



One Day State Level Seminar

on

WOMEN EMPOWERMENT AND ITS IMPACT ON SOCIETY



ORGANISED BY

DEPARTMENT OF EDUCATION
In collaboration with the IQAC, JRM

Date: 12.03.2023

Venue: Seminar Hall

JRM

ABOUT THE COLLEGE:

Jatindra Rajendra Mahavidyalaya was established on 6th December, 1986. The college is situated in a rural area in the district of Murshidabad where the most of the people are economically backward and belong to the minority community. Naturally, the most of the students of the college are the first generation learners. Hence, one of the objectives of the college is to expand the facility of higher education to such people who are living in the remote areas of the district and its adjoining area. It is a government aided general degree college affiliated to the University of Kalyani and the University Grants Commission has recognized this college under the section of 2(f) and 12 (B) of its act. The college has acquired a layers of academic reputation in the district. The College has been re-accredited with 'B' grade in 2016 by the NAAC.

HOW TO REACH THE COLLEGE:

By Train - (next > on Road):

- Sealdah to Beldanga - 168 kms
- Kolkata to Beldanga - 165 kms
- Howrah to Khagraghat Road - 201 kms
- Malda Town to Khagraghat Road - 129 kms

On Road:

- Beldanga to JRM, Amtala - 23 kms
- Berhampore to JRM, Amtala via Hariharpara - 34 kms
- Khagraghat Road to Berhampore Mohana Bus Stand - 3 kms

ORGANIZING COMMITTEE:

Chief Patron:

Ms. Naazeen Khan, the President of G.B.

JRM Patron:

Prof. Geetali Bera, Teacher In-Charge

Organizing Secretary:

Mithun Ghosh, Head of Dept. of Education

Convener:

Mithun Ghosh, HoD (Education)

Jt. Convener:

Sufal Sarkar, Dept. of Education

FINANCE COMMITTEE:

Treasurer:

Sri Santosh Mandal, Bursar, JRM

Jt. Treasure:

Sri Sandip Das, Cashier, JRM

Sucharita Mitra, Dr Rina Majumdar, Dr Kutubuddin Biswas, Dr Ranjit Kumar Baidya, Subhadip Mukherjee, Monirul Islam, Abdul Halim Sheikh, Amal Sarkar

ADVISORY COMMITTEE:

Sucharita Mitra, Dr Rina Majumdar, Dr Kutubuddin Biswas, Dr Ranjit Kumar Baidya, Subhadip Mukherjee, Monirul Islam, Abdul Halim Sheikh, Amal Sarkar

SEMINAR THEME

Women empowerment in India aims to aware women folk of their rights like the right to vote, property rights, freedom of movement, their legal rights, and much more. That's to realize their self-worth, their abilities to determine their own choice and shaping the society where women can enjoy their respect and rights just like other humans. Women's empowerment is an essential factor that works for the betterment and development of society, community, and country.

As per the National Policy for the Empowerment of Women, the principle of Gender Equality is enshrined in the Indian Constitution in its Preamble, Fundamental Rights, Fundamental Duties and Directive Principles. The Constitution not only grants equality to women, but also empowers the State to adopt measures of positive discrimination in favour of women. Although various laws have been formulated for the empowerment of women in India, but we should not forget gender discrimination is so deep rooted in Indian society that mere formulation of rules and regulations would not serve the purpose.

Department of Education is to organize a One Day State Level Seminar on **"Women Empowerment and its Impact on Society"** on 12 March, 2023 at the Seminar Hall to address the following issues:

- To ignite the deliberations for bridging the gap between the regulations and the ground reality of the position of women in Indian society.
- To discuss the role of women in India's inclusive growth and how women empowerment can increase the velocity of inclusive growth, through capacity building.
- To discuss the issues to be tackled to streamline the existing programmes on woman empowerment.

Registration:

Registration is compulsory for all the participants except Resource Persons. Registration Fees:

Delegates Fees - Faculties, Academicians and Paper Presenter (jointpresenter will register separately) - Rs. 300/- Only.

Students Fees - No Fees (For Research Scholars/ Students a Certificate from Head/ Supervisor from concerned Institution is required for availing subsidized registration fee.)



RESOURCE PERSON

Dr. Munmun Sadhukhan
Assistant Professor
Lalgola College, Lalgola
Dist. - MURSHIDABAD

CONTACT US

Prof. Geetali Bera: Patron & TIC
☎+91-9733624651;
✉principal@jrm.org.in.

Sufal Sarkar: Convenor & HoD, Education
☎+919126832259;
✉sufalsarkar69@gmail.com

Mithun Ghosh: Jt. Convenor
☎+91-9883239547
✉mithunkumarghosh8@gmail.co



Jatindra-Rajendra Mahavidyalaya

ESTD-1986



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

Date : 24-03-2023

Name of Program: *One Day Seminar on “Women Empowerment and it’s Impact on Society”*


1. Name of Department/Committee/Cell: Department of Education in collaboration with IQAC, JRM
2. Date(s) of the Event: 12-03-2023
3. Venue of the Event: College Seminar Hall
4. Nature of Activity: Seminar
5. Level of the Activity: State
6. Name of the Collaborator, if any: College
7. Name of the Chairpersons: Geetali Bera, Associate Prof., Dept. of Philosophy, J. R. Mahavidyalaya
8. Name and Designation of guests and participants:

Sl. No.	Speakers/Guests	Designations
1	Dr. Munmun Sadhukhan	Assistant Professor, Dept. of Education, Lalgola College, Lalgola, Murshidabad


9. Beneficiaries: 13 College Teaching & Non-Teaching Stuffs and 53 Students

10. Outcome of the Activity:

- Explore how technology can both alleviate and exacerbate stress.
- Discuss case studies illustrating the positive and negative impacts of technology on mental health.
- Recognize common technology-related stressors, such as information overload, constant connectivity, and digital distractions.
- Analyze the impact of social media, remote work, and digital communication tools on stress levels.
- Examine tools and apps designed to help manage stress, such as meditation apps, time management software, and virtual therapy.
- Assess the effectiveness of these tools through research findings and user testimonials.
- Provide guidelines for developing healthy technology usage habits to minimize stress.

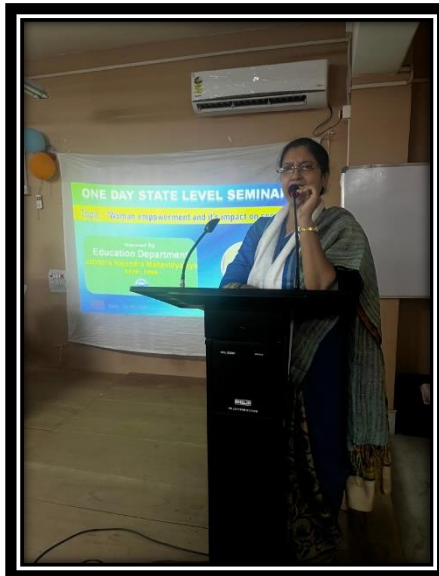

 HoD
 HoD, Department of Education
 Jatindra-Rajendra Mahavidyalaya
 Amtala, Murshidabad


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


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

11. Evidence: Photographs of that Event.

Some Photographs of the Seminar:




.....
HOD
HOD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Subhadip Kumar
IOAC
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad


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

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

ATTENDANCE SHEET

Programme Name : One Day State Level Seminar
Topic : "Women Empowerment and it's Impact on Society"
Date : 12.03.2023
Venue : College Seminar Hall.
Organized by : Dept. of Education in collaboration with IGAC, JRM

Sl. No	STUDENT ID	SIGNATURE OF STUDENTS
1	B.A/21/0003	Walifa Nassar
2	B.A/21/0038	Toufik Sahara Banu
3	B.A/21/0040	Sayeba Khatun
4	B.A/21/0069	Sahabul Shekh
5	B.A/21/0129	Sakil Rofo
6	B.A/21/0132	Agrisho Das
7	B.A/21/0136	Nirupama Halder
8	B.A/21/0137	Isham Khatun
9	B.A/21/0193	Priyanka Ghosh
10	B.A/21/0190	Soumik Pal
11	B.A/21/0202	Atish Kumar Ghosh
12	B.A/21/0269	Sahana Mondal
13	B.A/21/0212	Sathi Ghosh
14	B.A/21/0197	Jeetisha Roy
15	B.A/21/0237	Shefali Khatun
16	B.A/21/0349	Sasmita Pal.
17	B.A/21/0895	Sudya Parvin
18	B.A/21/0230	Shruti Judias Parvin
19	B.A/21/0268	Riya parvin
20	B.A/21/0199	Sabana Yasmin

28/3/2023
12/03/2023
HOD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

ATTENDANCE SHEET

21	B.A/21/1058	Ariti Biswas
22	B.A/21/1915	Mantu Mondal
23	B.A/21/0143	Zehi Halder
24	B.A/21/1173	Aditi Mondal
25	B.A/21/0232	Tamanna Khatun
26	Susmita Pal	B.A/21/0319
27	B.A/21/1961	Selim SK
28	B.A/22/0964	Disha Ghosh
29	B.A/22/0083	Shraboni Chowdhury
30	B.A/22/0272	Fahana Yesmin
31	B.A/22/0181	Sania Sultana
32	B.A/22/0053	Najmin Khatun
33	B.A/22/0158	Nikita Mondal
34	B.A/22/0214	Trisha Pal
35	B.A/22/0006	Ritu Adhikari
36	B.A/22/0143	Binita Karmakar
37	B.A/22/0114	Arehana Das
38	B.A/22/0120	Hatiza Khatun
39	B.A/22/0122	Nandita Pramanik
40	B.A/22/0148	Sayed Hossain Mondal
41	B.A/22/0107	Aji Shakti
42	BA/22/0351	Mehabub Mondal
43	B.A/22/1428	Tuhin Mondal
44	B.A/22/0548	Moumita Mondal
45	B.A/22/0253	Eshada Khatun
46	B.A/22/0102	Habiba Khatun
47	B.A/22/0263	Krishna Mondal
48	B.A/22/1126	Najmun Nahar Khatun

[Signature]
HOD, Department of Education
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

2: Attendance Register

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

ATTENDANCE SHEET

49	B.A/22/0028	Mansura Khatun
50	B.A/21/1054	Priyasree Pal
51	B.A/21/0200	Nasrin Banu
52	B.A/21/0044	Aditya Chandra
53	B.A./21/0498	Raktim Pal.
54		
55		
56		
57		
58		
59		
60		
61		
62		
63		
64		
65		
66		
67		
68		
69		
70		
71		
72		
73		
74		
75		

2/10/2023
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad