

# RANI BIRLA GIRLS' COLLEGE

38, Shakespeare Sarani, Kolkata- 700017



***Criterion Name: Institutional Values and Best Practices***

*Index No: 7.3.1*

*Subtitle: The Institutional Distinctiveness*

**Institutional Distinctiveness: Physical and Mental Well-being of Students,  
Faculty and Non-teaching Staff**

To implement an inclusive programme of physical and mental well-being with streamlined efficiency, the college has instituted a dedicated 'Physical and Mental Well-being Cell'.



No. ....

PHONE : 2267-5509 / 2283-5797  
**RANI BIRLA GIRLS' COLLEGE**  
38, Shakespeare Sarani  
Kolkata - 700 017  
GOVT. AIDED NAAC ACCREDITED

**70/Notice/Prin/2023** **23/05/2024**

**NOTICE**

This is to notify all concerned that as per Resolution no. 2 dated 19/05/2023 of the Administrator of Rani Birla Girls' College, the following cell has been constituted and approved:

**PHYSICAL AND MENTAL WELL-BEING CELL**

- Dr. Srabanti Bhattacharya- Chairperson
- Ms. Pampa Chatterjee, Associate Professor in Education – Convenor
- Ms. Sushmita Das, Associate Professor in English - Member
- Dr. Priti Ghatani, Assistant Professor in Political Science- Member
- Dr. Sanjukta Mitra, Librarian- Member
- Mr. Manab Mondal, Assistant Professor in Sociology- Member
- Ms. Debarchana Dutta, State Aided College Teacher in Sociology- Member
- Dr. Vijaya Singh, State Aided College Teacher in Hindi- Member
- Mr. Sourav Motilal, state Aided College Teacher- Member
- Ms. Minati Balmiki, Non-Teaching Staff- Member



**DR. SRABANTI BHATTACHARYA**  
PRINCIPAL  
**RANI BIRLA GIRLS' COLLEGE**  
38, SHAKESPEARE SARANI  
KOLKATA - 700017

**Notice: Formation of the Physical and Mental Well-being Cell**

Rani Birla Girls' College  
38, Shakespeare Sarani, Kolkata - 700017

**Physical And Mental Well Being Cell**

**Notice**

20.06.2023

All the teachers are hereby notified that Physical and Mental Well Being Cell of Rani Birla Girls' College is celebrating International Day of Yoga on 21<sup>st</sup> June 2023 by organizing Online quiz for all students through a Google link, which will be shared through the programme flyer in all the departmental student groups.

The link will be active between 6pm to 6:30pm in the evening.

The top three highest scorer students of will be the winners.

The name of the winners will be declared through the college website.

  
Convener

  
Principal

**Notice: Meeting of the Physical and Mental Well-being Cell-20.06.2023**

**RANI BIRLA GIRLS' COLLEGE, KOLKATA**  
**PHYSICAL & MENTAL WELLBEING CELL**

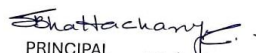
MINUTES OF EMERGENT INTERNAL MEETING HELD AT 11.30AM IN THE LIBRARY AND ON 20.06.23  
GOOGLE MEET [<https://meet.google.com/vqi-sast-bpe>]

It was decided that

1. An online quiz would be held through google quiz on Wednesday, 21<sup>st</sup> June, 2023 to commemorate International Yoga Day.
2. The link for the quiz will be posted in all the student groups at 5pm and Ms Susmita Das suggested that the link should remain active for 30 minutes.
3. There names of the winners will be posted on the website.
4. The winner will get a certificate during prize distribution.
5. It was decided that the teacher members will contribute the questions and Ms Sanjukta Mitra will create the G-quiz
6. Ms Debarchana Dutta volunteered to get the questions ready.

With no other matters remaining for discussion the meeting ended with a vote of thanks to all the members.

Read and confirmed

  
PRINCIPAL 29/8/23

  
CONVENOR 29.08.23

**Minutes: Meeting of the Physical and Mental Well-being Cell-20.06.2023**

RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI, KOLKATA 700017

PHYSICAL AND MENTAL WELL BEING CELL

MEETING NOTICE


21/08/2023

All members are hereby informed that on 29<sup>th</sup> August 2023 at 11 a.m. the meeting of the Cell will be held in Principal's room to discuss the following agenda:

1. Reporting about Doctor's Visit.
2. Reporting about the program on PCOD held on 22<sup>nd</sup> August 2023.
3. Plan of action for the session 2023 – 24.
4. Miscellaneous.

Members are requested to be present in the meeting.

  
Convener

  
Principal

Notice: Meeting of the Physical and Mental Well-being Cell-29.08.2023

MINUTES OF MEETING HELD ON 29<sup>TH</sup> AUGUST 2023 IN THE PRINCIPAL'S OFFICE AT 11 AM

Introductory note by the convener

At the onset of the meeting the convener Ms. Pampa Chatterjee reported that there was a counselling cell long time ago, after retirement of Ms Sumitra Mukherjee, who had started the cell along with Ms P. Chatterjee, the cell became virtually nonfunctional. Again the cell was revived by Dr. Nandita Chowdhury (the then TIC). Two pilot programs were conducted 1 by Pampa Chatterjee and the other By Ms. Alka Lohia (external) and the doctor's visit was conducted separately as innovative practices. When Dr. S Bhattacharya (the Principal) joined she combined these two activities and reframed the cell as "Physical and Mental Well Being" with the other member and Ms. Pampa Chatterjee as the Convener.

AGENDA 1: REPORTING ABOUT DOCTOR'S VISIT

It was reported by Dr Sanjukta Mitra that medical checkup has been resumed since May 2023. Dr Shabana Roze Choudhury is visiting almost every beginning of the month.

But in August 2023 no doctor's was possible due to end semester exam

Dr S. Bhattacharya further proposed that the remuneration of Dr. Shabana Roze Choudhury be raised from 1500 to 2000. All the members unanimously seconded the proposal.

During the last medical checkup canteen staff were also visited the doctor hence our Dr. S.

Bhattacharya proposed that, hence forth, the security guards should also be allowed to visit the doctor.

Agenda 2: Reporting about the program on PCOD held on 22<sup>nd</sup> August 2023

Reporting for PCOD done by Albert ~~David Limley~~ <sup>Albert David Limley</sup> and was a great success with the participation of 90 students. The Principal suggested to take a feedback via Google Form, in the future programmes, and the responsibility of collecting the feedback was given to Dr. Vijaya Singh and Mr Sourav Motilal.

AGENDA 3: PLAN OF ACTION FOR THE SESSION 2023-24


- Ms Pampa Chatterjee, the convener, suggested a yoga and meditation course or class which was appreciated by the present member in the meeting but the Principal proposed that the program must be in a structured form and to be submitted by 30<sup>th</sup> September to the Principal.
- This cell should be accessible to all the stake holders of the college and regular workshops must be conducted on various physical and psychological issues. There should be at least 4 such programmes in each session.
- The Principal and Convener both agreed on a common proposal that a Psychological counselor must visit at least twice a month and the counselling process must be initiated from the grass root level.

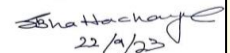
- Mr. Sourav Motilal was requested to make the brochure when required
- The Principal mentioned that all the students pay for their membership of Students' Health Home but are unaware of the benefits that they are entitled to. Dr S. Mitra (lib) and Ms D Dutta agreed to visit Students' Health Home to collect all information regarding the facilities available there.
- Dr S. Bhattacharya proposed that a group insurance for the students for 3 years which would cover the accident and injury benefit. To this effect Rs 80/- per annum would be collected from the students. The members agreed to this proposal.
- Dr S. Bhattacharya suggested that in collaboration with Ruby Hospital and Peerless Hospital a health camp for staff and students per year and a separate eye checkup could be organised.
- Thalassemia awareness program must be re-initiated before 8<sup>th</sup> May 2024 and test must be conducted for all students and staff members.
- Ms. Pampa Chatterjee proposed a program on breast cancer awareness at end of September or 1<sup>st</sup> week of October, since October is identified as breast cancer month.
- AIDs awareness program on 1<sup>st</sup> December 2023 need to be observed. It was suggested by Dr S. Bhattacharya that a film could be shown in collaboration collaborating with Cine Club.
- A walk on Sexual Health Awareness would be held on 3<sup>rd</sup> September 2023 by Bengal Obstetric and Gynecological Society. Students and teachers of the college have been invited by the Organisation to participate in the programme.

AGENDA 4: MISCELLANEOUS

- It was reported by Ms Pampa Chatterjee that World Yoga Day was celebrated via online mode. Quiz competition held on 20.06.2023 which was scheduled through an online meeting held on 19.06.2023.
- Pampa Chatterjee, the convener, suggested a yoga and meditation course or class which was appreciated by the present member in the meeting but the Principal proposed that the program must be in a structured form.
- Ms. Pampa Chatterjee proposed for a Question Box in front of the library along with choosing few volunteers from the college via word of mouth.
- Mr. Sourav Motilal suggested if a course / workshop on color therapy could be initiated along with the art and craft course, on a therapeutic level.

With no other matter remaining to be discussed the meeting ended with a vote of thanks

CONFIRMED  
  
22.9.23

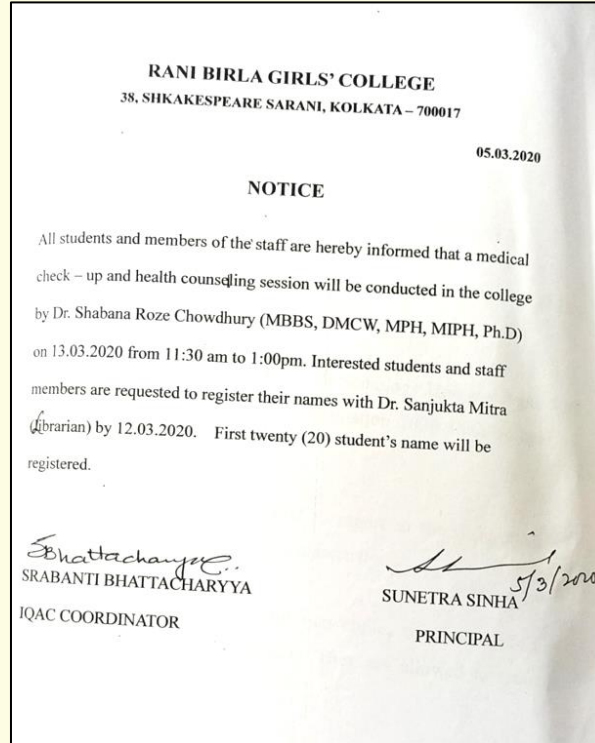
Read & Confirmed  
  
22/9/23

Minutes: Meeting of the Physical and Mental Well-being Cell-29.08.2023



## Free medical check-up on campus

**Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MIPH, Ph.D.) conducts regular free-of-cost medical check-up of students, faculty and staff on a regular basis.**



**Notice for Doctor's visit: 13.03.2020**

Students examined by Dr. S. R. Chowdhury

| Sl. No. | Roll No. | Class  | Department | Name            | Signature             |
|---------|----------|--------|------------|-----------------|-----------------------|
| 1       | 28       | II Sem | SOCA       | Farheen Anjum   | <i>Farheen Anjum</i>  |
| 2       | 30       | II sem | SOCA       | Puja Jha        | <i>Puja Jha</i>       |
| 3       | 29       | II Sem | SOCA       | Zahra Siddiqui  | <i>Zahra</i>          |
| 4       | 18       | II Sem | SOCA       | Sayani Das      | <i>S. Das</i>         |
| 5       | 09       | II Sem | SOCA       | Ayisha Siddique | <i>A. Siddique</i>    |
| 6       | 102      | IV sem | ENGA       | Sana Wasim      | <i>Sana Wasim</i>     |
| 7       | 216      | II sem | EDCA       | Taleah Khan     | <i>Taleah Khan</i>    |
| 8       | 17       | IV Sem | EDCA       | Sajia Siddiqi   | <i>Sajia</i>          |
| 9       | 265      | IV Sem | EDCA       | Al-Shaha Khan   | <i>Al-Shaha Khan</i>  |
| 10      | 104      | IV Sem | EDCA       | Hassat Habiba   | <i>Hassat</i>         |
| 11      | 06       | IV Sem | ENGA       | Shakeera Shanam | <i>S. Shanam</i>      |
| 12      | 03       | IV Sem | JORA       | Saba Sayan      | <i>Saba Sayan</i>     |
| 13      | 64       | IV Sem | ENGA       | Sana Wasim      | <i>Sana Wasim</i>     |
| 14      | 61       | IV Sem | ENGA       | Rasul Khatun    | <i>Rasul Khatun</i>   |
| 15      | 63       | IV Sem | ENGA       | Mohammed Ekram  | <i>Mohammed Ekram</i> |
| 16      | 95       | IV SEM | GEOA       | Shalini Das     | <i>Shalini Das</i>    |
| 17      | 152      | II Sem | GEOA       | Anisita Mandal  | <i>Anisita Mandal</i> |
| 18      | 106      | IV Sem | GEOA       | Rishma Khan     | <i>Rishma Khan</i>    |
| 19      | 107      | IV Sem | GEOA       | Ritika Mondal   | <i>Ritika Mondal</i>  |
| 20      | 78       | IV Sem | HISA       | Arifa Akbar     | <i>Arifa Akbar</i>    |

Staff members examined by Dr. S. R. Chowdhury

| Sl. No. | Name                     | Department           | Signature                |
|---------|--------------------------|----------------------|--------------------------|
| 1       | Antarjyoti Das           | Library              | <i>A. Das</i>            |
| 2       | Subrata Chakraborty      | FAD                  | <i>Subrata</i>           |
| 3       | BARAK ALI                | office               | <i>Barak</i>             |
| 4       | S. Sin                   | History              | <i>S. Sin</i>            |
| 5       | <del>Farheen Anjum</del> | <del>Sociology</del> | <del>Farheen Anjum</del> |
| 6       | Arijeh Debnath           | Geography            | <i>Arijeh Debnath</i>    |
| 7       | Sayan Swita              | Geography            | <i>Sayan Swita</i>       |
| 8       | Zahra Siddiqui           | Sociology            | <i>Zahra Siddiqui</i>    |
| 9       | Arif Ghosh               | Library              | <i>Arif Ghosh</i>        |
| 10      | Khusuk Das               | History              | <i>Khusuk Das</i>        |

**Attendance Record for Doctor's visit : 13.03.2020**

PHONE : 2287-5509 / 2283-5797  
**RANI BIRLA GIRLS' COLLEGE**  
 38, Shakespeare Sarani  
 Kolkata - 700 017  
 GOVT. AIDED NAAC ACCREDITED

*o/c*

147A/PRIN/SRC-DOCTOR/2023

To  
 Dr. Shabana Roze Chowdhury  
 MBBS, DMCW, MPH, Ph.D  
 Public Health Specialist  
 &  
 Joint Secretary, Indian Society of Perinatology and Reproductive Biology (Kolkata Chapter)

Date: 03.05.2023

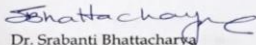
**Subject: Appointment of Visiting Doctor for Rani Birla Girls' College, Kolkata**

Dear Madam,


I am pleased to inform you that you are being appointed as the Visiting Doctor of Rani Birla Girls' College from 3<sup>rd</sup> May 2023.

You are requested to meet the student for routine health checkup for once a month. Your honorarium would be Rs.2000/- for each visit.

Looking forward to receive a positive response from your end.

With warm regards.  
 Sincerely yours,  
  
 Dr. Srabanti Bhattacharya  
 Principal

*Received  
 03/05/23*

  
 PRINCIPAL  
 RANI BIRLA GIRLS' COLLEGE  
 38, SHAKESPEARE SARANI  
 KOLKATA - 700017

**Notice for Doctor's visit: 03.05.2023**

RANI BIRLA GIRLS' COLLEGE  
 38, SHAKESPEARE SARANI, KOLKATA - 700017


28.04.2023

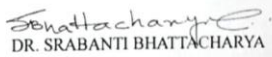
45/Notice/Prin/23

**NOTICE**

All students and members of the staff are hereby informed that a medical check - up and health counselling session will be conducted in the college by Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MIPH, Ph.D) on **4<sup>th</sup> May 2023 from 11:00a.m.** onwards at the college clinic room (Room No.201).

The interested students and staff members are hereby requested to register their names in the library on the basis of first cum first serve. The first fifteen (15) students name will be registered.

  
 DR. SAMARPITA GHOSH RAY  
 IQAC COORDINATOR

  
 DR. SRABANTI BHATTACHARYA  
 PRINCIPAL

**Notice for Doctor's visit: 04.05.2023**

**Report on Doctor's Visit – Medical counselling and Health Check up**

Date: 04.05.2023

Venue: College's Clinic Room

For the session 2022 – 23, the first doctor's visit by Dr. Shabana Roze Chowdhury, an eminent health practitioner, was made for students and staff members health counselling and medical check-up. A total of 16 students and 5 staff members registered their names on the basis of first come first serve.

The medical check-up started at 11:30am on the mentioned date and it was continued till 3:30pm in the afternoon. Doctor Chowdhury has tried to guide the students and staff members as much as possible through counselling method in the given short span of time.

She mentioned about two students need special attention:

1. Shreya Sen, Sem IV, English – needs counselling session
2. Anushka Banerjee, Sem IV, English – already under psychological treatment

All total 22 students and staff members were attended by the Doctor.

Doctor has also recommended for certain items required for infrastructural development of the Clinic:

1. Light – one
2. Fan – one for visitor
3. Weight Machine
4. Blood Pressure
5. Stethoscope
6. Measuring Tape
7. Torch
8. Stadiometer (If possible)
9. RBGC stamped writing pad for doctor's note

Next Visit will be made by the doctor on first week of June 2023, tentatively.

Sanghita Mitra  
11/5/23.

**Report on Doctor's visit: 04.05.2023**

Students Examined by Dr. SR Chowdhury  
Date: 04.05.2023

| Sl. No. | Roll No. | Class     | Department | Name                | Signature           |
|---------|----------|-----------|------------|---------------------|---------------------|
| 1       |          |           | History    | Tapan Chakraborty   | Tapan               |
| 2       | 140      | SEM-VI    | History    | SHABANA KHATOON     | Shabana Khatoon     |
| 3       | 31       | Sem-IV    | English    | Shreya Sen          | Shreya Sen          |
| 4       | 72       | Sem-IV    | English    | Aishwarya Mitra     | Aishwarya Mitra     |
| 5       | 60       | Sem IV    | English    | Debasmita Singh Roy | Debasmita Singh Roy |
| 6       | 71       | Sem IV    | English    | Anushka Banerjee    | Anushka Banerjee    |
| 7       | 128      | Sem VI    | GEQA       | Kulbom Javed        | Kulbom Javed        |
| 8       | 124      | Sem II    | GEQA       | Anushka Sengupta    | Anushka Sengupta    |
| 9       |          | Teacher   | HINDI      | Vijaya Singh        | Vijaya Singh        |
| 10      |          |           | Library    | Anantaram Singh     | Anantaram Singh     |
| 11      | 87       | Sem II    | GEQA       | Zubshan Jami        | Zubshan Jami        |
| 12      | 163      | Sem II    | GEQA       | Veenu Sharma        | Veenu Sharma        |
| 13      | 149      | Sem II    | GEQA       | Nilavna Das         | Nilavna Das         |
| 14      | 161      | Sem II    | GEQA       | Saba Panwar         | Saba Panwar         |
| 15      | 192      | Sem II    | GEQA       | Shaukat Maghan      | Shaukat Maghan      |
| 16      |          |           | JOFA.      | Suvin Bhattacharya  | Suvin Bhattacharya  |
| 17      | 148      | Sem II    | GEQA       | Saidan Khan         | Saidan Khan         |
| 18      |          | Library   |            | Amit Ghosh          | Amit Ghosh          |
| 19      |          | SOCIOLOGY |            | Manab Mandal        | Manab Mandal        |
| 20      |          | Office    |            | Joseph Mandal       | Joseph Mandal       |
| 21      |          | SRIT      |            | Tapan Chakraborty   | Tapan Chakraborty   |

**Attendance Record for Doctor's visit: 04.05.2023**

RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI, KOLKATA – 700017

NO. 103/NOTICE/PRIN/2023

07.07.2023

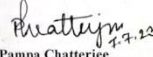
### NOTICE

All students and members of the staff are hereby informed that monthly medical check – up and health counselling session for the month of July 2023 will be held on 14<sup>th</sup> July 2023 from 11a.m. onwards.

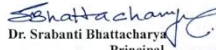
**Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MIPH, Ph.D)**

Venue: College clinic room (Room no.201).

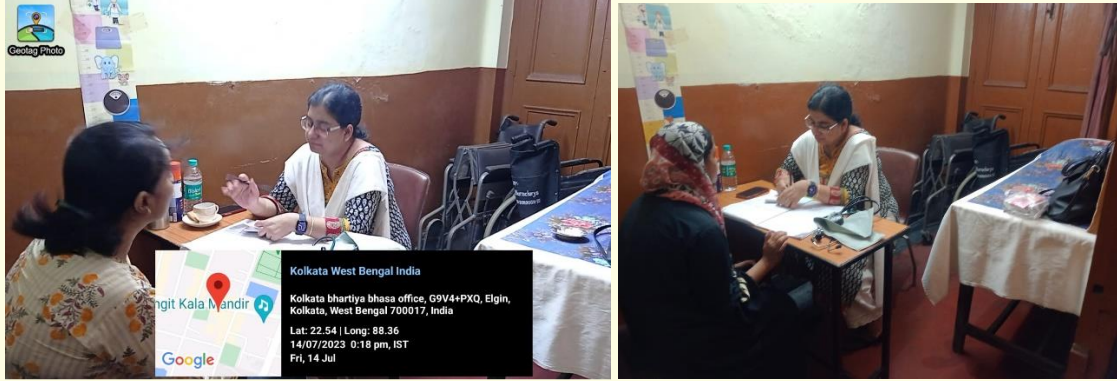
The interested students and staff members are hereby requested to register their names in the library on the basis of first come first serve. The first fifteen (15) students name will be registered.

  
Pampa Chatterjee  
Convener  
Physical & Well Being Cell

Sushmita Das  
Sushmita Das  
IQAC Coordinator

  
Dr. Srabanti Bhattacharya  
Principal

### Notice for Doctor's visit: 14.07.2023



### Dr. Chowdhury conducting medical check-ups of faculty and students on 14.07.23

#### Report on Doctor's Visit – Medical counselling and Health Check up

Date: 14.07.2023

Venue: College's Clinic Room

For the session 2023 – 24, the first doctor's visit by Dr. Shabana Roze Chowdhury, an eminent health practitioner, was made for students and staff members health counselling and medical check-up. A total of 04 students and 14 staff members registered their names on the basis of first come first serve.

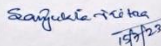
The medical check-up started at 11:30am on the mentioned date and it was continued till 3:30pm in the afternoon. Doctor Chowdhury has tried to guide the students and staff members as much as possible through counselling method in the given short span of time.

All total 18 students and staff members were attended by the Doctor.

Doctor has also recommended for certain items required for infrastructural development of the Clinic:

1. Weight Machine
2. Blood Pressure
3. Stethoscope
4. Measuring Tape
5. Torch
6. Stadiometer (If possible)
7. RBGC stamped writing pad for doctor's note

Next Visit will be made by the doctor on first week of August 2023, tentatively.

  
14/7/23

### Report on Doctor's visit on 14.07.23



RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI, KOLKATA – 700017

NO. 161/NOTICE/PRIN/2023

22.08.2023

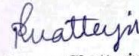
### NOTICE

All students and members of the staff are hereby informed that monthly medical check – up and health counselling session for the month of August 2023 will be held on 29<sup>th</sup> August 2023 from 10:30a.m. onwards.

**Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MIPH, Ph.D.)**

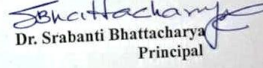
**Venue: College clinic room (Room no.201).**

The interested students and staff members are hereby requested to register their names in the library on the basis of first come first serve. The first fifteen (15) students name will be registered.



**Pampa Chatterjee**  
Convener  
Physical & Mental Well Being  
Cell

Sushmita Das  
Sushmita Das  
IQAC Coordinator



**Dr. Srabanti Bhattacharya**  
Principal

### Notice for Doctor's visit: 29.08.2023

#### Report on Doctor's Visit – Medical Counselling and Health Check Up

Date: 19.09.2023

Venue: College's Clinic Room

For the session 2023 – 24, the second Doctor's Visit was made on 19<sup>th</sup> September in place of 29<sup>th</sup> August 2023 due to certain unavoidable circumstances. Dr. Chowdhury reported that she was happy to see the girls are becoming joyous and energetic in comparison to her last visit.

As per Doctor's recommendation the cell has equipped room with sufficient light and fan and also Weight Machine, Torch, Measuring Tape, RBGC writing Pad for Doctor's note to the visitors.

All total 13 students and 1 staff were attended by the Doctor.

Next visit will be made by the Doctor on the first week of October 2023, tentatively.

Sanjukta Mishra  
20.9.23

### Report on Doctor's visit on 29.09.23 instead of 29.08.23

**Monthly Health And Medical Check-up Session**  
**Visitor's List**

Date: 19<sup>th</sup> September, 2023  
Venue: Doctor's Room / Clinic Room  
By: Dr. Shabana Roze Chowdhury, (MBBS, DMCW, MPH, MIPH, Ph.D)

| Sl No. | Name                | Designation | Signature                   |
|--------|---------------------|-------------|-----------------------------|
| 1      | Aastha Jaiswal      | Recess      | A. Jaiswal                  |
| 2      | Shabeer Ansari      | Student     | Shabeer Ansari              |
| 3      | FATMA KHAN          | Student     | Fatma Khan                  |
| 4      | Manayonkar staff    | staff       | Manayonkar                  |
| 5      | Md. Pervez          | staff       | Md. Pervez                  |
| 6      | Tarun Kr Roy        | Accountant  | Tarun Kr Roy 19/9/23        |
| 7      | Sushmita Chatterjee | Student     | Sushmita Chatterjee 19/9/23 |
| 8      | Masheera Jamshed    | Student     | Masheera Jamshed 19/9/23    |
| 9      | Carl Shashin Panu   | Student     | Carl Shashin Panu 19/9/23   |
| 10     | Srujan Bhaacharya   | Student     | Srujan Bhaacharya           |
| 11     | Sunandini Mukherjee | student     | Sunandini Mukherjee         |
| 12     | Shreya Sen          | Student     | Shreya Sen                  |
| 13     | Aishwarya Mitra     | Student     | Aishwarya Mitra             |
| 14     | Nandini Jaiswal     | Student     | Nandini Jaiswal             |

Next Tentative Date 14<sup>th</sup> May

| STAFF MEMBERS / DEPT.          | SL No. | STUDENT / STUDENT             |
|--------------------------------|--------|-------------------------------|
| Subrata Chakraborty (BFA)      | 1      | Rafia Rahman / Sem II (BFA)   |
| Anshu Jyoti Das (Library)      | 2      | Nidheer - Naag / Sem 2 BFA    |
| Md. Pervez                     | 3      | Hema Parveen - Sem 2 - HISAHS |
| Manayonkar staff - office      | 4      | Jehida Akh / Sem - 4 EDCA HNS |
| Pushpa Tiwary (Hindi)          | 5      |                               |
| Minki Baidya (JRD)             | 6      |                               |
| Joseph Mural (Office)          | 7      |                               |
| Sindhu Datta (contin)          | 8      |                               |
| Keya Gulia (History)           | 9      |                               |
| Binty Mathi (contin)           | 10     |                               |
| BARBAR ALI (Office)            | 11     |                               |
| Kalpana Das (Geography)        | 12     |                               |
| Sushmita Das Computer Cleaning | 13     |                               |
| Swati Bhaacharya (Teacher)     | 14     |                               |
|                                | 15     |                               |
|                                | 16     |                               |

### Attendance Record for Doctor's visit on 29.09.23

**RANI BIRLA GIRLS' COLLEGE**  
38, SHAKESPEARE SARANI, KOLKATA - 700017

NO. 234 / NOTICE / PRIN / 2023 08.12.2023

**NOTICE**

All students and members of the staff are hereby informed that monthly medical check-up and health counselling session for the month of December 2023 will be held on 14<sup>th</sup> December 2023 from 10:00a.m. onwards.

**Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MIPH, Ph.D.)**  
Venue: College clinic room (Room no.201).

The interested students and staff members are hereby requested to register their names in the library on the basis of first come first serve. The first fifteen (15) students name will be registered.

*Chatterjee*  
12.12.23  
**Pampa Chatterjee**  
Convener  
Physical & Mental Well Being Cell

**Sushmita Das**  
Sushmita Das 8/12/23  
IQAC Coordinator

*Bhaacharya*  
**Dr. Srabanti Bhaacharya**  
Principal

Mail

### Notice for Doctor's visit: 14.12.2023

**Monthly Health And Medical Check- up Session**  
Visitor's List

14<sup>th</sup> December  
Date: 14<sup>th</sup> September, 2023  
Venue: Doctor's Room  
By: Dr. Shabana Roze Chowdhury,

| Sl No. | Name                 | Designation         | Signature            |
|--------|----------------------|---------------------|----------------------|
| 1      | Arntonyami Asif      | Peer                | A. Asif              |
| 2      | Mirza Babar          | JAPA Addressal      | Mirza Babar          |
| 3      | Sanjib Roy           | Geography Lab Attal | Sanjib Roy           |
| 4      | Sankar Roy           | Sankar Roy          | S. Roy               |
| 5      | Anushka Adhikary     | Sociology Honours   | Anushka Adhikary     |
| 6      | Shahena Akbar        | EDUCATION HONOURS   | Shahena Akbar        |
| 7      | Shaika Mukhtar       | Education Honours   | Shaika Mukhtar       |
| 8      | Ayesha Rawan         | Political Science   | Ayesha Rawan         |
| 9      | Saina Akhtar         | Political Science   | Saina Akhtar         |
| 10     | Sandip Roy Chowdhury | B.F.H.D             | Sandip Roy Chowdhury |
| 11     | Joseph Mardel        | OFFICE              | Joseph Mardel        |
| 12     | Tanzima Hashmi       | PLSA                | Tanzima Hashmi       |
| 13     | Arafa Omar           | SOCIA               | Arafa Omar           |
| 14     | Shabana Khatun       | PLSA                | Shabana Khatun       |
| 15     | Asiya Fahima         | PLSA                | Asiya Fahima         |
| 16     | Kasifa Shaheen       | PLSA                | Kasifa Shaheen       |
| 17     | Damar Talat          | PLSA                | Damar Talat          |

**Monthly Health and Medical Check – up Session**  
Visitor's List

14<sup>th</sup> December  
Date: 14<sup>th</sup> October 2023  
Venue: Doctor's Room / Clinic Room  
By: Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MPH, PhD)

| Sl.No. | Name               | Department/particular | Signature       |
|--------|--------------------|-----------------------|-----------------|
| 1      | Tanzima Hashmi     | PLSA – 43 Sem V       | Tanzima Hashmi  |
| 2      | Sayantani Banerjee | EDCA-98-Sem III       | S.B. Banerjee   |
| 3      | Nehadi Asghar      | EDCA-172-Sem III      | Nehadi Asghar   |
| 4      | Sania Nigam        | EDCA-112-Sem III      | Sania Nigam     |
| 5      | Shaba Parva        | EDCA-171-Sem III      | Shaba Parva     |
| 6      | Zoya Ali           | EDCA-110-Sem III      | Zoya Ali        |
| 7      | Shahena Akbar      | EDCA-35 Sem V         | Shahena Akbar   |
| 8      | Shaika Mukhtar     | EDCA-149 Sem V        | Shaika Mukhtar  |
| 9      | Mariyum Anza       | EDCA-23 Sem V         | Mariyum Anza    |
| 10     | Tajmum Quaderat    | EDCA-207 Sem V        | Tajmum Quaderat |

**Monthly Health And Medical Check- up Session**  
Visitor's List

14<sup>th</sup> December  
Date: 14<sup>th</sup> September, 2023  
Venue: Doctor's Room  
By: Dr. Shabana Roze Chowdhury,

| Sl No. | Name                 | Designation         | Signature            |
|--------|----------------------|---------------------|----------------------|
| 1      | Arntonyami Asif      | Peer                | A. Asif              |
| 2      | Mirza Babar          | JAPA Addressal      | Mirza Babar          |
| 3      | Sanjib Roy           | Geography Lab Attal | Sanjib Roy           |
| 4      | Sankar Roy           | Sankar Roy          | S. Roy               |
| 5      | Anushka Adhikary     | Sociology Honours   | Anushka Adhikary     |
| 6      | Shahena Akbar        | EDUCATION HONOURS   | Shahena Akbar        |
| 7      | Shaika Mukhtar       | Education Honours   | Shaika Mukhtar       |
| 8      | Ayesha Rawan         | Political Science   | Ayesha Rawan         |
| 9      | Saina Akhtar         | Political Science   | Saina Akhtar         |
| 10     | Sandip Roy Chowdhury | B.F.H.D             | Sandip Roy Chowdhury |
| 11     | Joseph Mardel        | OFFICE              | Joseph Mardel        |
| 12     | Tanzima Hashmi       | PLSA                | Tanzima Hashmi       |
| 13     | Arafa Omar           | SOCIA               | Arafa Omar           |
| 14     | Shabana Khatun       | PLSA                | Shabana Khatun       |
| 15     | Asiya Fahima         | PLSA                | Asiya Fahima         |
| 16     | Kasifa Shaheen       | PLSA                | Kasifa Shaheen       |
| 17     | Damar Talat          | PLSA                | Damar Talat          |

**Attendance Record for Doctor's visit on 14.12.2023**



RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI, KOLKATA - 700017

NO. 53/NOTICE/PRIN/2024

03.04.2024

Physical and Mental Well Being Cell

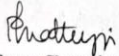
**NOTICE**

All students and members of the staff are hereby informed that monthly medical check – up and health counselling session for the month of April 2024 will be held on 8<sup>th</sup> April 2024 from 10:00a.m. onwards.


**Dr. Shabana Roze Chowdhury (MBBS, DMCW, MPH, MPH, Ph.D.)**

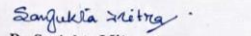
**Venue: College clinic room (Room no.201).**

The interested students and staff members are hereby requested to register their names in the library on the basis of first come first serve. The first fifteen (15) students name will be registered.

  
**Pampa Chatterjee**  
Convener  
Physical & Mental Well Being Cell

  
**Sushmita Das**  
IQAC Coordinator

  
**Dr. Srabanti Bhattacharya**  
Principal

  
**Dr. Sanjukta Mitra**  
Co-Convener  
Physical & Mental Well Being Cell

**Notice for Doctor's visit: 08.04.2024**

Registration :- FOR STUDENTS

| Sl No. | Name              | Class  | Dept. | Roll No. | Sign.             |
|--------|-------------------|--------|-------|----------|-------------------|
| 1      | Aishwarya Mitra   | SEM-IV | ENGA  | 72       | AM                |
| 2      | Ameya Sen         | sem-IV | ENGA  | 31       | AM                |
| 3      | SHABANA KHATOON   | SEM-VI | HISA  | 140      | Shabana Khatoon   |
| 4      | Affan Banu        | Sem-VI | EDCA  | 50       | Affan Banu        |
| 5      | Kusum Jawed       | Sem-VI | GEOA  | 178      | Kusum Jawed       |
| 6      | Anushka Sengupta  | Sem II | GEOA  | 124      | Anushka Sengupta  |
| 7      | Nerita Chowma     | sem II | GEOA  | 163      | Nerita Chowma     |
| 8      | Shaafa Imam       | sem-VI | EDCA  | 25       | Shaafa Imam       |
| 9      | Nilvina Das       | sem II | GEOA  | 149      | Nilvina Das       |
| 10     | Saba Parveen      | Sem II | GEOA  | 161      | Saba Parveen      |
| 11     | Zafshan Jamil     | Sem II | GEOA  | 87       | Zafshan Jamil     |
| 12     | Shaistah Maghan   | Sem II | GEOA  | 192      | Shaistah Maghan   |
| 13     | Firdouse Parveen  | Sem II | HINA  | 150      | Firdouse Parveen  |
| 14     | Rinku Kumari Shaw | Sem II | HINA  | 157      | Rinku Kumari Shaw |
| 15     | Saidan Khan       | sem II | GEO   | 148      | Saidan Khan       |

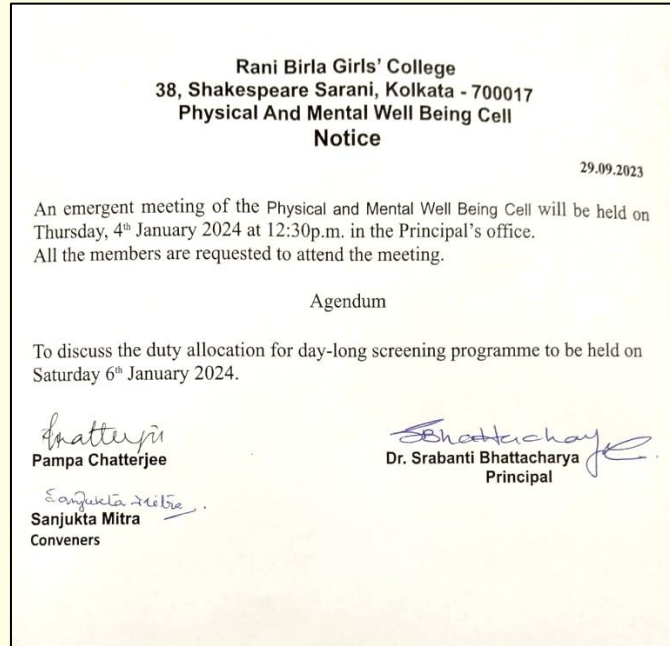
| SL NO. | NAME                   | DEPARTMENT | SIGNATURE WITH DATE             |
|--------|------------------------|------------|---------------------------------|
| 1      | Anushka Banerjee       | ENGA       | Anushka 08/04/24                |
| 2      | Disha Lahiri           | ENGA       | Disha Lahiri 08/04/24           |
| 3      | Aishwarya Mitra        | ENGA       | Aishwarya Mitra 08/04/24        |
| 4      | Sampoorna Sen Mazumdar | ENGA       | Sampoorna Sen Mazumdar 08/04/24 |
| 5      | Sneha Sarkar           | ENGA       | Sneha Sarkar 08/04/24           |
| 6      | Ananyamoni Das         | Library    | Ananyamoni Das 08/04/24         |
| 7      | Aysha Farooque         | HISA       | Aysha 08/04/24                  |
| 8      | Zinat- Ali             | HISA       | Zinat 08/04/24                  |
| 9      | Shameen Khan           | SOCA       | Shameen Khan 08/04/24           |
| 10     | Humaira Siddiqui       | SOCA       | Humaira Siddiqui 08/04/24       |
| 11     | Aarjya Alam            | SOCA       | Aarjya Alam 08/04/24            |
| 12     | Sneha Mondal           | ENGA       | Sneha Mondal 08/04/24           |
| 13     | Narayan Talukder       | office     | Narayan Talukder 08/04/24       |
| 14     | BABARALI               | office     | Babar Ali 08/04/24              |

**Attendance Record for Doctor's visit on 08.04.2024**

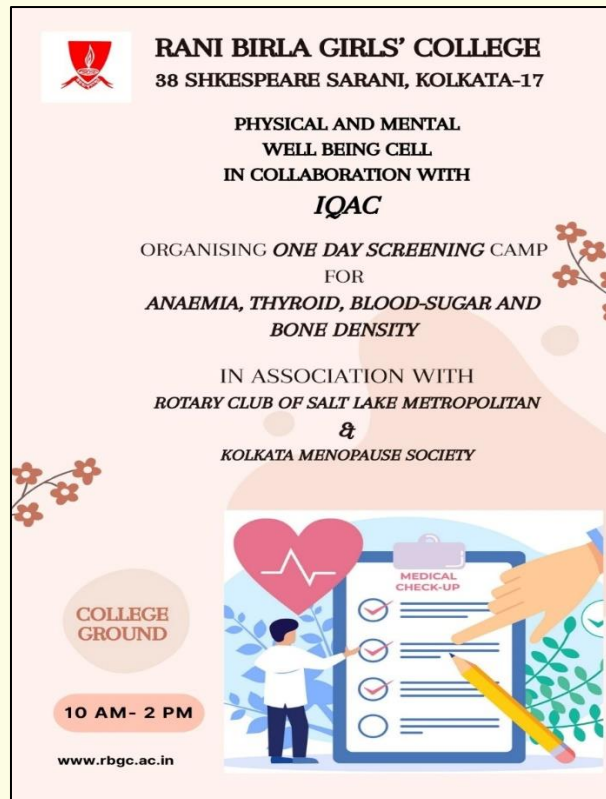


## Medical Camp

A one-day screening camp for anemia, thyroid, blood sugar and bone density were organized in college, in association with Rotary Club of Salt Lake Metropolitan and Kolkata Menopause Society.



Notice: A one-day screening camp for anemia, thyroid, blood sugar and bone density



Flyer: A one-day screening camp for anemia, thyroid, blood sugar and bone density

## Regular psychological counselling

The college conducts regular on-campus psychological counselling of all stakeholders by two certified professionals.

RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI, KOLKATA – 700017

NO. 244/NOTICE/PRIN/2023

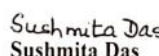
19.12.2023

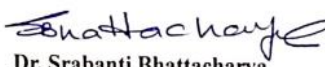
### NOTICE

All students and members of the staff are hereby informed that a psychological counsellor Ms Syeda Tania Islam will hold individual sessions on 21<sup>st</sup> December 2023 from 10:00a.m.

The interested students and staff members are hereby requested to register their names in the library on the basis of first come first serve. The first five(05) students name will be registered.

  
Pampa Chatterjee  
Convener  
Physical & Mental Well Being  
Cell

  
Sushmita Das  
Sushmita Das  
IQAC Coordinator

  
Dr. Srabanti Bhattacharya  
Principal

PRINCIPAL  
RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI  
KOLKATA - 700017

Notice: psychological counselling – 21.12.2023

## Mentoring of Students

Students are intensively mentored on academic and personal psychological issues. Following UGC norms, all students were assigned a faculty-mentor. Mentor Mentee lists are made and updated every session; registers of mentoring activities are maintained.

Link for mentor-mentee lists:

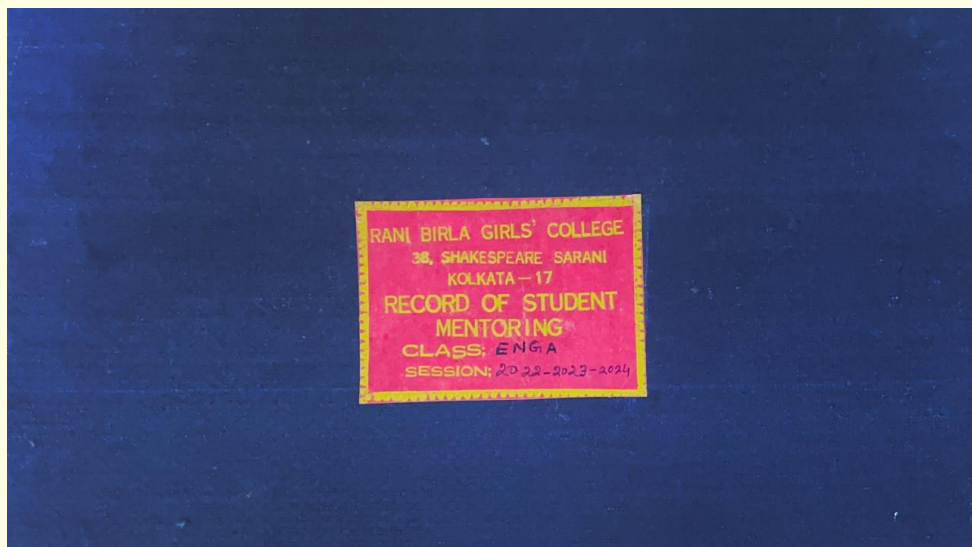
Records of Mentoring are kept in departmental registers

| RANI BIRLA GIRLS' COLLEGE |                 |                               |         |   |  |                    |
|---------------------------|-----------------|-------------------------------|---------|---|--|--------------------|
| 2                         |                 | Date: 08.06.2023 Teacher: KPL |         | Session: 2022-23  |  | Class: Semester VI |
| Sl. No.                   | Name of Student | Contact Number                | Subject | Problems Discussed  | Guidance Provided  | Remarks            |
| 1.                        | JANNAT          | 9875551509                    | GEOG    | This group had an issue with fellow classmate and the altercations were done via whatsapp between classmates. | The grievances were heard from both the sides and the agitated students were pacified. |                    |
| 2.                        | JAYEETA SANTRA  | 6289949957                    |         |   |  |                    |
| 3.                        | KANIZ FATMA     | 7596809445                    |         |   |  |                    |
| 4.                        | Itteqaa Zeb     | 6290280461                    |         |   |  |                    |

**Mentoring Register: Department of Geography**

| <div style="display: flex; justify-content: space-between; align-items: center;"> <span>10</span> <span><b>RANI BIRLA GIRLS' COLLEGE</b></span> </div> |                  |                           |         |  |   |               |
|--|------------------|---------------------------|---------|--|---|---------------|
| Date: 17/03/23   |                  | Teacher: Anjali Panigrahi |         | Session: 22-23   |   | Class: Sec VI |
| Sl. No.  | Name of Student  | Contact Number            | Subject | Problems Discussed   | Guidance Provided   | Remarks       |
| 1)   | FARHAT BAHAN     | 7439470800                | Pols.   | No Problem   | Impressed but in respect of attendance & studies  |               |
| 2)   | ESHA NAYAK       | 9830646054                | Pols.   | Lack of concentration in studies due to the multi-tasking.         | Guidance provided to concentrate more on studies as she is going into 12th session          |               |
| 3)   | RAAZ TANVEER     | 6290821330                | Pols.   | No Problem   | Impressed but in respect of attendance & studies  |               |
| 4)   | JAZEERAH KHATOON | 8272997546                | Pols.   | Health issues impacted on all sides but she came on top of studies | Advised to follow doctor's advice thoroughly & maintain a balance between Health & Studies. |               |

**Mentoring Register: Department of Political Science**



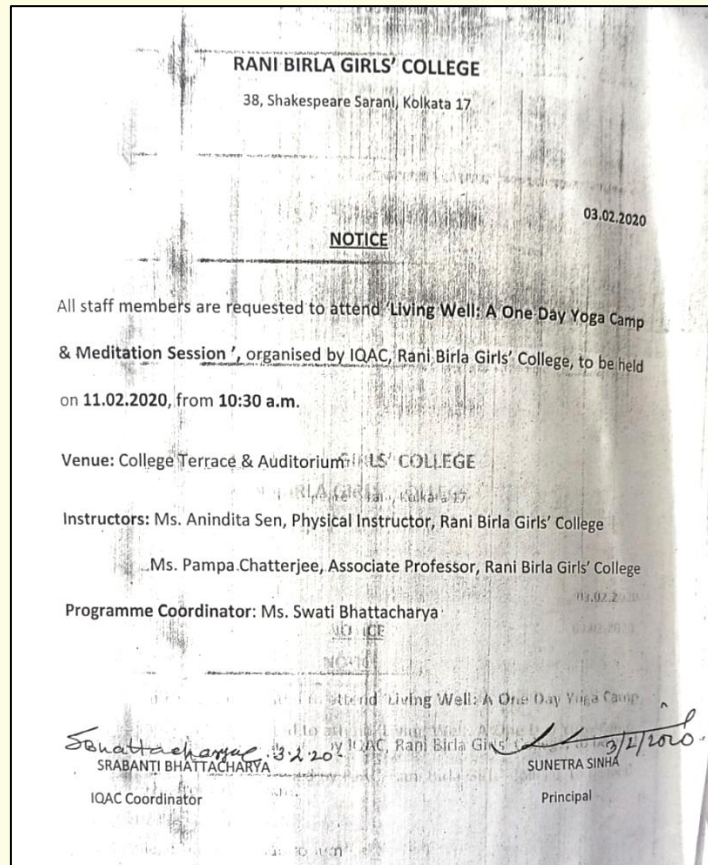
| <div style="display: flex; justify-content: space-between; align-items: center;"> <span>2</span> <span><b>RANI BIRLA GIRLS' COLLEGE</b></span> </div> |                       |                       |         |  |                   |                            |
|---|-----------------------|-----------------------|---------|--|-------------------|----------------------------|
| Date: 29.09.2023  |                       | Teacher: Damita Paul. |         | Session: 2023-24   |                   | Class: Semester - 3 (Hons) |
| Sl. No.   | Name of Student       | Contact Number        | Subject | Problems Discussed                                       | Guidance Provided | Remarks                    |
| 1.  | Mareeza Binti Mahmood | 9163576788            | ENGA    | Academics & career career possibilities after graduation | Yes               |                            |

**Mentoring Register: Department of English**



## Emphasis on Yoga

The college offers training in yoga to all stakeholders for their holistic well-being. On 11.2.20, the IQAC organized 'Living Well: A One-day Yoga Camp and Meditation Session'.



Notice: One-day camp 'Living Well: A One-day Yoga Camp and Meditation Session'.



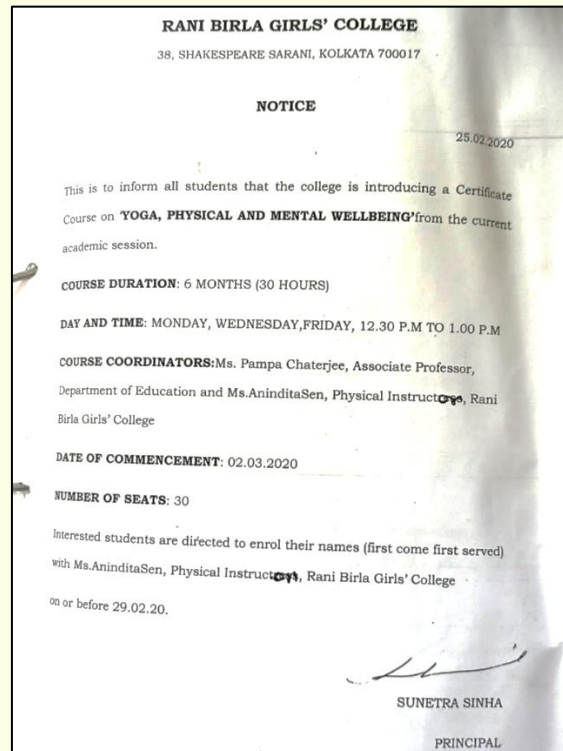
Yoga camp in progress

| REGISTER OF ATTENDANCE FOR THE MONTH |                         |            | DANCE OF PUPILS |             | REMARKS  |
|--------------------------------------|-------------------------|------------|-----------------|-------------|--|
| Sl. No.                              | Name of Pupil           | ATTENDANCE | DANCE           | No. of Days |  |
| 1                                    | SANJAY JAI              | PPPPPPPPPP |                 |             | 50 <sup>th</sup> May ended year classes resumed class days + vacation 20 days<br>Last class 20 <sup>th</sup> June<br>Khatija |
| 2                                    | SULIKA SARVAK           | PPPPPPPPPP |                 |             |  |
| 3                                    | ADITHYAN DAS            | PPPPPPPPPP |                 |             |  |
| 4                                    | KRISHITA ANAND          | PPPPPPPPPP |                 |             |  |
| 5                                    | KRISHVI DATTA           | PPPPPPPPPP |                 |             |  |
| 6                                    | ANAGI NANA              | PPPPPPPPPP |                 |             |  |
| 7                                    | MAHABANTI KATRY         | PPPPPPPPPP |                 |             |  |
| 8                                    | ABHIR JAI               | PPPPPPPPPP |                 |             |  |
| 9                                    | ANKITA JAI              | PPPPPPPPPP |                 |             |  |
| 10                                   | ANURAG SANGHVI PICHAYAN | PPPPPPPPPP |                 |             |  |
| 11                                   | HANISH ANUSAR           | PPPPPPPPPP |                 |             |  |
| 12                                   | SUNADRI BANDEPALLE      | PPPPPPPPPP |                 |             |  |
| 13                                   | KISHA KURUM             | PPPPPPPPPP |                 |             |  |
| 14                                   | KRISHA ANAND            | PPPPPPPPPP |                 |             |  |
| 15                                   | ANADIA YADAV            | PPPPPPPPPP |                 |             |  |
| 16                                   | DEBARATI CHAKRABARTY    | PPPPPPPPPP |                 |             |  |
| 17                                   | ANUSHITA ANAND          | PPPPPPPPPP |                 |             |  |
| 18                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 19                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 20                                   | KISHA ANAND             | PPPPPPPPPP |                 |             |  |
| 21                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 22                                   | TALIA ANAND             | PPPPPPPPPP |                 |             |  |
| 23                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 24                                   | FATIMA ANAND            | PPPPPPPPPP |                 |             |  |
| 25                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 26                                   | FILIA ANAND             | PPPPPPPPPP |                 |             |  |
| 27                                   | TALIA ANAND             | PPPPPPPPPP |                 |             |  |
| 28                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 29                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 30                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 31                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 32                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 33                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 34                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 35                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 36                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 37                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 38                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 39                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 40                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| No. Present daily                    |                         |            |                 |             |  |
| No. Absent daily                     |                         |            |                 |             |  |
| TOTAL                                |                         |            |                 |             |  |

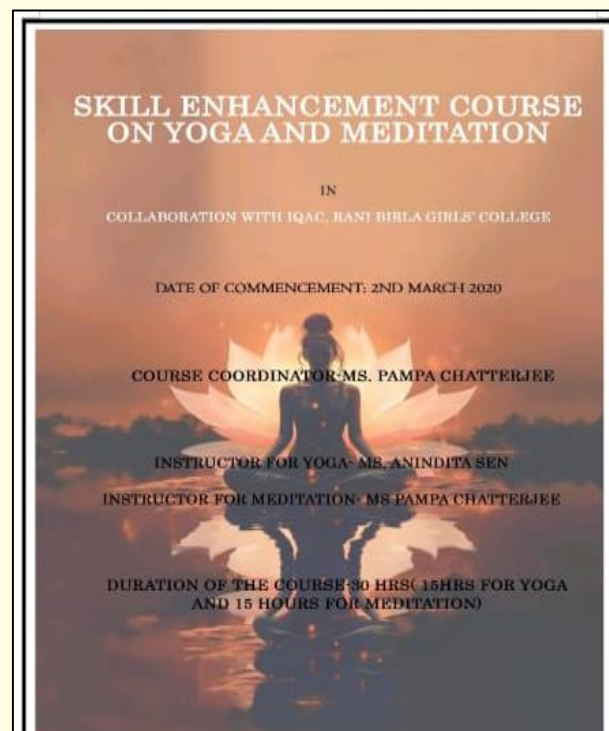
| REGISTER OF ATTENDANCE FOR THE MONTH |                         |            | DANCE OF PUPILS |             | REMARKS  |
|--------------------------------------|-------------------------|------------|-----------------|-------------|--|
| Sl. No.                              | Name of Pupil           | ATTENDANCE | DANCE           | No. of Days |  |
| 1                                    | SANJAY JAI              | PPPPPPPPPP |                 |             | 50 <sup>th</sup> May ended year classes resumed class days + vacation 20 days<br>Last class 20 <sup>th</sup> June<br>Khatija |
| 2                                    | SULIKA SARVAK           | PPPPPPPPPP |                 |             |  |
| 3                                    | ADITHYAN DAS            | PPPPPPPPPP |                 |             |  |
| 4                                    | KRISHITA ANAND          | PPPPPPPPPP |                 |             |  |
| 5                                    | KRISHVI DATTA           | PPPPPPPPPP |                 |             |  |
| 6                                    | ANAGI NANA              | PPPPPPPPPP |                 |             |  |
| 7                                    | MAHABANTI KATRY         | PPPPPPPPPP |                 |             |  |
| 8                                    | ABHIR JAI               | PPPPPPPPPP |                 |             |  |
| 9                                    | ANKITA JAI              | PPPPPPPPPP |                 |             |  |
| 10                                   | ANURAG SANGHVI PICHAYAN | PPPPPPPPPP |                 |             |  |
| 11                                   | HANISH ANUSAR           | PPPPPPPPPP |                 |             |  |
| 12                                   | SUNADRI BANDEPALLE      | PPPPPPPPPP |                 |             |  |
| 13                                   | KISHA KURUM             | PPPPPPPPPP |                 |             |  |
| 14                                   | KRISHA ANAND            | PPPPPPPPPP |                 |             |  |
| 15                                   | ANADIA YADAV            | PPPPPPPPPP |                 |             |  |
| 16                                   | DEBARATI CHAKRABARTY    | PPPPPPPPPP |                 |             |  |
| 17                                   | ANUSHITA ANAND          | PPPPPPPPPP |                 |             |  |
| 18                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 19                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 20                                   | KISHA ANAND             | PPPPPPPPPP |                 |             |  |
| 21                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 22                                   | TALIA ANAND             | PPPPPPPPPP |                 |             |  |
| 23                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 24                                   | FATIMA ANAND            | PPPPPPPPPP |                 |             |  |
| 25                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 26                                   | FILIA ANAND             | PPPPPPPPPP |                 |             |  |
| 27                                   | TALIA ANAND             | PPPPPPPPPP |                 |             |  |
| 28                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 29                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| 30                                   | ANUSHA ANAND            | PPPPPPPPPP |                 |             |  |
| No. Present Daily                    |                         |            |                 |             |  |
| No. Absent Daily                     |                         |            |                 |             |  |
| TOTAL                                |                         |            |                 |             |  |

Attendance Record: Yoga Camp

In the academic session 2020 -21, a certificate course (60-hours over three-months) on 'Yoga Physical and Mental Well-being' was conducted in the college.



Notice: Certificate course on "Yoga, Physical and Mental Wellbeing"



Flyer: Certificate course on "Yoga, Physical and Mental Wellbeing"

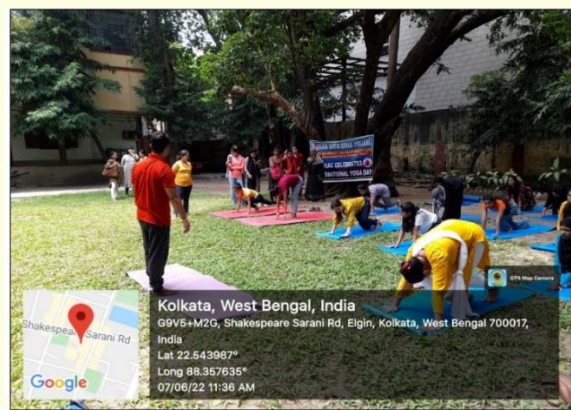








Flyer: Celebration of International Yoga Day-2021-22



Yoga Session in progress

On 21.6.23, the International Day of Yoga was celebrated in college by organizing an online quiz (through a Google link) for students on the benefits of yoga.

The flyer is for an online quiz competition on International Yoga Day. It features a central illustration of a woman in a pink top and green pants sitting in a meditative lotus position on a pink mat. The background is white with faint grey clouds. The text is arranged in a clear, hierarchical manner. At the top, the college name and address are listed. Below that, the organizing cells are mentioned. The main event is 'INTERNATIONAL YOGA DAY' on '21.06.2023', which includes an 'ONLINE QUIZ COMPETITION' accessible via a 'GOOGLE FORM LINK'. The link is provided in a yellow banner. At the bottom, the purpose of the event is stated as 'GENERAL AWARENESS OF WELL BEING, YOGA & INTERNATIONAL YOGA DAY', with a note that 'Rules & Regulations' are on the next page. Decorative elements include a pink lotus flower, a stack of stones, and a person in a yoga pose.

**RANI BIRLA GIRLS' COLLEGE**  
38, SHAKESPEARE SARANI, KOLKATA - 700017

**PHYSICAL & MENTAL WELL BEING CELL**  
in association with  
**Internal Quality Assurance Cell (IQAC)**  
celebrates

**INTERNATIONAL  
YOGA DAY**  
on  
**21.06.2023**  
with  
**ONLINE QUIZ COMPETITION**  
through  
**GOOGLE FORM LINK**

<https://forms.gle/JRB461gyURBEemGm8>

on  
GENERAL AWARENESS OF WELL BEING, YOGA  
& INTERNATIONAL YOGA DAY  
*Rules & Regulations in the next page*

**Flyer: Online quiz on International Yoga Day**



## Training in Self-Defence

As an empowering exercise in through fitness, students received training in techniques of self-defence under the Sukanya Project, an initiative of the Kolkata Police in collaboration with the Women and Child Development and Social Welfare Department, Government of West Bengal.



**Students receiving training in self-defence**

| Adm. No. |            | Serial No. |                         | Roll No. |   | STUDENTS' ATTENDANCE REGISTER |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
|----------|------------|------------|-------------------------|----------|---|-------------------------------|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|
|          |            |            |                         |          |   | CLASS                         |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
|          |            |            |                         |          |   | SUBJECT - SUKANYA PROJECT -   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
|          |            |            |                         |          |   | ATTENDANCE FOR THE MONTH      |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
|          |            |            |                         |          |   | 2020                          |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
| Adm. No. | Serial No. | Roll No.   | NAME OF STUDENTS        | 1        | 2 | 3                             | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |  |  |  |  |  |  |
| 1        | 1          | 1          | KOORAMTI HTTRA 40       | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 2        | 2          | 2          | MANJIDA MONDAL 42       | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 3        | 3          | 3          | SHREYASI BHADRA 42      | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 4        | 4          | 4          | KARUNA KHANNA 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 5        | 5          | 5          | AYSA ALAM 40            | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 6        | 6          | 6          | PIYKA AKHIL 40          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 7        | 7          | 7          | SALMA ALOU 38           | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 8        | 8          | 8          | PARVIA ANSAR 38         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 9        | 9          | 9          | NEELMA ANJANAN 40       | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 10       | 10         | 10         | SABINA ABIB 40          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 11       | 11         | 11         | RISHU SINGH 40          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 12       | 12         | 12         | AYSHA FERDUS 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 13       | 13         | 13         | SANJIDA ANJUM 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 14       | 14         | 14         | KRISHA SUDIN 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 15       | 15         | 15         | SUDHA SHARMA 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 16       | 16         | 16         | SOUADAT BANOPODHYAK 40  | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 17       | 17         | 17         | ABUJIN ALAM 38          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 18       | 18         | 18         | ABHIRA ANSAR 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 19       | 19         | 19         | VANSEGA YADAV 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 20       | 20         | 20         | KITANKA DAS 40          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 21       | 21         | 21         | SABIRA YOUSUF 38        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 22       | 22         | 22         | ABHINAV ALTA 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 23       | 23         | 23         | SANSHI SARMA 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 24       | 24         | 24         | YASANA HAKA 40          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 25       | 25         | 25         | UJHA OFEEN 40           | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 26       | 26         | 26         | DEBARATI CHAKRABORTY 40 | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 27       | 27         | 27         | AKHILASHI HOSSAIN 40    | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 28       | 28         | 28         | SHILPA KUMARAN 40       | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 29       | 29         | 29         | MUBINCH-SHARIFA KRAM 40 | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 30       | 30         | 30         | UZMA AHMED 40           | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 31       | 31         | 31         | KARIM 40                | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 32       | 32         | 32         | SOMYASNEE MAJUMDER 40   | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 33       | 33         | 33         | NEEK BANO 40            | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 34       | 34         | 34         | SUJANA SHAKIL 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 35       | 35         | 35         | PARVATI PARVEEN 40      | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 36       | 36         | 36         | GULSHAN 40              | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 37       | 37         | 37         | ANJANA SHAKIL 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 38       | 38         | 38         | TANVINA GOND 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 39       | 39         | 39         | RESHMA KHANUN 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 40       | 40         | 40         | SABITRI DAS 40          | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 41       | 41         | 41         | SHIKVI CHAKRABORTY 40   | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 42       | 42         | 42         | ABHINAV 40              | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 43       | 43         | 43         | KULSOOM AHMED 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |
| 44       | 44         | 44         | ANVI BAYAL 40           | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  |  |  |  |  |  |  |

| Adm. No. |            | Serial No. |                           | Roll No. |   | STUDENTS' ATTENDANCE REGISTER |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |  |  |  |  |  |
|----------|------------|------------|---------------------------|----------|---|-------------------------------|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|--|--|--|--|--|
|          |            |            |                           |          |   | SUBJECT                       |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |  |  |  |  |  |
|          |            |            |                           |          |   | ATTENDANCE FOR THE MONTH      |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |  |  |  |  |  |
|          |            |            |                           |          |   | 2020                          |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |  |  |  |  |  |
| Adm. No. | Serial No. | Roll No.   | NAME OF STUDENTS          | 1        | 2 | 3                             | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |   |  |  |  |  |  |
| 1        | 1          | 1          | UC REENAY KHATOON 40      | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 2        | 2          | 2          | UC SONIA MUSTAFA 40       | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 3        | 3          | 3          | UC SOHAN JUNEED 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 4        | 4          | 4          | UC ALI MUSTAFA 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 5        | 5          | 5          | UC SHAHEEN FARVEEN 40     | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 6        | 6          | 6          | UC SABINA KHATOON 40      | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 7        | 7          | 7          | UC ANJITA WAHIDANPESH 40  | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 8        | 8          | 8          | UC NOUSHA KHATOON 40      | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 9        | 9          | 9          | UC NOUSKA ALAM 40         | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 10       | 10         | 10         | UC SRINIDEE DEY 40        | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 11       | 11         | 11         | UC AYSHA SIDDIQUE 40      | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |
| 12       | 12         | 12         | UC SHABA FARVEEN NALIN 40 | P        | P | P                             | P | P | P | P | P | P | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P  | P |  |  |  |  |  |

**Attendance Register: Sukanya Project**

## Emphasis on sports

Students were encouraged to participate in sports activities organized by the Sports Subcommittee and the Sports Club in the college and to represent the college at sports events outside.

### Notice: Annual College Sports-2019-20

Rani Birla Girls' College  
38, Shakespeare Sarani, Kolkata 17 Dated: 3.12.2019

Allotment of Duty for Annual Sports Day, 2019-20

Holds 5.12.2019 at 10 AM  
Final sports: 6.12.2019 at 10 AM

| Events                       | Allotment of Duties                |
|------------------------------|------------------------------------|
| Field and Event Management   | A. Sen, SD, PT, MD, AD             |
| Holds                        | SD, MD, PT, AD, DB, BS, TB, IB, MR |
| Announcement                 | NC, DD                             |
| Certificates                 | ADB, KPL, SP, PG                   |
| Track Official               | SM (Library), SB2, NS, KB, MR, RB  |
| Judges of Events             | SD, SM (B.FED), MM, KKJ, FZ        |
| Refreshment and Distribution | SD, SGR, PC, JGW, MD, KD           |
| Medal/Prize Laying of Table  | SB, PG, SS2, SMR, AS, SS3          |

Staff on duty: *Principals, Baberotti, Sanjeeb, Vinod Kumar, Minoli, Joseph, Ebra, Amit Ghosh, Sankar Ray*

Principal *4/12/19*

### Annual College Sports-2022-23

Rani Birla Girls' College  
Kolkata-17

Ref. No.-02/SC/22-23 Date: 06 DEC 2022

**NOTICE**


This is to inform all the students/ staff that the Annual Sports Day will be held on 23<sup>rd</sup> December, 2022 for the session 2022-23 and they are further requested to contact Mrs. Anindita Sen (Office) from 07/12/2022 to 12/12/2022 for participation in the scheduled events.

The schedules of events and programs have been attached herewith.

*Kanak Kumar Jana*  
Dr. Kanak Kumar Jana  
Convener,  
Sports Sub-Committee

*Srabanti Bhattacharya*  
Dr. Srabanti Bhattacharya  
Principal

Principal  
RANI BIRLA GIRLS' COLLEGE  
38, Shakespeare Sarani  
Kolkata-700 017



Notice





Students participating in annual sports of the college on 23.12.22

| Annual Sports 2022-23<br>23/12/2022<br>Part I |          |                  | # # # # #         |     |                   |
|---|----------|------------------|-------------------|-----|-------------------|
| Name  | Semester | Signature        | Name              | Sem | Signature         |
| Swagata Maity                                 | Sem 1    | Swagata Maity    | ARIBAH FAZAL      | V   | Arifahazal        |
| Nilama Das                                    | Sem 1    | Nilama Das       | Iram Firdosh      | I   | Iram              |
| Anushka Sengupta                              | Sem 1    | Anushka Sengupta | Inshra Khan       | I   | Inshra            |
| Ayesha Ahmed                                  | Sem 1    | Ayesha Ahmed     | Uzma Asif         | I   | Uzma              |
| Azka Fatima                                   | Sem 1    | Azka Fatima      | SEEMA JHA         | I   | Seemajha          |
| Saba Parveen                                  | Sem 1    | Saba Parveen     | Naushheen Azad    | I   | Naushheen Azad    |
| Zijeshan Jamil                                | Sem 1    | Zijeshan Jamil   | Bhahar Ahtan      | I   | Bahar Ahtan       |
| Qamar Talat                                   | Sem 1    | Qamar Talat      | Zoha Yasmeen      | I   | Zoha Yasmeen      |
| Shaiqa Parveen                                | Sem 1    | S. Parveen       | Saptarni Mitra    | I   | Saptarni Mitra    |
| Danabika Jaul                                 | Sem 1    | Danabika Jaul    | Nabanita Sebnath  | I   | Nabanita Sebnath  |
| Shabana Khatun                                | Sem 1    | Shabana Khatun   | Puja Shree Dabey  | III | Pujashree Dabey   |
| Yameen parveen                                | Sem 1    | Yameen parveen   | Ayesha Farooque   | I   | Ayesha Farooque   |
| Snaha sama                                    | Sem 1    | Snaha sama       | Snaha Chakraborty | I   | Snaha Chakraborty |
| sharlah Maghar                                | Sem 1    | sharlah Maghar   | Ajfa Ahmed        | I   | Ajfa Ahmed        |
| Insha parveen                                 | Sem 1    | Insha parveen    | ALISHA MUSHTAQUE  | I   | Alisha            |
| Rishi Majumdar                                | Sem 1    | Rishi Majumdar   | Shabika Parveen   | I   | Shabika Parveen   |
| Likhita Banerjee                              | Sem 1    | Likhita Banerjee | Nehadi Aggarwal   | I   | Nehadi Aggarwal   |
| Veenita Sharma                                | Sem 1    | Veenita Sharma   | Sujia Khatun      | I   | Sujia Khatun      |
| Sahina Parveen                                | Sem III  | Sahina Parveen   | Rukshan Parvin    | I   | Rukshan Parvin    |
| Ayesha Ghazwanji                              | Sem 1    | Ayesha Ghazwanji | Anjali Pandit     | V   | Anjali Pandit     |
| Saria Ahmed                                   | Sem 1    | Saria Ahmed      | Shifa Noaz        | V   | Shifa Noaz        |
| Alisha sekh                                   | Sem 1    | Alisha sekh      |                   |     |                   |

Attendance Record of students: Annual Sports on 23.12.2022

## Annual College Sports-2023-24

**Rani Birla Girls' College**  
Kolkata-17

Ref. 07/SC/23-24 Date: 06 DEC 2023

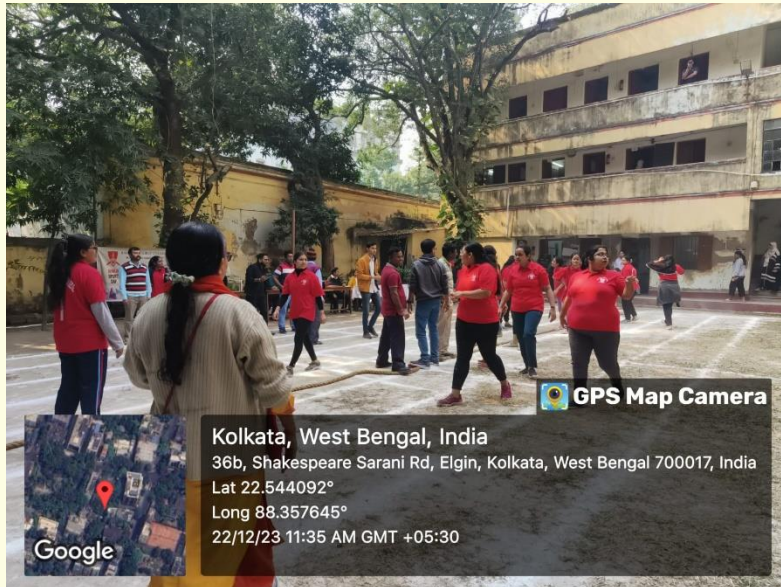
**Notice**

This is to inform all students/staff that the Annual Sports Day will be held on 22<sup>nd</sup> December, 2023 for the session 2023-24 and in this regard, they are requested to be present at the Annual Sports Day. The concerned staff enlisted below is further requested to note the following duties assigned for successful management of the schedule events.

| Sl. | Assigned Staff  | Duty   |
|-----|---|--|
| 1.  | DD  | Announcement   |
| 2.  | SD, KD2, PB, SRC, IB, SM(History), NS, PG<br>Joseph Mandal, Dayamay Mukherjee, Sukdev Roy | Ground Management  |
| 3.  | MD, PT, MM  | Food Distribution  |
| 4.  | DB  | Food Coupon Preparation and Distribution (only for Students) |
| 5.  | JGW, ADB  | Purchase of Medals, Trophy, Flex and Certificate Printing    |
| 6.  | PT, JGW   | Purchase of Food items                                       |

Dr. Kanak Kumar Jana Dr. Srabanti Bhattacharya  
Principal  
Apalak Das  
Dr. Apalak Das  
Convenor/s of the Sports Sub-Committee

### Notice



Students participating in annual sports of the college on 22.12.23



24/12/2023  
print 22/12/2023

Rani Bija Girls' College  
38, Shakespeare Sarani, Kolkata -17  
Annual Sports 2023-24

List of the Participants on Annual Sports Day (22.12.2023)

| Sl. No | Roll no. | Name                | Semester | Department | Signature   | Food coupon issuing person |
|--------|----------|---------------------|----------|------------|-------------|----------------------------|
| 1      | 155      | FATMA HAROON        | V        | ENGA       | [Signature] | SB                         |
| 2      | 188      | SARAH YOUSUF        | IV       | ENGA       | [Signature] | SB                         |
| 3      | 19       | ANSALI SANSI        | IV       | ENGA       | [Signature] | SB                         |
| 4      | 147      | SHABANA BEGUM       | V        | ENGA       | [Signature] | SB                         |
| 5      | 109      | SHRISTI DAS         | VI       | PLSA       | [Signature] | SB                         |
| 6      | 184      | HANEFAH AEMAN       | III      | SOCA       | [Signature] | SB                         |
| 7      | 158      | Zoya Alam           | V        | ENGA       | [Signature] | SB                         |
| 8      | 101      | Khushuma Khatun     | III      | PLSA       | [Signature] | SB                         |
| 9      | 100      | Rahad Reaz          | III      | PLSA       | [Signature] | SB                         |
| 10     | 173      | Adiba Sheikh        | III      | SOCA       | [Signature] | SB                         |
| 11     | 01       | Rita Runt           | V        | ENGA       | [Signature] | SB                         |
| 12     | 111      | Ayfa Khan           | V        | ENGA       | [Signature] | SB                         |
| 13     | 16       | Nandini Jaiswal     | V        | ENGA       | [Signature] | SB                         |
| 14     | 21       | Sarah Rahman Sheikh | III      | ENGA       | [Signature] | SB                         |
| 15     | 183      | Zina Ali            | IV       | HISA       | [Signature] | SB                         |
| 16     | 22       | Alifa Ahmed         | III      | HISA       | [Signature] | SB                         |
| 17     | 20       | Shahab Mezbah       | III      | GECA       | [Signature] | SB                         |
| 18     | 51       | Peenita Khanna      | III      | GECA       | [Signature] | SB                         |
| 19     | 18       | Snehe Sana          | III      | GECA       | [Signature] | SB                         |
| 20     | 52       | Rishi Majumdar      | III      | GECA       | [Signature] | SB                         |
| 21     | 111      | Sakina Mustofa      | III      | EDCA       | [Signature] | SB                         |
| 22     | 207      | Danabika Jais       | III      | PLSA       | [Signature] | SB                         |
| 23     | 64       | Rinku Kumari Shaw   | III      | HINA       | [Signature] | SB                         |
| 24     | 27       | Rinky Sharma        | III      | HINA       | [Signature] | SB                         |

Rani Bija Girls' College  
38, Shakespeare Sarani, Kolkata -17  
Annual Sports 2023-24

List of the Participants on Annual Sports Day (22.12.2023)

| Sl. No | Roll no. | Name                  | Semester | Department | Signature   | Food coupon issuing person |
|--------|----------|-----------------------|----------|------------|-------------|----------------------------|
| 25     | 179      | Vasisha Rajak         | V        | HINA       | [Signature] | SB                         |
| 26     | 191      | Piyashree Doley       | V        | HINA       | [Signature] | SB                         |
| 27     | 8        | Sumanya Sharmak       | V        | HINA       | [Signature] | SB                         |
| 28     | 83       | Shaija Parveen        | IV       | PLSA       | [Signature] | SB                         |
| 29     | 35       | Kaif shakeen          | III      | PLSA       | [Signature] | SB                         |
| 30     | 150      | Shubana Khatun        | III      | PLSA       | [Signature] | SB                         |
| 31     | 44       | Shruti Shaw           | III      | Gen        | [Signature] | SB                         |
| 32     | 146      | Zainab Raahid         | III      | Gen        | [Signature] | SB                         |
| 33     | 145      | Zaineen Khushid       | III      | Gen        | [Signature] | SB                         |
| 34     | 147      | Ummu Kulsum           | III      | Gen        | [Signature] | SB                         |
| 35     | 43       | Ahmed Parveen         | III      | Gen        | [Signature] | SB                         |
| 36     | 121      | Rumman Parvin         | IV       | Gen        | [Signature] | SB                         |
| 37     | 29       | Zainab Khatun         | I        | Educa(H)   | [Signature] | SB                         |
| 38     | 170      | Sabnam                | I        | Educa(H)   | [Signature] | SB                         |
| 39     | 105      | Ummee Hane            | V        | EDCA(H)    | [Signature] | SB                         |
| 40     | 22       | Saba Parveen          | I        | EDCA(H)    | [Signature] | SB                         |
| 41     | 95       | Mareesa Binte Mahmood | III      | ENGA(H)    | [Signature] | SB                         |
| 42     | 110      | Zoya Ali              | III      | ENGA(H)    | [Signature] | SB                         |
| 43     | 68       | ANAM RAHMAN           | III      | EDCA(H)    | [Signature] | SB                         |
| 44     | 142      | MEHNDI ASGHAR         | III      | EDCA(H)    | [Signature] | SB                         |
| 45     | 171      | SHABA PARVEEN         | III      | EDCA(H)    | [Signature] | SB                         |
| 46     | 103      | ANUSHA SENKUPTA       | III      | GECA       | [Signature] | SB                         |
| 47     | 60       | ROSEMARY BOR          | I        | JORA       | [Signature] | SB                         |
| 48     | 53       | SANA AFICCA           | I        | JORA       | [Signature] | SB                         |

Attendance Record of students participating in annual sports of the college on 22.12.2023

## An inter-semester badminton tournament held in college on 4-5 January, 2024

**RANI BIRLA GIRLS' COLLEGE**  
38, SHAKESPEARE SARANI, KOLKATA-17

Ref. no. 219/NOTICE/PRIN/24      Notice      02.12.2023

This is to inform that the Sports Sub-Committee and the Sports Club<sup>are</sup> jointly are going to organize an Inter-Semester Badminton Tournament 2023-24 on 4<sup>th</sup> and 5<sup>th</sup> January, 2024. Students willing to participate are requested to submit their names to Mr. Antarjami Das (library) within 11.12.2023.

Prof. A. - 02.12.23  
Dr. Kanak Kumar Jana

Dr. Apalak Das  
Convenor/s

S. Bhattacharya  
Dr. Srabanti Bhattacharya  
Principal

### Notice



**Participants in the Badminton Tournament**



**Inter-Semester Badminton Tournament 2023-24**  
04.01.2024 & 05.01.2024

List of participants

| Sl. No. | Name of the students      | Semester | Signature with date        |
|---------|---------------------------|----------|----------------------------|
| ✓ 01    | AYESHA FAROOQUE-200266422 | HISA-III | Ayesha Farooque 04/12/23   |
| ✓ 02    | SAFIA NAUSHAD-905044140   | HISA-III | Safia Naushad 04/12/23     |
| ✓ 03    | HUMA FARVEE-8272872466    | HISA-III | Huma Farveen 04/12/23      |
| ✓ 04    | FATMA HAROON 6290957822   | ENGA-V   | Fatma Haroon 08/11/23      |
| ✓ 05    | ZOYA ALAM 6290957822      | ENGA-V   | Zoya Alam 08/12/23         |
| ✓ 06    | NISHITA DAS 7149220277    | ENGA-V   | Nishita Das 08/12/23       |
| ✓ 06    | ANJALI SINGH              | ENGA-V   | Anjali Singh 08/12/23      |
| ✓ 07    | KANDANI JAISWAL           | ENGA-V   | Kandani Jaishwal 08/12/23  |
| ✓ 08    | PUSA KUMAR RAI            | ENGA-V   | Pusa Kumari 08/12/23       |
| ✓ 09    | ATUFA ISLAM               | ENGA-V   | Atufa Islam 08/12/23       |
| ✓ 10    | ABROKHA JAMH              | PLSA-III | Abrokhah 08/12/23          |
| ✓ 11    | SHRUTI DAS                | III      | Shruti Das 08/12/23        |
| ✓ 12    | BARIBA SHARMA             | III      | Bariba Sharma 08/12/23     |
| ✓ 13    | PETA GUPTA                | ENGA-V   | Peta Gupta 08/12/23        |
| ✓ 14    | Sumaiya Sarwar            | HINA-V   | Sumaiya Sarwar 9/12/23     |
| ✓ 15    | Gulafsha Khatoon          | HINA-V   | Gulafsha 9/12/23           |
| ✓ 16    | SHAZINA BEGUM             | ENGA-5   | Shazina Begum 11/12/23     |
| ✓ 17    | SHIFA SAMI                | ENGA-5   | Shifa Sami 11/12/23        |
| ✓ 18    | Rinku Sharma              | HINA-3   | Rinku Sharma 11/12/23      |
| ✓ 19    | Rinku Kumari Shaw         | HINA-3   | Rinku Kumari Shaw 11/12/23 |
| ✓ 20    | Esam Raza                 | BFAD-V   | Esam Raza 11/12/23         |
| ✓ 21    | Khusuma Khatoon           | PLSA-3   | Khusuma Khatoon 11/12/23   |

|      |                    |           |                             |
|------|--------------------|-----------|-----------------------------|
| ✓ 22 | Shagun Roy         | ENGA-III  | Shagun Roy 11/12/23         |
| ✓ 23 | Kohal Roy          | ENGA-III  | Kohal Roy 11/12/23          |
| ✓ 24 | Shikha Ghosh       | ENGA-III  | Shikha Ghosh 11/12/23       |
| ✓ 25 | Sampurna Ghosh     | ENGA-III  | Sampurna Ghosh 11/12/23     |
| ✓ 26 | Shikha Lahiri      | ENGA-III  | Shikha Lahiri 11/12/23      |
| ✓ 27 | ANUSHKA SENGUPTA   | ENGA-III  | Anushka Sengupta 12/12/23   |
| ✓ 28 | NILAVNA DAS        | ENGA-III  | Nilavna Das 12/12/23        |
| ✓ 29 | PRITI MAJUMDAR     | ENGA-III  | Priti Majumdar 12/12/23     |
| ✓ 30 | Shaba Parveen      | ENGA-III  | Shaba Parveen 12/12/23      |
| ✓ 31 | Zoya Ali           | ENGA-III  | Zoya Ali 12/12/23           |
| ✓ 32 | Mehak Ghosh        | ENGA-III  | Mehak Ghosh 12/12/23        |
| ✓ 33 | Shabeena Akbar     | ENGA-V    | Shabeena Akbar 12/12/23     |
| ✓ 34 | Shaike Mukhtar     | ENGA-V    | Shaike Mukhtar 12/12/23     |
| ✓ 35 | Shazreen Ali       | ENGA-V    | Shazreen Ali 12/12/23       |
| ✓ 36 | Shuchi Kumari Shaw | Gen (III) | Shuchi Kumari Shaw 12/12/23 |
| ✓ 37 | Tasneem Khwashed   | Gen (III) | Tasneem Khwashed 12/12/23   |
| ✓ 38 | Rukesi Parveen     | Gen (III) | Rukesi Parveen 12/12/23     |
| ✓ 39 | Kairab Rashid      | Gen (III) | Kairab Rashid 12/12/23      |

### Attendance Record of students: Badminton Tournament

**Students of Rani Birla Girls College represented the college in kabaddi at the Inter-college Sports organized by the University of Calcutta**



## Students won the tug-of-war event at Amity University's 'Amiphora'

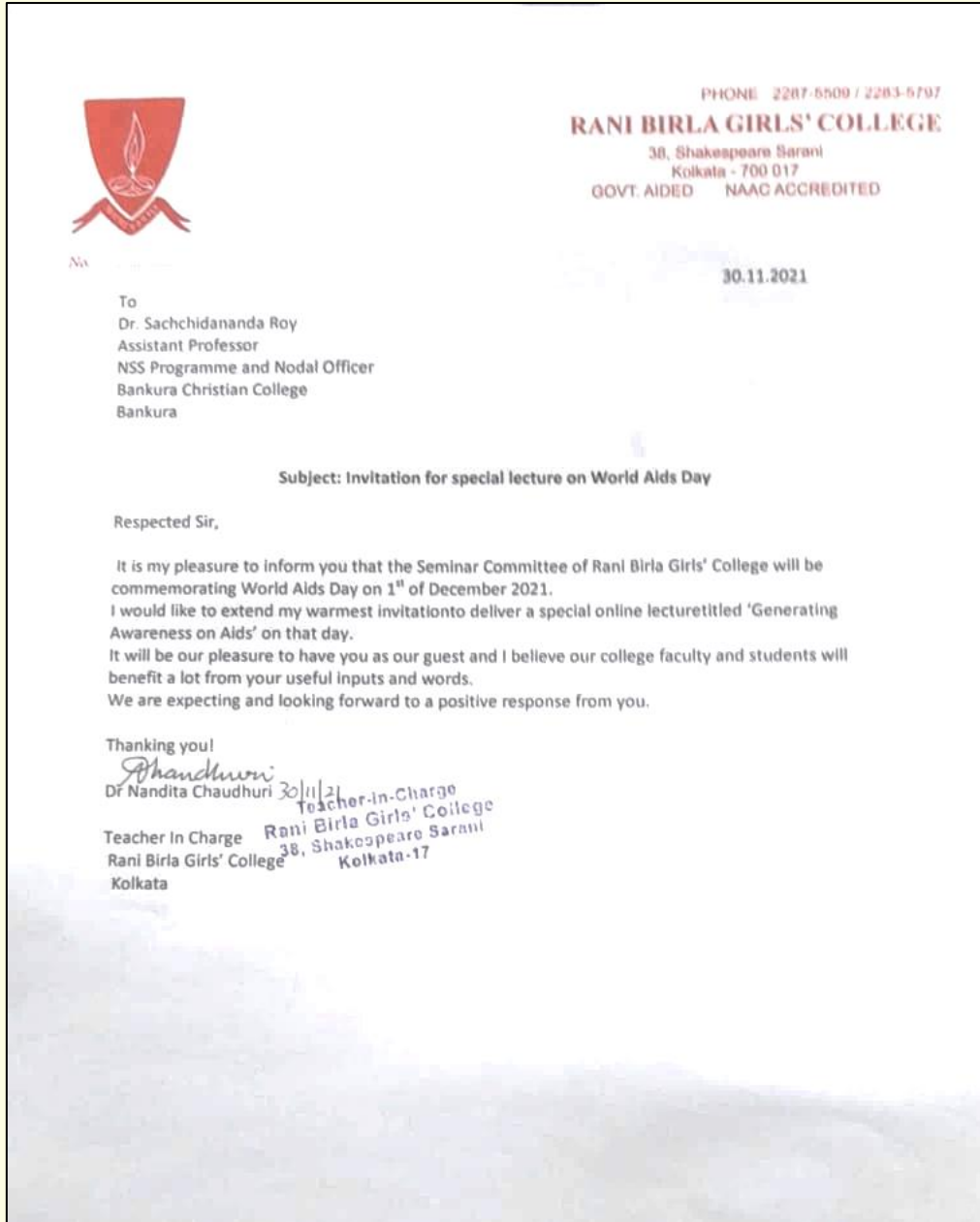


On 26.4.24, students of the college won the second prize in tug-of-war at NSHM Knowledge Campus.



## Awareness Programmes on mental and physical health issues

On 30.11.21, to commemorate World AIDS Day on December 1, an online lecture, "Generating Awareness on AIDS" was arranged. The speaker was Dr. Sachchidananda Roy, Assistant Professor, Bankura Christian College.



Notice



**RANI BIRLA GIRLS' COLLEGE**  
OBSERVES

**WORLD AIDS DAY**

**1 Dec, 2021**

A special lecture organized by the Seminar Committee to commemorate "Generating Awareness on World Aids Day"


Speaker : Dr Sachchidananda Roy  
Assistant Professor, Dept. of Political Science, Bankura Christian College; NSS Programme Officer and Bankura District Nodal Officer, NSS

**TIME : 11.40 AM;**  
**PLATFORM: GOOGLE MEET**

Dr. Nandita Chowdhury  
Teacher-in-Charge

Swati Bhattacharya  
Convenor, Seminar Committee

Organization and Support: Ritwik Balo, Dr. Apala Dasgupta Barat,  
Dr. Sarmila Paul, Namrata Subba, Dr. Keya Dutta



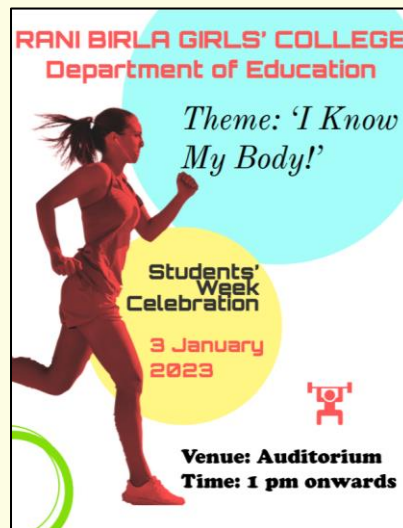
**Flyer**



**Online Attendance**

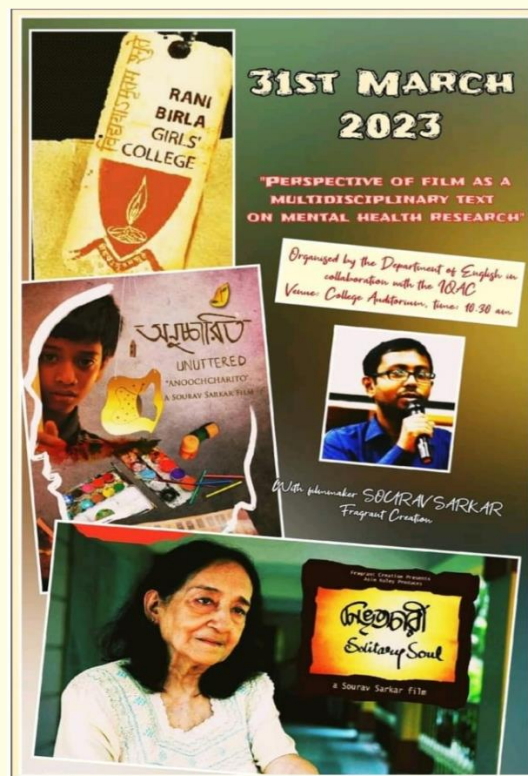


On 3.1.23, as a part of the Student's Week Celebration, the Department of Education organized a lecture "I Know my Body".



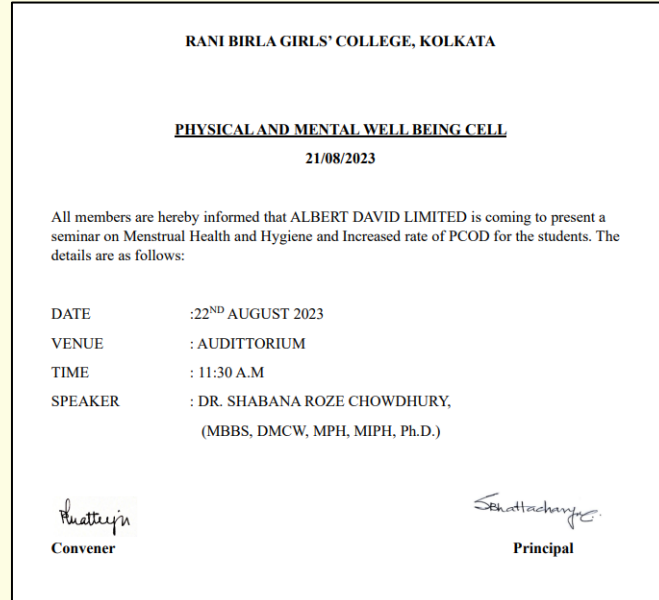
Flyer

On 31.3.23, the Department of English and IQAC organized a workshop, 'Perspective of Film as a Multi-disciplinary Text on Mental Health Research'. The resource person, Mr. Sourav Sarkar, screened and analyzed two films to sensitize the audience to mental health issues related to childhood and old age.

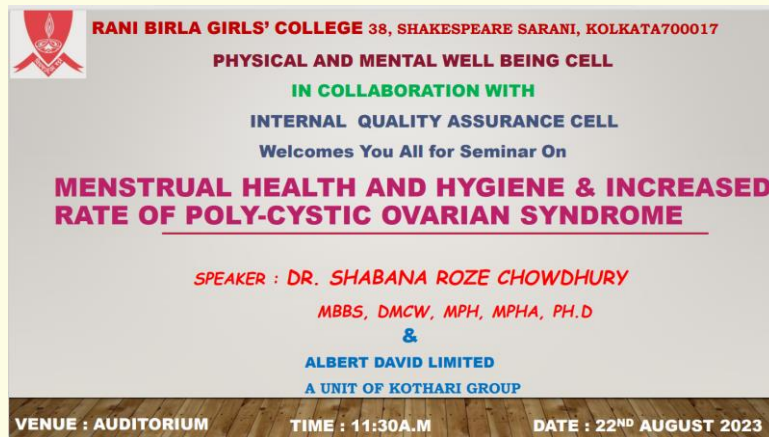


Flyer

On 22.8.23, Dr. Shabana Roze Chowdhury, on behalf of Albert David Limited, addressed students on “Menstrual Health and Hygiene and Increased Rate of Polycystic Ovarian Syndrome”.



### Notice

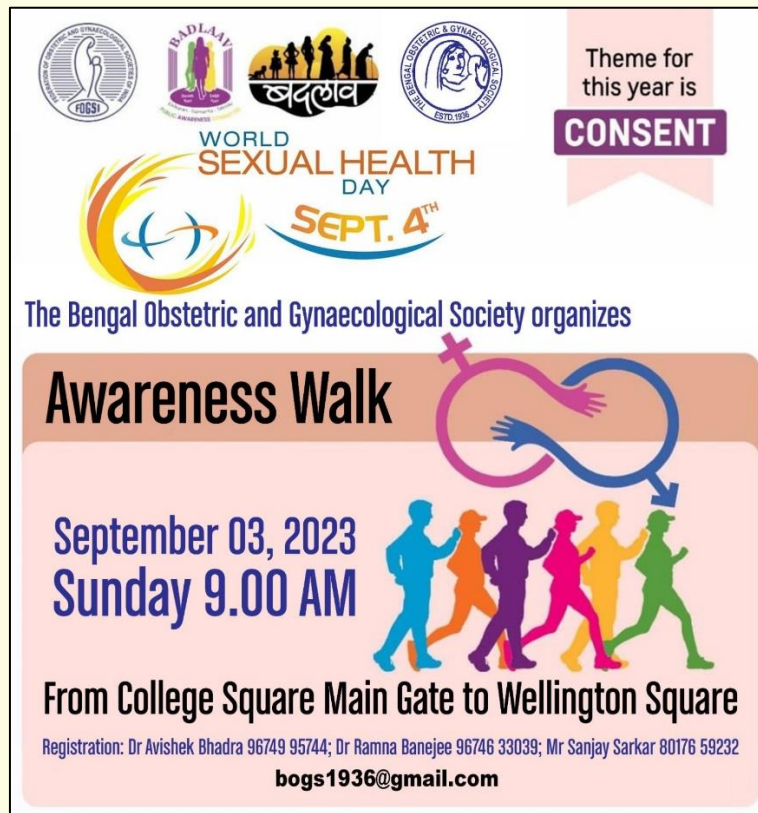


### Flyer



The Principal, Dr. Bhattacharya, welcoming Dr. Chowdhury, who spoke on “Menstrual Health and Hygiene and Increased Rate of Polycystic Ovarian Syndrome”

On 3.9.23, World Sexual Health Day, students and faculty participated in a walk organized by the Bengal Obstetric and Gynaecological Society, to raise awareness on sexual health of women.



Flyer



Students and faculty participating in the “Awareness Walk”

**On 3.10.23, Dr. Nilanjana Moulik, Secretary General, Alzheimer and Related Disorders Society of India – Calcutta Chapter, conducted a seminar in college on “Forgetfulness: Is it a disease?” The aim was to generate awareness on the symptoms, causes and treatment of dementia.**

**RANI BIRLA GIRLS' COLLEGE, KOLKATA**

**PHYSICAL AND MENTAL WELL BEING CELL**

**29/09/2023**

Dr. Nilanjana Moulik, Secretary General, Alzheimer and Related Disorders Society of India – Calcutta Chapter, is coming to present a seminar on *“Forgetfulness: Is it a disease?”*

The students, teachers and the non-teaching staff are invited to join the seminar.

The details are as follows:

DATE : 3<sup>RD</sup> OCTOBER 2023  
VENUE : AUDITORIUM  
TIME : 11:30A.M  
SPEAKER : Dr. Nilanjana Moulik, Secretary General, Alzheimer and Related Disorders Society of India – Calcutta Chapter.



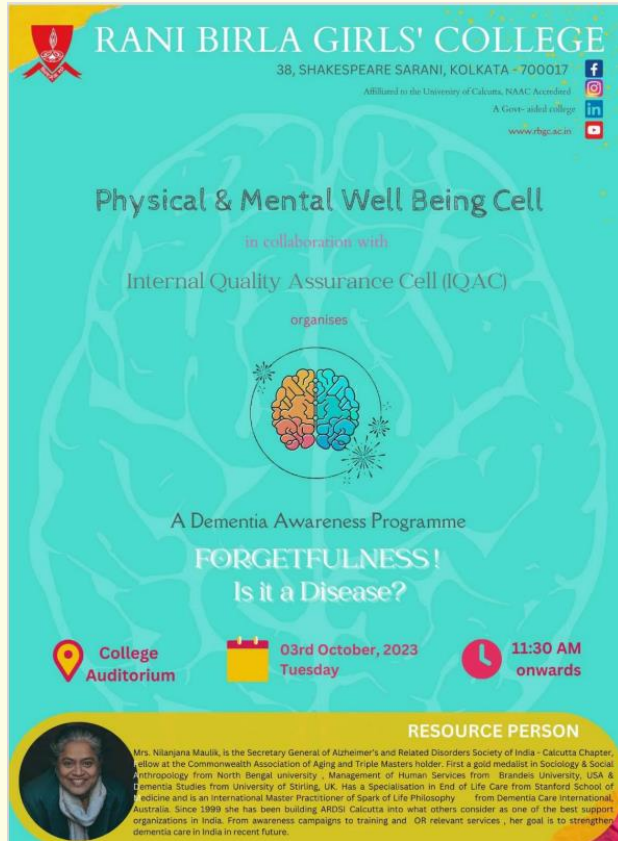
**Convener**



**Principal**

**Notice**





**Flyer**



**Dr. Moulik speaking on “Forgetfulness: Is it a disease?”**


On 10.10.23, Dr. Vineeta Kaul, Senior Gynaecologist, conducted a seminar in college on “Awareness on Breast Cancer”.


RANI BIRLA GIRLS' COLLEGE, KOLKATA

PHYSICAL AND MENTAL WELL BEING CELL  
09/10/2023


All members are hereby informed that Dr. Vineeta Kaul, Senior Gynaecologist, is coming to present a seminar on awareness about breast cancer for the students and teachers. The details are as follows:

DATE : 10<sup>th</sup> OCTOBER 2023  
VENUE : AUDITTORIUM  
TIME : 12 noon  
SPEAKER : Dr. Vineeta Kaul, Senior Gynaecologist

  
Convener

  
Principal

**Notice**



RANI BIRLA GIRLS' COLLEGE PRESENTS

**AN AWARENESS PROGRAMME**

Organised By  
**PHYSICAL AND MENTAL WELL-BEING CELL**  
IN COLLABORATION WITH IQAC

**TOPIC: AWARENESS ABOUT BREAST CANCER FOR  
THE STUDENTS AND TEACHERS**

**SPEAKER**

**Dr. Vineeta Kaul, Senior Gynaecologist.**

**Date: 10<sup>th</sup> October 2023    Time: 12 Noon    Venue: College Auditorium**

**Flyer**



**Dr. Kaul speaking on “Awareness on Breast Cancer”.**

**On 1.12.23, students participated in an essay competition on ‘Awareness on AIDS’.**

**RANI BIRLA GIRLS' COLLEGE  
38, SHAKESPEARE SARANI, KOLKATA 700017**

**PHYSICAL AND MENTAL WELL BEING CELL**

**NOTICE**

**217/NOTICE/PRIN/23**

**30/11/2023**

All interested students are hereby informed to participate for Essay Competition to commemorate World AIDS DAY 2023 and the title of the Essay is:

**Let Communities Lead: Social Awareness on HIV – AIDS**

Date of Competition: 01/12/2023

Time for Submission of article: 11:30a.m. to 3:30p.m.


Word Limit: within 1000 words

Medium of writing: Bengali/Hindi/English

Submit to: College Library



Convener  
Physical and Mental Well Being Cell



Principal

**Notice**

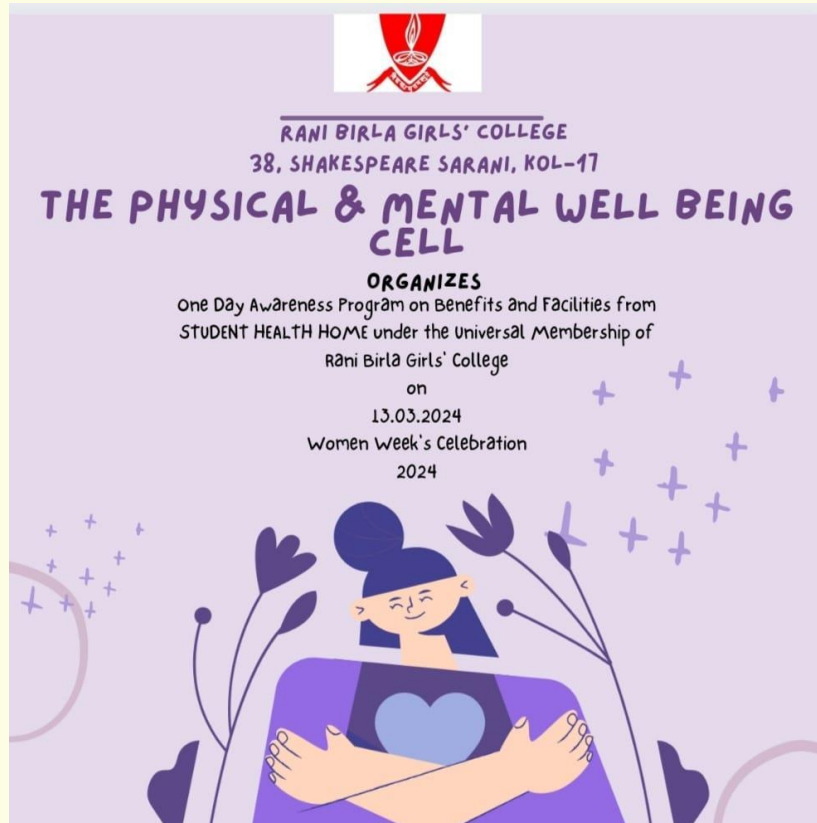
On 15.12.23, a “One-day Workshop on Beauty and Wellness” was organized by the Students Advisory Committee in collaboration with ORANE INTERNATIONAL



Flyer

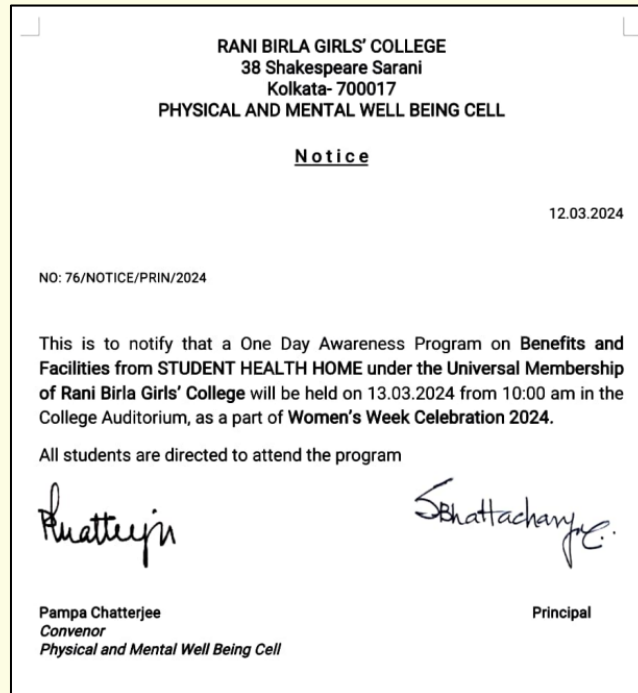


On 13.3.24, as a part of the Student's Week Celebration, a One-day Awareness Programme was organized on 'The Benefits and Facilities from Students' Health Home under the Universal Membership of Rani Birla Girls' College'. The resource person was Ms. Sunita Srivastav.

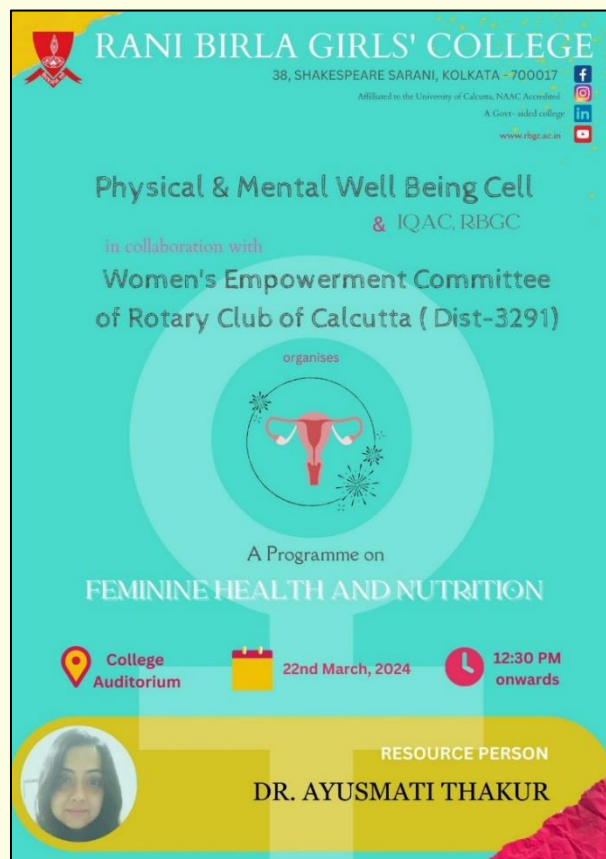


**Flyer**

On 22.3.24, a programme on “Feminine Health and Nutrition” was organized in collaboration with the Rotary Club. The resource person was Dr Ausmati Thakur.

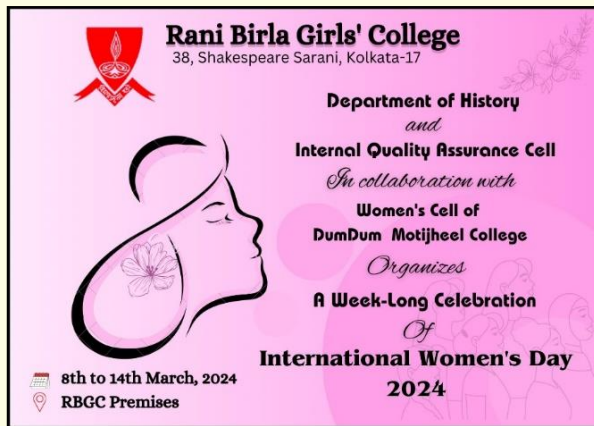


### Notice

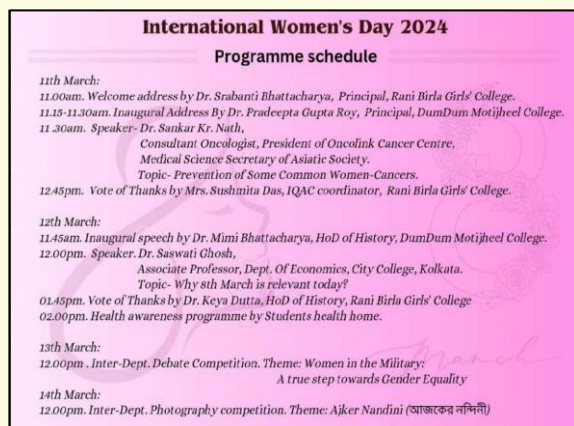


### Flyer

On 11.3.24, a lecture on ‘Prevention of Some Common Women-Cancers’ was organized by the college in collaboration with DumDum Motijheel College. The speaker was Dr. Shankar Kumar Nath, an eminent oncologist.



Flyer



Program Schedule



Eminent Oncologist, Dr. Shankar Nath being felicitated by the Principal of Rani Birla Girls' College, Dr. Srabanti Bhattacharya in the presence of the Principal of DumDum Motijheel College



Principal, IQAC Coordinator, faculty and students of Rani Birla Girls' College with Dr. Shankar Nath

RANI BIRLA GIRLS' COLLEGE  
38, Shakespeare Sarani, Kolkata - 17  
Attendance Sheet of Participants

Name of the Event: International Women's Day (M. Sarani for NGR College)  
Date of the Event: 11/03/24 Venue: Auditorium, R. Birla  
Organised By: HIS Cell, Dept. of RBE, JGC, RBE & Women Cell, Dm Dum Mohini College

| Sl. No. | Name (in Capital) | Semester | Department | Signature with Date |
|---------|-------------------|----------|------------|---------------------|
| 1       | JOHITA DHALI      | VI       | EDCA       | Johta Dhali         |
| 2       | Rama Malika       | T        | FAD        | Rama Malika         |
| 3       | SUMANA PAL        | T        | FAD        | Sumana Pal          |
| 4       | Manisha Banerjee  | T        | F.A.D      | Manisha Banerjee    |
| 5       | SNEHA BAGI        | I        | F.A.D      | Sneha Bagi          |
| 6       | Tanya Mallick     | I        | F.A.D      | Tanya Mallick       |
| 7       | Tahum Naal        | VI       | GEOA       | Tahum Naal          |
| 8       | Nandini Jaisankar | VI       | GEOA       | Nandini Jaisankar   |
| 9       | SUFIYA JAMAL      | VI       | GEOA       | Sufiya Jamal        |
| 10      | NIDA SHARIF       | VI       | GEOA       | Nida Sharif         |
| 11      | ZAINAB FARVEEN    | VI       | GEOA       | Zainab Farveen      |
| 12      | BISMAT SHARIF     | VI       | GEOA       | Bismat Sharif       |
| 13      | SANA FARVEEN      | VI       | EDCA       | Sana Farveen        |
| 14      | Masium Anis       | VI       | EDCA       | Masium Anis         |
| 15      | Muhammad Farveem  | VI       | EDCA       | Muhammad Farveem    |
| 16      | Zainab Khatun     | I        | EDC.H      | Zainab Khatun       |
| 17      | NADIA FARVEEN     | I        | EDC.H      | Nadia Farveen       |
| 18      | Sabnam            | I        | EDC.H      | Sabnam              |
| 19      | Isha Ghosh        | VI       | EDCA       | Isha Ghosh          |
| 20      | Debesmita Bha.    | VI       | EDCA       | Debesmita Bha.      |
| 21      | Payal Hauna       | VI       | EDCA       | Payal Hauna         |
| 22      | Gulista Farveem   | I        | EDU.H      | Gulista Farveem     |
| 23      | FARHAT FATIMA     | I        | EDU.H      | Farhat Fatima       |
| 24      | Arshiya Farveem   | I        | EDU.H      | Arshiya Farveem     |
| 25      | AYESHA FAROQUE    | III-IV   | HISA P     | Ayesha Farouque     |
| 26      | Sneha Chakraborty | III      | HISA P     | Sneha Chakraborty   |
| 27      | Dikshya Rajak     | VI       | HISA       | Dikshya Rajak       |

RANI BIRLA GIRLS' COLLEGE  
38, Shakespeare Sarani, Kolkata - 17  
Attendance Sheet of Participants

Name of the Event: International Women's Day (M. Sarani for NGR College)  
Date of the Event: 11/03/24 Venue: Auditorium, R. Birla  
Organised By: HIS Cell, Dept. of RBE, JGC, RBE & Women Cell, Dm Dum Mohini College

| Sl. No. | Name (in Capital) | Semester | Department | Signature with Date |
|---------|-------------------|----------|------------|---------------------|
| 1       | ALFIA ANNES       | III      | HISA       | Alfia Annes         |
| 2       | ZINAT-AJI         | III      | HISA       | Zinat-Aji           |
| 3       | HUMA FARVEEN      | III      | HISA       | Huma Farveen        |
| 4       | NADA SHIRGEN      | III      | HISA       | Nada Shirgen        |
| 5       | SALFIA NAUSHAD    | III      | HISA       | Salfia Naushad      |
| 6       | SWATI NISHHA      | III      | EDCA       | Swati Nishha        |
| 7       | SHARVEEN AKBAR    | VI       | EDCA       | Sharveem Akbar      |
| 8       | Ummayyeh Hane     | VI       | EDCA       | Ummayyeh Hane       |
| 9       | Sagufa Proveen    | VI       | EDCA       | Sagufa Proveen      |
| 10      | Shamshira Khan    | VI       | EDCA       | Shamshira Khan      |
| 11      | Nashira Hussain   | VI       | EDCA       | Nashira Hussain     |
| 12      | Alfa Farveem      | VI       | EDCA       | Alfa Farveem        |
| 13      | Sajuna Atiqur     | VI       | EDCA       | Sajuna Atiqur       |
| 14      | Sushmita Hossain  | I        | F.A.D      | Sushmita Hossain    |
| 15      | Shreya Roy        | I        | F.A.D      | Shreya Roy          |
| 16      | Uzma Alam         | I        | F.A.D      | Uzma Alam           |
| 17      | Anamika Dey       | VI       | GEOA       | Anamika Dey         |
| 18      | NISHA BAGI        | VI       | GEOA       | Nisha Bagi          |
| 19      | SANJITA GHOSH     | VI       | GEOA       | Sanjita Ghosh       |
| 20      | ANSHWARA ADHIBARI | VI       | GEOA       | Anshwara Adhibari   |
| 21      | Mahnoor Khatun    | VI       | GEOA       | Mahnoor Khatun      |
| 22      | Sakim Shabir      | VI       | GEOA       | Sakim Shabir        |
| 23      | Chulshaban Noor   | VI       | GEOA       | Chulshaban Noor     |
| 24      | MUSHEEN FIRDOS    | VI       | EDC (M)    | Musheen Firdos      |
| 25      | Farheen Fatima    | I        | EDC (M)    | Farheen Fatima      |
| 26      | Nausheen Ali      | VI       | HISA       | Nausheen Ali        |
| 27      | Ifa Afieman       | VI       | HISA       | Ifa Afieman         |
| 28      | Anushika Sinigta  | VI       | HISA       | Anushika Sinigta    |

Attendance Record: Participants attending 'Prevention of Some Common Women-Cancers'

\*\*\*\*\* END OF THE REPORT \*\*\*\*\*