

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



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

Date: 22nd September 2022

Notice

This is to inform you that the department of Philosophy is going to organize a value-added course, namely, “Stress Management”. All the 1st, 3rd and 5th semesters Philosophy (Honours) students of Jatindra Rajendra Mahavidyalaya are here by requested to enroll their names as soon as possible because the course will commence on and from 1st week of November 2022.

HoD

Department of Philosophy

HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Teacher-in-Charge

Jatindra Rajendra Mahavidyalaya

Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Murshidabad

***For further details contact to this number:

Pranab Ghosh (Mb- 9476414079)

Tania Khatun (Mb- 9474775363)



LIFE SKILL

ON

**STRESS
MANAGEMENT**

COURSE DURATION 30 HOURS

05/11/2022 - 28/12/2022

JATINDRA RAJENDRA MAHAVIDYALAYA

AMTALA, MURSHIDABAD- 742121



Jatindra-Rajendra Mahavidyalaya

ESTD-1986

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



1. Name of Department / Committee / Cell:- Department of Philosophy
2. Name of the Event :- Stress Management
3. Duration of the Event :- 05/11/22 – 23/12/22.
4. Venue of the Event:- College Room No. 13
5. Nature of the Activity:- program / event/ lecture /workshop: Life Skill
6. Level of the Activity:- International / National / State / University / College: College
7. Name of the Sponsor / Collaborator, if any:- College
8. Purpose / Aims / Objectives of the event:-

Students will understand the importance of health and fitness principles as they relate to better health and will be able to:

- ❖ Identify the leading sources of stress for college students
- ❖ Analyze attitudes toward allocating time management
- ❖ Recognize the physical and mental benefits of increased activity
- ❖ To help understand the importance of a healthy lifestyle
- ❖ Demonstrate an understanding of various relaxation strategies
- ❖ To provide an understanding of stress management

Identify and access appropriate campus resources that can help students with concerns related to stress, mental health, academic concerns, and other concerns.

9. Beneficiaries / participants / audience (Type and/or number):- 102 students out of 76 completed the course successfully.

HoD

HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

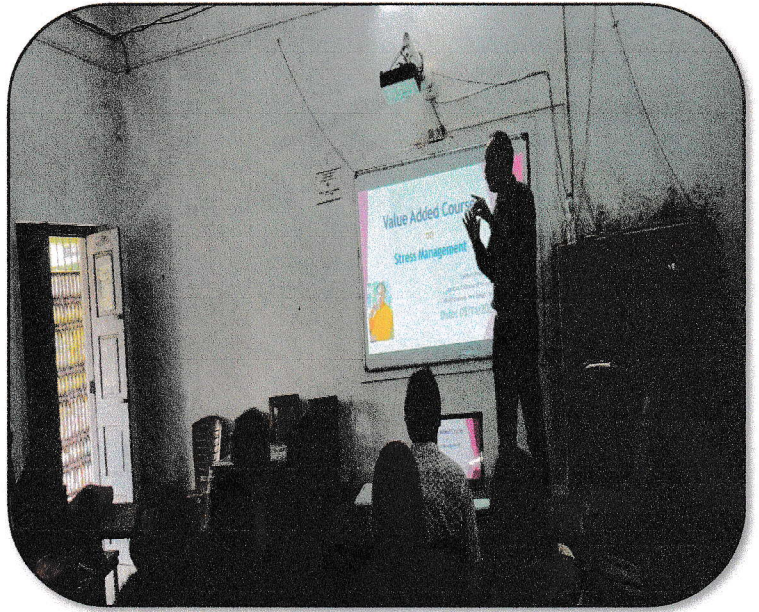
Course Coordinator

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

TIC

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

10. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):- Photographs of the event.



HoD

HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Course Coordinator
Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

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

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad – 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: **STRESS MANAGEMENT**

Course Duration: **06.11.2022 – 28.12.2022**

ATTENDANCE SHEET

SL. NO.	REG. NO.	STUDENT ID	NAMES	SIGNATURE
1	051496	B.A/22/0010	BISWARUP BISWAS	Biswarup Biswas
2	051498	B.A/22/0012	PRABIR CHUNARI	Prabir Chunari
3	051493	B.A/22/0030	RUMIYA KHATUN	Rumiya Khatun
4	051502	B.A/22/0035	SOURAV MISTRY	Sourav Mistry
5	051500	B.A/22/0049	SAHIN SHAIKH	Sahin Shaikh
6	051488	B.A/22/0112	DIPTI MANDAL	Dipti Mandal.
7	051491	B.A/22/0130	PIYEL MONDAL	Piyel Mondal.
8	051495	B.A/22/0133	ANIRBAN RAJAK	Anirban Rajak
9	051503	B.A/22/0156	UDIT KUMAR HAZRA	Udit Kumar Hazra
10	051487	B.A/22/0190	BRISTI BISWAS	Bristi Biswas
11	051499	B.A/22/0240	RAKESH MONDAL	Rakesh Mondal
12	051486	B.A/22/0269	AYESA JULI KHATUN	Ayasa Juli Khatun
13	052038	B.A/22/0319	TANIA SULTANA	Tania Sultana
14	051895	B.A/22/0320	SABANA KHATUN	Sabana Khatun
15	051752	B.A/22/0324	NASIMA KHATUN	Nasima Khatun
16	051501	B.A/22/0341	SAYAN MONDAL	Sayan Mondal
17	051618	B.A/22/0355	HABIBA KHATUN	Habiba Khatun
18	051787	B.A/22/0387	PRIYANKA PRAMANIK	Priyanka Pramanik
19	052366	B.A/22/0389	PIAS ISLAM	Pias Islam
20	052017	B.A/22/0400	SULEKHA KHATUN	Sulekha Khatun
21	051622	B.A/22/0403	HAPIJA KHATUN	Hapija Khatun
22	052360	B.A/22/0408	OMAR FARUK MONDAL	Omar Faruk Mondal
23	051862	B.A/22/0412	ROHIMA KHATUN	Rohima Khatun
24	052060	B.A/22/0441	URMILA KHATUN	Urmila Khatun

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: **SUSTAINABLE DEVELOPMENT**

Course Duration: **01.04.2023 - 30.04.2023**

ATTENDANCE SHEET

25	052183	B.A/22/0840	HAMIDUL MIRAJ	Hamidul Miraj
26	052184	B.A/22/0843	HAMIM MOLLA	Hamim Molla
27	051494	B.A/22/1425	AMINUL HALSONA	Aminul Halsona
28	051497	B.A/22/1460	IMRAN SK	Imran SK
29	065602	B.A/21/0017	RADIAN AKTAR MONDAL	Radian Aktar Mondal
30	065581	B.A/21/0027	OJIFA KHATUN	Ojifa Khatun
31	065600	B.A/21/0034	PARVEJ NOWAJ SK	Parvej Nowaj SK
32	065610	B.A/21/0047	SOYEB KHAN	Soyeb Khan
33	065606	B.A/21/0053	SAIRUL SARDAR	Sairul Sardar
34	065608	B.A/21/0061	SERFUL SHEIKH	Serful Sheikh
35	065588	B.A/21/0111	SONIA DAS	Sonia Das
36	065572	B.A/21/0116	LABONI CHOWDHURY	Laboni Chowdhury
37	065590	B.A/21/0117	TANUSHRI MONDAL	Tanushri Mondal
38	065601	B.A/21/0123	PIJUSH GHOSH	Pijush Ghosh
39	065586	B.A/21/0189	RIMPA KHATUN	Rimpa Khatun
40	065597	B.A/21/0241	MASUM MONDAL	Masum Mondal
41	065592	B.A/21/0337	TUHINA KHATUN	Tuhina Khatun
42	065587	B.A/21/0499	RUMANA KHATUN	Rumana Khatun
43	065605	B.A/21/0529	SABIR HOSSAIN SHEIKH	Sabir Hossain Sheikh
44	065598	B.A/21/0542	NASIM KHAN	Nasim Khan
45	065583	B.A/21/0789	PARVINA KHATUN	Parvina Khatun
46	065595	B.A/21/0907	DURJOY GHOSH	Durjoy Ghosh
47	065568	B.A/21/1657	DEBIKA KHATUN	Debika Khatun
48	065585	B.A/21/1910	RAJONI KHATUN	Rajoni Khatun
49	057765	B.A/20/0003	SUMAYA KHATUN	Sumaya Khatun
50	057768	B.A/20/0008	UMME SALMA	Umme Salma

Qura

Teacher-in-Charge & Course Co-ordinator
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

HOD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

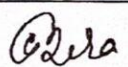
DEPARTMENT OF PHILOSOPHY

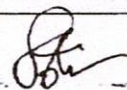
Value Added Course: **STRESS MANAGEMENT**

Course Duration: **06.11.2022 - 28.12.2022**

ATTENDANCE SHEET

51	065608	B.A/21/0061	SERFUL SHEIKH	Serful Sheikh
52	065588	B.A/21/0111	SONIA DAS	Sonia Das
53	065572	B.A/21/0116	LABONI CHOWDHURY	Laboni chowdhury
54	065590	B.A/21/0117	TANUSHRI MONDAL	Tanushri Mondal
55	065601	B.A/21/0123	PIJUSH GHOSH	Pijush Ghosh
56	065586	B.A/21/0189	RIMPA KHATUN	Rimpa Khatun
57	065597	B.A/21/0241	MASUM MONDAL	Masum Mondal
58	065579	B.A/21/0280	NAZMA KHATUN	Nazma Khatun
59	065592	B.A/21/0337	TUHINA KHATUN	Tuhina Khatun
60	065607	B.A/21/0402	SALIM HOQUE	Salim Hoque
61	065571	B.A/21/0432	JOYTSHANA KHATUN	Joyshana Khatun
62	065603	B.A/21/0496	RAMIJ RAJA	Ramij Raja
63	065587	B.A/21/0499	RUMANA KHATUN	Rumana Khatun
64	065605	B.A/21/0529	SABIR HOSSAIN SHEIKH	Sabir Hossain Sheikh
65	065598	B.A/21/0542	NASIM KHAN	Nasim Khan
66	065575	B.A/21/0775	MOUMITA MONDAL	Moumeta Mondal
67	065583	B.A/21/0789	PARVINA KHATUN	Parvina Khatun
68	065599	B.A/21/0825	PAPAN DAS	Papan Das
69	065595	B.A/21/0907	DURJOY GHOSH	Durjoy Ghosh
70	065594	B.A/21/1157	CHANCHAL SARKAR	Chanchal Sarkar
71	065568	B.A/21/1657	DEBIKA KHATUN	Debika Khatun
72	065574	B.A/21/1668	MOKARAMA KHATUN	Mokarama Khatun
73	065569	B.A/21/1669	HABIBA KHATUN	Habiba Khatun
74	065570	B.A/21/1692	HAMEDA KHATUN	Hameda Khatun
75	065580	B.A/21/1695	NAZMA KHATUN	Nazma Khatun
76	065593	B.A/21/1698	CHANCHAL KHAN	Chanchal Khan


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


HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O. - Amtala, Dist. - Msd.

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: **STRESS MANAGEMENT**

Course Duration: **06.11.2022 - 28.12.2022**

ATTENDANCE SHEET

77	065578	B.A/21/1731	NARJUMA KHATUN	Narjuma Khatun
78	065585	B.A/21/1910	RAJONI KHATUN	Rajoni Khatun
79	057765	B.A/20/0003	SUMAYA KHATUN	Sunaya Khatun
80	057768	B.A/20/0008	UMME SALMA	Umme Salma
81	057776	B.A/20/0016	SANOWAR HOSSAIN	Sanowar Hossain
82	057757	B.A/20/0020	RINKU GHOSH	Rinku Ghosh
83	057762	B.A/20/0062	SALMA KHATUN	Salma Khatun
84	057778	B.A/20/0081	TARIK AJIJ	Tarik Aji
85	057773	B.A/20/0084	PRITAM BISWAS	Pritam Biswas
86	057749	B.A/20/0089	HAFIJA KHATUN	Hafiza Khatun
87	057750	B.A/20/0097	JULEKHA KHATUN	Julekha Khatun
88	057754	B.A/20/0108	PIYALI DAS	Piyali Das
89	057753	B.A/20/0126	PAPIA KHATUN	Papia Khatun
90	057766	B.A/20/0131	SUMITA KHATUN	Sumita Khatun
91	057758	B.A/20/0144	ROHIMA KHATUN	Rohima Khatun
92	057774	B.A/20/0154	RAHUL MONDAL	Rahul Mondal
93	057770	B.A/20/0155	HASIBUL ISLAM	Hasibul Islam
94	057761	B.A/20/0158	SALEHA KHATUN	Saleha Khatun
95	057755	B.A/20/0163	REHENA KHATUN	Rehena Khatun
96	057759	B.A/20/0727	SABINA KHATUN	Sabina Khatun.
97	057775	B.A/20/0772	ROUSAN KHONDAKAR	Rousan Khondakar
98	057764	B.A/20/0779	SUMANA BISWAS	Sumana Biswas
99	057767	B.A/20/0780	SUNITA BISWAS	Sunita Biswas
100	057748	B.A/20/0938	ARPITA BISWAS	Arpita Biswas
101	057763	B.A/20/0953	SHUKLA GHOSH	Shukla Ghosh
102	057772	B.A/20/1427	ROPI KHATUN	Ropi Khatun.

Pura
Teacher-In-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

[Signature]
HoD, Department of Philosophy
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

[Signature]
Value added Course
Co - Ordinator
J.R. Mahavidyalaya
P.O.- Amtala, Dist. - Msd.