

JATINDRA RAJENDRAMAHAVIDYALAYA

AMTALA, MURSHIDABAD, W.B.

INTERNATIONAL SEMINAR ON

HEALTH

Organized by:

IQAC & NSS

Honorable Speaker

DR. ARUP J. KALITA

Royal College of Surgeons, Edinburg, England

LECTURE on

“HEALTHY LIVING”

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: 06.02.2023

VENUE: SEMINAR HALL

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:

Universal access to proper hygiene and safe sanitation is a fundamental human right. Yet, millions of people in India still lack knowledge about basic hygiene and are denied accessibility to clean and sound sanitation facilities, thereby leading to dire consequences in relation to health, healing and overall well-being. Improving sanitation and hygiene conditions for vulnerable communities can make a significant impact on public health and empower individuals to lead healthier lives. For instance, access to proper sanitation facilities reduces the spread of

waterborne diseases and improves overall community health. Most importantly, availability of adequate sanitary measures enables in securing human dignity, especially for the female section of the society, enabling them to live with privacy and respect. To put it in a nutshell, improved hygiene practices lead to reduced general illnesses and increased productivity, contributing to economic development. Hence the primary agenda of the members of IQAC and NSS Units of our college in arranging this seminar has been to spread knowledge and create awareness among our students about the fundamentals of hygiene and sanitation, Eventually they can in turn contribute to the well being of our society by disseminating these ideas and ideals among the commoners.

OBJECTIVES:

- Raising awareness about personal hygiene
- Promotion and preservation of good health and lifestyle
- Educating the masses about the need of safe sanitation in both urban and rural households

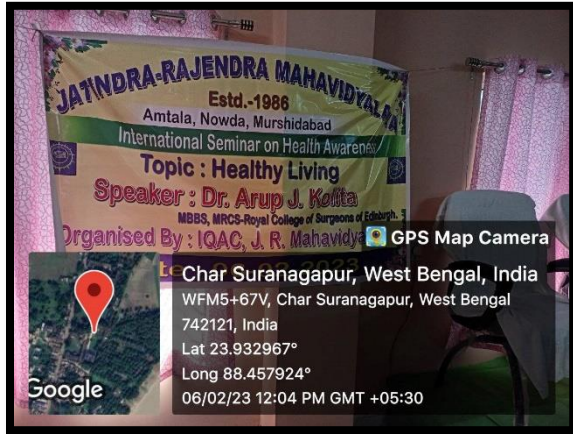
REPORT

The IQAC, in collaboration with the NSS Unit of Jatindra-Rajendra Mahavidyalaya, organized an international seminar on 06.02.23 in the seminar hall of the college. Dr. Arup j. Kalita from Royal College of Surgeons, Edinburg, England, was the revered speaker on this occasion. The topic of the seminar was “Healthy Living”. Dr. Kalita very effectively disseminated the fundamental knowledge about maintaining a good personal hygiene which, together with an enriched diet and regular exercise, lies at the heart of a healthy lifestyle. As “Health is Wealth” and the former ensures the latter, Dr. Kalita expounded in his lecture the measures to be adopted individually and collectively in order to not just survive but rather thrive with vitality and a disease-free healthy constitution of body and mind. 61 attendees (comprising 25 Teaching & Non-Teaching Staffs and 36 students) of this seminar were immensely influenced by the enlightening session and have professed to execute the measures propagated by Dr. Kalita in their mundane activities.

OUTCOME:

- Students have ever since maintained better hygiene and sanitation practices for a healthier lifestyle and wholesome living
- Toilets and washrooms in the college are washed and sanitized on a daily basis and students play an active role in keeping them immaculately clean.

SOME PHOTOGRAPHS OF THIS EVENT



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