

Jatindra-Rajendra Mahavidyalaya

ESTD-1986




VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121


তারিখঃ 04.03.2022

বিজ্ঞপ্তি

এতদ্বারা যতিন্দ্র রাজেন্দ্র মহাবিদ্যালয় এর সমস্ত ছাত্রছাত্রী এবং শিক্ষক ও শিক্ষাকর্মীদের জানানো যাচ্ছে যে, কলেজের N. S. S. সংগঠনের পক্ষ থেকে এবং IQAC বিভাগের সহযোগিতায় আগামী ১৬/০৩/২০২২ তারিখে কলেজের ৭ নম্বর শ্রেণীকক্ষে নারী স্বাস্থ্য ও পরিচ্ছন্নতা বিষয়ক একটি একদিবসীয় স্বাস্থ্য সচেতনতা মূলক শিবিরের আয়োজন করা হয়েছে। উক্ত শিবিরের প্রধান অতিথি হিসাবে উপস্থিত থাকবেন আমতলা গ্রামীণ হাসপাতালের B.M.O.H. ডঃ সফিকুল হোসেন মহাশয়। উক্ত শিবিরে সকলের উপস্থিতি একান্ত কাম্য।


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NSS Coordinator
Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad


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IQAC Coordinator
I.Q.A.C
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad


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TIC
Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

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Date : 04.03.2022

NOTICE

This is to inform all the students that the NSS Team of Jatindra Rajendra Mahavidyalaya is going to organize a health awareness camp on “Women Health and Hygiene” on 16/03/2022 at room no. 7 in collaboration of IQAC of Jatindra Rajendra Mahavidyalaya. Dr. Safikul Hasan, BMOH of Amtala Rural Hospital will present as chief guest on that day.


All interested students are requested to be present on that day.


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JATINDRA RAJENDRAMAHAVIDYALAYA

AMTALA, MURSHIDABAD, W.B.

HEALTH AWARENESS PROGRAMME ON

WOMEN'S HEALTH & HYGIENE

Organized by:

IQAC & NSS

Honorable Speaker

DR. SAFIKUL HOSSAIN

BMOH, Amtala Rural Hospital

LECTURE on

"Role of Healthy Diet and Exercise to Combat Lifestyle Disease"

PATRON:

**Smt. Geetali Bera
Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya**

CONVENOR(S):

**Shri. Subhadip Mukherjee
IQAC Coordinator
Jatindra-Rajendra Mahavidyalaya
&
Shri. Manirul Islam
NSS Coordinator
Jatindra-Rajendra Mahavidyalaya**

DATE: 16.03.2022

VENUE: ROOM NO. 07

ABOUT US:

Jatindra-Rajendra Mahavidyalaya, alternatively known as Amtala College, is a government-aided college in the district of Murshidabad. It was established in 1986 by the philanthropic endeavor of Sri. Jayanta Biswas, an influential political leader and the former Assistant Teacher of Amtala High School. With the land provided by Amtala High School, J.R.M. became the only college to be founded in Amtala within a radial distance of 25 kms. The process of establishing this educational institution was furthered by Sri. Guru Prasad Biswas and Sri. Birendranath Biswas. The college was first established with the pioneering vision of imparting higher education to the economically challenged and socially backward people of a not quite well-developed region of West Bengal. While imparting knowledge to the less-privileged section of the society was our fundamental aim, it simultaneously served a corollary objective. It is a well-known fact that this region is predominantly inhabited by the Muslim minority community and women from this domain did not have much access to higher education which constitutes a major role in facilitating their empowerment. Our college has precisely served that purpose by being an instrument of women empowerment ever since its inception.

ABOUT THE SEMINAR:

As an educational institution has a massive impact upon the youth of our nation, prioritizing significant issues related to women and enabling their gradual progress towards achieving an empowered self has been a primary agenda of our college ever since its inception. Women, serving as caretakers and nurturers, seldom have the time or energy or both to dedicate to their health care regime. They, like their male counterparts, need to spare time for looking after themselves and adopting a healthy lifestyle to combat life-threatening diseases. In order to educate

and inform the students (especially female ones) about the fundamentals of maintain a good personal hygiene, healthy dietary habits and robust physical exercise, the convenors of IQAC and NSS, in collaboration with the members of their units, have organized this Health Awareness Programme on “Women’s Health and Hygiene” with a set of objectives.

OBJECTIVES:

- Promotion of good personal hygiene
- Raising awareness about life-threatening diseases caused by unhygienic habits
- Evoking consciousness in young minds to help them in adopting a healthy lifestyle

REPORT

The IQAC, in collaboration with the NSS Unit of Jatindra-Rajendra Mahavidyalaya, organized a Health Awareness Programme on 16.03.2022 in Room No. 07 of the Main Building of the college. Dr. Safikul Hossain, the BMOH of Amtala Rural Hospital, delivered a very fruitful lecture on “Role of Healthy Diet and Exercise to Combat Lifestyle Disease”. He did a commendable task in disseminating the fundamental knowledge about adopting a good personal hygiene which, together with an enriched diet and regular physical exercise, lies at the heart of a healthy lifestyle and enables one to avoid the risk of succumbing to fatal diseases. As “Prevention is [always] better than cure”, the thrust of this programme was to bring about wholesome lifestyle changes in youths of our college who will be the precious human resource of our country in near future. 69 attendees of this awareness programme were immensely impacted by this exhaustive lecture and are steered to implement the measures suggested in order to have a healthy, disease-free, robust and long life span.

OUTCOME:

- Female students in particular have ever since been more conscious about maintaining better hygiene and sanitation practices for a healthier lifestyle and wholesome living
- There has been a positive response from all quarters to the various initiatives taken with regard to maintaining wholesome hygienic practices and sanitation measures in this academic session

SOME PICTURE OF THIS EVENT:



Mukam
**Programme Officer
 N.S.S. Unit-I
 J.R. Mahavidyalaya
 Amtala, Murshidabad**

Subhadip Kumarjeyo
**I.Q.A.C
 Coordinator
 Jatindra-Rajendra Mahavidyalaya
 Amtala, Murshidabad**

Geelali Bera
**Teacher-in-Charge
 Jatindra-Rajendra Mahavidyalaya
 P.O. Amtala, Dist. Murshidabad**

Sl N	Class Roll	Students of signature	sl	Class roll	Signature of students
1	B.A/21/1698	ChanChal Khan	35	B.A/20/0535	Dalim Mondal
2	B.A/21/0133	Sejali Khatun	36	-20/196	Mosim Munshi
3	B.A/20/0135	Bismatara Khatun	37	B.A/21/189	Rimpa Khatun
4	B.A/20/0734	Salma Khanam	38	B.A/20/0126	Papira Khatun
5	B.A/19/0052	Sulekha Hira	39	B.A/21/0142	Abdul Gaffar Sardar
6	B.A/10/0574	Riya Paik	40	B.A/21/0223	Sahab Sk
7	B.A/21/0148	Sagorika Mondal	41	B.A/21/1060	Nasiba Khatun
8	B.A/10/0054	Rinki Sarkar	42	B.A/21/0245	Julious Parvin
9	B.A/21/0173	Sarmin Sultana	43	B.A/20/1478	Prantik Majumdar
10	B.A/20/0068	Umme Salma Khatun	44	B.A/20/0088	Arunima Chatterjee
11	B.A/20/0116	Sreyek Akter Biswas	45	B.A/20/0128	Banyan Ghosh
12	B.A/21/179	Ragmin Sultana	46	B.A.20/0053	Aimi Sarka
13	B.A/21/1279	Asim Shaikh	47	B.A/20/1913	Reshmi Mondal
14	B.A/21/1046	Sajibul Mondal	48	B.A/20/1669	Habiba Khondkar
15	B.A/21/0232	Mitali Khatun	49	B.A/20/0002	Fahid Mallik
16	B.A/21/0394	Sukanya Khatun	50	B.A/20/0200	Reshma Khatun
17	B.A/21/0252	Sofikul Islam	51	B.A/21/1088	Hamim Kabir Mondal
18	B.A/21/0008	Arif Mondal	52	B.A/21/1906	Mousumi Khatun
19	B.A/21/1909	Touhid Mondal	53	B.A/21/1511	Sahabuddin Sardar
20	B.A/21/0246	Sahangi Parvin	54	B.A/21/243	Saminul Islam
21	B.A/21/1900	Papira Khatun	55	B.A/20/0050	Sabana Khatun
22	B.A/20/0012	Baby Nazim Khatun	56	B.A/20/1473	T.S. Nazreen
23	B.A/20/0168	Jenri Aktermint	57	B.A/20/0059	Kushi Khatun
24	B.A/20/0033	Sirin Banu	58	B.A/20/0049	Meneka Khatun
25	B.A/20/0090	Nusratunna Farooqi	59	B.A/20/0025	Khalida Khatun
26	B.A/21/0248	Shuklara Akter Banu	60	B.A/20/1498	Nasima Khatun
27	B.A/21/0207	Sahid Anwar Mondal	61	B.A/20/0995	Najmin Khatun
28	B.A/21/1052	Habibul Rahim	62	BA/20/0040	Santana Khatun
29	B.A/21/0202	Atish Kumar Ghosh	63	B.A/20/0132	Mst Farha Sultana
30	B.A/21/1267	Sohel Roma Mondal	64	B.A/20/0043	Mamoni Khatun
31	B.A/21/0129	Sakil Raja	65	B.A/20/0178	Halima Khatun
32	B.A/21/0408	Rabaiul Mondal	66	B.A/20/0503	Munshi sohana Akter Feza
33	B.A/21/0433	Xuif Mondal	67	B.A/20/0314	Sakib Akter Mondal
34	B.A/21/015	Biswajit Rajma	68	B.A/21/0183	Sabana Khatun
			69	B.A/21/0181	Faylina Afroja

M. Islam
 Programme Officer
 N.S.S. Unit-I
 J.R. Mahavidyalaya
 Amtala, Murshidabad