised titled "one billion rising" to discuss how violence against women, fascism, imperialism, capitalism etc. has increased during pandemic and this has led to increase in injustice and hatred towards minority including women. 7 participants joint from the meeting.

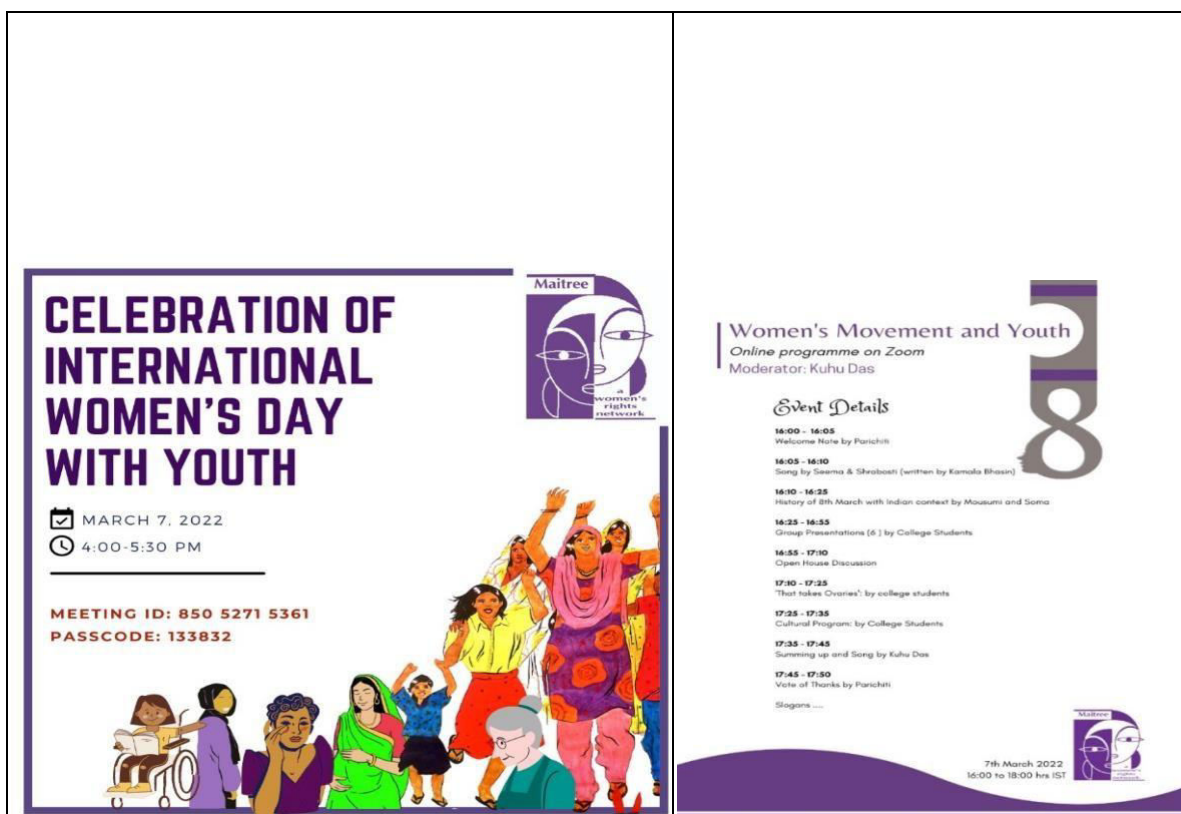
ZOOM MEETING LINK:

<https://us02web.zoom.us/j/83289357363?pwd=YXpIS1lDeW1DZXY3WmZLek1mcFpXZz09>



On 7th March 2022 on the occasion of International Women's Day an inter -college Webinar was organised in collaboration with Swayam and Maitree. Along with NSS volunteers of this college, Students of Behala College, J.C.C. College, Vidya Bhavan College presented papers on the topic. 3 Volunteers of this college presented a paper titled 'Violation of Women's Rights'. **ZOOM MEETING LINK:**

<https://us02web.zoom.us/j/85052715361?pwd=VWJ1amttWWRndlBSV2VMQUZmU216dz09>



On 30th March 2022 an online webinar was conducted in collaboration with Swayam on 'Youth and Mental Health'. Student volunteers of several colleges share their experience and views, in this way session teachers were also present to share their own views to sustain mental health of youth. 10 student volunteers participated in the programme.

ZOOM MEETING ID: 86595754456 ZOOM MEETING PASSCODE: 279656

On 10th March, 2022 Anwasha, Kolkata - A Youth Association conducted an awareness programme on Safe Listening on the occasion of 'WORLD HEARING DAY, 2022'. The theme of World Hearing Day, 2022 was "To Hear for Life, Listen with Care". Number of Participants were 16 (NSS volunteers) along with many students of the college.



NSS volunteers participate in different programmes organised by Turning Point a NGO. On 19th November 2021 a workshop on emotional distress due to Covid was conducted and 6 volunteers joined the programme. A follow up session was also conducted on the same theme on 4th December 2021. Link for registration - <https://forms.gle/ffvqF2d6xwypMu118>

On 26 February 2022 in collaboration with Turning Point and Global Point Brigade an online event was organised where students could show their talent in singing dancing and playing musical instruments. 6 volunteers joined the programme.

Link Address-<https://www.eventbrite.com/e/open-the-door-talent-show-a-gpb-turning-point-event-tickets-258958932137>

Blood donation camp on 20th May, 2022- Blood donation camp was organised in College premise by NSS Unit 1 and 2 in Collaboration with Nil Ratan Sarkar Medical Hospital. Awareness Campaign in local community regarding blood donation was organised on 14th May, 2022. Many people of our country die due to the deficiency of blood when required. Some people in our society are scared of donating blood. So to increase the awareness to donate blood and to remove fear in the people the NSS unit of Muralidhar Girls' College organised an awareness programme regarding blood donation on 14th May, 2022. Blood donation camp in collaboration with Nil Ratan Sarkar Medical Hospital was conducted successfully. 3 NSS volunteers took active participation in the awareness campaign and 34 units of blood were donated for the use of 136 patients in need.

Student volunteers participated in gender sensitization programs - like debate, panel discussion, poster making etc. in collaboration with Swayam. The special objectives of these programs are to make the students aware of gender roles, gender equality and so on.

Students actively took part in different online seminars conducted by 'turning point' a NGO. Dance therapy and emotional support during Covid are some of the areas covered.

Seminar on “Step into IT Industry” on 28th March, 2022- Seminar was Organised by Career Guidance, Counselling and Placement Cell of Shyamaprasad College in collaboration with

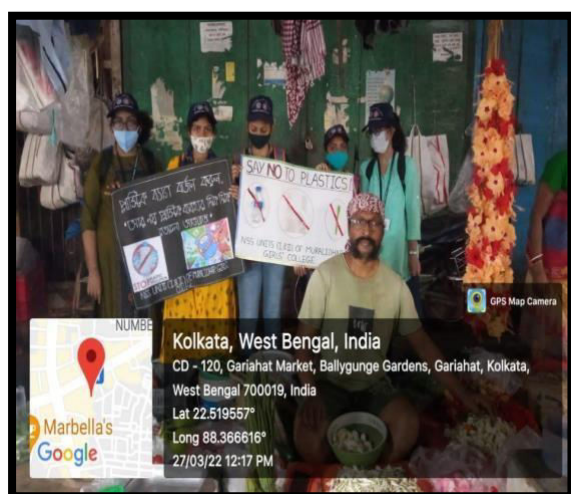
IEEE Young Professionals. There was discussion about job opportunities for all social science students along with science and computer science students. 5 NSS volunteers took part in the session.

Rabindra Jayanti Celebration on 21st May, 2022 - Every year different activities and programs are scheduled by the NSS units with the sole objective of developing an all round and balanced development of personality of the NSS volunteers. This Year Rabindra Jayanti was celebrated in collaboration with Kolkata Ekatma on 21st May, 2022 from 6.00 P.M. to 9.00 P.M. at Surya Sen Auditorium. 7 Students of our college performed group dance.

Bratachari Course organised from 30th April, 2022 to 20th June, 2022 - NSS Unit 1 and 2 of Muralidhar Girls' College organised Bratachari Course in collaboration with Bengal Bratachari Samiti. The goal is to raise self-esteem, national awareness and physical-mental health of the students. A 30 hours course is designed by the Bengal Bratachari Samiti which includes Science of Bratachari, play songs, songs, nursing and work education. Classes have started from 30th April 2022 and occur on every Thursday. In this course there was Mask Making programme, First Aid Programme. 23 Participants enrolled and successfully completed the course.

SPECIAL CAMP

Poster Campaigning against the use of plastics was organized on 27.03.2022 on the 3rd day of NSS Special Camp 2021-2022. Few posters were prepared in Bengali and in English. Volunteers divided in two groups to work properly. Volunteers in team went for a special awareness campaign for minimising the use of plastics in Gariahat Market. The shop keepers were told about the disadvantages of plastic use and suggested them some alternative ways.

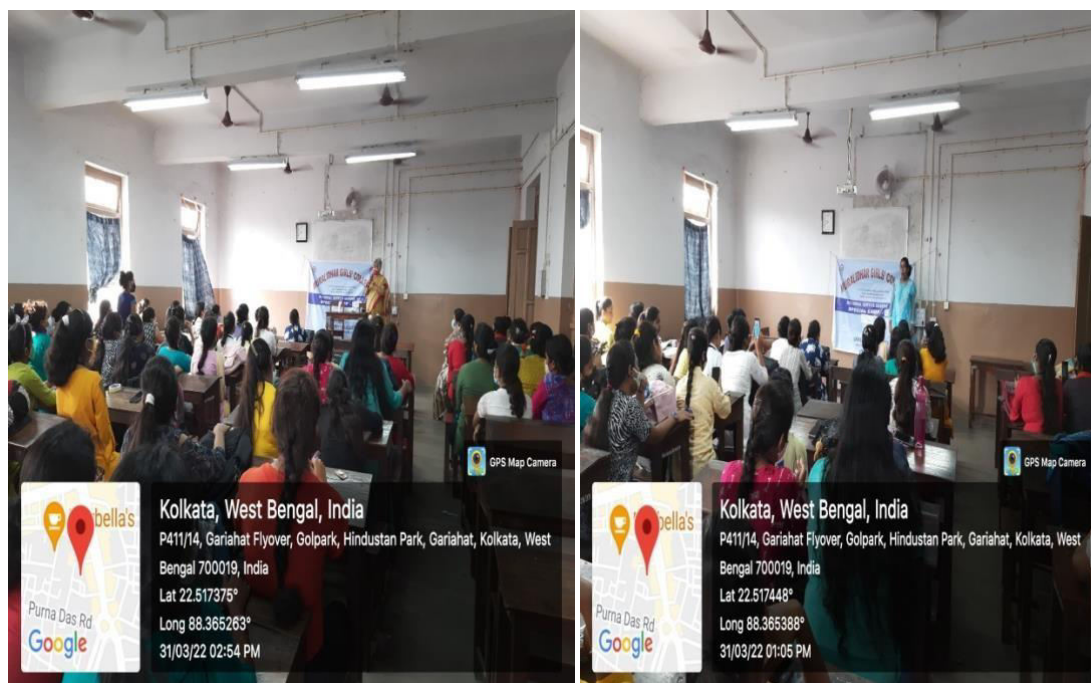


On 28.03.2022 'Stress Management and Positive Psychology in the context of COVID 19 Pandemic'. Google Meet joining link: <https://meet.google.com/xve-doxd-fyh> Speakers were Dr Shubhangshu Aditya and Smt. Sahana Nag (Guest faculty of Jadavpur University). The

main objectives of this webinar were - to assess the level of Stress among students, identify the factors causing stress among the students, analyse the impact of stress on academic growth and to find out the possible measures that would reduce the stress level.

On 30.03.2022 - Online Session on Thalassemia & Blood Donation Google Meet joining link: <https://meet.google.com/yuo-dwwp-mvy> Dr.Biplabendu Talukder, SPO (State Blood Cell), NHM State Program Officer and Mr. Smarajit Roy, Asst Director, Voluntary Blood Donation were the respective speakers. NSS volunteers attended the online meeting. Dr. Biplabendu Talukder on board made the students aware about the disease Thalassemia. He informed about its cause and effects and also explained how to treat this disease and how dangerous it could get if it remains untreated. Mr. Smarajit Roy informed about Blood donation camps and why it is important to donate blood. Very important information about Thalassemia and Blood donation camps were imparted. Participants interacted, discussed and cleared their doubts. NSS volunteers made their family and relatives aware about this matter too.

On 31.03.2022, Dr Suchandra Das, a registered physician was invited to deliver a lecture on complete well-being of students in post Covid period. Doubts of volunteers were cleared after lecture.



NCC REPORT 2021-2022

MAJOR KABERI ROY

Every year Our cadets successfully participated in various activities ,camp and received certificates.At present our cadets strength 160.

STATE LEVEL PROGRAMME

1.NCC DAY CELEBRATION CAMP 2021 camp held at NCC Club House from 15th Nov 2021 to 29th Nov 2021 organised by 1 Bengal Bn NCC.SUO Sonali Halder attended as Singer and Sgt. Rajnandini Naskar,Sgt Papiya HaldHalder,Sgt RiyaMallick ,Cdt Srina Mondal participated as Dancer and they received Certificate.



NCC DAY 2021

2.Our Cadets participated in CATC Day camp for C Certificate Exam 2022 at Rabindra Sarobour from 17th January 2022 to 26th January 2022 organised by 20 Bengal Bn NCC and received certificates.They are:SUO Rani Kumari,JUO Priyanka Ghosh,Sgt Puja Nayak,CPL Srijita Das,CPL Suman Shaw,L/CPL Kahkasha Khatoon,CPL Ipsita Roy L /CPL Mouli Hazra CPL Papiya Halder,Cdt.Amina Sultana Sgt Pubali Roy Chowdury.

3.Our 33 cadets participated in 5 days CATC camp at Club House organised by 33 Bengal Bn NCC from 5th March to 9th March .They attend various Training Class and received certificates.Name of the Students:-Tannu Gupta,Chitra Mondal,Romi Dasgupta,Rajashree Ghosh,Deboshree Ghosh,Sulekha Das,Pallabi Biswas,Titli Sardar,Jayashree Sardar,Prity Kumari Shaw,Muskan Kumari Giri,Nidhi Kumari Giri,Madhavi Majhi,Shreya Kumari Prasad,Kritteeka Roy,Reshmi khatoon,Rajnandini Naskar,Sayani Saha,Moumita Paul,Smiti GhatakKabita Mardi,Epsita Molla,Madhumita Halder,Annapurna Halder,Sanskriti Khushuwha,Neha Kumari Shaw,Sudipa Barui,Rakhi Sarkar,Rita NaskarSandhya Kumari Shaw,Suhana Khan.



4.20 cadets along with me attended CATC organised by 1 Bengal Bn NCC at South City International School from 17th May to 26th May. They attend various training like Drill, First Aid, Field Signal and Judging Distance, Map Reading, Firing, Obstacle, Self Defence. They are Sgt Rajashree Ghosh, Sgt Deboshree Ghosh, Cdt Avetta De, Cdt Srina Mondal, Cdt Sumi Majhi, Cdt Shreya Prasad, Cdt Sanskriti Kushwaha, Cdt Kabia Mardi, Cdt Diya Sarkar, Cdt Anyasa Das, Rakhi Sarkar, Cdt Nidhi Kumari Giri, Cdt Smiti Ghatak, Sgt Chitra Mandal.



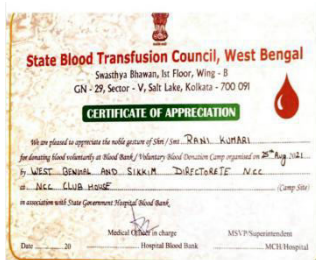
5. CATC at Amrita Vidyalaya from 5th August to 14th August 2022 organised by 1 Neval Unit for Pre TSC training our Cadet Sgt Rajashree Ghosh, Sgt Deboshree Ghosh, Sgt Tannu Gupta, Cdt Avetta De, Cdt Sumi Majhi participated the camp and received certificates.

6. Inter Group Competition at Namchi organised by 4 Sikkim Bn NCC from 18th August to 27th August 2022 Sgt Tannu Gupta, Cdt Avetta De, Cpl Sumi Majhi.



SOCIAL SERVICE

Our cadet SUO Rani Singh donated blood



Clean India Programme on 27th October 2021 organised by 1 bengal Girls'Bn NCC and Muralidhar Girls' NCC Coy.,

Sgt Pubali Roy Chowdhury, CPL Deboshree Ghosh, CPL Rajashree Ghosh, CPL Chitra Mondal, CDt Muskan kumari Prasad, CDT Reshmi Khatoon, Cdt Sandhya Kumari Sah, CPL Shreya Kumari Prosad, CPL Papiya Halder Pampa dey, Neha Kumari Sah participated in Clean India.

Punit Sagar Aviyan at Princep Ghat on 24.12.2021



PUNIT SAGAR AVIYAN with Chief Guest

Evereter Debashis Biswas sir on 24th December 2021 organised by NCC KOL –C Group head Quarter. Rajashree Ghosh, Deboshree Ghosh, Chitra Mandal, Kritteeka Roy, Sumi Majhi, Sonai Maity Isha Paul, Bidisha Das, Sanskriti Kuhushwa, Sneha Das Sudipa Barui, Piu Sardar, Neha Debnath, Moumita Paul, Prity Shaw, Shreya Prasad.

WORLD HEARING DAY 3rd March 2022

Our cadets participated in World hearing Day on 3rd March 2022 organised by Anwesha Kolkata. They are:- Cdt Chitra Mandal, Cdt Rajashree Ghosh, Cdt Deboshree Ghosh, Cdt Rita Naskar, Cdt Sayani Saha, Cdt. Reshmi Khatoon, Cdt Smiti Ghatak, Cdt Nidhi Kumari Giri, Cdt Muskan kumari Prasad, Cadet Madhumita Halder, Cadet Annapurna Halder, Cadet Kritteeka Roy, Cadet Sandhya Kumari Sah, Cadet Sanskriti Khushwa, Cadet Manisha Paul, Rani Kumari, Puja Nayak, Mouli Hazra, Ipsita Roy,



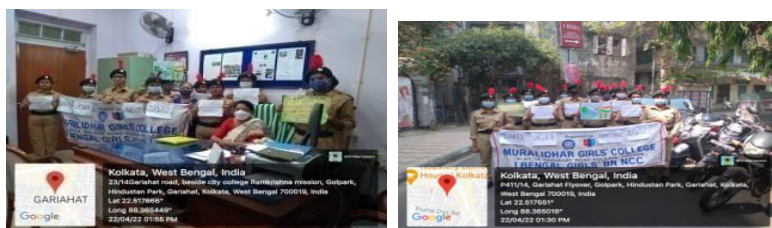
Seminar on World Hearing Day on 10th March 2022 at College Premises



Name of Participants:-SUO Rani Kumari, Sgt Puja Nayak, CPL Srijita Das, Cpl Suman Shaw, CPL Rajashree Ghosh, CPL Deboshree Ghosh, CPL Chitra Mondal, L/CPL Moumita Paul, Cdt Annapurna Halder, Cdt Madhumita Halder, Cdt Rita Naskar, Cdt Sudipa Barui, Cdt Manisha Paul, Cdt Piu Sardar, Cdt Sneha Das, Sgt Pubali Roy Chowdhury, CPL Papiya Halder, L/CPL Kahkasha Khatoon, L/CPL Mouli Hazra, Cpl Ipsita Roy, Cdt, Cdt Shreyashi Bhowmick, Cdt Ishika Das, Cdt Avetta De, Cdt Bidisha Das, Cdt Tithi Das, Cdt Susmita Sardar, Cdt Shreya Roy, Cdt Arpita Dutta, Cdt Sadhika Halder, Cdt Anyasha Das, Cdt Isha Pal, Cdt Srina Mondal, Cdt. Sonai Maity, Cdt Pampa Dey, Cdt Jhinuk Jadav, Cdt Priya Ghosh, Cdt Shreya Burman, Cdt Baby Roy, Cdt Ankita Dev Ram, Cdt Sulekha Naskar, Cdt Riya Mondal, Cdt Juhisa Parveen Gazi, Cdt Priyanka Roy, Cdt Sumi Majhi, Cdt Sulekha Das, Jhumpa Pramanik, Cdt, Riya Gazi, Cdt Uma Das,

Clean India programme held at College premises on 10th March 2022- Rani Kumari, Rajashree Ghosh, Deboshree Ghosh, Shreya Barman, Shreyashi Bhowmik, Pampa Dey, Riya Mondal, participated in clean India.

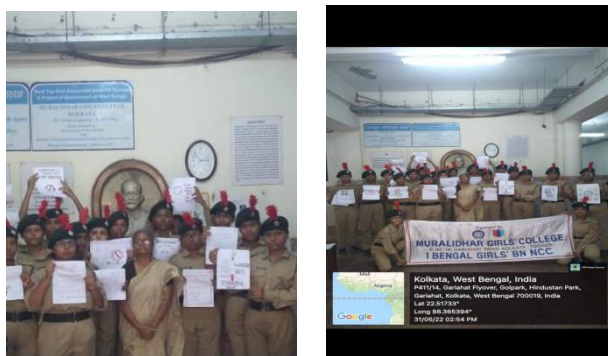
Our Cadets participated in NUKkar Natak regarding Punit Sagar on 5th April 2022



Punit Sagar Aviyan Rally 2022 at College area on 22.04.2022

Moumita Paul,Rajashree Ghosh,Deboshree Ghosh,Chitra Mondal,Sanskriti Khushwaha,suhana khan,Reshmi Khatoon,Rajnandini Naskar,Sulekha Naskar,Avetta De,Annapurna Halder,Anwesha Mondal,Jhumpa Pramanik,Rita Naskar.

No Tobacco Day



Our cadets participated a rally for “No Tobacco Day “organised by 1Bengal Girls’Bn NCC and Muralidhar Girls’College on 31st May 2022.

Deboshree Ghosh,Rajashree Ghosh,Nikita Mondal,Moumita Paul,Pampa Dey,Jhumpa Pramanik,Sudipa Barui,Sulekha Das,Tithi Das,Sandhya Kumari Sah,Muskan Kumari Prasad,Sumi Majhi,Koyel Singh,Manisha Paul,Soma Bhattacharya.

Our cadets Shreyashi Bhowmik participated in ‘SAY YES TO LIFE ,NO TO DRUGS,pledge on 26th June 22 and received my Gov certificate





Our cadets Sonai Maity and Ishika Das participated in summer camp organised by SANGYA

Our cadet Moumita Paul donated blood



NATIONAL LEVEL ACTIVITIES



CPL Pubali Roy Chowdhury participated in online Ek Bharat Shrestha Bharat Phase VIII as representative of West Bengal & Sikkim Dte. from 26th July 2021 to 31st July 2021 (VIJAY DIWAS on 26th July)

CPL Riya Mallick successfully participated in online Ek Bharat Shrestha Bharat (EBSB) phase IX from 23rd August 2021 to 27th August 2021





Sgt Tannu Gupta participated in Advance Leadership camp held at Kharagpur from 20th May to 8th June 22

SPECIAL ACTIVITIES

Digital Forum Registration done by our cadets and Cadets uploaded their drawing ,photos,poem,art Our cadets also Uploaded activities in DIGITAL FORUM
A digital platform for cadet they Uploaded many activities

Rani Singh,Tannu Gupta,Nidhi Kumari Giri,Shreya Kumari Prasad,Shruti Mondal,Anwesha Mondal,Muskan Kumari Prasad,Anisha Das,Moumita Paul,Prity Shaw,Ishita Mondal,Riya Mallick,Romi Dasgupta,Kritteeka Roy,Madhabi majhi,Dipeeka Majumder,Bidisha Pailan,Chitra Mondal,Reshmi Khatoon,Sayani Saha,Manisha Halder,Rajnandini Naskar,Anwesha Mondal,Sudipa Barui,Titli Sarder,Nisha Adhikary,Mayamuna Khatoon,Bithi Halder,Rajashree Ghosh,Deboshree Ghosh,

Maximum cadets visited the site (rashtragan.in)sing and record the National Anthem and received the online certificate 75th Azadi k amrit Mahotsav fit India Freedom Run.

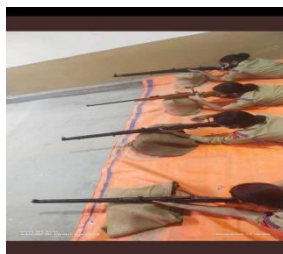


Rashtria Gana Certificate:-

Kritteeka Roy,Chitra Mondal,Deboshree Ghosh,Rajashree Ghosh,Ankita Roy,Romi Dasgupta,Tannu Gupta,Priti Shaw,Jayashree Sardar,Bithi Halder,Pallabi Bisaws,Madhabi Majhi,Titli Sardar,Shreya Kumari Prasad,Bidisha Pailan,Muskan Kumari Prasad,



Fit India Freedom Run registration 21 cadets as on 23rd August 2021



Our cadets regularly practice

ryfel hooting at PT S



CPL Papia Halder visited the Fort william on 28.09.2021



Atma nirvar Bharat



cadets actively participated in Young warriar task against Covid 19 and received certiicates

Kritteeka Roy,Mayamuna Khatoon,Moumita Paul,Sudipa Barui,Puja kumari Prasad,Rajashree Ghosh Deboshee Ghosh,Titli sardar,Chitra Mondal,Reshmi Khatoon,Bidisha Pailan,Rajnandini Naskar,Manisha Halder ,Sharnila Biswas,Madhabi Majhi,Romi Dasgupta,Anwasha Mondal,Muskan Kumari Prasad,Shreya Kumari Prasad,Susmita Nayak,,Tannu Gupta,Prity Shaw,Shruti Mondal,Pallabi Biswas,Anisha Das,Swabhumi Halder,Dipeeka Majumder,Nisha Adhikary,Jayasree Sarder,Bithi Halder,

World cycle Day on 3rd June 2022 Cadets Shreya Barman and Cdt Riya Mondal

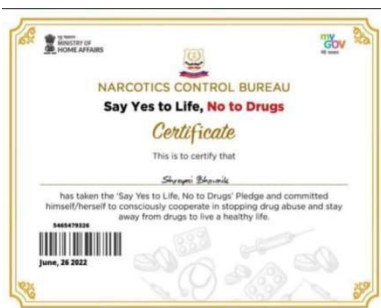


7th International Day of Yoga on 21st June 2022 organised by 1Bengal Girls Bn.NCC and Ex cadets and MGC yoga centre jointly .



Name of IDOY participants are:-Priynka Paul,Purnima Barui,Pampa Ghosh,Krishna Dev,Tuktuki Rui Das,Mousumi Sardar,Rajashree Ghosh,Deboshree Ghosh,Maymuna Khatoon,Avetta De,Priya Ghosh,Ishika Das,Sandhya Kumari Prasad,Ishita Mondal Muskan Kumari Prasad,Ankita Devram,Tithi Das,Srina Mondal,Sneha Das,Manisha Paul,Nidhi Kumari Giri,Sumi Majhi,Priti Kumari Shaw,Sulekha Naskar,Jhinuk Jadav,Shreyashi Bhowmik.

Our cadets Shreyasi Bhowmik participated through online in Internation Womens Day Pledge on Cyber safty for Women on 26th June 2022 and received certificate



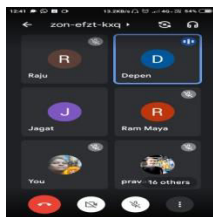
Shreyashi Bhowmick participated in online SAY YES TO LIFE No

To DRUG



Our cadets participated in Fit India freedom Run

I have attended as Instructor of online PISTaff training

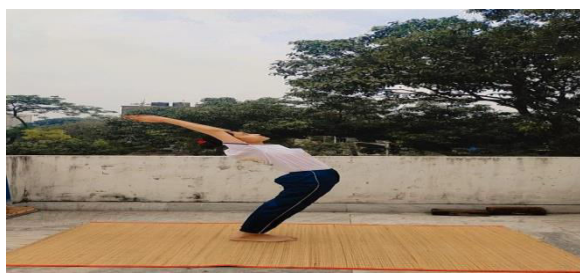


Our 25 cadets along with me participated in Durand cup Duty on 3rd Oct 2021.

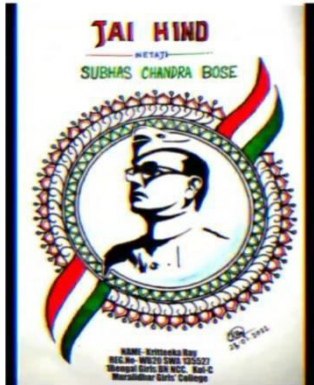


Launch of AA(Almuni Association)portal

Alumni Registration completed by Sonali Halder,Papiya Halder,Pubali Roy Chowdhury,Rani Singh,Tannu Gupta,Deboshree Ghosh,Rajashree Ghosh,Ishika Das,iyanka Roy,Sonai Maity,Nidhi Kumari Giri,Avetta De Madhumita Halder Sulekha Naskar,Jhinuk jadav,Trishita Das,Diviya Naskar,Riya Halder,Shreyashi Bhowmick,Sneha Das,Tithi Das,Juhisnha Parveen Kabita Mardi,Sabita Mardi,Manisha Paul,Shweta Dutta,Shreya Barman,Titli Pramanik,Sulekha Das,Suhana Khan,Isha Pal,Lipika Sardar,Sudeshna Das,Riya Halder Anasya Das,Sneha Das.Isha Pal,Baby Roy,Tisha Karmakar,Priyanka Roy,

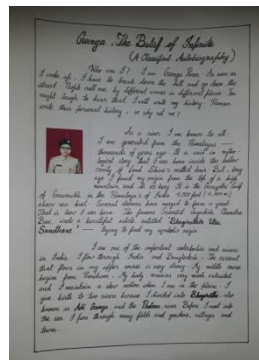


Our cadets participated in virtual Surya Namaskar activity on 14th Januay 22 on the occasion of hly Makar Sankranti

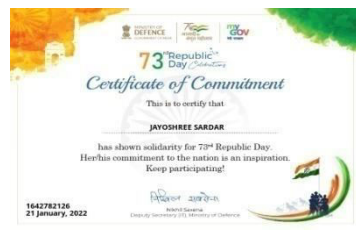


Kriteeka Roy participated in Poster Drawing competition on 23rd

January 22



Our cadets participated in Deshbhakti Geet writing, Rangoli making Patritotic Lori writin competition and received certficte from Gov of India on occasion of 73rd Republic Day celebration.



Shreyashi Bhowmik participated in Poster Drawing Competition on 26th January 22



World Earth Day on rally 23rd April 2022

Punit Sagar Abhiyan Rally at Princepghat on 8th June 2022



Chitra Mondal, Moumita Paul, Avetta De, Sudipa Barui, Tithi Das, madhumita Halder Rita Naskar



Our 4 Cadets CPL Papiya Halder ,CdtSrina Mondal,Cdt Rakhi Sarkar,Cdt Diya Sarkar participated in closing Programme on 9th June 2022



our cadets

participated in Covid19 training for NCC through online and received certificates. Ankita Roy, Ankita Deb Ram, Riya Mondal, Shruti Shaw, Jhinuk Jadav, Sulekha Naskar, Sumi Majhi, Sonai Maity, Srina Mondal, Shreya Roy, Sanskriti Khushwaha, Sreyashi Bhowmik, Sayani Das Uma Das, Sulekha Das, Arpita Dutta, Titli Pramanik, Suhana Khan, tisha Karmakar, Annapurna Halder , Rajashree Ghosh Deboshree Ghosh, Uma Das,

General Bipin Rawat PVSM UYSM AVSM YSM SM VSM ADC was the First Chief Of Defence Staff of Indian Defence Service .He died on Chopper Crash in TamilNadu on 8th December 2021.



NCC cadets of Muralidhar Girls College expressed their deepest grief and sorrow by lighting d the candel and flower over the untimely demise of General Bipin Rowat his wife Mrs Madhulika Rowat the Presedent DWWA,and 11 other military personel .



Our cadets Rajashree Ghosh ,Deboshree Ghosh,Ankita DevRam,Srina Mondal, Moumita Mondal,Sneha Dhali,Sandhya Kumari Sah,Shreya Kumari Prasad



Our cadets Chitra Mondal,Romi Dasgupta,Rakhi Sarkar,Ankita Roy successfully compilation the course “Community policing opportunities and challenges ‘organized by Central Detective Training Institute under the Beraue of Police Research and Development from 10.08.2022 to 11.08.2022.



We celebrated in Independence Day in our college premises on 15th August 2022

ADVENTURE ACTIVITIES

1. Our 2 cadets Cdt Ankta Roy and Cdt Mayamuna Khatoon attended All India Kanchanjangha Sikkim Trek(Girls)- 2021organised by from 9th November 2021 to 15th November 2021 as representative of west Bengal & Sikkim Dte



Rajnandini Naskar Attend an Adventure camp at PuruliaKhalaichandi Hill Bero hill and Rope Activities course as Instructor on 11th February 22.

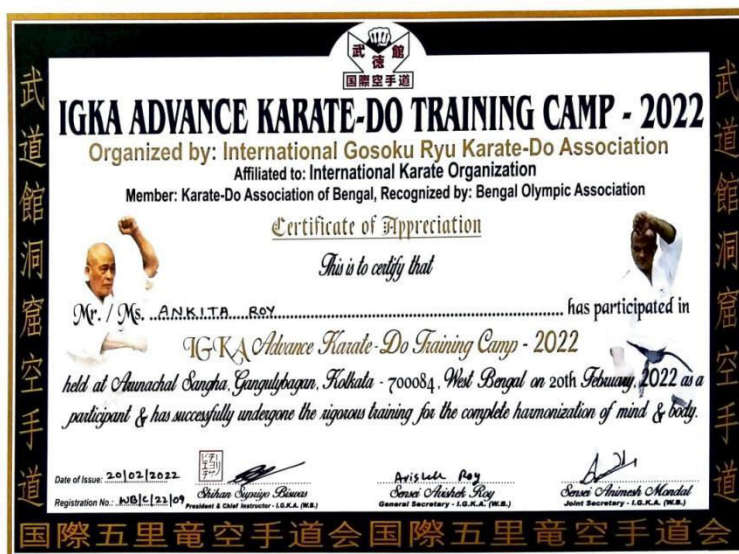
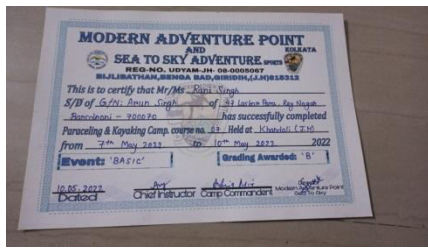




Rajnandini Naskar participated in Advance course from 26th March to 30th March 2022

Rajnandini Naskar participated as trekking Guider (pareshnath top peak of Jharkand) on 11th May 22

On 7 cadets successfully participated in Paracelling and Kayaking camp from 7th May to 1st May 22
They are Rani Singh Dibiya Naskar, Priyanka Roy Arpita Dutta, Pampa Dey Sayani Dey



Sgt .Ankita Roy participated in IGKA advance karate do training camp 2022 on 20th February 2022.



Ankita Roy participated in All Muaythai training camp on 13th March 2022



Ankita Roy participated in All India 'kyokushin Kai Kan karate Summer camp from 1st June to 5th June 2022.

ACHIEVEMENT OF CADETS

Sl. No.	Name	Rank	Score
1	ANANTA ROY	1 st	100
2	ANANTA ROY	2 nd	95
3	ANANTA ROY	3 rd	90
4	ANANTA ROY	4 th	85
5	ANANTA ROY	5 th	80
6	ANANTA ROY	6 th	75
7	ANANTA ROY	7 th	70
8	ANANTA ROY	8 th	65
9	ANANTA ROY	9 th	60
10	ANANTA ROY	10 th	55
11	ANANTA ROY	11 th	50
12	ANANTA ROY	12 th	45
13	ANANTA ROY	13 th	40
14	ANANTA ROY	14 th	35
15	ANANTA ROY	15 th	30
16	ANANTA ROY	16 th	25
17	ANANTA ROY	17 th	20
18	ANANTA ROY	18 th	15
19	ANANTA ROY	19 th	10
20	ANANTA ROY	20 th	5

Sl. No.	Name	Rank	Score
1	ANANTA ROY	1 st	100
2	ANANTA ROY	2 nd	95
3	ANANTA ROY	3 rd	90
4	ANANTA ROY	4 th	85
5	ANANTA ROY	5 th	80
6	ANANTA ROY	6 th	75
7	ANANTA ROY	7 th	70
8	ANANTA ROY	8 th	65
9	ANANTA ROY	9 th	60
10	ANANTA ROY	10 th	55
11	ANANTA ROY	11 th	50
12	ANANTA ROY	12 th	45
13	ANANTA ROY	13 th	40
14	ANANTA ROY	14 th	35
15	ANANTA ROY	15 th	30
16	ANANTA ROY	16 th	25
17	ANANTA ROY	17 th	20
18	ANANTA ROY	18 th	15
19	ANANTA ROY	19 th	10
20	ANANTA ROY	20 th	5



Our 4 cadets received CWS Scholarship Rs 6000/- Rajnandini Naskar, Pallabi Biswas, Titli Sardar, Bidisha Pailan

I have been promoted to Major Rank wef 1.08.2019 vide DG NCC NO 0564/Promotion/DGNCC/MS/ANODT 21ST August 21.



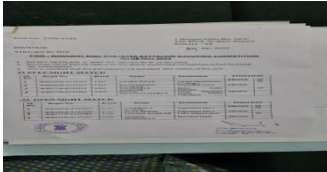
Our cadt Ankita Roy selected for YEP cadet selection 2021 from our unit level.



SGT Rajnandini Naskar
I. Gold Medal In drawing
competition
At CATC-2022 conducted by
33 Bengal BN NCC



Commanding Officer of 1 Bengal Girls' Bn NCC visited our College on 6th May 2022. It was successfully completed. He appreciates our activities.



Sgt Rajnandini Naskar selected for Inter Battalion Shooting Competition on 3rd May 2022



3. JUO RAJSHREE GHOSH WON Gold Medal for MC in Karate at CATC-2022 Conducted by 1 Bengal BN NCC



JUO AVETTA DE
I. Gold Medal for Karate in Tiles Breaking
At CATC conducted by 1 Bengal BN NCC

Cadet Sumi Majhi won Gold medal in Shooting Competition at CATC(PTS)Police Training School.



JUO TANNU GUPTA

I. Gold Medal In BLIND OBSTACLES at
ALC (ADVANCE LEADERSHIP CAMP)



Sgt Rajnandini Naskar stood 2nd in PLEXUS 2022 organised by KPC MEDICAL COLLEGE &HOSPITAL ON 17TH July 2021.



Sgt Deboshree Ghosh selected most spirited SWcadet on 5th August 2022

Sgt Tannu Gupta stood 2nd in JD&FS at

IGC TSC(Inter Group Competition of Thal Sainik Camp) as representative of Kolkata C Group

II. All ove JUO Avetta De stood r 2nd in MAP READING

IGC TSC(Inter Group Competition of Thal Sainik Camp) as representative of KOLKATA-C Group

ACKNOWLEDGEMENT

We would like to express a deep sense of gratitude to the authorities of Muralidhar Girls' College, P-411 /14, Gariahat Road, Ballygunge, Kolkata-700029 for giving us opportunity to carry out the Green Audit of the college campus. We also acknowledge with much appreciation the crucial role of faculty members and Principal of this college during the preparation of audit report.

The green audit aims to analyze environmental practices within Muralidhar Girls' College, West Bengal campus which will have an impact on the eco-friendly atmosphere. Green audit can be defined as systematic identification, quantification, recording, reporting and analysis of components of college environment. It was initiated with the motive of inspecting the effort within the institutions whose exercises can cause threat to the health of inhabitants and the environment. Through the green audit, a direction is provided as how to improve the structure of environment and there are several factors that have determined the growth of the green audit.

Muralidhar Girls' College, P-411/14, Gariahat Road, Ballygunge, Kolkata-700029 has assigned Global EHS Consultant, Kolkata to conduct green audit as per the Criteria 7 of NAAC. Global EHS Consultant (GEHSC), Kolkata is the foremost provider of country-specific and industry-academic specific EHS (environment, health, and safety) regulatory analysis. GEHSC, Kolkata is a research and advisory firm with country experts and partners over outside India. GEHSC, Kolkata has delivered critical business and regulatory intelligence to corporate managers and decision-makers around India.

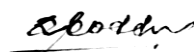
Dr. Susanta Podder (Grad IOSH, PhD, M. Tech, Lead Auditor of ISO 14001, ISO 45001, and ISO 9001) Chief advisor of Global EHS Consultant, Kolkata and Adjunct Associate Professor, Lincoln University, Malaysia along with Ms. Lopamudra Das (Associate Environmental Auditor) visited Muralidhar Girls' College campus on **16.12.2022** and carried out the assessment FY – 2021-22.

The aim of the Green Audit is to survey the existing environmental practices and to assess the significance of the features found to facilitate the development of Environment Action Plan (EAP) with clear, long-term objectives and the program for implementation.

The overall environment of the college campus is being safe guarded with various activities. The utilization of the renewable resources is being observed through rainwater harvesting unit, reuse of wastewater and green coverage across the college campus.

Waste Management is also effectively managed through safe disposal systems of wet and dry waste. Apart from the implementation of the above, the college management has also been very keen on involving students continuously in creating awareness through several activities.

For Global EHS Consultant, Kolkata



(Dr. Susanta Podder)

*Grad IOSH, PhD, M. Tech,
Lead Auditor of ISO 14001, ISO 45001, and ISO 9001
Chief advisor of Global EHS Consultant, Kolkata*