To, The Teacher in Charge, Jatindra Rajendra Mahavidyalaya, Amtala, Murshidabad.

Sub: Prayer for granting permission for Value Added Course.

Madam.

As per direction of the IQAC Coordinator of our college, I would like to inform you that, our department (Philosophy) has decided a value added course, namely "Stress Management" should be introduce from this upcoming session. For the larger interest of the students, we need to seek your permission in order to introducing the course.

Therefore, we earnestly request you to grant me the permission to introduce the said course, so that we can publish the notification as soon as possible.

Thanking you.

Yours truly,

Pranab Ghosh HOD, Department of Philosophy Jatindra Rajendra Mahavidyalaya, Amtala, Murshidabad.

Email ID: <u>principal@jrm.org.in</u> <u>info@jrm.org.in</u>

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 Odera

Teacher-in-Charge
Jatindra Rajendra Mahayidyalaya

Jatindra-Rajendra Mahayidyalaya
P.O. Amtala, Murshidabad

***For further details contact to this number: Pranab Ghosh (Mb- 9476414079)

Tania Khatun (Mb- 9474775363)

Amtala * Murshidabad

Department of Philosophy

Value Added Course

TOPIC: STRESS MANAGEMENT

COURSE CO-ORDINATOR : Pranab Ghosh Assistant Professor of Philosophy Jatindra Rajendra Mahavidyalaya

All Philosophy Honours & Major Course Students SESSION: 2023-2024

COMMENCEMENT OF THE COURSE: APRIL, 2023 COURSE DURATION: 30 HOURS

DEL ESYNOS ON

COURSE OUTCOMES

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

*

"dentify and access appropriate campus resources that can help students with concerns related to stress, mental Value added Course health, academic concerns, and other concerns. 4.0.4

SYLLABUS OF VALUE ADDED COURSE

STRESS MANAGEMENT

Module 1

Introduction:

- 1. Stress and Stress Management Defined
- 2. Types of Stress

Modulo 2

Sources of Stress:

- 1. Psychological
 - 2. Social
- 3. Environmental
- 4. Academic
 - 5. Family

6. Work Stress

Impact of Stress; Module 3

1. Physiological Impact of Stress - Autonomic Nervous System Changes 2. Physical Impact of Stress: Changes in Brain Development,

Insufficient Quality of Sleep, Diet and Health Effects

3. Social Impact of Stress - Stressful Life Events

Stress Reduction Techniques:

- 1. Relaxation Need Your Own Time
- 2. Yoga Need of Yoga for Physical and Mental Health, Yogic Principals Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogio for Healthy Living, Pranayama, Types of Pranayama (Bhastrika,
 - 3. Meditation Advantages of Meditation, Meditation and Mental Health Breathing, etc.)
 - 5. Time and Life Management 4. Managing Emotions
 - 6. Effective Communication

Module 5

Eating and Weight Smart :

- 1. Knowing and Applying Basic Mutrition
- 2. Understanding the Value of Macronutrients
 - 3. Maintaining Proper Healthy Weight

Module 6

Basic Wellness:

- 1. The Role of Fitness in Our Total Well-Being
 - 2. Mindfulness
- 3. Positive Environment
 - 4. Power of The Breath
- 5. Developing Healthy Relationships

Teacher-in-Charge Jatindra Pajendra Mahandralaya P.O. Amtala, Dist. Murshidabad

6320

Conclusion Module 7

Amtala * Murshidabad

Department of Philosophy Value Added Course on Stress Management

30 HOURS VALUE ADDED COURSE

on

STRESS MANAGEMENT

Open to All Philosophy Honours Students Organized

by

Department of Philosophy, Under Guidance of IQAC, Jatindra Rajendra Mahavidyalaya Session: 2022-2023

| | About the 30 Hours Value Added Course | | |
|--------------------|---|--|--|
| Course Title | Stress Management | | |
| Course Outcome | 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 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. | | |
| Course Fee | Nil | | |
| Course Duration | One Class: 1 Hour 29 Lectures = 29 Hours Screening of a Film = 1 Hours Total Course Duration = 30 (29+1) Hours. Final Assessment on the Last day. | | |
| Assessment Process | MCQ | | |
| Course Certificate | Students will get certificate on Course-end Assessment | | |
| Course Coordinator | Pranab Ghosh, Assistant Professor, Department of Philosophy | | |

Value added Course

Co - Ordinator J.R. Mahavidyalaya Teacher-in-Charge Jatindra-Rajendra Mahavidyalaya P.O. Amtala, Murshidabad

P.O.- Amtala, Dist.- Msd.

Value Added Course Syllabus

Module 1 [Duration: 3 Hours] Introduction: Stress and Stress Management Defined Types of Stress Module 2 [Duration: 3 Hours] Sources of Stress: 1. Psychological 2. Social Environmental 4. Academic 5. Family Work Stress [Duration: 5 Hours] Module 3 Impact of Stress: 1. Physiological Impact of Stress - Autonomic Nervous System Changes Physical Impact of Stress: Changes in Brain Development, Insufficient Quality of Sleep, Diet and Health Effects 3. Social Impact of Stress - Stressful Life Events Module 4 [Duration: 9 Hours] Stress Reduction Techniques: 1. Relaxation - Need Your Own Time 2. Yoga - Need of Yoga for Physical and Mental Health, Yogic Principals for Healthy Living, Pranayama, Types of Pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogic Breathing, etc.) 3. Meditation - Advantages of Meditation, Meditation and Mental Health 4. Managing Emotions 5. Time and Life Management 6. Effective Communication [Duration: 4 Hours] Module 5 **Eating and Weight Smart:** 1. Knowing and Applying Basic Nutrition 2. Understanding the Value of Macronutrients 3. Maintaining Proper Healthy Weight [Duration : 4 Hours] Module 6 Basic Wellness: 1. The Role of Fitness in Our Total Well-Being 2. Mindfulness 3. Positive Environment 4. Power of The Breath

Value added Course
Co - Ordinator
J.R. Mahavidyalaya

Module 7

Conclusion

Developing Healthy Relationships

Teacher-In-Charge
Jatindra-Rajendra Mahavidyalaya

[Duration: 2 Hours]

P.O.- Amtala, Dist.- Msd.

Lesson Plan

| Lectures | Course Content |
|--|---|
| Lecture 1 (1 Hour) | Introduction |
| Lecture 2 (1 Hour) | Stress and Stress Management Defined |
| Lecture 3 (1 Hour) | Types of Stress |
| Lecture 4 (1 Hour) | Sources of Stress : Psychological, Social |
| Lecture 5 (1 Hour) | Environmental, Academic |
| Lecture 6 (1 Hour) | |
| Lecture 7 (1 Hour) | Impact of Stress |
| Lecture 8 (1 Hour) | Physiological Impact of stress - Autonomic Nervous System |
| Lecture 9 (1 Hour) | Physical Impact of Stress: Changes in Brain Development |
| Lecture 10 (1 Hour) | Insufficient Quality of Sleep, Diet and Health Effects |
| Lecture 11 (1 Hour) | Social Impact of Stress - Stressful Life Events |
| Lecture 12 (1 Hour) | Stress Reduction Techniques |
| Lecture 13 (1 Hour) | Relaxation - Need Your Own Time |
| Lecture 14 (1 Hour) | Yoga - Need of Yoga for Physical and Mental Health |
| Lecture 15 (1 Hour) | Yogic Principals for Healthy Living |
| Lecture 16 (1 Hour) [Practical Class] | Pranayama, Types of pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujiayi, Yogic Breathing, etc.) |
| Lecture 17 (1 Hour) [Practical Class] | Meditation - Advantages of Meditation, Meditation and Mental Health |
| Lecture 18 (1 Hour) | Managing Emotions |
| Lecture 19 (1 Hour) | Time and Life Management |
| Lecture 20 (1 Hour) | Effective Communication |
| Lecture 21 (1 Hour) | Eating and Weight Smart |
| Lecture 22 (1 Hour) | |
| Lecture 23 (1 Hour) | Knowing and Applying Basic Nutrition |
| Lecture 24 (1 Hour) | Understanding the Value of Macronutrients Maintaining Proper Healthy Weight |
| Lecture 25 (1 Hour) | Maintaining Proper Healthy Weight Basic Wellness: The Pole of Fitness: O. The Law to D. |
| ecture 26 (1 Hour) | Basic Wellness: The Role of Fitness in Our Total Well-Being |
| Lecture 27 (1 Hour) | Mindfulness, Positive Environment Power of The Breath |
| ecture 28 (1 Hour) | |
| Lecture 29 (1 Hour) | Developing Healthy Relationships Conclusion |
| ecture 30 (1 Hour) | |
| [Practica Class] | Screening of a Film – I AM |
| Value added Course | (De) |
| Co - Ordinator | Jatindra-Reigndra III |

J.R. Mahavidyalaya P.O.- Amtala, Dist.- Msd. P.U. Arntala, Murshidabad

Learning Resources

- Napoli, M. (2016). Tools for mindful living: Practicing the 4- Step MAC Guide.
 Dubuque, IA: Kendall Hunt Publishing Company
- Lifestyle Diseases: Lifestyle Disease Management, by C. Nyambichu & Jeff Lumiri,
 2018.
- Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve WellBeing by Nashay Lorick, 2022
- National Institute of Mental Health. (2003). In Harm's Way: Suicide in America. Retrieved 11 June 2008 from http://www.nimh.nih.gov/publicat/harmsway.cfm
- National Institute of Mental Health. (2004). What do these students have in common?
 Retrieved 10 August 2005 from www.nimh.nih.gov/publicat/students.cfm
- National Mental Health Association. (2005). Finding Hope and Help: College Student and Depression Pilot Initiative. Retrieved 11 August 2005 from http://www.nmha.org/camh/college/index.cfm
- ম্যাথিউ সুইনি, মানসিক চাপ এবং বিষয়তা কিভাবে মোকাবিলা করবেন: স্ট্রেস এবং বিষয়তা নিয়ন্ত্রণ ও দূর করার ৭ খাপ কৌশল, ২০২২ ।
- স্বামী গোকুলনন্দ , মানসিক চাপ জয় করবার উপায় , উদ্বোধন পত্রিকা

Evaluation Process

At the end of the Course, there will be a Course-end Assessment. Attendance Component Mar would be calculated based on the actual Attendance Percentage of the Students during the classes the Course.

| Course-end Assessment | Marks: 20 |
|---|--------------------------------|
| Attendance | Marks: 5 |
| Evaluation would be done : Course-end Assessment & Attendance | Total Marks : 25 |
| Students will get Certificate | After Completion of the Course |

Value added Course

Co - Ordinator

J.R. Mahavidyalaya
P.O.- Amtala, Dist.- Msd.

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



Jatindra – Rajendra Mahavidyalaya

P.O-Amtala Dist-Murshidabad Pin Code-742121

Estd: 1986

Website: www. jrm.org.in Email ID: principal@jrm.org.in Fax-03482-247244 Phone. No (S.T.D.-03482) 247107 (Principal), 247244 (Office)

Add on Course

Department of Philosophy

Title: Stress Management

Sesssion-2022-2023

Class Schedule

| SI NO | Date | Lecture | Course Content | Time | Name of the Professor | |
|----------|------------|--|---|--|--------------------------|--|
| 1 | 05/11/2022 | Lecture 1 (1 Hour) | Introduction | 02:30 pm-03:30 am | PG | |
| 2 | 05/11/2022 | Lecture 2 (1 Hour) | Stress and Stress Management Defined | 03:30 pm- 04:30 pm | NS | |
| 3 | 07/11/2022 | Lecture 3 (1 Hour) | Types of Stress | 09:30 am-10:30 am | PG | |
| 4 | 09/11/2022 | Lecture 4 (1 Hour) | Sources of Stress : Psychological, Social | 09:30am-10:30 am | TK | |
| 5 | 10/11/2022 | Lecture 5 (1 Hour) | Environmental, Academic | 09:30am-10:30 am | NM | |
| 6 | 11/11/2022 | Lecture 6 (1 Hour) | Family, Work Stress | 9:30 am-10:30 am | FK | |
| 7 | 12/11/2022 | Lecture 7 (1 Hour) | Impact of Stress | 02:30 pm-03:30 am | PG | |
| 8 | 12/11/2022 | Lecture 8 (1 Hour) | Physiological Impact of stress - Autonomic Nervous System Changes | 03:30 pm- 04:30 pm | NS | |
| 9 | 14/11/2022 | Lecture 9 (1 Hour) | Physical Impact of Stress : Changes in Brain Development | 09:30am-10:30 am | NM | |
| 10 | 16/11/2022 | Lecture 10 (1 Hour) | Insufficient Quality of Sleep, Diet and Health Effects | 09:30 am-10:30 am | TK | |
| 11 | 17/11/2022 | Lecture 11 (1 Hour) | Social Impact of Stress - Stressful Life Events | 09:30 am-10:30 am | NM | |
| 12 | 18/11/2022 | Lecture 12 (1 Hour) | Stress Reduction Techniques | 09:30 am-10:30 am | GB | |
| 13 | 19/11/2022 | Lecture 13 (1 Hour) | Relaxation - Need Your Own Time | 02:30 pm-03:30 am | TK | |
| 14 | 19/11/2022 | Lecture 14 (1 Hour) | Yoga - Need of Yoga for Physical and Mental Health | 03:30 pm- 04:30 pm | PG | |
| 15 | 29/11/2022 | Lecture 15 (1 Hour) | Yogi's Principals for Healthy Living | 09:30 am-10:30 am | FK | |
| 16 | 30/11/2022 | Lecture 16 (1 Hour) [Practical Class] | Pranayama, Types of pranayama (Bhastrika, Anulom-Vilom, Bhramari, Cooling Breath, Kopal Bhati, Ujjayi, Yogic Breathing, etc.) | 09:30 am-10:30 am | -10:30 am PG | |
| 17 | 01/12/2022 | Lecture 17 (1 Hour) [Practical Class] | Meditation - Advantages of Meditation, Meditation and Mental Health | A STATE OF THE STA | FK | |
| 18 | 05/12/2022 | Lecture 18 (1 Hour) | Managing Emotions | 09:30 am-10:30 am | NM | |
| 19 | 07/12/2022 | Lecture 19 (1 Hour) | Time and Life Management | 09:30 am-10:30 am | GB | |

Value added Course

Co - Ordinator

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Oser

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| 20 | 08/12/2022 | Lecture 20 (1 Hour) | Effective Communication | 09:30 am-10:30 am | NM |
|--------------|------------|--|--|--------------------|--------|
| 21 | 09/12/2022 | Lecture 21 (1 Hour) | Eating and Weight Smart | 09:30 am-10:30 am | FK |
| 22 | 10/12/2022 | Lecture 22 (1 Hour) | Knowing and Applying Basic Nutrition | 02:30 pm-03:30 pm | PG |
| 23 | 12/12/2022 | Lecture 23 (1 Hour) | Understanding the Value of Macronutrients | 09:30 am-10:30 am | TK |
| 24 | 13/12/2022 | Lecture 24 (1 Hour) | Maintaining Proper Healthy Weight | 09:30 am-10:30 am | PG |
| 25 | 14/12/2022 | Lecture 25 (1 Hour) | Basic Wellness : The Role of Fitness in Our Total Well-Being | 09:30 am-10:30 am | NS |
| 26 | 15/12/2022 | Lecture 26 (1 Hour) | Mindfulness, Positive Environment | 09:30 am-10:30 am | TK |
| 27 | 16/12/2022 | Lecture 27 (1 Hour) | Power of The Breath | 09:30 am-10:30 am | FK |
| 28 | 17/12/2022 | Lecture 28 (1 Hour) | Developing Healthy Relationships | 02:30 pm-03:30 am | NS |
| 29 | 17/12/2022 | Lecture 29 (1 Hour) | Conclusion | 03:30 pm- 04:30 pm | PG |
| 30 | 19/12/2022 | Lecture 30 (1 Hour) [Practical Class] | Screening of a Film - I AM | 09:30 am-10:30 am | NM |
| ARTICL STATE | 23/12/2022 | Examination | Written Examination | 09:30 am-10:30 am | PG, TK |

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Signature of the Principal/TIC

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

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



P.O - AMTALA * DIST. - MURSHIDABAD * PIN CODE - 742121 E-mail - principal@jrm.org.in, Web Site - www.jrm.org.in, Phone No - 03482-247244, 247107

RESULT

Dept. Name

Value Added Course Course Name

Philosophy

Session:

2022-2023

Stress Management

| SI | Reg. no | | Name | Gend er | Written Marks | Attendance Marks | Result |
|-----|----------|---------------|-----------------------|------------|------------------|---------------------|---------|
| 1 | 051496 | B.A/22/0010 | BISWARUP BISWAS | М | 18 | 5 | 0 |
| 2 | 051498 | B.A/22/0012 | PRABIR CHUNARI | M | - | | Q AB |
| 3 | 051493 | B.A/22/0030 | RUMIYA KHATUN | F | 18 | 4 | |
| 4 | 051502 | B.A/22/0035 | SOURAV MISTRY | М | 17 | 3 | Q |
| 5 | 051500 | B.A/22/0049 | SAHIN SHAIKH | М | 16 | 4 | Q |
| 6 | 051488 | B.A/22/0112 | DIPTI MANDAL | F | 18 | 4 | Q |
| 7 | 051491 | B.A/22/0130 | PIYEL MONDAL | F | 14 | 4 | Q |
| 8 | 051495 | B.A/22/0133 | ANIRBAN RAJAK | M | 2 | | Q |
| 9 | 051503 | B.A/22/0156 | UDIT KUMAR HAZRA | М | 14 | 3 | AB |
| 10 | 051487 | B.A/22/0190 | BRISTI BISWAS | F | 14 | 4 | Q |
| 11 | 051499 | B.A/22/0240 | RAKESH MONDAL | М | 16 | 4 | Q |
| 12 | 051486 | B.A/22/0269 | AYESA JULI KHATUN | F | | | Q |
| 13 | 052038 | B.A/22/0319 | TANIA SULTANA | F | 18 | 5 | |
| 14 | 051895 | B.A/22/0320 | SABANA KHATUN | F | - D 13 Y 3 I | | Q AB |
| 15 | 051752 | B.A/22/0324 | NASIMA KHATUN | F | 18 | 4 | Q |
| 6 | 051501 | B.A/22/0341 | SAYAN MONDAL | М | 18 | 3 | 0 |
| 7 | 051618 | B.A/22/0355 | HABIBA KHATUN | F | 16 | 3 | Q |
| 8 | 051787 | B.A/22/0387 | PRIYANKA PRAMANIK | F | 3.11. | | AB |
| 9 | 052366 | B.A/22/0389 | PIAS ISLAM | М | 15 | 4 | Q |
| 0.0 | 052017 | B.A/22/0400 | SULEKHA KHATUN | F | 15 | 4 | Q |
| 1 | 051622 | B.A/22/0403 | HAPIJA KHATUN | F | 14 | 3 | Q |
| 2 | 052360 | B.A/22/0408 | OMAR FARUK MONDAL | М | 14 | 3 | Q |
| 3 | 051862 | B.A/22/0412 | ROHIMA KHATUN | F | - 811 | | AB |
| 4 | 052060 | B.A/22/0441 | URMILA KHATUN | F | 16 | 4 | Q |
| 5 | 052546 | B.A/22/0443 | SOHEL RANA SAIKH | М | 16 | 4 | Q |
| 6 | 051967 | B.A/22/0446 | SEFONNARA KHATUN | F | - TO 1 | The second live | AB |
| 7 | 052000 | B.A/22/0473 | SONIA KHATUN | F | 14 | 3 | Q |
| 8 | 051902 I | 3.A/22/0484 | SABINA KHATUN | F | 14 | 2 | Q |
| 9 | 051566 I | 3.A/22/0489 | ANOWARA KHATUN | F | 16 | 4 | Q |
| 0 | 052170 I | 3.A/22/0496 | TRAJUL SK | М | 16 | 3 | Q |
| 1 | 051969 I | 3.A/22/0524 S | ELINA KHATUN | F | 16 | 3 | Q |
| | | | IASINA KHATUN | F | 17 | 4 | Q |
| | | | MORJIA KHATUN | F | 17 | 4 | Q |
| 400 | 052186 E | | IASANUR JAMAN ABIR | М | | | AB |
| 5 | 051943 E | | AMIMA KHATUN | F | 16 | 4 | Q |
| 5 | 051824 E | 3.A/22/0562 R | ESMA KHATUN | F | | • | AB |
| - | 051599 B | 3.A/22/0572 D | ILRUBA KHATUN | F | 16 | 5 | Q |
| _ | 051604 B | .A/22/0591 D | IPIKA MAJHI | F | 16 | 3 | Q |
| _ | 051494 B | .A/22/1425 A | MINUL HALSONA | М | 17 | 4 | Q |

Value added Course Co - Ordinator

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



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RESULT

Dept. Name

Value Added Course

Course Name

| S1 | Reg | Student Id | A STATE OF THE STA | Gend er | Written Marks | Attendance Marks | Result |
|-----------|--------|----------------------|--|------------|------------------|---------------------|--------|
| | 051497 | B.A/22/1460 | IMRAN SK | М | 17 | 5 | 0 |
| 41 | 052005 | B.A/22/1489 | Sonia Khatun | F | 16 | 4 | Q |
| 12 | 052597 | B.A/22/1495 | TODIYAL FAYED | M | 16 | 4 | Q |
| 43 | 052006 | B.A/22/1501 | SONIYA BISWAS | F | 16 | 4 | Q |
| 14 | 052152 | B.A/22/1518 | CHHURMAN SK | M | - | | Q |
| 15 | 065589 | B.A/21/0006 | TAMANNA AKTAR MONDAL | F | 14 | 3 | AB |
| 16 | 065602 | B.A/21/0017 | Radian Aktar Mondal | М | 15 | 4 | Q |
| 17 | 065581 | B.A/21/0027 | OJIFA KHATUN | F | 14 | 4 | Q |
| 8 | 065600 | B.A/21/0034 | PARVEJ NOWAJ SK | M | | | Q |
| 19 | 065610 | B.A/21/0047 | SOYEB KHAN | М | 14 | 4 | AB |
| 50 | 065606 | B.A/21/0053 | SAIRUL SARDAR | M | 14 | 4 | Q |
| 51 | 065608 | B.A/21/0061 | SERFUL SHEIKH | M | | 4 | Q |
| 52 | 065588 | B.A/21/0111 | SONIA DAS | F | 16 | - | AB |
| 53 | 065572 | B.A/21/0116 | LABONI CHOWDHURY | F | 16 | 5 | Q |
| 54 | 065590 | B.A/21/0117 | TANUSHRI MONDAL | F | 15 | 5 | Q |
| 5 | 065601 | B.A/21/0123 | PIJUSH GHOSH | М | - 15 | | Q |
| 6 | 065586 | B.A/21/0189 | RIMPA KHATUN | F | 14 | 4 | AB |
| 7 | 065597 | B.A/21/0241 | MASUM MONDAL | М | 14 | 4 | Q |
| 8 | 065579 | B.A/21/0280 | NAZMA KHATUN | F | 15 | 4 | Q |
| 9 | 065592 | B.A/21/0337 | TUHINA KHATUN | F | 16 | | Q |
|) | 065607 | B.A/21/0402 | SALIM HOQUE | M | | 4 | Q |
| 1 | 065571 | B.A/21/0432 | JOYTSHANA KHATUN | F | 14 | 3 | AB |
| 2 | 065603 | B.A/21/0496 | RAMIJ RAJA | M | | 3 | Q |
| 3 | 065587 | B.A/21/0499 | RUMANA KHATUN | F | 16 | 4 | AB |
| 4 | 065605 | B.A/21/0529 | SABIR HOSSAIN SHEIKH | М | | - | Q |
| 5 | 065598 | B.A/21/0542 | NASIM KHAN | М | | | AB |
| 5 | 065575 | B.A/21/0775 | MOUMITA MONDAL | F | 16 | 4 | AB |
| | 065583 | B.A/21/0789 | PARVINA KHATUN | F | 15 | 4 | Q |
| 3 | 065599 | B.A/21/0825 | PAPAN DAS | M | 15 | 3 | Q |
| | 065595 | B.A/21/0907 | DURJOY GHOSH | M | 14 | 3 | Q |
|) | 065594 | B.A/21/1157 | CHANCHAL SARKAR | М | 16 | 3 | Q |
| | 065568 | B.A/21/1657 | DEBIKA KHATUN | F | 16 | 4 | Q |
| | 065574 | B.A/21/1668 | MOKARAMA KHATUN | F | 13 | 3 | Q |
| | 065569 | B.A/21/1669 | HABIBA KHATUN | F | 14 | 4 | Q |
| | 065570 | B.A/21/1692 | HAMEDA KHATUN | F | 14 | 3 | Q |
| | 065580 | V2 1 10 1 11 11 11 1 | NAZMA KHATUN | F | 13 | 2 | Q |
| | 065593 | B.A/21/1698 | CHANCHAL KHAN | M | 12 | 2 | Q |
| | 065578 | B.A/21/1731 | NARJUMA KHATUN | F | 13 | 2 | Q |
| - | 065585 | B.A/21/1910 | RAJONI KHATUN | F | 12 | 2 | Q |

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

Teacher-In-Charge
Jatindra-Rajendra Mahavidyalaya
P.0, Amtala, Murshidabad



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RESULT

Dept. Name

Value Added Course

Course Name

| | Philosophy | | Course Stress | Name S Manage | ement | Session : 2022-2023 | |
|----|------------|----------------------------|------------------|------------------|---------------|-------------------------|--------|
| SI | Reg no | Student Id | Name | | | | -2023 |
| 79 | 057765 | B.A/20/0003 | SUMAYA KHATUN | Gender | Written Marks | Attendance Marks | Result |
| 80 | 057768 | B.A/20/0008 | UMME SALMA | F | 12 | 3 | AB |
| 81 | 057776 | B.A/20/0016 | SANOWAR HOSSAIN | F | 12 | 3 | 0 |
| 82 | 057757 | B.A/20/0020 | RINKU GHOSH | . M | 13 | 4 | 0 |
| 83 | 057762 | B.A/20/0062 | SALMA KHATUN | F | | | AB |
| 84 | 057778 | B.A/20/0081 | TARIK AJU | F | 12 | 3 | Q |
| 85 | 057773 | B.A/20/0084 | PRITAM BISWAS | M | 12 | 3 | 0 |
| 86 | 057749 | B.A/20/0089 | HAFIJA KHATUN | M | | THE BOOK THE PERSON | AB |
| 37 | 057750 | B.A/20/0097 | | F | 12 | 3 | Q |
| 88 | 057754 | B.A/20/0108 | JULEKHA KHATUN | F | | Charles and the same of | AB |
| 9 | 057753 | B.A/20/0126 | PIYALI DAS | F | 14 | 2 | |
| 0 | 057766 | B.A/20/0131 | PAPIA KHATUN | F | 13 | 2 | Q |
| 1 | 057758 | B.A/20/0144 | SUMITA KHATUN | F | 15 | 3 | Q |
| 2 | 057774 | B.A/20/0154 | ROHIMA KHATUN | F | 14 | 4 | Q |
| 3 | 057770 | B.A/20/0155 | RAHUL MONDAL | M | | | Q |
| 4 | 057761 | B.A/20/0158 | HASIBUL ISLAM | M | 100 100 | | AB |
| 5 | 057755 | B.A/20/0168 B.A/20/0163 | SALEHA KHATUN | F | 12 | 3 | AB |
| 5 | 057759 | | REHENA KHATUN | F | 13 | 3 | Q |
| , | 057775 | B.A/20/0727 | SABINA KHATUN | F | 12 | 3 | Q |
| | 057764 | B.A/20/0772 | ROUSAN KHONDAKAR | M | Carlotte a | | Q |
| | 057767 | B.A/20/0779 | SUMANA BISWAS | F | | | AB |
| 0 | | B.A/20/0780 | SUNITA BISWAS | F | 14 | | AB |
| - | 057748 | B.A/20/0938 | ARPITA BISWAS | F | 14 | 4 | Q |
| 1 | 057763 | B.A/20/0953 | SHUKLA GHOSH | F | | 3 | Q |
| 2 | 057772 | B.A/20/1427 | POPI KHATUN | M | 14 | - | AB |
| | | | | | 14 | 4 | Q |

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

Signature of Principal / Teacher-in-charge

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

Model Certificate



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

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

Amtala, Murshidabad - 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: STRESS MANAGEMENT Course Duration: 06.11.2022 - 28.12.2022

ENROLMENT SHEET

| SL. NO. | REG. NO. | STUDENT ID | NAMES | SIGNATURE |
|---------|----------|---------------|-------------------|---------------------|
| 11 | 051496 | B.A/22/0010 | BISWARUP BISWAS | Biswas Biswas |
| 2 | 051498 | B.A/22/0012 | PRABIR CHUNARI | Proabin Chunari |
| . 3 | 051493 | B.A/22/0030 | RUMIYA KHATUN | Rumiya Khaitun |
| 4 | 051502 | B.A/22/0035 | SOURAV MISTRY | Sourar 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 | Pined Mondal. |
| 8 | 051495 | B.A/22/0133 | ANIRBAN RAJAK | 1 P . |
| 9 | 051503 | B.A/22/0156 | UDIT KUMAR HAZRA | Marine on Rayak |
| 10 | 051487 | B.A/22/0190 | BRISTI BISWAS | Braisti Biswas |
| 11 | 051499 | B.A/22/0240 | RAKESH MONDAL | Rakesh Mondal |
| 12 | 051486 | B.A/22/0269 | AYESA JULI KHATUN | Agesa Juli Khatur |
| 13 | 052038 | B.A/22/0319 | TANIA SULTANA | - 012 |
| 14 | 051895 | B.A/22/0320 | SABANA KHATUN | Sabana Khadun |
| 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 | plas Islam |
| 20 | 052017 | B.A/22/0400 | SULEKHA KHATUN | Sulekha Khatur |
| 21 | 051622 | B.A/22/0403 | HAPIJA KHATUN | Hapija Khatun |
| 22 | 052360 | B.A/22/0408 | OMAR FARUK MONDAL | Omnon Farcak nondal |
| 23 | 051862 | B.A/22/0412 | ROHIMA KHATUN | Rohima Khalun |
| 24 | 052060 | B.A/22/0441 | URMILA KHATUN | 0.0 |
| | Ozera | | Ac | Would shoten |

Jalindra-R. Jalind

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

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Value added Course

Co - Ordinator

J.R. Mahavidyalaya
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1

Amtala, Murshidabad - 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: STRESS MANAGEMENT Course Duration: 06.11.2022 - 28.12.2022

ENROLMENT SHEET

| | | | CODMENT SHEET | |
|----|--------|-------------|----------------------|-----------------------|
| 25 | 052546 | B.A/22/0443 | SOHEL RANA SAIKH | Soled Rana Saith |
| 26 | 051967 | B.A/22/0446 | SEFONNARA KHATUN | Seformapa Khatun |
| 27 | 052000 | B.A/22/0473 | SONIA KHATUN | Sonia Khatun |
| 28 | 051902 | B.A/22/0484 | SABINA KHATUN | Selina Khatum |
| 29 | 051566 | B.A/22/0489 | ANOWARA KHATUN | Anguara Khatun |
| 30 | 052170 | B.A/22/0496 | FIRAJUL SK | Finajul 8.K |
| 31 | 051969 | B.A/22/0524 | SELINA KHATUN | Selina Khatur |
| 32 | 051625 | B.A/22/0532 | HASINA KHATUN | Hasina Khatun |
| 33 | 051720 | B.A/22/0539 | MORJIA KHATUN | Morria Khatu |
| 34 | 052186 | B.A/22/0550 | HASANUR JAMAN KABIR | Hasanus Jaman Kab |
| 35 | 051943 | B.A/22/0555 | SAMIMA KHATUN | Samima Khatur |
| 36 | 051824 | B.A/22/0562 | RESMA KHATUN | Resma Khatun |
| 37 | 051599 | B.A/22/0572 | DILRUBA KHATUN | pitrouba Khatun |
| 38 | 051604 | B.A/22/0591 | DIPIKA MAJHI | Diplka Majhi |
| 39 | 051494 | B.A/22/1425 | AMINUL HALSONA | Aminul Hallana |
| 40 | 051497 | B.A/22/1460 | IMRAN SK | Immon SK |
| 41 | 052005 | B.A/22/1489 | Sonia Khatun | Sonia Khatun |
| 42 | 052597 | B.A/22/1495 | TODIYAL FAYED | Todiyal Fayed |
| 43 | 052006 | B.A/22/1501 | SONIYA BISWAS | Soniya Bismas. |
| 44 | 052152 | B.A/22/1518 | CHHURMAN SK | Chhupman SK |
| 45 | 065589 | B.A/21/0006 | TAMANNA AKTAR MONDAL | Jammanna Aktar Mon |
| 46 | 065602 | B.A/21/0017 | Radian Aktar Mondal | Radizon AKtoro mondel |
| 47 | 065581 | B.A/21/0027 | OJIFA KHATUN | Osifa Khatu |
| 48 | 065600 | B.A/21/0034 | PARVEJ NOWAJ SK | Parves Noway Sk |
| 49 | 065610 | B.A/21/0047 | SOYEB KHAN | Soyeb Kham |
| 50 | 065606 | B.A/21/0053 | SAIRUL SARDAR | Sappul Sandard |

Bala

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.

Amtala, Murshidabad - 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: STRESS MANAGEMENT Course Duration: 06.11.2022 - 28.12.2022

ENROLMENT SHEET

| | | EN | ROLMENT SHEET | |
|----|--------|-----------------------|--|----------------------|
| 51 | 065608 | B.A/21/0061 | The state of the s | R 0 0 0 0 |
| 52 | 065588 | B.A/21/0111 | SERFUL SHEIKH | Serful Sheikh |
| 53 | 065572 | B.A/21/0116 | SONIA DAS | Sonia Das |
| 54 | 065590 | CH WARRANT CONTRACTOR | LABONI CHOWDHURY | Laboni choodhury |
| 55 | 065601 | B.A/21/0117 | TANUSHRI MONDAL | Tanushri Mondal |
| 56 | 065586 | B.A/21/0123 | PIJUSH GHOSH | Pliush Ghesh |
| 57 | | B.A/21/0189 | RIMPA KHATUN | Rimpa Kheetun |
| | 065597 | B.A/21/0241 | MASUM MONDAL | Masum Mordal |
| 58 | 065579 | B.A/21/0280 | NAZMA KHATUN | Nazma Khatun |
| 59 | 065592 | B.A/21/0337 | TUHINA KHATUN | Thina khatun |
| 60 | 065607 | B.A/21/0402 | SALIM HOQUE | SAL Solum Hoave |
| 61 | 065571 | B.A/21/0432 | JOYTSHANA KHATUN | Joxthana Khatan |
| 62 | 065603 | B.A/21/0496 | RAMIJ RAJA | Ramii Dina |
| 63 | 065587 | B.A/21/0499 | RUMANA KHATUN | Rumana Khatun |
| 64 | 065605 | B.A/21/0529 | SABIR HOSSAIN SHEIKH | Sabin Hossain She |
| 65 | 065598 | B.A/21/0542 | NASIM KHAN | Nasim khan |
| 66 | 065575 | B.A/21/0775 | MOUMITA MONDAL | M el M 11 |
| 67 | 065583 | B.A/21/0789 | PARVINA KHATUN | 1D Acid |
| 68 | 065599 | B.A/21/0825 | PAPAN DAS | Harrina Whaten |
| 69 | 065595 | B.A/21/0907 | DURJOY GHOSH | Dapan Das |
| 70 | 065594 | B.A/21/1157 | La la Maria | Dirijory erchovsh |
| 71 | 065568 | B.A/21/1657 | CHANCHAL SARKAR | Charchal Surper |
| 72 | 065574 | B.A/21/1668 | DEBIKA KHATUN | Webika Khatun |
| 73 | 065569 | | MOKARAMA KHATUN | Mokarrama Khatu |
| 74 | | B.A/21/1669 | HABIBA KHATUN | Habiba Khatun |
| | 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 | Charonal Khan |
| | 60.10 | | 1 | Value orded Course 3 |

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.

Amtala, Murshidabad - 742121

DEPARTMENT OF PHILOSOPHY

Value Added Course: STRESS MANAGEMENT Course Duration: 06.11.2022 - 28.12.2022

ENROLMENT SHEET

| ENROLMENT SHEET | | | | | | | | |
|-----------------|--------|-------------|------------------|---------------------------------|--|--|--|--|
| 77 | 065578 | B.A/21/1731 | NARJUMA KHATUN | Narijuma Khatun | | | | |
| 78 | 065585 | B.A/21/1910 | RAJONI KHATUN | | | | | |
| 79 | 057765 | B.A/20/0003 | SUMAYA KHATUN | Rajoni Khatun | | | | |
| 80 | 057768 | B.A/20/0008 | UMME SALMA | Suonaya Rhatun | | | | |
| 81 | 057776 | B.A/20/0016 | SANOWAR HOSSAIN | anne Salma | | | | |
| 82 | 057757 | B.A/20/0020 | RINKU GHOSH | Sanowak Horssain | | | | |
| 83 | 057762 | B.A/20/0062 | | Rimen brhogh | | | | |
| 84 | 057778 | B.A/20/0081 | SALMA KHATUN | Salma Khortun | | | | |
| 85 | 057773 | B.A/20/0081 | TARIK AJIJ | Took Ain | | | | |
| | | B.A/20/0084 | PRITAM BISWAS | Pritam Bismas | | | | |
| 86 | 057749 | B.A/20/0089 | HAFIJA KHATUN | Harigo Whaten | | | | |
| 87 | 057750 | B.A/20/0097 | JULEKHA KHATUN | Julakha Khatan | | | | |
| 88 | 057754 | B.A/20/0108 | PIYALI DAS | Rijali Das | | | | |
| 89 | 057753 | B.A/20/0126 | PAPIA KHATUN | Dapia Khatun | | | | |
| 90 | 057766 | B.A/20/0131 | SUMITA KHATUN | Sumita Khatun | | | | |
| 91 | 057758 | B.A/20/0144 | ROHIMA KHATUN | Rohima Khadun | | | | |
| 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 Khafun | | | | |
| 95 | 057755 | B.A/20/0163 | REHENA KHATUN | Rekhena Khartun | | | | |
| 96 | 057759 | B.A/20/0727 | SABINA KHATUN | Sabina Khatun. | | | | |
| 97 | 057775 | B.A/20/0772 | ROUSAN KHONDAKAR | Rousan Khondakas | | | | |
| 98 | 057764 | B.A/20/0779 | SUMANA BISWAS | Sumana Bismas | | | | |
| 99 | 057767 | B.A/20/0780 | SUNITA BISWAS | Sahan Sienita Bisas | | | | |
| 100 | 057748 | B.A/20/0938 | ARPITA BISWAS | Ampiita Busmas | | | | |
| 101 | 057763 | B.A/20/0953 | SHUKLA GHOSH | Ampuita Busmas Shukla Grhosh | | | | |
| 102 | 057772 | B.A/20/1427 | ROPI KHATUN | Pops, Khatun. | | | | |
| | 0 | | XV. | X - | | | | |

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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.

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REGISTER OF ATTEND-FOR THE MONTH

| | | | of Adm. 1. Reg. | 9 | | | | | | | | | | | | | | | ۱D | |
|---------------|---------------------|--------------------|--------------------|--------|-----|------|-----|-----|-------|-----|-------|-----|-----|-----|-----|-------|-----|---|------|---------|
| Serial No. | Roll No. B.A/ | NAME OF PUPILS | B dt. | 8 + 30 | 525 | なるか | W/W | 1 9 | 4 735 | お見り | M. H. | 1 N | A | X 2 | 2 | 200 | 2 P | 4 | 14 N | G & 1/2 |
| 01 | 010 | Biswarup · Bisnas | | P | P | P | P | | P | P | d | P | 0 | | 1 | P | | 1 | 7 | |
| 02 | 012 | prasir · Chunari | 100 | P | 18 | 1000 | 44 | - | 6 | 4 | 1,1 | | 8 | | | | | | | - |
| 03 | 030 | Rumiya Klahan | (b) | P | | 10 | P | | | | 100 | • | 0 | 1 | | | | | | P |
| 09 | 0035 | Sourar Mistry | | 18 | P | P | ₽ | | S | 4 | | P | 1 | | 1 | PJ | PF | 1 | 2 | |
| 05 | 049 | Sahin Shaike. | | P | | r | P | 1 | ? | | | • | 8 | | | P | . 1 | 2 | | |
| 06 | 112 | Dipti Mandal | | P | | P | • | 8 | 1 | ٩ | | P | P | | | | . 1 | | | P |
| 67 | 130 | pixel Mondal | | P | P | P | • | Đ. | 9 | | | P | | | | P | PP | 1 | | 19 |
| 08 | 133 | Anlaban Rajak | | 100 | | 385 | f | , | 9 | 3 | 9) | | , | + | P | | | | | 1 |
| 09 | 156 | UDIT Kumas Hazra | 1 | 15 | • | 4 | P | | . 9 | P | | P | 1 | P | | 1 | P | J | | P |
| 16 | 190 | Brish Biswas | 200 | P | P | 9 | P | | | 4, | 100 | | B | | P | | 1 | 9 | | P |
| 11 | 240 | Rayesh Mondal | | P | P | ₽ | P | 9 | 1 | P | | P | (|) | | | | | | 1 |
| 12 | 269 | Ayeska Juli Khalun | 12.2 | 2 | 3 | | | 4 | 3.10 | 124 | | 4 | | | | | | | | |
| 13 | 319 | Tania Sultana | 36 | 13 | P | | • | | | ٠, | | P | - | 1 | P | 1 | P | | | 0 |
| 19 | 320 | | 24 | -5 | 43 | | - | - | | 1 | 37 | | | | | 8 | | | | |
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| 16 | 341 | Sayan Mondal | 19.05 | P | | 8 | P | | P | P | 1 | P | | P | P | 8 | , | | | 1 13 |
| 17 | 355 | | 45.0 | P | 3 | P | P | | D | P | | • | | | • | 1 | P | | | |
| 18 | 387 | | | 8 | 4 | | - | 83 | | | 41 | | Ä. | 1 | | 4 | - | 4 | | - |
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| 20 | 400 | | - | P | P | N. | P | 8 | | | Sil. | P | | P | | | 1 | P | P | , b |
| 21 | 403 | Hapija Khatum | 133 | | | | P | | | 9 | ij. | • | | | | 1 | P | | | |
| 22 | 408 | OMET FATUR MONTH | | P | P | P | P | | 8 | P | 8 | P | | | P | 3 | 1 | | | |
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| 24 | | | | | P | | | | | | 8 | P | | | | 3 | | | , | |
| 25 | | | 2373 | P | P | P | P | | 9 | | 18 | | | P | P | 45 | | | | |
| 26 | 996 | | 1 | T | | 1 | - | | - | - | di. | 17 | | DA. | | | | | | 1 |
| 27 | 173 | Bonia Khatun | | 1 | | | P | 8 | | | 4 | | | P | P | | 8 | P | 2 | 16 |
| 28 | | | 200 | T | | 19 | P | 1 | | 9 | | P | | , | 1 | - | | | , | |
| 29 | 489 | | 7.18 | | , | | | | | 9 | | P | | | P | | | | | |
| 30 | 496 | | 128 | | P | | P | | P | | 110 | P | - | | P | | R | | 8 | P |
| 31 | 52A | | | 1 | | Г | P | | | | | ٠ | 1 | | P | P | | | | |
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| 35 | | | | P | 9 | | P | | | 1 | | * | | | • | A | | | | |
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| - | 1425 | | 1000 | 1 | | | P | | R | 18 | | F | 1 | , | P | 1 | 1 | | PP | P |
| 40 | 1460 | Na. Present Daily | 1 | 1 | - | 1 | Ť | | 1 | 1 | | Ť | 189 | 9 | | | | | | |
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| | | TOTAL | Hinds | - | - | - | | M. | ıslim | | - | - | | - 0 | the | - | | | 11 | 1 |

ANCE OF PUPILS
OF November - December

| | | A | N | CE | H | | | | | × | | | N | o. of o | days |
|-------|------|-----|------|-----|-----|-----|-----|-----|-----|-----|-----|---------|----------------|---------|--------|
| P1 20 | Fle | qu | 121 | QV | N5 | 国 | f | 105 | Ø. | 16, | 1 | - | | Absent | Absen |
| 20 | 24, | 27 | 25 | 3 | 28 | 28 | 27 | 28 | 29 | 30 | 31 | Present | Late Presen | 00 | withou |
| 12 | 4 | F. | N. | 12 | 2 | 41 | 7 | P. | 1 | 12 | | -E | 25 | Leave | Leave |
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| | | ₽ | 3 | | P | P | , | 1 | | 8 | | | | | |
| | P | P | 15 | 100 | | | P | 9 | | | | | | | |
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| | 7 | 1 | | | P | P | , | P | | | | | 916 | 190 | |
| | - | 92 | 8 | 1 | 100 | | | 18 | | - | | 0.5 | | 44. | 100 |
| | | 10 | 8 | 10 | P | P | 7 | | | | | | | | |
| - | | P | 192 | | | , | | | | | | | | | 140 |
| - | P | 90 | | | P | P | 69 | P | 5 | | | - | | | |
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| | | P | 100 | 1 | | P | | | | 28 | | | | | |
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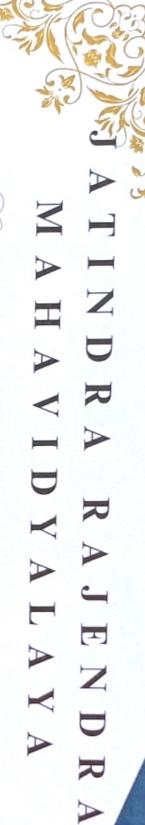
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Centificate of Value Added Course

We appriciate your presence and wish you all the best for your future. successfully complited Value Added Course on " Thess Management" no. 065593 sesion. 2022-23 from Department of Philosophy who has conducted by the Philosophy Department from .05/11/2022 to .28/12/2022 This certificate is awarded to Chanchal Rhan of. 1st Temester Registration

COURSE COORDINATOR

Value added Course

Co - Ordinator

Mahavidyalaya

IQAC COORDINATOR
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J.R. Mahavitvalava
Amisla, Mi.::

PRINCIPAL/TIC

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalay
RO, Amtala. Dist. Murshidaya



Certificate of Value Added Course

Management" conducted by the Philosophy Department from .05/11/2022 who has successfully complited Value Added Course on " Stress Registration no., 051493 ession. 2022-23 from Department of Philosophy This certificate is awarded to Rumiya Rhatun of. 1st Semester

We appriciate your presence and wish you all the best for your future.

6.28/12/2022

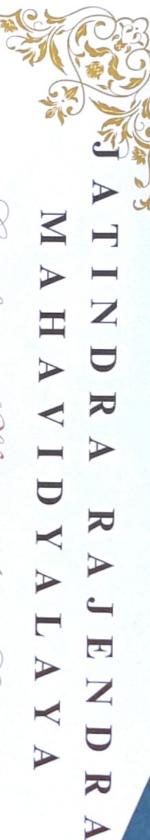
COURSE COORDINATOR

Value added Course

J.R. Mehavidyaleye-

Amtale, Murshidabad

PRINCIPAL/TIC



Centificate of Value Added Course

complited Value Added Course on "Thess Management" conducted by the 051493 ession. 2022-23 from Department of Philosophy who has successfully This certificate is awarded to Piyali Das of. 1st Semester Registration no.. Philosophy Department from .05/11/2022 to .28/12/2022

We appriciate your presence and wish you all the best for your future.

COURSE COORDINATOR

Value added Course Co - Ordinator ahavidyalaya

> IQAC COORDINATOR COORDINATOR

Amtala, Murshidahan J.R. Mahavidyalaya



Certificate of Value Added Course

conducted by the Philosophy Department from .05/11/2022 to .28/12/2022 successfully complited Value Added Course on "Thess Management" no.. 065606 ession. 2022-23 from Department of Philosophy who has We appriciate your presence and wish you all the best for your future. This certificate is awarded to Sairul Sardar of. 1st Semester Registration

COURSE COORDINATOR

Value added Course

Co - Ordinator

Mahavidyalaya

IQAC COORDINATOR
COORDINATOR
IQAC
J.R. Mahavidyalaya
Amtale, Murahidebad



Report on Stress Management

Value Added Course conducted by the Department of Philosophy (6th November 2022 and 28th December 2022)
Time: 30 Hrs.

Aim of the Course:

Stress management is a critical component of maintaining well-being and productivity in both personal and professional life. In today's fast-paced world, individuals often face various stressors that can impact their physical health, mental well-being, and overall quality of life. This report explores effective strategies and techniques for managing stress, highlighting their importance and application in different contexts.

Effective stress management is essential for maintaining health, productivity, and overall quality of life. By understanding the sources and effects of stress and adopting proactive strategies like time management, mindfulness, and physical activity, individuals can build resilience and manage stress effectively. Employers and organizations also have a responsibility to support stress management initiatives to foster a healthy and productive workforce. By prioritizing stress management, individuals and organizations can create environments where individuals can thrive both personally and professionally.

Objectives:

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.

Out-Come:

The outcomes of stress management extend beyond individual benefits to encompass organizational success and societal well-being. By adopting and promoting stress management techniques, individuals and organizations can foster healthier lifestyles, enhance productivity, and create supportive environments that nurture personal and professional growth. Effective stress management is a cornerstone of a balanced and fulfilling life, yielding positive outcomes that contribute to overall happiness and success.

102 students out of 76 completed the course successfully. By the end of the course, students were able to Improve Physical Health, Enhanced Mental Well-being, Better Relationships, Enhanced Quality of Life, and Long-term Health Benefits. They were also more confident and this was reflected in their body language. The students wanted more such courses.

The 30 hours value added course was conducted between 6th November 2022 and 28th December 2022. 102 students enrolled for the course out of which 76 completed the course. The course was inhouse and was conducted by the faculty members of the Department of Philosophy.

Value added Course
Co - Ordinator

Signature of the Principal/TIC

Teacher-in-Charge

P.O. Amiaia, Murshidabad

J.R. Mahavidyalaya P.O.- Amtala, Dist.- Msd.

Photo Gallery













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

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