

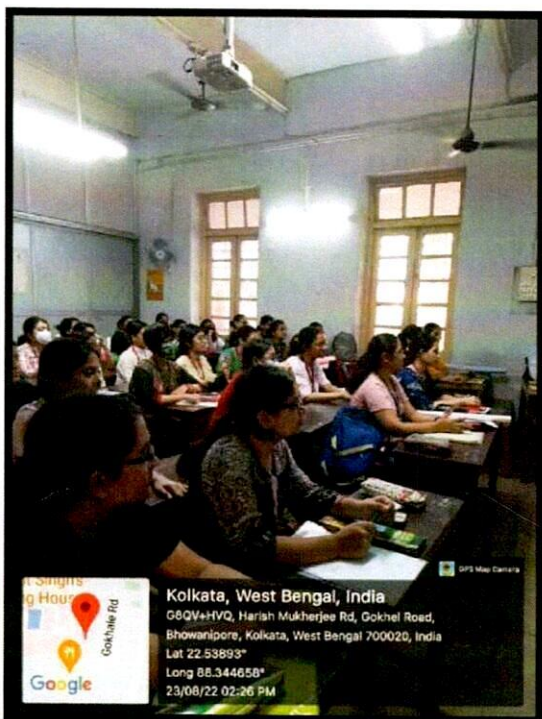


GOKHALE MEMORIAL GIRLS' COLLEGE

Metric 3.4.3: Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the last five years

Sl. No. 1 : Activity report of workshop on "Journey of Self Orientation "

Social Awareness Club of Gokhale Memorial Girls' College organised a workshop on "Journey of Self Orientation " on 23rd August, 2022. The workshop was conducted by Dr. Sreemoyee Tarafder, Assistant Professor of Psychology, West Bengal State University and Consultant Clinical Psychologist at Mon O Monon. Students (40 in numbers) from many departments participated and enjoyed the session. The workshop began with an introduction speech by Dr. Atashi Karpha, Principal, Gokhale Memorial Girls' College. The members of the concerned club were Dr. Kuldeep Kaur, Associate Professor, Department of Hindi, Convenor of Social Awareness Club, Dr. Ivy Dey, Assistant Professor, Department of Education, Dr. Srabanti Mukhopadhyay, Associate Professor, Department of Education and Smt. Arpita Bose, SACT, Department of Economics, who had organised the workshop. The workshop ended with a vote of thanks by Dr. Srabanti Mukhopadhyay. The participants were really overwhelmed and satisfied to attend the workshop.



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Principal
Gokhale Memorial Girls' College

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Sl. No. 2 : Activity Report of Azadi Ka Amrit Mahotsav

Azadi Ka Amrit Mahotsav is a national campaign to celebrate 75 years of independence which is to be celebrated throughout the year. The college observed the 75th anniversary of Independent India on 15th of August, 2022. Incidentally, the same day marks the sesquicentennial anniversary of Sri Aurobindo Ghosh, one of the enigmatic nationalist leader of India.

The program started with the flag hoisting ceremony by the Principal followed by a short speech to the audience. After that, a cultural program was held in the room LT-2 with the students performing dance, songs and recital. Dr. Subham Dutta from The department of English delivered a lecture on the life and works of Sri Aurobindo. College also took the initiative to celebrate year-long program on Sri Aurobindo. The college organised a series of activities such as, creative writing, poster making, insta-story writing competitions. A video screening was also held on 13.08.22 as a part of celebration of Azadi ki Amrit Mahotsav.



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Akshita
Principal
Gokhale Memorial Girls' College

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Akash
Principal
Gokhale Memorial Girls' College
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Sl No. 3: Plantation programme with Mother Earth Foundation, 19th July 2022:

NSS Unit-I of Gokhale Memorial Girls' College participated in a Tree Plantation programme coordinated by Mother Earth Foundation of Kolkata on 19th July, 2022. The following volunteers actively participated with their Program officer at Triangular Park,

Participants of Tree Plantation event by Mother Earth Foundation:

- 1) Priyanka kanoo, Hindi Department
- 2) Yukta Patra, Economics Department
- 3) Baishali Jana, Economics department
- 4) Bineeta Dey, Economics Department
- 5) Sucheta Boral, Economics Department
- 6) Debosmita Mukherjee, Communicative English Department
- 7) Ritika Dey, Communicative English department

Program officer: Sri. Prasanta Kumar Pal.

Sri Bapi Mondal (Non-teaching staff)



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Principal
Gokhale Memorial Girls' College

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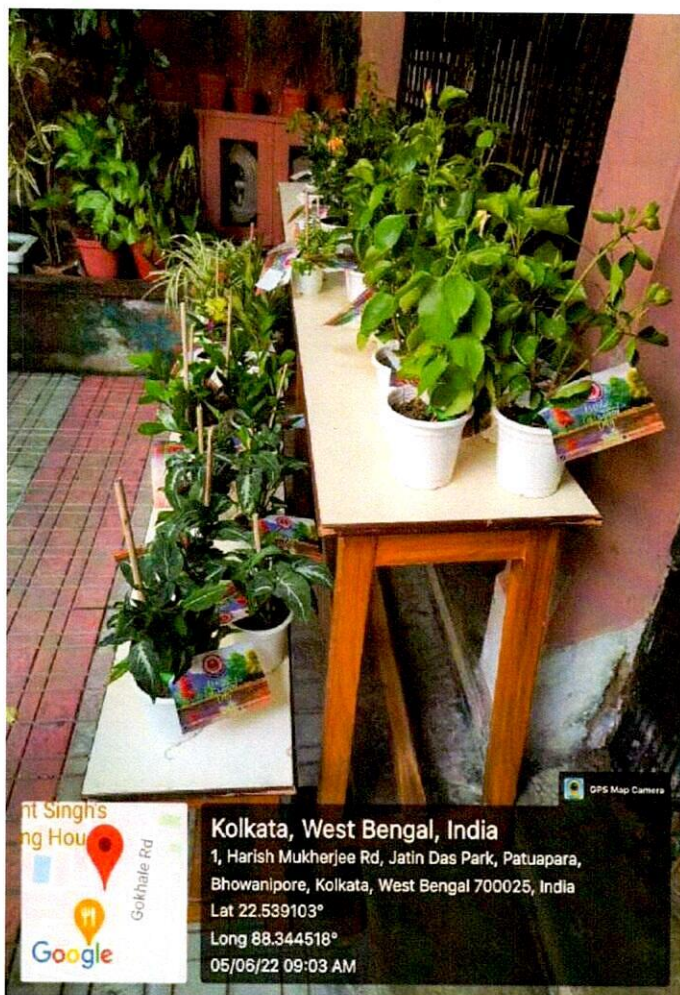
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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 4 : Activity Report on World Environment Day

The NSS unit-1 of Gokhale college memorial Girls College has celebrated world Environment day this year as a part of AzadikiAmritMahatshav. This year nss unit of our college has emphasized on the theme of world environment Day, 2022: Only one Earth. Principal Dr. AtashiKarpagave a motivational speech on Conservation of forest and importance of tree plantation programme. Our volunteers prepared placards to forward the massages of importance of plantation, anti-pollution campaigns. As an inevitable part of the program, nss unit arranged saplings distribution program and street March from GMGC to Elgin road via RabindraSadan. Not only the nss unit-1 members and volunteers but also the faculty members and non teaching staff also took part in the program and made it successful.



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Atashi Karpagave
Principal
Gokhale Memorial Girls' College

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Principal
Gokhale Memorial Girls' College

15 Feb 2023





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Kanpha
Principal
Gokhale Memorial Girls' College

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Principal
Principal
Gokhale Memorial Girls' College
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Sl. No. 5 **Plantation programme with Mother Earth Foundation, 5th June 2022:**

Gokhale Memorial Girls' College in collaboration with Mother Earth Foundation organized a tree plantation programme at Dr. Meghnad Saha Sarani (Southern Avenue) Boulevard (opposite Vivekananda Park), Kolkata 700 029 on 05.06.2022



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Arpita
Principal
Gokhale Memorial Girls' College

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Principal
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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 6: Activity report of the seminar on "Gender Sensitisation :Rights and Challenges".

A one day state level seminar was organised by the Social Awareness Club, Gokhale Memorial Girls' College in collaboration with the Internal Quality Assurance Cell (IQAC), of the college on 27th May, 2022. The topic of the seminar was "Gender Sensitisation: Rights and Challenges".

The resource persons were Dr. Lopamudra Sengupta, Assistant Professor and Head of the department of Political Science, Bangabasi College, Kolkata and Dr. Sangeeta Roy (Moitra), WBES, Assistant Professor in Law, Government Centre of Legal Education, Chinsurah, Hooghly.

Dr. Sengupta spoke on, "The Making and Unmaking of Gender: Human Rights of The Third Gender in India". Dr. Roy (Moitra) enlightened us on "Gender issues and sexual harassment at workplace- Law in higher education institutions." Many of our students and faculty members attended the seminar.

A welcome speech was given by our respected Principal, Dr. Atashi Karpha, and a key note address was given by Dr. Sanchita Sen, Co ordinator, IQAC. The success of the seminar owes its success to all concerned, especially to the Club faculty members, Dr. Ivy De, Assistant Professor, Department of Education and Dr. Srabanti Mukhopadhyay, Associate Professor, Department of Education. The seminar ended with vote of thanks given by Dr. Kuldeep Kaur, Convenor, Social Awareness Club and Associate Professor, Department of Hindi.



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Atashi Karpha
Principal
Gokhale Memorial Girls' College

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Sl. No. 7: **Tagore's Birthday Celebration, 21st May, 2022:**

7 active volunteers of NSS Unit-I of Gokhale Memorial Girls' College along with the Principal and teaching faculties went to attend a cultural programme organized by Culcutta Ekatma on the occasion of Tagore's Birthday Celebration on 21/05/2022 at Sahid Surya Sen Mancha, 432 Prince Anwar Shah Road, Kol-68.

Participants

Student- volunteers:

- 1) Sanchita Deb (PHIA) SEM 4
- 2) Samadrita Dutta (HISA) SEM 6
- 3) Sumana Sarkar (BNGA) SEM 2
- 4) Sulagna Dutta (HISA) SEM 6
- 5) Suchetana Sengupta (BNGA) SEM 4
- 6) Debosmita Jana (PHIA) SEM 2
- 7) Shayanti Bhattarcharjee (ECO) SEM 2

Faculty members:

1. Dr. Atashi Karpha, Principal and
2. Sri. Saradwat Manna, NSS Committee Member.
3. Dr. Sanchita Sen, IQAQ Coordinator.



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Atashi Karpha
Principal
Gokhale Memorial Girls' College

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Raspha
Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 8: **Activity report of special lecture on "Beyond Gender Binary- Understanding Gender Equality"**

Social Awareness Club aims to create awareness and sensitise students about social issues while at the same time motivate them to develop leadership qualities with self awareness.

Social Awareness Club, Gokhale Memorial Girls' College organised a social awareness programme on 29th April, 2022. A special lecture was presented by Sri Bappaditya Mukherjee on the topic "Beyond Gender Binary- Understanding Gender Equality". 56 number of students attended the lecture.



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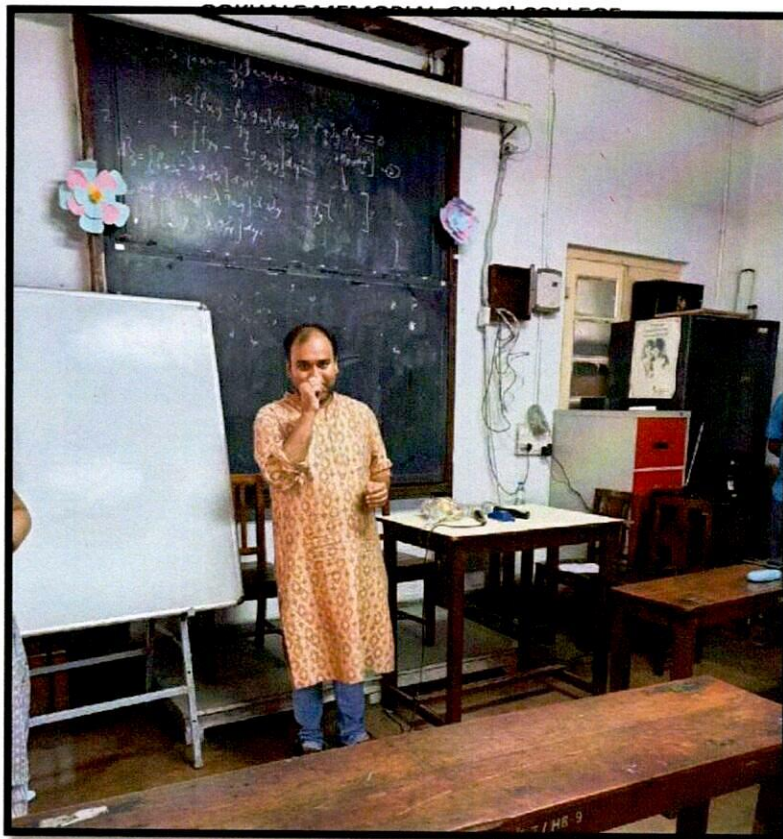


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Axapla

Principal
Gokhale Memorial Girls' College

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Sl No. 9: Workshop on Social Gerontology (active-ageing) titled "Understanding the Psycho-Sociological Aspects of Gerontology - The Audio-Visual Approach

GOKHALE MEMORIAL GIRLS' COLLEGE KOLKATA
NAAC ACCREDITED (2nd Cycle) Grade B (2.79 CGPA) 2015

UNDERSTANDING THE PSYCHO-SOCIOLOGICAL ASPECTS OF GERONTOLOGY - THE AUDIO-VISUAL APPROACH

27 TH APRIL 2022

Report prepared by Sourav Sarkar

Report prepared by Sourav Sarkar

Govt. of India Udyam Reg. No.
UDYAM-WB-10-0027858



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Arasph
Principal

Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

ACTIVITY REPORT

Program Description

The exhibition and interaction program with film "Nibhritochari" (Solitary Soul) was organized by the Gokhale Memorial Girls' College, Kolkata, on the day of 27th April 2022. The film was exhibited by the filmmaker - director Sourav Sarkar, to provide a learning - experience for the students, on the topic of active ageing and psycho - sociological aspects of gerontology, as a multidisciplinary field of social science, research and well - being. The documentary film was also analyzed by the filmmaker, in an interactive mode with the students, from the perspective of visual sociology, to generate an understanding on the importance of community development to achieve positive ageing, and caregiving towards the elderly. The relevant public policies and Acts were also discussed during the session to sensitize the attendees on the Rights of the elderly population.



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Sl. No. 10 :Activity report of "Earth Day" Observation

Gokhale Memorial Girls' College has organised "Earth Day" on 22.4.2022 in college premises. Students have participated with great enthusiasm. Dr. Atashi Karfa, Principal, Gokhale Memorial Girls' College and some of faculty members have planted sapplings. Students have prepared posters on different themes to mark this day. Social Awareness Club members (near about 20) have also participated and prepared posters and banners. It was a successful event.



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Atashi Karfa
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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 11: Activity report of World Health Day, 9th April, 2022

The NSS unit-i of Gokhale Memorial Girls' College observed World Health Day with Calcutta Ekatma. Our students- volunteers assisted to on duty medical experts and earned some basics of medical checkup like weight measurements, heights measurements, blood pressure check and how to note them down. Overall, it was a nice experience for them. The following volunteers and faculty members went to attend health camp organized by 'Calcutta Ekatma' on 9/04/22 at People's association Hall, kolkata-45

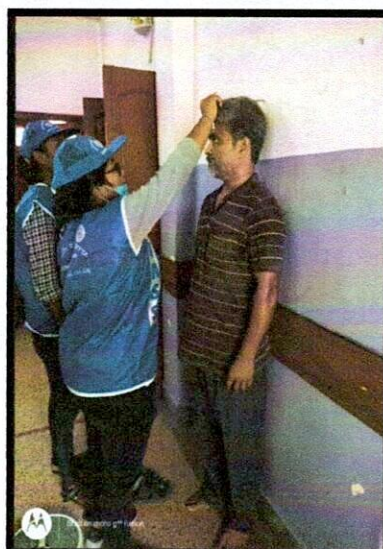
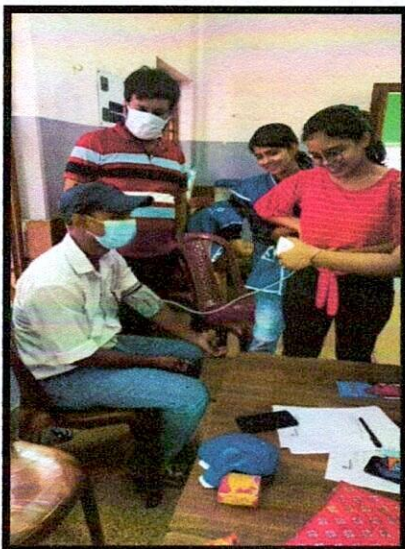
Student-volunteers: Suchetana Sengupta, Debatrayee Dhar, Srijani Karmakar, ShrutiKumari Mishra, Samadrita Dutta, Debosmita Jana, Arti Mishra, Priyanka Kanoo, DurbaAdhikari, Mohini Chakraborty, Disha Shaw.

Faculty members:

Mr. SudiptaMondal(NSS committee member)

Mr. Prasanta Kumar Pal (Programme officer, NSS unit-i)

Some Glimpses of the day:



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Gokhale Memorial Girls' College



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl No.12: **International Women's Day: 8th March, 2022**

Gokhale Memorial Girls' College in association with the National Service Scheme celebrated **International Women's Day** on 8th March, 2022. The department of Bengali and political science invited their Ex- students to deliver motivational speech for encouraging our current students. The students of the Department of philosophy presented papers on the same theme. Ms. Anwesha Banerjee, Asst. Editor, Ei Shamay delivered her talk on: **Offhand Techniques & Legal Opinions**. NSS Volunteers exhibited their posters made on the theme: 'Women Empowerment.' The students of economics concluded the program with their singing to celebrate Womenhood.

**GOKHALE MEMORIAL GIRLS' COLLEGE**
in association with
**The National Service Scheme Unit-1**
of the College Celebrates
'INTERNATIONAL WOMEN'S DAY'
8TH MARCH, 2022
Event Schedule

- **Department of Political Science - Motivational Talk by Ex-students -**
Ms. Suchandra Dey & Ms. Debosmita Modak at 10:30 am in Room - LT-2 & LT-3
- **Department of Philosophy - Students' Paper Presentation by All Semester Students at 10:30 am in Room - 5**
- **Department of Bengali - Special Talk by Film & Media Personality -**
Ms. Basabdatia Chatterjee at 12 noon in Room - LT-2 & LT-3
- **NSS Unit-I Programmes - (i) Expert Talk: Offhand Techniques & Legal Opinions by Ms. Anwesha Banerjee, Asst. Editor, EiShamay at 1:00 pm in Room - LT-2 & LT-3 (ii) Students' Poster Display**
- **Department of Economics - Singing to Celebrate Womanhood by All Semester Students at 2:00 pm in Room - LT-2 & LT-3**



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Karpha

Principal

Gokhale Memorial Girls' College

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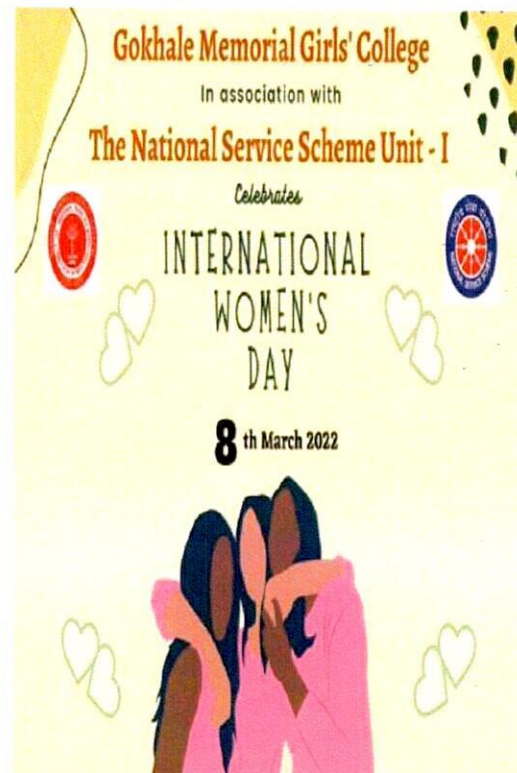


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Principal
Gokhale Memorial Girls' College

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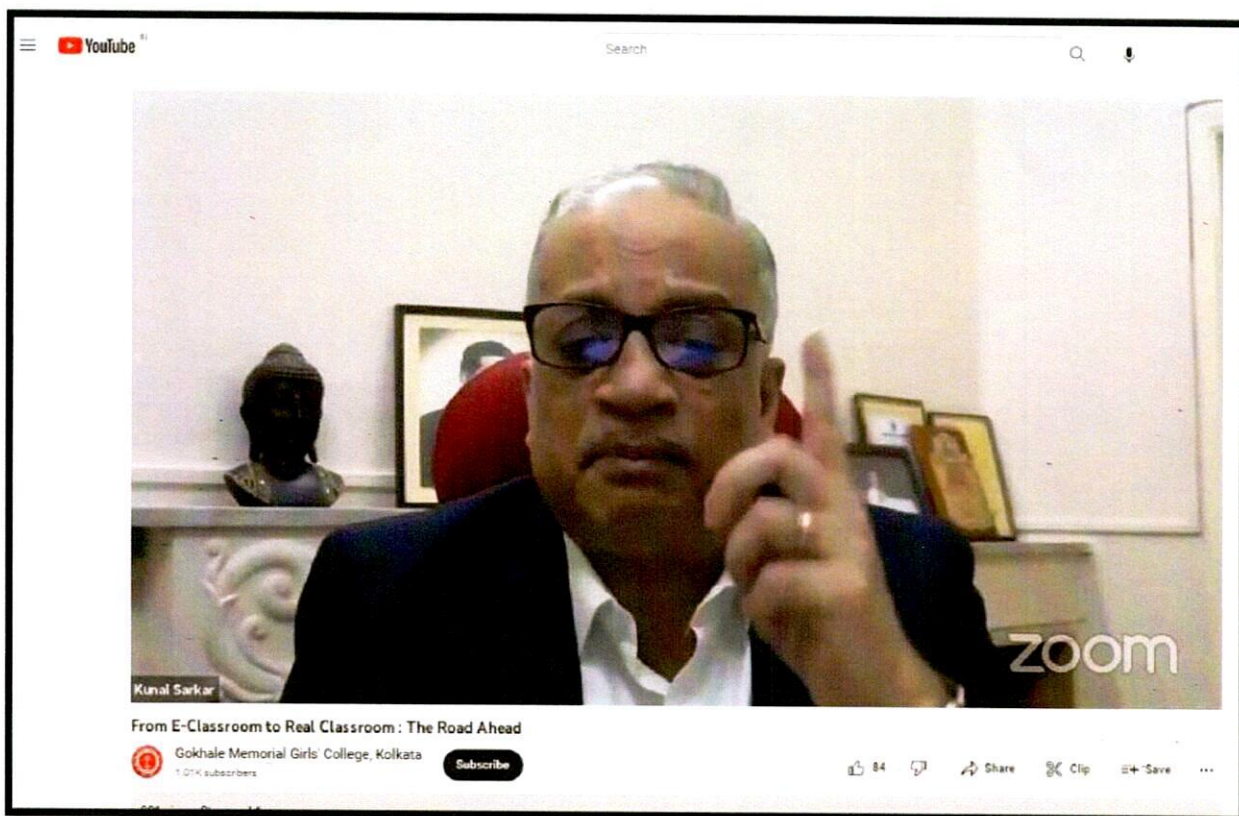


GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 13: **Activity report of Online lecture "E classrooms to real classrooms - the road ahead"**

COVID cell of Gokhale Memorial Girls' College organized a webinar on "E classrooms to real classrooms - the road ahead" on 11.12.2021. Renowned Cardiac Surgeon, Dr. Kunal Sarkar (Sr. Vice Chairman, Medica) delivered his talk online on the said topic.

The Webinar link: https://youtu.be/Mi_Kpir_AyE



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Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE



Gokhale Memorial Girls' College

COVID-19 cell

organizes a webinar :

From E-Classroom to Real Classroom : The Road Ahead

Date: Saturday, 11th December, 2021

Time: 5:00 p.m. onwards

Guest of Honour:



Prof. (Dr) Subires Bhattacharyya
Vice Chancellor, North Bengal University
Vice Chancellor, Darjeeling Hills
University (Addl. Charges)

Patron:



Dr Atashi Karpha
Principal, Gokhale
Memorial Girls' College

Speakers:



Dr. Kunal Sarkar
F.R.C.S (Edin), F.R.C.S (Glasgow),
MN MS
Sr. Cardiac Surgeon & HoD.
Sr. Vice Chairman, Medica



The event will be live streamed on
Gokhale Memorial Girls' College YouTube Channel



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A Karpha
Principal

Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 14: Activity report of Observation of Rashtriya Poshan Maah 2021

1. **Name of the Activity:** Observation of Rashtriya Poshan Maah 2021
2. **Organized by:** Dept. of Clinical Nutrition & Dietetics in collaboration with Internal Quality Assurance Cell (IQAC), Gokhale Memorial Girls' College (GMGC)
3. **Aim of the Seminars/conferences/workshops:**
 - a. To raise public awareness about nutrition and healthy eating habits as better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.
 - b. Encouraging active participation of nutrition students in such programmes to inculcate importance of the subject they are studying and to enhance their overall knowledge and exposure
4. **Date :** 16th- 30th September, 2021
5. **Duration in hours (approximate):** 7. 3 hours
6. **Number of Participants (approximate):** 65+65 (2 Day Intra Dept. Students' Webinar), 40 (Inter college E- poster competition), 70 (Expert Talk), 7 (kitchen gardening video), 3 (yoga video), 6 (career prospects video), 1 (video compilation), 1 (poster making).
7. **Name of Speakers with title of their speech, designation and Affiliation:**

Event	Date	Name of Speakers/ Judges	Title of the speech	Designation	Affiliation
2 Days Intra Department Students' Webinar	16 & 21.09.2021	Speaker: 18 students of Semester V CNDV	Various Topics in field of nutrition	Students	Gokhale Memorial Girls' College, Kolkata
		External Judge (Day 1): Ms. Shubhangi Ghosh		Diet Coach & Consultant Nutritionist	HealthifyMe; CIMS (Calcutta Institute of Maxillofacial Surgery & Research), Kolkata
		External Judge (Day		Clinical	KPC Medical



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		<p>2): Mr. Aritra Khan</p> <p>Internal Judge (Both days)</p> <p>1. Dr. Priyadarshini Chakraborty, (ex-student: 2006-2009) &</p> <p>2. Ms. Asmita Bhattacharjee (ex-student: 2013-2016)</p>		<p>Nutritionist & Guest Faculty</p> <p>SACT</p> <p>Invited Special Lecture Faculty</p>	<p>College & hospital</p> <p>Prasanta Chandra Mahalanobis Mahavidyalaya (PCMM) in dept of Food & Nutrition</p> <p>CND Dept, GMGC</p>
Expert Talk	18.09.2021	Sm. Bela Bose	Introduction	<p>President- Calcutta Ekatma & Ex-Reader- Dept. Home Science, CU (Retd.), Former Pgm Officer, NSS, CU, Gol</p>	Calcutta Ekatma
		Mr. Aritra Khan	Diet & Medicine	<p>Clinical Nutritionist & Diabetes & Heart Failure Patient Educator; Guest</p>	<p>Dept. of Clinical Nutrition, Clinical Dietetics & Community Nutrition, KPC Medical College & hospital; Nijji Pharmaceuticals</p>



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GOKHALE MEMORIAL GIRLS' COLLEGE

				Faculty; Scientific Nutrition Advisor (R&D),	
Inter College E- Poster Competition	30.09.2021	Speaker: Students Judge: Ms. Preeti Kumari (ex-student: 2013-2016)	Combating Hidden Hunger	Student Faculty	Different colleges Dept. of Food Science & Nutrition at Yuvaraja's College, University of Mysore

8. Sponsoring agency: Gokhale Memorial Girls' College, Kolkata

9. Sponsored amount: R. 3,000.

Outcome of the Activity: Students' Webinar presentation as well as E-Poster competition, both, not only helped students gain knowledge but also develop skills for future projects. Best presentations of each day received Certificates of Recognition. Day 1: Twinkle Das (19/BSCV/0002) on topic 'Vegan Diet;' Day 2: Naba Kulsum (19/BSCV/0025) on topic 'Bariatric Surgery.' Winner of the E-Poster Competition was Ms. Pritha Bose, student of 2nd semester of Dept. of Clinical Nutrition & Dietetics, Ranchi Women's College & an ex- student of the department (2017-2020).

Expert talks were highly enriching as they discussed about kitchen gardening, low-cost nutritious recipes for children, role of student volunteers in community nutrition, role of dietician in diet modification as per drug prescription. Videos prepared and compiled by semester III & V CNDV students on Career Prospects of Course Clinical Nutrition & Dietetics, Health Benefits of Yoga, Kitchen Gardening & Overall Programme Summary helped spread awareness about health and nutrition among masses. Overall, whole programme was student participation oriented.



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10. Video link of the seminar (For webinar only, if available):

<https://www.youtube.com/watch?v=uQ7MTPkyWU>

https://www.youtube.com/watch?v=YkYdu_9RSA&list=PLuUEdaaVMlbnzAXj3xzveavNTxt-QVugh&index=4

<https://www.youtube.com/watch?v=lchOp1AjMMI&list=PLuUEdaaVMlbnzAXj3xzveavNTxt-QVugh&index=4>

<https://www.youtube.com/watch?v=gchrKx2vkjk&list=PLuUEdaaVMlbnzAXj3xzveavNTxt-QVugh&index=2>

<https://www.youtube.com/watch?v=2T-uwavn0AI&list=PLuUEdaaVMlbnzAXj3xzveavNTxt-QVugh&index=8>

<https://www.youtube.com/watch?v=1Z8eEQC89w&list=PLuUEdaaVMlbnzAXj3xzveavNTxt-QVugh&index=7>

<https://www.youtube.com/watch?v=Ga6k5ta6Qww&list=PLuUEdaaVMlbnzAXj3xzveavNTxt-QVugh&index=6>

PHOTO GALLERY

INFANCY (BIRTH- 12 MONTHS) :-

A newborn weighs about 2 to 3.5 kg at birth.	Born with suckling reflex, rooting reflex, Moro reflex, Palmar grasp reflex, Babinski reflex.	Turns their heads towards the source of sound and are startled by loud noises.	Head and trunk control in the first few months.
Can rolls over turning from the stomach to the back.	They are gradually able to pull self into sitting positions.	Crawling occurs soon after they learn to roll onto their stomach.	They are able to stand while holding on to furniture.
The child has separation anxiety.		They form attachments to their caregivers.	

Thumbnail image of a person in a video call window.



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Shanpre
Principal
Gokhale Memorial Girls' College

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COMBATING HIDDEN HUNGER

Building stronger food systems

Disaster management

Fortification

Supplementation

Women empowerment

Education on proper nutrition sanitation & hygiene

INDIA ranks 102 among 117 nations on the Hunger Index!!

RITIKA BISWAS

Drug & Supplements Interaction

- According to the U.S. Food & Drug Administration, 75% of Americans take dietary supplements. A dietary supplement is a vitamin, mineral, or herb you take to improve your health or wellness. However, when taken with prescription or over-the-counter medicines, dietary supplements can cause bad side effects. Supplements can affect the way a medicine acts, or the way that the body absorbs, uses, or gets rid of it.



POSTMENOPAUSAL OSTEOPOROSIS

1. Osteoporosis, a bone disease associated with loss of bone mineral density and increased incidence of hip and vertebral fractures.
2. In postmenopausal females, the estrogen deficiency causes an increase in the RANKL which causes increase in the osteoclastic activity and hence, shifts the bone remodeling towards a bone resorbing balance which leads to osteoporosis.
3. Bone loss is maximum 3-5 years before menopause and also 3-5 years after menopause.

STAGES OF MENOPAUSE

Normal Follicle St. Premenopause Perimenopause Postmenopause

Normal variation of period

OSTEOBLAST VS OSTEOCLAST

OSTEOBLAST: BONE FORMATION

OSTEOCLAST: BONE RESORPTION



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Adarsh

Principal

Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 15: **VrikshaRakshaBandhan Day**

The **VrikshaRakshaBandhan Day** was observed by students on 22/08/2021 in their neighbourhoods midst the Covid-19 pandemic lockdown as a mark of respect and appreciation for trees and plants. This event was initiated by the SES REC Cell of the college with inspiration from the MGNCRE, Ministry of Education, Govt. of India. Report was submitted and appreciation certificate obtained.



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Arpita

Principal

Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Mahatma Gandhi National Council of Rural Education

"Don't cut trees, for they are our best friends and their love for us is unconditional. They give and they ask for nothing in return".

Happy Vriksha Raksha Bandhan

- Make a beautiful hand made Rakhi.
- Mobilize your neighborhood for participating in Vriksha Rakshabandhan.
- Tie the Rakhi to the tree appropriately taking all precautions.
- Hug the Tree.
- Give a small message of the need for protecting trees

SAP, MGNCRE

Date - 22/8/2021

Certificate of Appreciation

MoE/Vruksha Raksha Bandhan/22nd August 2021/29

This is to certify that

Sanchita Sen

Gokhale Memorial Girls' College

Participated and uploaded image of Vruksha Raksha Bandhan initiated by Mahatma Gandhi National Council of Rural Education, Hyderabad During August 2021.

Programme Coordinator
(Tuti Sandhya)

Mahatma Gandhi National Council of Rural Education
Department of Higher Education, Ministry of Education
Government of India

Made for free with Certify'em



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Akarpha
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Gokhale Memorial Girls' College



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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No.16: **Yaas Relief Work**

Amidst this covid pandemic, the dreadful Yaas Cyclone made the adverse situation more severe, living people with no livelihood. In this atmosphere of hopelessness, Gokhale Memorial Girls' College is working on relief works in those areas heavily affected by Yaas, such as East Midnapore, North and South 24 Parganas and Howrah. We are raising funds in this attempt to help the storm affected people. Our NSS volunteers went to Keorakhali block of South 24 Parganas for relief work on 18th June, 2021.



The NSS Unit 1
of
Gokhale Memorial Girls' College

Is working on emergency relief works in Yaas affected areas in East Midnapore, Howrah, South and North 24 Parganas. We need your continuous, moral and financial support to make it happen. Stand by us. Your contributions will feed the hungry, will medicate the wounds and will provide shelter to homeless.

Let us all fight this together.

You can send your generous contributions to:

Account name- Animita Hazra
Name of the Bank- Bank Of India
Account Number- 401610110016151
IFSC Code- BKID0004016
Phonepe/ Gpay/ Paytm- 8420677082

After contributing, please send a screenshot along with your name and amount to: 6296534899 / 9064298303

Your slightest generosity can provide one with a livelihood.



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A. Karph

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Gokhale Memorial Girls' College

5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 17: **Observation of World Environment Day**

On 5th June, 2021, as it was not possible to observe the day offline amidst COVID pandemic and consequent lockdown, students of Department of Chemistry, Gokhale Memorial Girls' College uploaded a video presentation on '**Antiviral, antibacterial and antifungal activities of medicinal plants**' in Youtube

The link for online presentation :

<https://www.youtube.com/watch?v=nvXjz4zb7aE>



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**Purpose of Group Interactive Counselling Sessions:**

- To deal with the mental health issues of the students by certified professionals.
- To discuss the skills to handle the impact of current pandemic situation on mental health.
- Emphasizing on Grief counseling session.
- To identify students going through complicated grief reactions.

Session conducted in the month of May-June 2021

Date	Day	Time	Speaker	Faculty
31.05.2021	Monday	5:30 – 6:30pm	Sm. Aparajita Chakraborty	Dr. Nabamita Chakraborty
07.06.2021	Monday	5:30 – 6:30pm	Sm. Ushri Sengupta	Sm. Arunima Mitra
14.06.2021	Monday	9:30 – 10:30am	Sm. Sudarshana Dasgupta	Sm. Nida Qasim
26.06.2021	Saturday	6:00 – 7:00pm	Sm. Ayoleena Roy	Sm. Suvoshree Bhattacharya
28.06.2021	Monday	5:30 – 6:30pm	Sm. Shymali Sarkar	Dr. Moon Moon Dutta

Session conducted in the month of July 2021

Date	Day	Time	Speaker	Faculty
05/7/2021	Monday	11:30 – 12:30pm	Sm. Debarati Das	Dr. Moon Moon Dutta
06/7/2021	Tuesday	2:30 – 3:30pm	Dr. Deepa Shah	Sm. Suvoshree Bhattacharya
07/7/2021	Wednesday	9:30 – 10:30am	Sm. Pallavi Mukhopadhyay	Dr. Nabamita Chakraborty
09/7/2021	Friday	12:00 – 1:00pm	Sm. Priyanka Bhattacharya	Dr. Leena Nair Sengupta
13/7/2021	Tuesday	5:00 – 6:00pm	Sm. Jayita Saha	Sm. Arunima Mitra



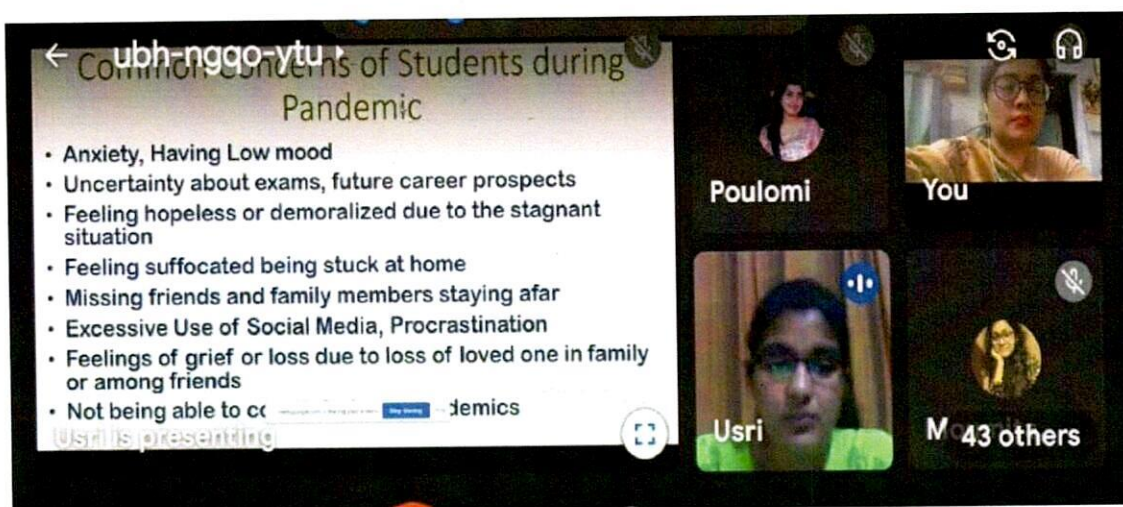
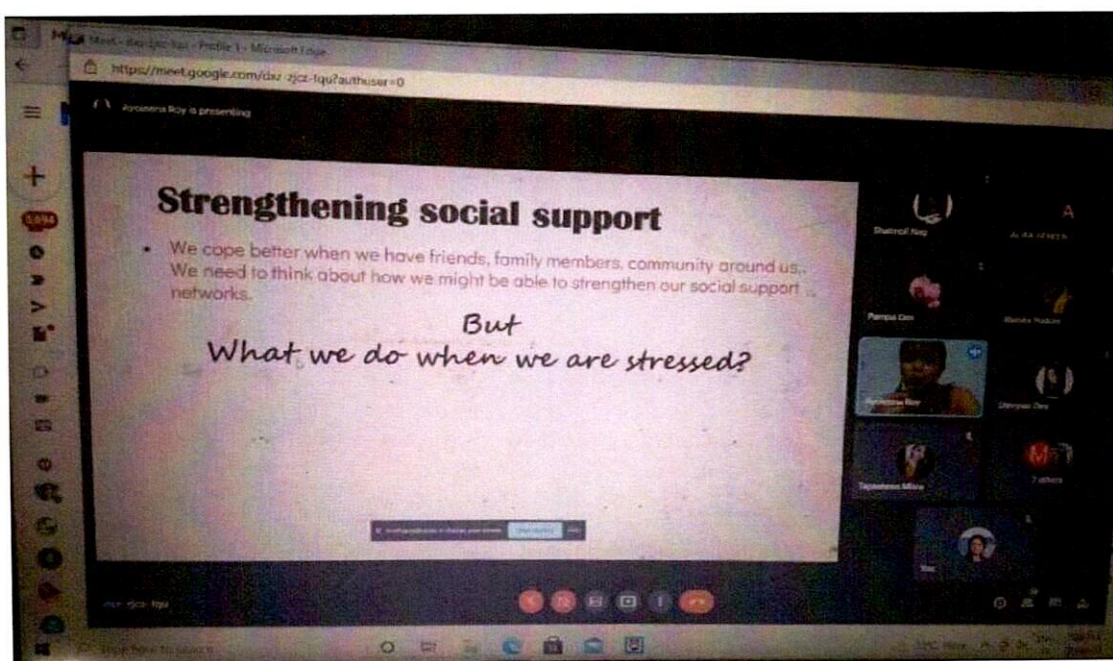
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Date	Topic	Speaker
21/07/2021	"Sharing experiences and finding ways to deal with grief" (Only for those students who have lost their beloved ones during the pandemic)	Sm. Ankita Ghosh





GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 19: **GMGC COVID HELP LINE:**

The NSS Unit-1 of Gokhale Memorial Girl's College took the initiative of helping people out by using social media as a medium. A group named GMGC HELPLINE was created in Whatsapp on 5th May 2021 and currently that group contains NSS and non NSS students from various departments, ex-Gokhalites, teaching and non teaching staff, summing up to around 100 active members.

A poster has been circulated in every possible medium with contact numbers of the front desk members of GMGC HELPLINE, which operates all over West Bengal. This Helpline started with the initiative of NSS unit but it has been operational with the effort of the entire college.

THE WAY IT WORKS:

Since May 5, 2021 to till July 22, 2021, GMGC Helpline has stayed open 24/7. More than 200 cases have been solved by the Helpline team till today.

This helpline has been organized and divided into front desk members and back end verifiers. The front desk members contact the patient family directly before handling any case and the back end verifiers continuously verify contacts before providing any lead to the patient family.

The main group has segregation and for each segregation, different Whatsapp groups have been created. The four groups are:

1. Hospital Group
2. Oxygen Group
3. Blood and Plasma Group
4. Food Group

Now, each group has 2 front desk members assigned to them, 2 of them are further divided into morning shift and night shift(12am12pm and vice versa) and they get calls accordingly. But the front desk members are there in all the groups so that they can work in place of someone who is currently inactive.

Each of these groups also contain a set of back end verifiers which is different for each group. The back end verifiers keep verifying these contacts as and when any patient family reach us out. So, by doing this, giving a list of numbers, from which half of them doesn't work to a distressed family, can be avoided.

PROTOCOLS:

Any sort of leads is not provided without patient verification so that there is no misuse of information. Front desk members try to communicate with the patient family as much as possible and try to be there for them and be empathetic in our approach.

Everything that is done, strictly falls under government circular and anything that is beyond, is prohibited in this helpline. The sole motive is to help people out in this dire situation by creating a network. The organization and maintenance of information are the key priorities of GMGC HELPLINE.



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GOKHALE MEMORIAL GIRLS' COLLEGE

 **The NSS Unit I**
Of
Gokhale Memorial Girls' College
Initiates 

GMGC COVID HELPLINE

We, the students of Gokhale Memorial Girls' College, have taken the initiative of helping people in crisis owing to this Pandemic.

We can assist you with updated information on:

1. Oxygen providers
2. Hospital beds (both private and govt.)
3. Blood and plasma
4. Food delivery

DROP A CALL/ TEXT US AT:

<u>For Hospital Beds</u>	<u>For Oxygen</u>	<u>For Blood/Plasma</u>	<u>For Food Services</u>
(From 12pm to 12am) 6296534899	6290763871	8582848617	9612553190
(From 12am to 12pm) 8910271382	6290807977	9064298303	7797366147



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List of beneficiaries through COVID help line:

Patient's Name	Age	Address	Ailment	Covid Test Report	Requirement	Date of resoulution
Asit kr. singha	79	madhyamgram	fever,,cold& cough , urine problem, surgery bcecause of brain stroke	-----	Bed	----
Anonymous	Unknown	Asansol	Unknown	-----	Oxygen Bed	05-07-2021
Swapn Kumar De	65	Moulali, Creek Row	Fever, breathing difficulty, drowsiness, O2 level - 87/88	-----	Bed	05-08-2021
Uday Sankar Pramanick	unknown	unknown	unknown	-----	Blood	5-5-21
Jaba Dutta	50	Bagmari North Road	Senseless O2 level 41	positive	Bed and Oxygen cylinder	5-5-21
Rebecca Gomes	52	158, G.K. Guha Road, Amulya Enclave, Dumdum Cantonment, Kol - 28	Weakness, Loose Motion, O2 level- 85/86	positive	Bed	05-08-2021
Ashim Baidya	63	Thakurpukur	fever, body pain,frequent drop in O2 saturation,loss of taste and smell,heart patient with pacemaker	Awaiting report	bed and Oxygen cylinder	----
Aditi Chakraborty	50	Kankurgachi	Weakness, Breathing problem, O2 level- 85	positive	Bed	05-09-2021
Subhod Das	52	kankinara , keutia charakdanga	unknown	-----	Oxygen	----
Seema Ghosh	59	Thakurpukur	cold, cough,breathing problem , O2 level 86.cancer survior ,right side paralysis due to cerebral	not yet done	Oxygen, bed after C-ovid test	----
Aditi singh	67	Dhakuria,AMRI	unknown	-----	blood	----
Priyanka Choubey	38	Microlap Nursing Home	Breathing Problem	Positive	Bed	05-08-2021
unknown	54	Baghajatin , jadavpur	O2 level 88 and dropping	Positive	Bed	----
Jay prakash Agarwal	59	Lale town, 700048	O2 level dropping	Positive	bed and Oxygen	05-06-2021

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Manju Biswas	71	Baidyabati , B.S park maidan	Hypertension, O2 level 88	Negative	Bed	----
Purabi Dasgupta	94	unknown	O2 level 85-90 fluctuating	-----	Bed	----
Swapan Biswas	55	near Habra hospital	O2 level 58	Not yet done	Oxygen, bed after C-ovid test	05-06-2021
Prabir Banerjee	28	unknown	breathing problem, loss of weight, fever , cough & cold	Negative	Bed	----
Biswanath Samanta	74	1no Hatgachia, Dhapa	Diarrhea, O2 level 88, urine infection, thyroid, neurological issue, high BP	Positive	ICU Bed	----
Rina Das	58	Sirthimore	unknown	-----	ventilation	----
Durga Chakorborty	74	9 no central park, bansdroni, 70070	low O2 level	-----	Oxygen	05-08-2021
Chaitali Bhowmick	58	Thakurpukur, 2 no bacharpara rd, paschim barisha, South 24 paraganas, 700063	Breathing problem, can't talk, thyroid, hypertension, anaemic, need suction for removal of cough from lungs	Positive	BIPAP, CPAP, Ventilation	05-09-2021
Somnath Ghoshal	unknown	Durgapur	unknown	not yet done	c-ovid test required	05-09-2021
Suvendra Nath Moitra	62	Near Ruby General hospital	unknown	-----	Covaxin 2 nd dose required	05-09-2021
Mou Joardar	43	Vidyasagar, Bhagajatin	High fever, cough, suffocation and body pain High sugar, high blood pressure and asthma O2 level-90	-----	Oxygen and bed	05-09-2021
Sumitra Dhar	60	unknown	unknown	-----	CGHS	05-10-2021
Arpita Sen	50	Arogya, near Alipore	O2 level below 80	-----	ICU Bed , Oxygen	05-11-2021
Abinas Biswas	70	Ujiban Hospital	Fever(last recorded 28/4/2021) Oxygen level-68	Positive	ICU Bed	05-11-2021
Subir Bose	68	Dumdum	Dry cough , O2 level 80	Positive	ICU Bed	05-11-2021
Radarani Padui	80	15 no Sitalamata Lane , Baranagar, 700090	O2 level 84 and decreasing, blood pressure 107/63	-----	Bed and Oxygen	05-10-2021
Rajashree Saha	51	Sonarpur	Can't breathe, walk or sit , Oxygen	positive	Bed and	05-10-2021

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			level dropping		Oxygen	
Silpa Dey	25	209 kantadanga, Fingapara , North 24 paraganas, 743129	O2 level 72 and dropping, Fever, Shortness of breath	Positive	Bed	05-10-2021
Nandita Modak	unknown	18/16 Sitalamata Lane , 700090	O2 level 85	Awaiting report	Bed	05-10-2021
Arnab kr Guha	65	Baruipur	O2 level 94	-----	ICU Ventilation	05-10-2021
Biswajit Sarkar	47	Dakshineswar	High fever	Positive	Bed	05-11-2021
Leena Chatterjee	83	Sreerampore	High Blood Sugar Oxygen level-80 and drastically fluctuating CT Scan- Chest Patches	-----	ICU Bed	05-10-2021
Aniruddha Chatterjee	51	Kalighat Kolkata	Oxygen level falling Present Oxygen level 88	Positive	General bed with Oxygen	05-12-2021
Busina Khatun	42	Baduria , North 24 paraganas	O2 level 62-65	Positive	ICU Bed	05-12-2021
Sankar Roy	65	Ramchandra Ghosh rd, PO Kolkata, South 24 paraganas	O2 level 75 , Breathing problem	not yet done	Bed and Oxygen	05-12-2021
Arun Guha	76	Near Belgharia Station	Oxygen level -76	-----	Oxygen Cylinder	05-13-2021
Anand Rai	54	Apex clinic Pvt LTD, Behala 38 ,P N Mitra Brickfield rd , Kolkata-700041	O2 level 80 , lung damage 59% , diabetes , glucose level 250 , C reactive protein level 49.6	Positive	ICU Bed	05-13-2021
Rajdeep singha	28	unknown	O2 level 86	-----	ICU Bed	05-13-2021
Munmun Chowdhury	45	Pranashree, Kolkata	unknown	Positive	Blood	05-13-2021
Usha Baid	49	Saltlake City , Kolkata	Cough, weakness, low O2 saturation O2 level at 75	Positive	Bed	05-13-2021
Samita Paul	64	B.T rd ,Tobin rd , near Noapara Metro station	Melana , Anaemia	-----	Blood	05-13-2021
Sambhu Chatterjee	45	Rahara, Khardaha, Kolkata-700118, North 24 paraganas	Cough , Fever	-----	RTPCR test	05-13-2021

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Rajdeep Chatterjee	12	Rahara, Khardaha, Kolkata-700118, North 24 paraganas	Fever	----	RTPCR test	05-13-2021
Jyostna Dutta	78	Block D, Arabinda Arena, Rahara Bazaar, khadaha, North 24 paraganas , 700118	O2 level 71, low O2 saturation & low level of potassium and sodium	Not yet	Bed and Oxygen	05-13-2021
Kiran Chand Jain	85	unknown	Coughing, breathing problem, O2 level 89	Positive	Oxygen cylinder	05-13-2021
Dipankar Ghosh	46	Shyambazar	Oxygen level with Oxygen Cylinder 90,Clinical Covid	----	ICU	05-13-2021
Dipti Chatterjee	78	Picnic Garden	Cough,fever Oxygen level-92-95	----	Oxygen	05-13-2021
Anjani	unknown	Kankurgachi	Unknown	----	Oxygen	05-13-2021
Asit Singha	79+	Kolkata	Oxygen level fluctuating, coughing O2 level 90-91	Positive	ICU Bed	05-13-2021
Juthika Saha	87	Chaltabagan,Manicktala	Fever,Oxygen level -90	----	Oxygen	05-13-2021
Shambhu Kumar	61	Purulia	Fever, cough, O2 level -78,high pressure	----	ICU	05-13-2021
Poulomi Ghosh	31	Rishra,Panchanantala	Weakness,fever, O2 level-90-94	----	Oxygen	05-13-2021
Radharani Bhowmik	86	Tollygunge,near bhawani cinema,metro station	Fever, breathing problem, O2 level -79	----	Oxygen	05-13-2021
Santosh Das	58	Behala Sakherbazar	Breathing problem, non covid(released from hospital) O2 level-88	----	Oxygen	05-13-2021
Rakhi Rakshit	52	Mayfair hospital , Dumdum	Breathing problem, O2 level 80	Positive	ICU Bed with wipe up	05-14-2021
Buddu Saha	50	Malda	unknown	----	Blood	05-13-2021
Paritosh Bhattacharyya	65	Palasahi Post office, kacharapara	Oxygen level 84- 88, Cough, fever, Diabetes, cerebral attack , undergone hip bone surgery	----	Oxygen	05-13-2021
Bibha Das	46	unknown	Diabetes, O2 level 70-80	Positive	ventilation Bed	05-13-2021
Madan Mohan poddar	79	Kankuragachi	O2 level 79& fluctuating, high risk of heart attack, Blood infection	Positive	Oxygen	05-14-2021

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Tilak kr. Nag	71	Rashbehari	lungs deterioration, Fever, O2 level 97	Positive	Bed	05-14-2021
Gopa Bose	56	Habra	Positive value-20,O2 level-87-97	-----	ICU	05-14-2021
Manju Rawani	46	Jamuria,near MBS petrol pump-713336	pneumonia,fever,hypoxia,O2 level-around 95 but fluctuating during hypoxia leading to sever breathing issues	-----	Oxygen	05-14-2021
Mita Rudra	60	B32/7 kalindi estate housing complex,kalindi,Kolkata-700089	breathing issue,chest pain,Oxygen fall,fever,O2 level-85,asthma,bp high	-----	Oxygen,bed	05-14-2021
Abhay Kumar Nath	70	Jodhpur Park	Fever,cough and cold	-----	Bed	05-14-2021
Subhash Paul	63	Baghajatin	Breathing problem,high temperature,O2 level-83	-----	Oxygen	05-14-2021
Prashant Bhavsar	45	Unknown	Unknown	-----	Bed with ECMO machine	05-14-2021
Sugata Chatterjee	46	714/6 Sarat Chatterjee Road,Shibpur,Howrah-711102	High fever,O2 level-approx 89	Positive	Oxygen	05-14-2021
Kusum Devi Agarwal	80	Park View Hospital	O2 level-88-92,Blood Group-AB-ve	-----	Plasma	05-14-2021
Gayatri Ghosh	91	76/A Ibrahimpur Rd, near Bidanpally rickshaw stand , Kolkata-700032	O2 level 90-95	Positive	Oxygen	05-14-2021
Rani Ghosh	84	Shyambazar	O2 level 86, Fever, Breathing problem	Awaiting report	Oxygen	05-14-2021
Arati Saha	85	Baguiati , Jagriti Sanga	Breathing problem, Headache, refusing food	-----	Bed	05-14-2021
Biswanath Benia	81	Girish Park, near Haryana Bhawan, Kolkata	O2 level 90-91, Fever	-----	Oxygen	05-14-2021
Maduri Ruj	54	Begunia more ,Barakar	O2 level 88-92	-----	Bed	05-15-2021
Sandhya Dutta	62	Kolkata	O2 level less than 80	Positive	Bed	05-15-2021
Ramprasad Mukherjee	70+	Sagar Dutta hospital	respiratory problem, urine infection, Diabetes, lungs infection	-----	ICU Bed	05-15-2021

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Subhodeep Pyne	28	Kasba , Kolkata	breathlessness , low O2 saturation	Positive	Bed with ECMO support	05-16-2021
Bholanath Ganguly	65	220, Prafula nagar lowland, Belgaria , Kolkata-700056	High Fever, cough, O2 level 92-96	Awaiting report	Bed	05-16-2021
Raj Kishore Sharma	40	120/1, Bahrib Sarbamangla Punjabi para near petrol pump WB-713101	Hypoxia, Pneumonia O2 level-88-90	---	Oxygen	05-16-2021
Archana Chowdhury	66	Barasat	Extreme dizziness, low oxygen level, lungs affected	----	Ventilation	05-17-2021
Utpal Guha	63	1/57, Rajendra Prasad Colony Kolkata -700033	Sugar, high blood pressure, O2 level -84	Positive	Bed	05-18-2021
K.C. Saha Sankar	55	East Mall Road Kolkata 80	O2 level -82	Positive	Oxygen	05-19-2021
Renu Devi	40	AE 141 Khestopur 24 Parganas North	O2 level -88	Positive	Bed	05-24-2021

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Sl. No. 20: **Activity report of Workshop on Social Entrepreneurship, Swachhta & Rural Engagement Cell - Cluster Level Competition from 18.02.2021 to 20.02.2021**

This workshop focused on motivating young students to engage their talents and acumen in social entrepreneurship. The Workshop actions relating to promotion of social entrepreneurship were proposed by the participants themselves. These proposals were found to cover several unique social entrepreneurship activities. And after having taken actions on these proposed plans, the students submitted reports on how they had implemented these plans and what were their experiences and achievements. Their experiences could be regarded as research case studies. A detailed report was submitted to Faculty Development Centre, Mahatma Gandhi National Council of Rural Education.



Making Sanitary Pads



Household Waste Management & Engaging the Help of Municipal authorities



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Gokhale Memorial Girls' College
5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Making paper bags



Tending to saplings for sale in the market



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Raspha
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GOKHALE MEMORIAL GIRLS' COLLEGE



Certificate

This is to certify that SHAMPA SARKAR, Assistant Professor from Gokhale Memorial Girls' College, has rendered valuable services as Mentor for Students in Submitting Social Entrepreneurship, Swachhatha and Rural Engagement Cell Business Activity Implementation for Cluster Level Competitions conducted by Mahatma Gandhi National Council of Rural Education from 18/02/2021 to 20/02/2021. We, at MGNCRE, highly appreciate Mentor for valuable guidance and support in Successful Completion of SESREC Competitions.

Dr. W.G. Prasanna Kumar
Chairman

Date of Issue: 05-03-2021

Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India



Certificate

This is to certify that Miss Priiti Rajak, Assistant Professor from Gokhale Memorial Girls' College, Kolkata, has rendered valuable services as Mentor for Students in Submitting Social Entrepreneurship, Swachhatha and Rural Engagement Cell Business Activity Implementation for Cluster Level Competitions conducted by Mahatma Gandhi National Council of Rural Education from 18/02/2021 to 20/02/2021. We, at MGNCRE, highly appreciate Mentor for valuable guidance and support in Successful Completion of SESREC Competitions.

Dr. W.G. Prasanna Kumar
Chairman

Date of Issue: 05-03-2021

Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India



A few MENTORS' certificates



Certificate of Participation

This is to certify that Viddhi Pandey, Gokhale Memorial Girls' College has Submitted Business Idea on Making paper bags from newspaper for "Social Entrepreneurship, Swachhatha and Rural Engagement Cell" Cluster Level Competitions for Higher Educational Institutions in Association with Mahatma Gandhi National Council of Rural Education on February 2021.

Dr. W.G. Prasanna Kumar
Chairman

Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India



Certificate of Participation

This is to certify that Prachi Verma, Gokhale Memorial Girls' College has Submitted Business Idea on GHAR SE ROZGAR for "Social Entrepreneurship, Swachhatha and Rural Engagement Cell" Cluster Level Competitions for Higher Educational Institutions in Association with Mahatma Gandhi National Council of Rural Education on February 2021.

Dr. W.G. Prasanna Kumar
Chairman

Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, Government of India



A few STUDENTS' certificates



Authenticated

Alapha
Principal

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 21: Dengue & Covid Consciousness Program:

NSS Unit I of Gokhale Memorial Girls' College, Kolkata organized a State Level Webinar on "An Approach to the Management of Monsoon Fever with Special Reference to Dengue and COVID-19", which was held on the 17th of August, 2020 from 5 pm onwards via online platform, Zoom and YouTube simultaneously.

Speaker: Dr. Amitabha Nandy, one of the leading virologists of our country and formerly associated with School of Tropical Medicine, Kolkata.

The poster is for a webinar organized by The NSS Unit-1 of Gokhale Memorial Girls' College. It features the college's logo and the NSS logo. The text on the poster includes the title of the webinar, the date and time (17th August, 2020, 5:00 pm), the platform (Zoom and YouTube Live Streaming), the last date of registration (16th August, 2020), and a link for registration. The speaker is Dr. Amitabha Nandy, a renowned virologist. Contact persons and numbers are also listed. A note at the bottom states that the link to the webinar will be given in the college website and sent to registered email IDs. The poster is designed by Samadrita Dutta, Dept. of History, GMDC.

**The NSS Unit-1
of
Gokhale Memorial Girls' College**
Presents
A Webinar on
"An Approach to the Management of Monsoon Fever
with Special Reference to
Dengue and COVID-19"
Date: 17th August, 2020
Time: 5:00 pm
Platform: Zoom and YouTube Live Streaming
Last Date of Registration: 16th August, 2020.
Link for Registration: <https://forms.gle/JDUE2wU4WoRqfIMY7>
Speaker:

Contact Persons:
Dr. Goutam Mahata
Mr. Prasanta Kumar Pal
Contact Numbers:
9874146238
9932541009
Dr. Amitabha Nandy
Renowned Virologist & Formerly Associated with School of Tropical Medicine, Kolkata
N.B.- The link to join the Webinar will be given in the College website and
will be sent to the registered email ids.
Designed by Samadrita Dutta, Dept. of History, GMDC.



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Principal
Principal
Gokhale Memorial Girls' College

15 FEB 2023



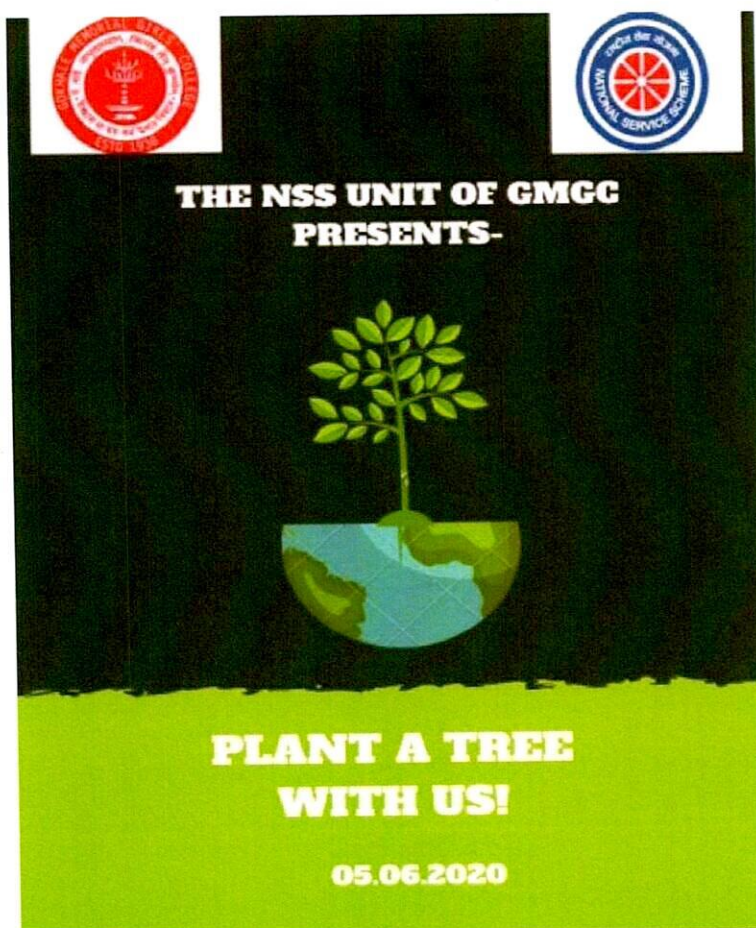
GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 22: **Observation of World Environment Day**

On 5th June, 2020, NSS Unit-1 of Gokhale Memorial Girls' College organized a program named, "Plant a tree with us!" on the auspicious occasion of the World Environment Day on 5th June. The teaching, non-teaching staffs and the students of Gokhale Memorial Girl's College came forward in this battle against climate change and environmental degradation. As the super cyclonic storm, Amphan caused the destruction of a huge number of trees in West Bengal last month (16 May, of 2020) and, thereby, dealt a severe blow to our ecosystem. Since there cannot be a better way of observing this sacred day than planting trees, we, the members of the NSS committee, GMGC requested all faculty members and students to plant at least one sapling each in their homes/gardens.

The link for online presentation of tree plantation program:

https://drive.google.com/file/d/1kOoo66NRkcmyIVSmyPh5jWikGCVQab_2/view?usp=drivesdk



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Akash
Principal

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 23: **Activity report of Department-wise online counselling sessions for the 3rd Year Students**

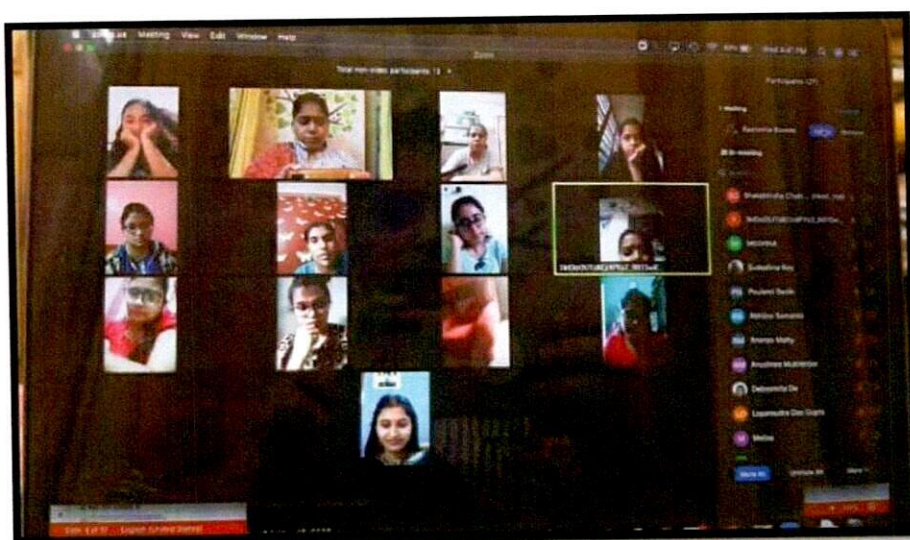
Topic: MEANING MAKING IN THE TIMES OF CORONA

An online Psychological counseling sessions for the 3rd Year Students were organized and conducted by IQAC of the Gokhale Memorial Girls' College on 09/05/2020. The pandemic had just begun and the overall atmosphere was of panic, fear and uncertainty. Amidst such pandemonium, our college wanted to stand by its students to give them hope in such times of despair. The consultation of the counselor Dr. Shatabhisha Chatterjee was unique, in a sense that though it was a group counseling session, she took individual cases and addressed their issues very efficiently. The students were very enthusiastic and feedback from the students was positive.

According to Dr. Chatterjee the important points to avoid the stress are:

1. To except the fact that one may feel stressed in this situation and deal it normally.
2. To eat and drink edibles which are healthy for maintaining good health of the body and mind.
3. To stay away from intoxicants like alcohol, cigarettes or any recreational drugs.
4. To get news updates from trusted sources to avoid fake news.
5. To stay away from news which makes one upset, ie, stay aware but don't panic.
6. To adopt activities which are both entertaining and increases skills.

One must always be in the present rather than expressing despair for the past or daydream about future, because if done so then he/she misses on what is there in front of him/her. Today makes tomorrow so if we focus on today then it will give positive results in the future, on the other hand what has happened cannot be changed then thinking about it lessens visibility of the now. So the optimum option is to be in the 'now'. Although controlling the mind is quite difficult but can be done by self analysis, and this is called mindfulness. This path can lead to potential bliss during the times of stress like these.



54



Authenticated .

Adarsh
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Online Counselling Sessions for 3rd Year Students

Organised by

INTERNAL QUALITY ASSURANCE CELL (IQAC)
GOKHALE MEMORIAL GIRLS' COLLEGE



Topic: MEANING MAKING IN THE TIMES OF CORONA

Counsellor: Dr. Shatabhisha Chatterjee

Online Platform : Zoom App

Time: 4:00 pm onwards

Counselling Schedule

Date of Session	Student Group	Departments
11.05.2020	I	Education
		Psychology
12.05.2020	II	Economics
		CMEV
		Hindi
13.05.2020	III	Political Science
		Bengali
		Philosophy
		English
14.05.2020	IV	Physics
		Chemistry
		Mathematics
		CNDV
15.05.2020	V	ASPV
		History



Authenticated .

Arpita
Principal

Gokhale Memorial Girls' College

15 FEB 2023

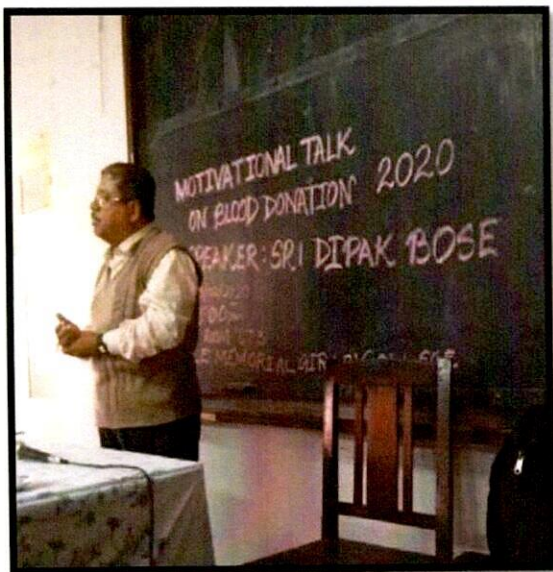


GOKHALE MEMORIAL GIRLS' COLLEGE

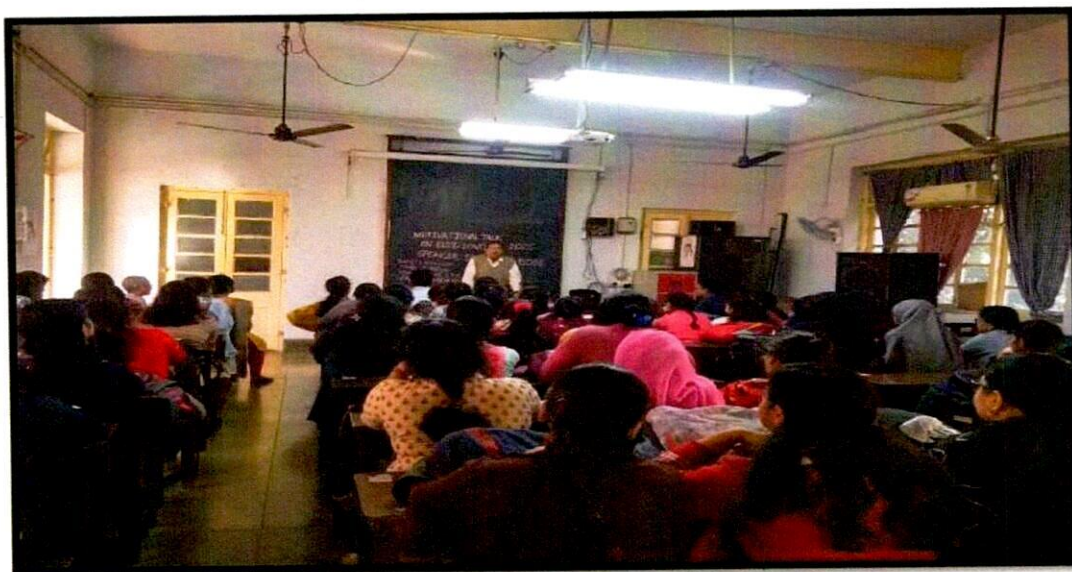
Sl. No. 24: Activity Report of Blood Donation Camp 2020

Awareness Talk, 2020

Prior to the Blood Donation Camp in Gokhale Memorial Girls' College, Sri Dipak Bose, a member of the Association of Voluntary Blood Donors, W.B. delivered his motivational talk to create an awareness among the student about the advantages of Donating blood.



Felicitation Sri Dipak Bose delivering the talk



Students & Committee Members participated at the Awareness Talk

56



Authenticated .
Alankar
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Voluntary Blood Donation Camp on 22nd February, 2020

The Voluntary Blood Donation Camp of 2020 was conducted by the teachers, staffs and students of the Gokhale Memorial Girls' College on 22nd February, 2020 in the memory of Smt. Sarala Ray and Dr S.E. Rani Ghosh with the help of Association of Voluntary Blood Donors, W.B. and Central Blood Bank, Kolkata in the College premises.

Each donor received a blood bank credit card from the Blood Bank. Those who participated as a volunteer of the said camp received the Certificate of appreciation from the College. Both Donors and Volunteers received a special Badge from the college.

Total no. of Donors are 20.

Total no. of Volunteers are 17.



Few glimpses of Blood Donation camp



Authenticated .

Aranya
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Few glimpses of Blood Donation camp



Authenticated .
Akarpsho
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 25: **Observation of World Cancer Day**

The volunteers of NSS Unit-1, Gokhale Memorial Girls' took part in a rally, organized by Indian cancer society and kolkata Rotary club, Kolkata, on the very auspicious day of International Cancer Day (4th of February, 2020) to make people aware about the deadly disease. The program was inaugurated by Sri Jagdeep Dhankar, Hon'ble governor of west Bengal



Authenticated .

59



Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Authenticated .
Warples
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 26: **COLLEGE CAMPUS CLEANING AND GROUND PREPARATION FOR SPORTS**

Teaching and non-teaching staff of NSS UNIT-1 alongwith students volunteer and members of sports committee of Gokhale Memorial Girls' College have prepared college ground for outdoor games on 27th November, 2019.



Authenticated .

Karphi

Principal
Gokhale Memorial Girls' College

61

5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 27: Activity Report of Social Outreach Programme dated 26.11.2019

Social Outreach programme was organised by Gokhale Memorial Girls' College on 26.11.2019. A team of 9 teachers, 5 non teaching staff and 42 students visited an orphanage house, Baruipur Sitakundu SnehKunj, Baruipur. Students of 3rd year (2 from each department) and some students from other year also participated in this programme. Sweaters, blankets, bedsheets, emergency light, food items, some necessary medicines given to orphanage house students. Our students have distributed pen, pencil, note books etc. from their own effort to them. Lunch was arranged for all. We came back to college in the evening with a satisfaction.



Authenticated .
Chopra
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Authenticated .
Marpha
Principal
Gokhale Memorial Girls' College
15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 28: Social outreach activity to the Old Age Home of All Bengal Women's Union

Gokhale Memorial Girls' College Alumni Association, in collaboration with Inner Wheel Kollolini Kolkata, organised a visit to the Old Age Home of All Bengal Women's Union situated at 89, Elliot Road, Kolkata – 700016 on 13th November, 2019. There were around 35 inmates in the Home with whom quality time was spent. An interactive session on 'A Lending ear to the Elderly's Woes' by Professor (Dr.) Nilanjana Sanyal, President of Gokhale Memorial Girls' College Aluminium Association was highly appreciated. The Alumni Association and Inner Wheel gavediapers and moisturising lotion to the inmates of the Home.



Authenticated .

Chandro
Principal

Gokhale Memorial Girls' College

15 FEB 2023



Sl. No. 29: **Swachhta Pakhwada 2019**

Ministry of Human Resource Development observed Swachhta Pakhwada 2019 during 1st September, 2019 to 15th September 2019. Gokhale Memorial Girls' College observed the Pakhwada with a resolution of banning the use of Single Use Plastic in the Campus



Authenticated .
Arpita
Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 30: Yoga Workshop & Training

IQAC of Gokhale Memorial Girls' College in collaboration with World Yoga Society, Kolkata organized a Yoga and Meditation Workshop entitled "Therapeutic & Classical Yoga, Yoga Dance and Meditation" on 02/08/2019 and two Yoga training classes each of 60 minutes duration on 03/08/2019. Smt. Arpita Palodhi, and Smt. Tania Nag, Professors of Yoga Medical College delivered their lectures and explained the unique approach called "Dibya Yoga" which has been amazingly successful in bringing relief to many. The speakers also demonstrated how the refinements and customization of static and dynamic Yoga poses work as physical medicine on both, mind and body. More than 60 students participated in the training programme.



Authenticated.
Arpita
Principal
Gokhale Memorial Girls' College

15 FEB 2023



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Authenticated .

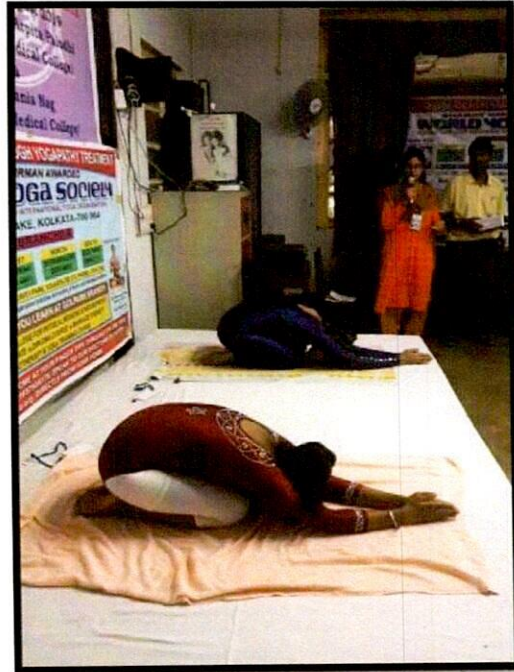
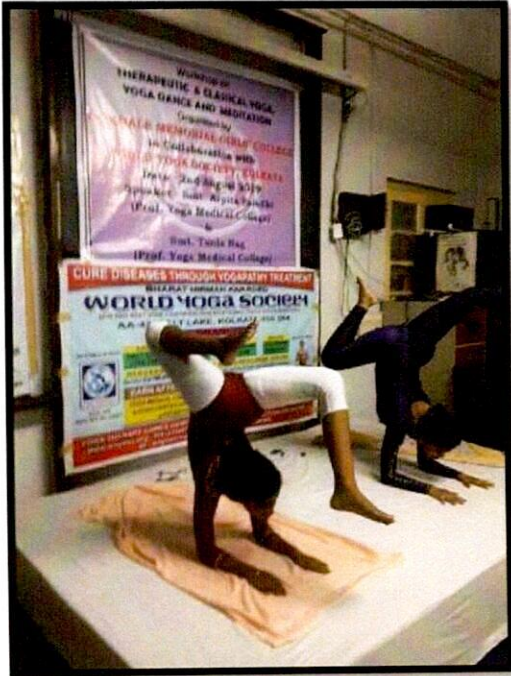
Alkapra

Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Authenticated .
Akarpas
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Gokhale Memorial Girls' College



Ref. No. GMGC/Admin/18-19/L 008

Date: 26/07/2019

To
The CEO,
World Yoga Society,
Kolkata.

Sub: Yoga Workshop & Training to be conducted by World Yoga Society in Gokhale
Memorial Girls' College

Dear Sir,

With reference to your letter dated 22-07-2019, this is to state that we welcome the teachers (Professors) of your Yoga Medical College to conduct the inaugural session of the Yoga and Meditation Workshop to be conducted on 02/08/2019 at 1.45 pm and two Yoga Training classes each of 60 minutes duration on 03/08/2019 from 1.45 pm to 3.45 pm at charges mentioned by you. We also request you to kindly provide us with the raw file of the participation certificate which also has a space for mentioning the above dates, for printing the same at our end.

Regards,

Yours sincerely,

Rashee
Principal
Gokhale Memorial Girls' College

Authenticated .

Rashee
Principal
Gokhale Memorial Girls' College

09 JAN 2020

1/1 Hanish Mukherjee Road, Kolkata - 700 020
Phones : 2223-2355, 2223-5287, 2223-0027 • E-mail: gokhalecollegekolkata@gmail.com
website - www.gokhalecollegekolkata.edu.in

E/GMGC/Admin/2019-20/Letter A4



Authenticated .
Rashee
Principal
Gokhale Memorial Girls' College

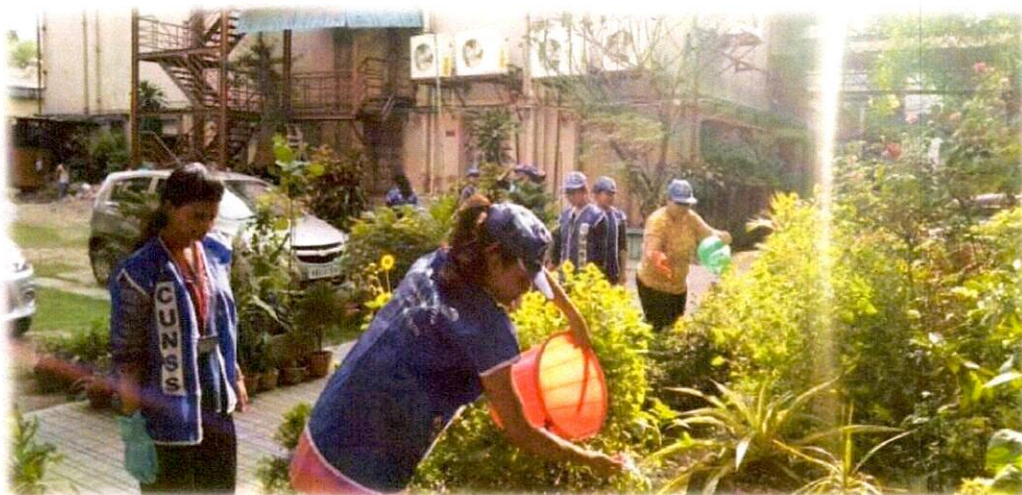
15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 31: **WORLD ENVIRONMENT DAY**

NSS UNIT-1 of Gokhale Memorial Girls' College observed world environment day on 5th June 2019.. 15 volunteers of the NSS UNIT-1 participated in campus gardening programme.



Authenticated .
[Signature]
Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 32: Observation of "World No Tobacco Day" on 31.05.2019

World No Tobacco Day was observed by NSS Unit-1 on 31.05.2019. All total **22** students and staff were participated to observe "World No Tobacco Day".



Authenticated .

A. Karpha
Principal
Gokhale Memorial Girls' College

71

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 33: Activity Report of Poster Presentation and Seminar on

"Challenges of Pollution Management in West Bengal"

Dr. Kalyan Rudra, Chairman, Pollution Control Board (PCB), West Bengal delivered a lecture on "Challenges of Pollution Management in West Bengal" on 23/04/2019 from 11 a.m. The event was organized by the Internal Quality Assurance Cell (IQAC) of the Gokhale Memorial Girls' College. Dr. Rudra spoke on various issues on Pollution management in West Bengal, both rural and urban areas. He stressed fighting pollution in different regions should be widely different based on demography and socio-economic factors. He explained widely varying types of pollution in rural and urban sectors. As an example, he particularly mentioned the pollution spread by road-side eateries in Kolkata and how his institution is trying to curb such menace. His demonstration ended with a brief question-answer session and vote of thanks. After the lecture, Dr. Rudra, visited posters prepared by the college students on Ganga Pollution, Solid waste management, Loss of Biodiversity.



Authenticated .
[Signature]
Principal
Gokhale Memorial Girls' College
5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE
 Sl. No. 34: **7 DAYS SPECIAL CAMP**

NSS UNIT-1 of Gokhale Memorial Girls' College organized special camp on health and social awareness from 10th April- 16th April (2019) in association with NSS Cell of Calcutta University, Baruipur Sitakundu Sneh Kunja (BSSK) and Indian Cancer Society. The main motto of this special camp was to provide free medical aid to the poor villagers and build up social awareness among them about health, hygiene and sanitation.



73



Authenticated .
(Signature)
 Principal
 Gokhale Memorial Girls' College
 5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

A tree plantation programme was organized as inaugural event of the said camp



Authenticated .
Aranya
Principal
Gokhale Memorial Girls' College

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15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 35: **Seminar on Gender Equality, Mental health & Gender related issues**

1. Name of the Seminar: Gender Equality, Mental health & Gender related issues
2. Organized by: Department of Bengali
3. Aim of the Seminar: The basic objectives were to enable students to question certain perspectives of patriarchy like -
 - A. What factors are important in the promotion of gender equality in the education sector and relevance of women conquerors who fought for their country, history and significance.
 - B. What issues are raised and why? Student groups were involved to express their position in the family, the negative coinage of rules and regulations within the family that is only applicable for the girl child.
4. Date: 15th March 2019
5. Duration in hours (approximate): 3+
6. Number of Participants (approximate): 20+
7. Name of Speakers with title of their speech, designation and Affiliation:

Name of Speakers	Title of the speech	Designation	Affiliation
Dr Anuradha Kundu	Gender Equality, Mental health & Gender related issues	Associate Professor	Department of English, Malda College

- Film 'Duggaboti' was shown on relevance of the topic. The speaker gave a brief about the topic and formed groups of students to have an interactive discussion on Gender Equality.



Authenticated .

Akarpas
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

8. Sponsoring agency: Gokhale Memorial Girls' College

9. Sponsored amount: 500 Rs

10. Outcome of the Seminar: Work on gender sensitization and awareness building has acquired a certain complacency, given that it circles around issues of enrolment, the relative absence of female figures or removal of gendered stereotypes in textbooks. Such work has proved to be inadequate and as some have argued just skimming the surface of a problem rather than addressing these concerns with greater depth. In order to move forward serious inquiry into curricula, content, the gendered construction of knowledge, as well as a more critical and pro-active approach to issues of gender is necessary. As 'Gender' has to be recognized as a cross-cutting issue and a critical marker of transformation in the minds of the students, this interactive learning resource turned out to be an excellent tool for proper understanding.



Authenticated .

Karpur

Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE
Sl. No. 36: Activity Report of Blood Donation Camp 2019

Awareness Talk, 2019

Prior to the Blood Donation Camp in the Gokhale Memorial Girls' College, Prof. Debabrata Ray, a founder member of the Association of Voluntary Blood Donors, W.B. delivered his motivational talk to create awareness among the students about the advantages of donating blood.



Awareness talk by Prof. Debabrata Ray

Voluntary Blood Donation Camp on 19th February, 2019

To mark the death anniversary of **Sri Gopal Krishna Gokhale** and in memory of **Smt. Sarala Ray** and **Dr. S. E. Rani Ghosh**, the College organized a Voluntary Blood Donation Camp in association with the Association of Voluntary Blood Donors, W.B. and R. G. Kar Medical College and Hospital Blood Bank, Kolkata on 19th February, 2019, in the college premise. Students, teachers, staff and ex-students of the college participated in the camp by donating blood and volunteering the process to make it successful.

Each donor received a blood bank credit card from the Blood Bank. Those who participated as a volunteer of the said camp received Certificate of appreciation from the College. Both Donors and Volunteers received a special Badge from the college.



Authenticated .
Karpha
Principal
Gokhale Memorial Girls' College

77

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GOKHALE MEMORIAL GIRLS' COLLEGE

Total no. of Donors were 36.

Total no. of Volunteers were 28.



Association member giving the certificate to the Principal of Gokhale memorial Girls' College



Blood donation



Authenticated .

Karpha
Principal
Gokhale Memorial Girls' College

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5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 37: Activity report of Social Outreach Programme dated 19.02.2019

A Social Outreach Programme was organised by Gokhale Memorial Girls' College on 19.02.2019. A team of 9 faculty members, 6 non teaching staff 42 students visited an orphanage house, Baruipur Sitakundu Snehkunj, Baruipur. A charity programme done by our students to observe birth anniversary of Mrs. Sarala Ray, founder of Gokhale Memorial Girls' School. The food items include rice, pulses, oil, soyabeans, noodles, biscuits, chocolates, fruits and 30 school bags given to orphanage house students. A cultural programme was organised by host students in which solo and chorus singing was performed. Lunch was arranged after completion of programme for all by our college. Our students satisfied to such a work which brings cheer to orphanage house students. It was a successful programme.



Authenticated .
Akash
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Authenticated .
Akash
Principal
Gokhale Memorial Girls' College

80

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 38: **Kerala flood relief fund**

NSS Unit - 1 and Social Outreach Committee collected donations (Dry Ration, Toiletries, Clothes) to the Kerala flood relief fund on 04-08-2018. The donations were sent via 'GOONJ: A Voice, An Effort' a non profitable NGO.

Material receipt		B12/MAF	
<p>GOONJ.. a voice, an effort</p> <p>We appreciate the contribution of collected/old/used <u>1. CHOTA HAATHI (MIXED - DRY RATION, TOILETRIES, CLOTHES)</u> for our initiatives on <u>04/08/18</u></p> <p>From: <u>GOKHALE MEMORIAL GIRLS' COLLEGE</u></p> <p>Address (with Pincode): <u>1, HARISH MUKHERJEE ROAD, KOLKATA - 20</u></p> <p>Phone no.: <u>9874146238, 8900708796</u></p> <p>Email: <u>GOKHALE COLLEGEKOLKATA@GMAIL.COM</u></p> <p>Material delivered by: <u>SHUBHAM DUTT & PRASHANT KUMAR</u></p> <p>Signature: <u>P. Harish</u> Team GOONJ..</p> <p>Do speak to your friends, relatives, colleagues and neighbors as all of us have a lot to give..</p> <p>Even a contribution of Rs.100/- with your material will be a good support for sorting, packing and transportation. (Financial contributions are tax exempted u/s 80 G of IT Act)</p> <p>GOONJ.. (H.O.): J-93, Sarita Vihar, New Delhi-76</p> <p>Tel.- 011- 41401216, 26972351 mail@goonj.org</p> <p>www.goonj.org goonj.org @goonj +goonj</p>			

Material Receipt from 'GOONJ'



Authenticated .
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

KERALA FLOOD RELIEF PURCHASES 2018

KULDEEP KANUR 8/18
9433014466
9433880900
Sankar Roy Chowdhury
Kerala FLOOD RELIEF

1500.00
1250.00
1760.00
2000.00
1260.00
400.00
700.00
1000.00
9270.00
Delivery charge 300.00
10170.00
Rd 5000.00
5170.00

SATYANARAYAN STORES
Wholesaler & Retailer
Bed Sheet, Bed Cover, Sofa Cover, Parda Cloth, Towels,
15, Pageyaputty Street, Kolkata - 700 007
Mob: 98741 61359, 98301 18104 Date: 1-9-20018
Name: Gokhale Memorial
Address: Gokhale College

DESCRIPTION	Qty	Rate	AMOUNT	P
11 House mukherjee Rd				
101-20 Panchanabpur				
Chadan/6 20K125			3500	
Card Payment				
10.000				
due Balance				
15000			25000.00	
margin			300	
Total				

Salesman's Signature

MANICK STORES
House of all kinds of stove, Hurricane, Pr. Cooker,
Stainless Steel, Aluminium Induction Cooker, Mixer Grinder
& Presentation Articles Govt. & General Order Suppliers
13/9, Orphanange Market, Kolkata - 700 023
Mobile: 9433758924, 9477170019, 8961774791
Messrs: GOKHALE MEMORIAL COLLEGE

Qnty.	ARTICLES	Amount	Rs.	P.
30PC	161 COOKER	300	9000	200
400PC	BATI	55	22000	200
400PC	PLATE	55	22000	200
400PC	SPOON	1		
	Adv.		31000	100
			5000	100
	Due		26000	100
	TOTAL			

Closed: Sunday after 2.30 p.m. & Monday Full.

Date: 1/9/18

Flood Relief purchases bills

Authenticated.

Principal
Principal

Gokhale Memorial Girls' College

82



15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Packing of relief



Authenticated
Chandra
Principal
Gokhale Memorial Girls' College



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 39: **Observation of "World No Tobacco Day" on 31.05.2018**

World No Tobacco Day was observed by NSS Unit-1 on 31.05.2018. All total **28** students and staff were participated to observe "World No Tobacco Day".



Authenticated .

Akash
Principal
Gokhale Memorial Girls' College

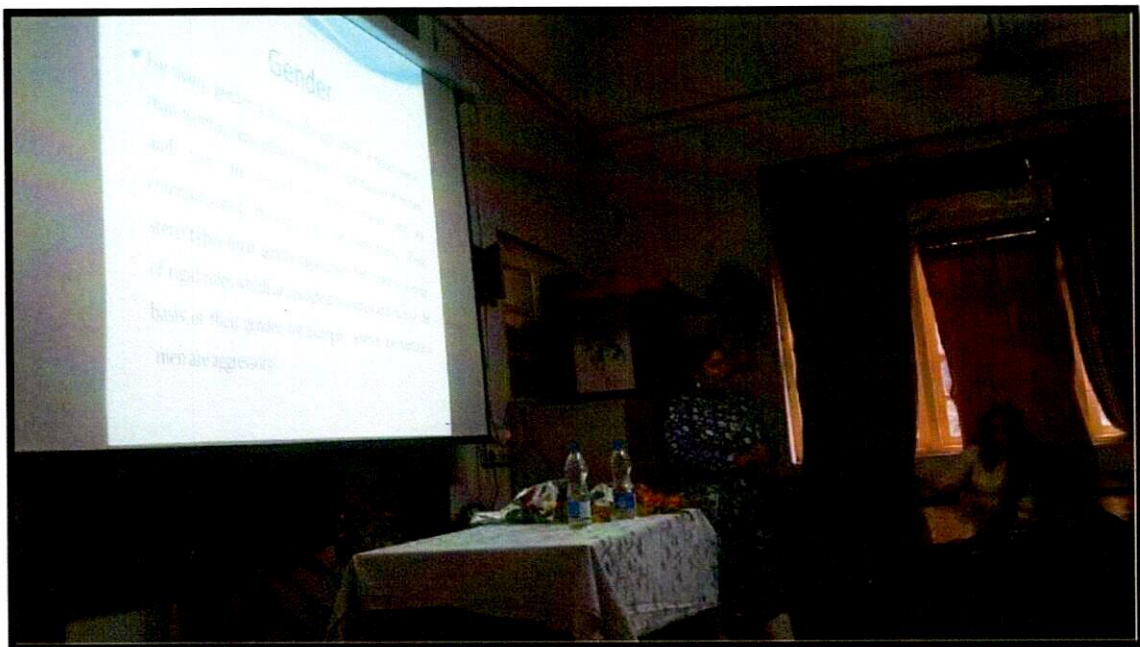
84

15 FEB 2023



Sl. No. 40: **Activity Report of Gender Sensitization Programme**

Alumni Association of Gokhale Memorial Girls' College organized two lectures on 04.05.2018 on "Understanding Gender and Sexuality in Indian Context". Dr. Anindita Chaudhuri, a member of the Governing Council of the association and Smt. Dibyangana Biswas, a research Scholar in this area of study delivered their lecture.



Authenticated .
[Signature]
Principal
Gokhale Memorial Girls' College

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5 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 41: Cancer Awareness Programme on 03.02.2018

Cancer is a deadly disease and the number of cancer patients is increasing day by day. Many of the common cancers can be prevented or cured if detected at an early stage. WHO celebrates 4th February of every year as 'The World Cancer Day' to increase the level of awareness about cancer and to encourage its prevention, detection and treatment.

The 'Times of India' group organized a month long programme on cancer awareness along with 'Indian Cancer Society' and N.S.S Unit-I of Gokhale Memorial Girls' College, Kolkata (Gokhale Memorial Girls' College being the host college). The NSS Unit-I of Gokhale Memorial Girls' College made the programme memorable and successful.

The closing ceremony of the month long programme was held in the College campus on 3rd February, 2018. The Honourable Governor of West Bengal, Sri Keshrinath Tripathy inaugurated the programme and delivered a speech on cancer awareness. Dr. Arunabha Sengupta (Hon. Secretary, Indian Cancer Society), Dr. Atashi Karpha (Principal, Gokhale Memorial Girls' College), Mr. R. S. Goenka (Chairman, Indian Cancer Society), Jaideep Bose (Editor-in-Chief, Times of India Group), Vineet Kumar Jain (Chairman and Managing Director, Times of India Group) expressed their own views regarding cancer. The Times of India group, Indian Cancer Society and the NSS Unit-I of Gokhale Memorial Girls' College also arranged a 'Cancer Awareness Walk' from Gokhale Memorial Girls' College campus to St. Pauls Cathedral to make common people conscious about cancer. The Governor of West Bengal, Honorable Keshrinath Tripathy hoisted the flag and initiated the 'Cancer Awareness Walk' programme. The programme ended at 6.00 pm.



Authenticated.
Chakrabarti
Principal
Gokhale Memorial Girls' College

15 FEB 2023





GOKHALE MEMORIAL GIRLS' COLLEGE



- (a) Sri Keshrinath Tripathy, the Honourable Governor of West Bengal inaugurated the programme by lighting a lamp.
- (b) Dr. Atashi Karpha, Principal of Gokhale Memorial Girls' College felicitated our honourable Governor by giving a flower bouquet.
- (c) All the delegates of "Times of India group" and "Indian Cancer Society" were present on the dais.
- (d) 'Cancer Awareness Walk' from Gokhale Memorial Girls' College campus to St. Pauls Cathedral after the lecture session.



Authenticated .
Atashi Karpha
Principal
Gokhale Memorial Girls' College

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15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 42: Observation of World AIDS Day on 01.12.2017

World AIDS Day was observed by NSS Unit-1 on 01.12.2017. All total 30 students and staff were participated to observe "World AIDS Day"



Authenticated .
Prasanna
Principal
Gokhale Memorial Girls' College

88

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 43: Activity report of Social Outreach Programme dated 25.11.2017

A Social Outreach Programme was organised by Gokhale Memorial Girls' College on the occasion of birth anniversary of Ms. Sarala Ray, a social reformer and educationist and founder of Gokhale Memorial Girls' School in 1920. This year the programme was organised on 25 th November 2017. Some members of Social Awareness Club and 3 rd year students (2 students) from each department participated in this programme. 46 students, 9 faculty members and 5 non teaching staff have visited to an orphanage house, Baruipur Sitakundu SnehKunj, Baruipur. Our students distributed food items like biscuits, cakes, chocolates etc. to them. Apart from these rice, pulses, sugar, oil, soaps, Vaseline etc. were also distributed. All have spent a quality time with them. The students of Orphanage house have organised a cultural programme - dance, recitation etc. In the evening we all came back to college with a satisfaction of work well done.



Authenticated .

Chandra

Principal
Gokhale Memorial Girls' College

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1 5 FEB 2023



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Authenticated .
Arpita
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 44: Free health Camp for General Health Check up, Gynaecological Checkup, ECG

Gokhale Memorial Girls' College Alumni association organised a health camp on 18/11/17. General Health Check-up, Eye Check-up, Diabetes testing, ECG & Gynaecological check-up was part of the health camp. It was conducted by the doctors of ESI Hospital, Sealdah. The staffs, students, guardians and members of the alumni association, more than 100 in number availed of the facilities.

HEALTH CAMP



Authenticated
Raspha
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Authenticated .
Example
Principal
Gokhale Memorial Girls' College

15 FEB 2023



GOKHALE MEMORIAL GIRLS' COLLEGE



Authenticated .
Karpha
Principal
Gokhale Memorial Girls' College

93

15 FEB 2023



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Authenticated .
Chandra
Principal
Gokhale Memorial Girls' College

94

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Authenticated .
Charpha
Principal
Gokhale Memorial Girls' College

95

15 FEB 2023



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Authenticated .
Chaspha
Principal
Gokhale Memorial Girls' College

96

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GOKHALE MEMORIAL GIRLS' COLLEGE



BLOOD DONATION



Authenticated .
Chandra
Principal
Gokhale Memorial Girls' College

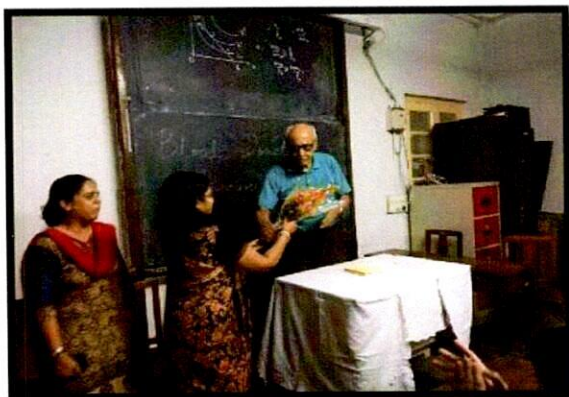
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GOKHALE MEMORIAL GIRLS' COLLEGE
Sl. No. 45: Activity Report of Blood Donation Camp 2017

Awareness Talk, 2017

Gokhale Memorial Girls' College had organized a Blood Donation Awareness Talk on Thursday, 16th November, 2017, at College premises. Prof. Debabrata Ray, a founder member of Association of Voluntary Blood Donors, W.B., delivered the said talk.



Felicitation by Blood Donation
Committee Members



Prof. Debabrata Ray delivering the Awareness

Voluntary Blood Donation Camp on 18th November, 2017

A Voluntary Blood Donation Camp was organized in the Gokhale Memorial Girls' College Campus in collaboration with Association of Voluntary Blood Donors, W.B. and with assistance from SSKM Hospital Blood Bank on 18/11/17. Students, ex-students, teachers, and staffs of the college donated Blood voluntarily.

Each donors received a blood bank credit card from the Blood Bank. Those who participated as a volunteer of the said camp received the Certificate of appreciation from the College. Both Donors and Volunteers received a special Badge from the college.

Total no. of Donors are 30.

Total no. of Volunteers are 27.



Authenticated .

Debarata Ray

Principal
Gokhale Memorial Girls' College

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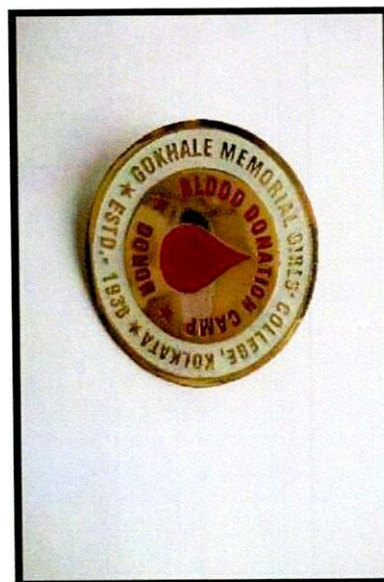
Registration Process



Blood donation

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Blood Bank Credit Card



Special Badge



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Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 46: College Campus Cleaning Programme held on 28.09.2017

NSS Unit- 1 organized College Campus Cleaning Programme on **28.09.2017**. All total **26** students were participated to clean the college campus and staircase of the college building.



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Charpita
Principal
Gokhale Memorial Girls' College

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GOKHALE MEMORIAL GIRLS' COLLEGE

Sl. No. 47: Activity Report on Mohona 2017

Gokhale Memorial Girls' College Alumni Association organized 'Mohona 2017' on 9th September, 2017 at the Sarala Roy Memorial Community Hall in the college premises. Sm. Koyel Mullick, an Alumnae and Actress was the chief guest of in the event. Mohona was a fete cum exhibition of product of organization working for the upliftment of the socially, physically and mentally challenged section of the society. The president of the association Prof. (Dr.) Nilanjana Sanyal, eminent Psychologist, praised the members of the Association to make Mohona a reality. Dr. Atashi Karpsha, the College Principal lent her whole hearted support and best wishes for the endeavour of the Association. Around 20 NGOs and social awareness club of Gokhale Memorial Girls' College participated in the event. Bags, jewelleryes, sarees, accessories, paper products, household knickknacks, organic products, eco-friendly products along with delicious lip-smacking food items like chats, cakes, desserts, sweets, sandwiches were the attractions.

List of NGO Participation: Women's Interlink Foundation, Pradip: Centre for Autism Management, Iswar Sankalpa, Bharat Sevashram Sangha, Earth Craft, Indian Institute of Cerebral Palsy, Monovikas Kendra, REACH, Calcutta Rescue, Green Harmony, Antara, Trinita Society for Social and Health Research, Green Legion, All India Women's Commission, Suktara Cakes.

The Social Awareness Club of Gokhale Memorial Girls' College raised rs. 4190/- from this platform to utilize the amount in the outreach programme on 26th November 2017



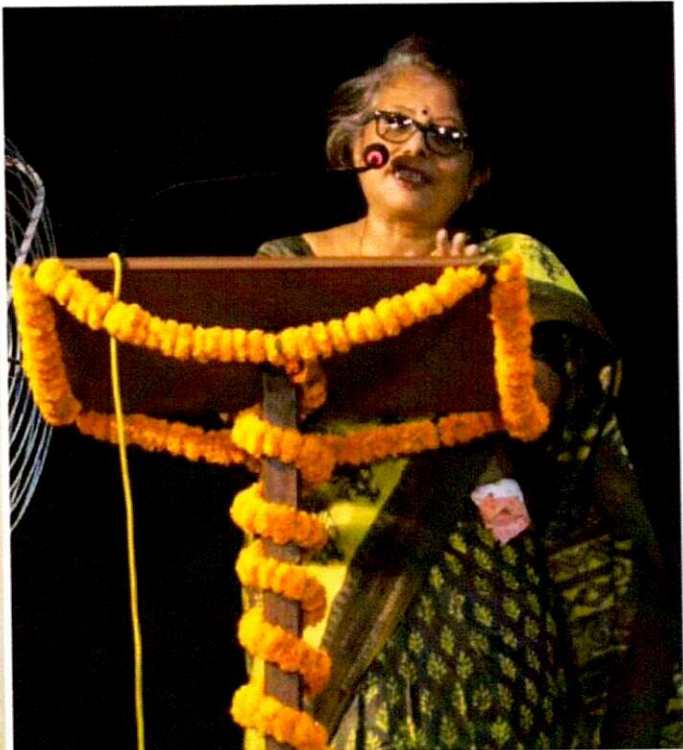
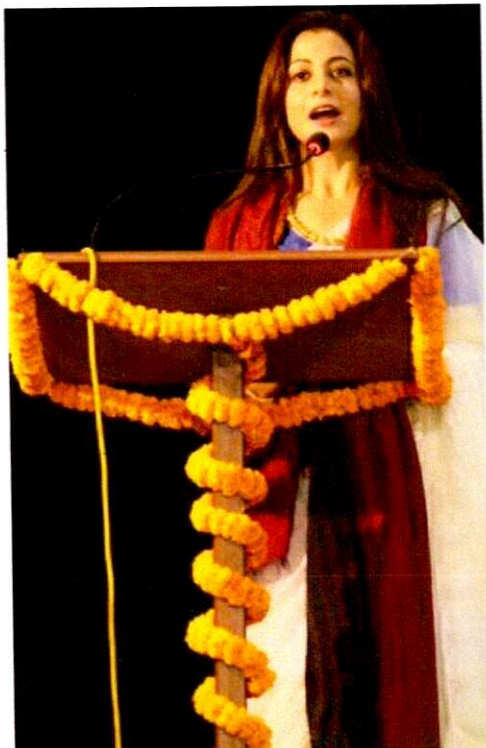
Authenticated .
Atashi Karpsha
Principal
Gokhale Memorial Girls' College

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Axapha
Principal
Gokhale Memorial Girls' College
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Chandra
Principal
Gokhale Memorial Girls' College

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Chandra
Principal
Gokhale Memorial Girls' College

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A. Karph
Principal
Gokhale Memorial Girls' College

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Asantha

Principal
Gokhale Memorial Girls' College

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Sl. No. 48: Activity Report of Stem Cell Donation

Gokhale Memorial Girls' College Alumni association organized 'Stem Cell Donation' awareness programme in collaboration with 'Datri', an NGO on 08/09/2017 in the college premise. Sample collection from the staff, students, and the alumni members of Gokhale Memorial Girls' College was done on 11/09/17 and 18/11/2017.



Authenticated .
[Signature]
Principal
Gokhale Memorial Girls' College
15 FEB 2023