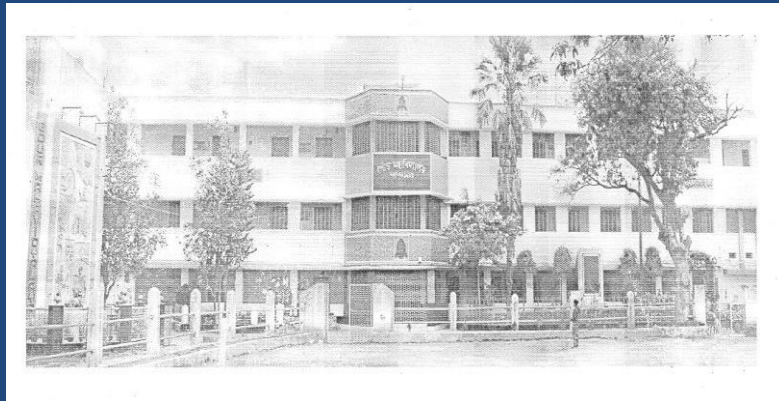
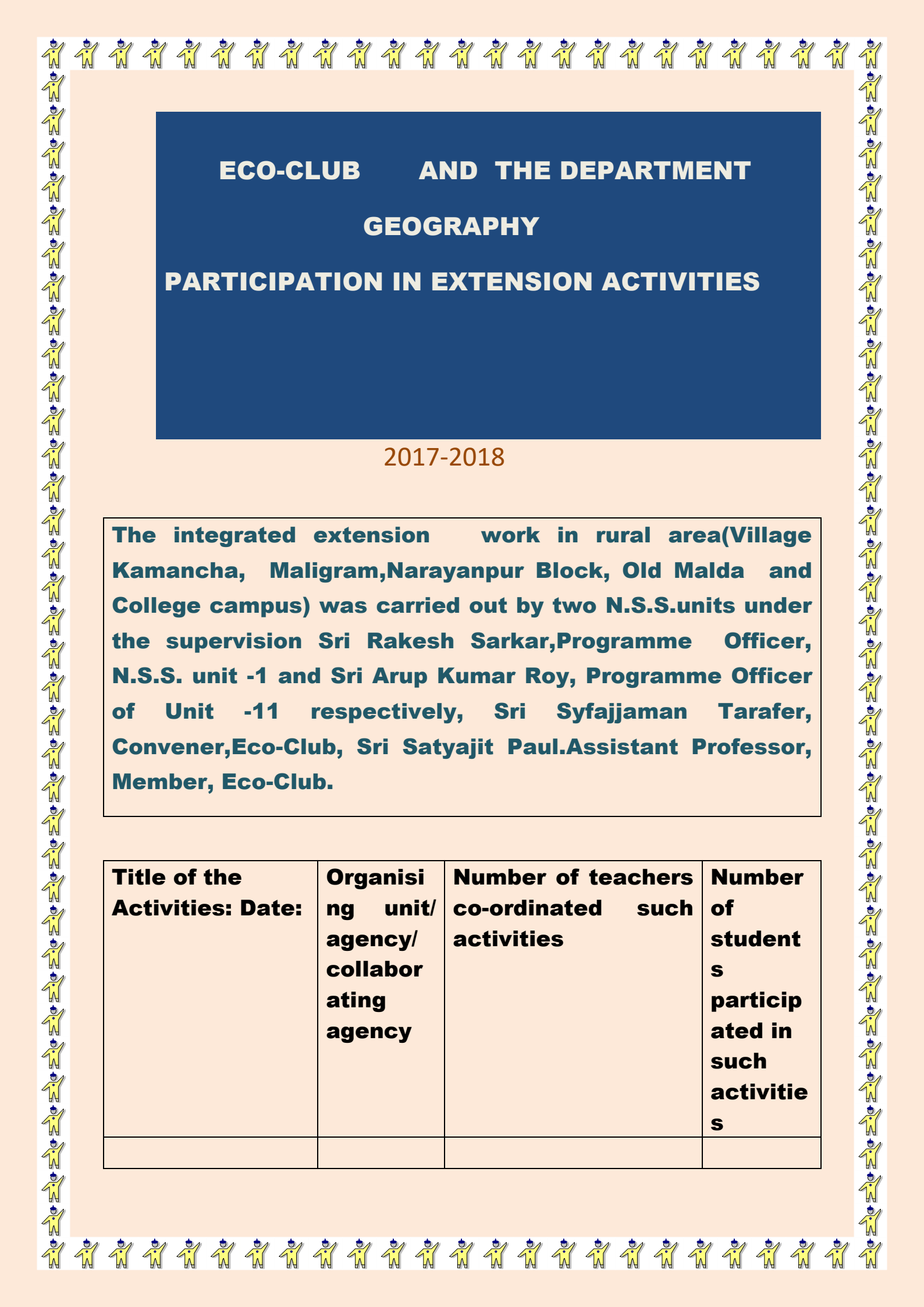


GOUR MAHAVIDYALAYA, MANGALBARI, MALDA





ECO-CLUB AND THE DEPARTMENT GEOGRAPHY PARTICIPATION IN EXTENSION ACTIVITIES

2017-2018

The integrated extension work in rural area(Village Kamancha, Maligram,Narayanpur Block, Old Malda and College campus) was carried out by two N.S.S.units under the supervision Sri Rakesh Sarkar,Programme Officer, N.S.S. unit -1 and Sri Arup Kumar Roy, Programme Officer of Unit -11 respectively, Sri Syfajjaman Tarafer, Convener,Eco-Club, Sri Satyajit Paul.Assistant Professor, Member, Eco-Club.

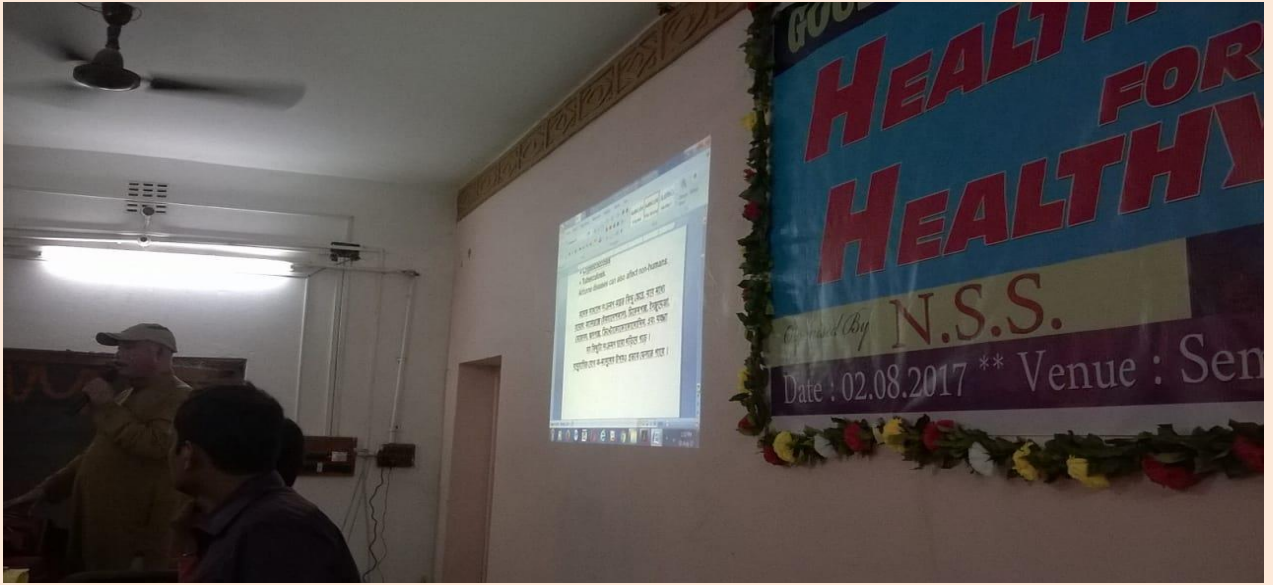
Title of the Activities: Date:	Organising unit/ agency/ collaborating agency	Number of teachers co-ordinated such activities	Number of students participated in such activities

Observation of AranyaSaptaha: Saplings plantation :18.7.2017: Venue :GourMahavidyaya	N.S.S. unit 1 and 11 and Eco-club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme officer,N.S.S. unit- 11	
Seminar on Healthy Youth for Healthy India: 2.8.2017:: Venue: GourMahavidyaya	N.S.S. unit 1 and 11 and Eco-club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme officer,N.S.S. unit- 11	38
World AIDS Day:1.12.2017: Dr.Amitabha Mandal, Deputy CMOH, MaldaMedecall College and Hospital, delivered a lecture.Dr.Gautam Sarkar, CMOH, Malda Medical College and Hospital ,also delivered a lecture.SriBiswajit Bose, President, Old MaldaSahajogit Samiti,	N.S.S. unit 1 and 11, Eco-club and Eco-club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme officer,N.S.S. unit- 11, Eco-club	28

discussed the different issues related to HIV.			
SwacchBharatA bhijan programme: Cleaning: College campus:Dustbin set up : College Campus:Date: 20.4.2018	N.S.S. Unit I, II and Eco-club and, Dr. K, Mahata, Dr.P.K. Kundu, Keka Kumar, Amrita Sarkar, Deepa Lama Tamang, Syfujjaman Tarafder	N.S.S. Unit 1 and 11,Dr,K, Mahata,Dr.P.K.Kundu, Keka Kumar, Amrita Sarkar, Deepa Lama Tamang,Syfujjaman Tarafder, Convenor, Eco- club.	58
Observation of World Environment Day:5.6.2018:Spalings plantation: Venue: GourMahavidyalaya	N.S.S. Unit I, II and Eco-club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme officer,N.S.S. unit-1	22

**(Observation of AranyaSaptaha: Saplings plantation
:18.7.2017: Venue :GourMahavidyalaya)**





(SEMINAR: HEALTHY YOUTH FOR HEALTHY INDIA)

(SwacchBharatAbhiyan programme: Cleaning: College campus:Dustbin set up : College Campus:Date: 20.4.2018)



(SWACCH BHARAT ABHIYAN: 20.4.2018)



(Swachh Bharat Abhiyan programme: Cleaning: College campus: Dustbin set up: College Campus: Date: 20.4.2018)

Date: Regular:	Programme:	Venue and participation	Activities
1.12.2017: day:	World AIDS	Seminar Hall, College and Village: Kamancha, Old Malda. P.K.Kundu, S.Biswas, K.M.Mandal and 12 students of	Dr. Amitabha Mandal, Deputy CMOH, MaldaMedecall College and Hospital, delivered a lecture.Dr.Gautam Sarkar, CMOH, Malda Medical College and Hospital ,also delivered a lecture.Sri Biswajit

		<p>the Department of History attended the programme, Eco-club_ Syfijjaman Tarafder, Convener.</p>	<p>Bose, President, Old Malda Sahajogita Samiti, discussed the different issues related to HIV.</p>
<p>SWACCH BHARAT ABHIYAN</p>		<p>DR.P.K.Kundu,S Biswas,K.M.Mandal and21 students of the Department of History participated,Eco-club_ Syfijjaman Tarafder, Convener.</p>	<p>All the faculty members,Principal,N.S.S. volunteers, N.S.S. Programme officers participated in the programme of cleaning.</p>





N.S.S. -World AIDS Day,1.12.2017.Speaker-Sri Biswajit Bose,Old Malda Sahajogita Samiti.



(SWACCH BH RAT ABHIYAN: CLEANING)

Attendance Sheet:

2018-2019

Extension Activities 3.4.1 Number of extension and outreach programmes conducted in collaboration with industry, community and Non- Government Organisations through NSS/NCC/Red cross/Youth Red Cross (YRC) etc., during the year: The extension activities are carried out through the following units: (1).Outreach programme committee.(2)N.S.S. unit-1(volunteers -100-Sri Rakesah Sarkar, Programme Officer);N.S.S. unit-11(Volunteers-100,Sri Arup Roy, Programme officer),(3).Eco- club. Adopted village: Bhatra, Sahapur Pachayet,Old Malda block, Malda.

1.7.2019 to 30.6.2020

Title of the Activities: Date:	Organising unit/ agency/ collaborating agency	Number of teachers co-ordinated such activities	Number of students participated in such activities
Inaugural ceremony : Adoption of village Bhatra: Date: 17.7.2019	N.S. S. Unit 1 and 11,Eco-club, Outreach Programme Committee,O ldMaldaSahaj ogitaSamiti(NGO), Nehru YuvaKendra., Eco-Club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; Dr.N.K.Mridha, Coordinator,Ou treach Programme Committee,Syf ujjamanTarafde	54

		r, Coordinator,Ec o- club,Dr.P.K.Kun du, Coordinator, IQAC	
Swacch Bharat Abhijan: Cleaning : College Campus: 6.8.2019	N.S. S. Unit 1 and 11,Eco- club, Outreach Programme Committee,E co-club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; SyfujamanTara fder, Convenor, Eco- club.	44
Medical Camp:15.9.20 19: Venue: Village Bhatra, Sahapur, Old Malda	N.S. S. Unit 1 and 11, Outreach Programme Committee,E co-Club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; Dr.N.K.Mridha, Convenor, Outreach Programme Committee	Dr.Anil Das checked the health of 31 patients and gave homeopat hic medicine s.
12.11.2019 :Venue: Village Bhatra, Sahapur, Old Malda	N.S. S. Unit 1 and 11, Dr.N.K.Mridh a, Convenor, Outreach Programme Committee	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; Dr.N.K.Mridha, Convenor, Outreach Programme Committee	Lecture on Fish Farming in the Paddy Field:Spe aker:SriS ourv Mardi, Agricultur e Officer, Govt. Of West Bengal; SriSubha dip Roy,

			Malda Rotary Club
20.11.2019:Free Medical Camp:Venue : GourMahavidyalaya, Malda	N.S. S. Unit 1 and 11, Dr.N.K.Mridha, Convenor, Outreach Programme Committee,E co-Club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; Dr.N.K.Mridha, Convenor, Outreach Programme Committee in collaboration with Malda Rotary Club.	Dr.S.Tripa thi and Dr.Madhu mita Pradhan delivered lectures and conducted the Free Medical Camp
26.11.2019: Workshop onCommunity farming: Venue : Village Bhatra	N.S. S. Unit 1 and 11, Dr.N.K.Mridha, Convenor, Outreach Programme Committee,E co-Club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; Dr.N.K.Mridha, Convenor, Outreach Programme Committee	42
12.3.2020: Blood donation camp: Venue: GourMahavidyalaya	N.S. S. Unit 1 and 11, Dr.N.K.Mridha, Convenor, Outreach Programme Committee, Physical Education Department, Eco-Club	Rakesh Sarkar- Programme office- Unit-1. Arup Kr.Roy- Programme office- unit-11; Dr.N.K.Mridha, Convenor, Outreach Programme Committee, Physical Education Department, Malda Bratachari Center, Malda	

		Medical College and Hospital	
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Dr.A.K.Sarkar, Principal ,GourMahavidyalaya, discussed the objectives of adoption of village Bhatra.



Syfujjaman Tarafder, Convenor, Eco- club, delivered a lecture: Village : Bhatra)



S.Baink, Youth Officer, Nehru Yuva Kendra, Malda, discussed how we can impletementprograamnes related to the development of village Bhatra.





(Sri Satyajit Paul: ,Assistant Professor, Member- Eco-Club: Village Bhatra)





(SAPLINGS DISTRIBUTION AND PLANTATION : ADOPTED VILLAGE BHATRA)







(Swachh Bharat Abhiyan: 6.8.2019)



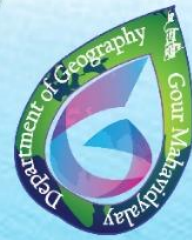




GOUR MAHAVIDYALAYA

DEPARTMENT OF GEOGRAPHY

P.O. Mangalbari, Dist.: Malda. Pin: 732142



Final Notice

STUDENT SEMINAR, 2020

"Know Your Local Geography" campaign, which was initiated by the Department of Geography, Gour Mahavidyalaya last year, will be celebrated this year by 2nd Student Seminar on "Local Geographical Issues" in association with 'Eco Club' of our college. A photographic competition on "Environmental issues" will also be held along with this seminar. All Teachers and students are warm welcome in the seminar to make it successful.

Date of seminar: 05.03.2020

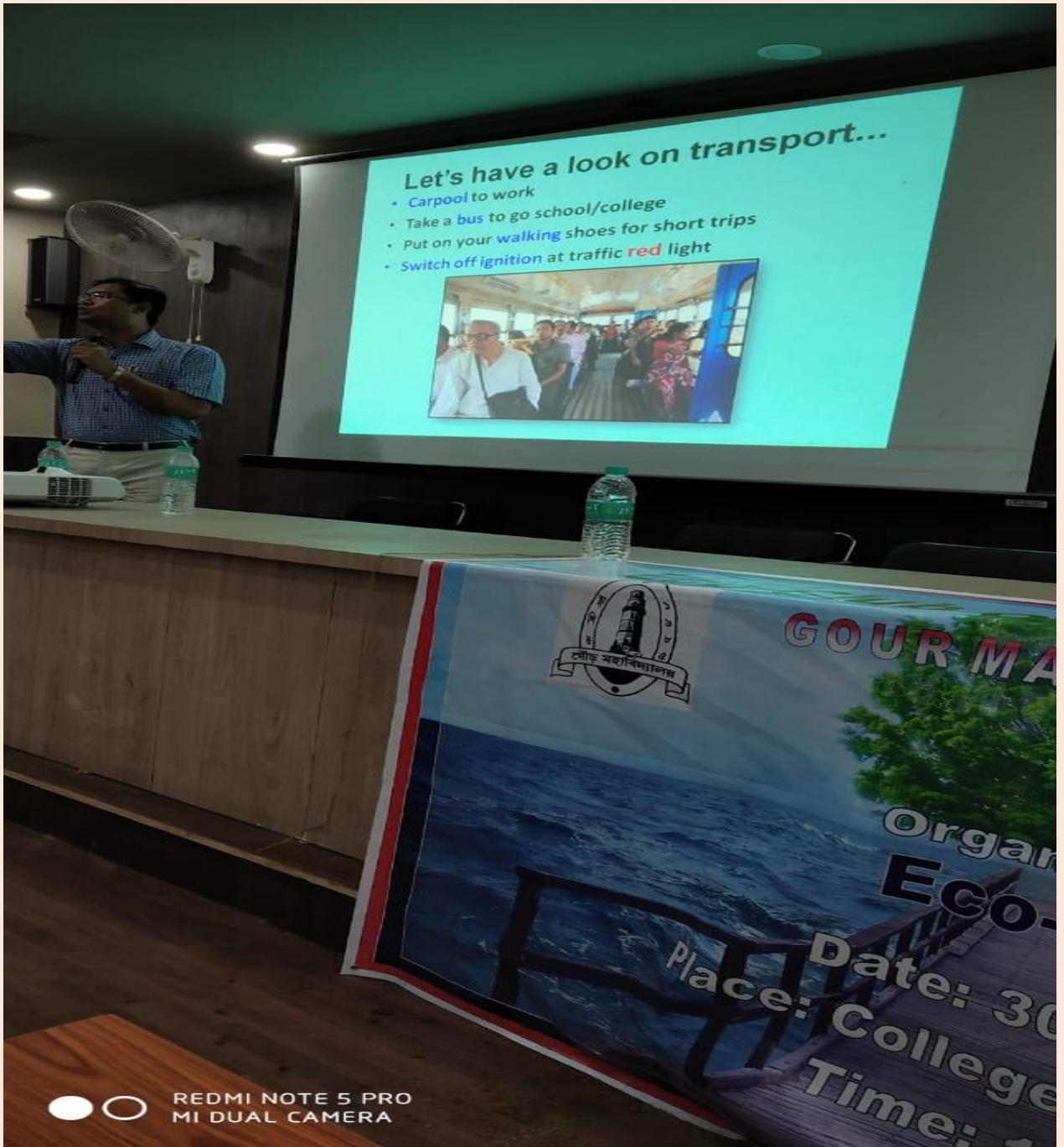
Place: Virtual Class Room

Syfujjaman Tarafder
Assistant Professor & Head
Department of Geography
Gour Mahavidyalaya









Let's have a look on transport...

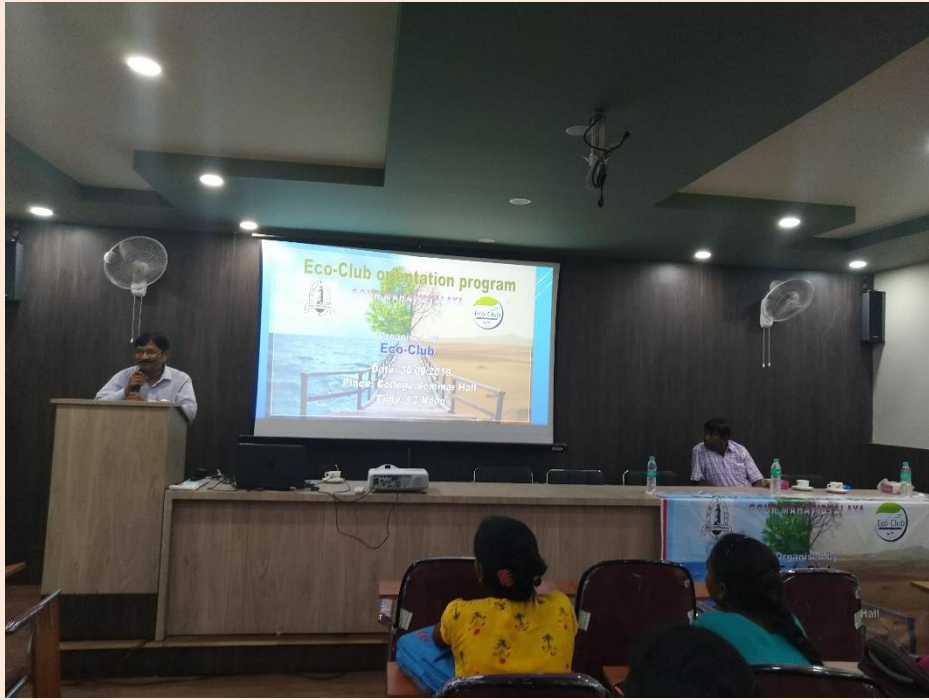
- Carpool to work
- Take a bus to go school/college
- Put on your walking shoes for short trips
- Switch off ignition at traffic red light



GOUR MA
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Eco-
Date: 30
Place: College
Time: 1

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MI DUAL CAMERA





Village: Bhatra: Workshop on Community farming: Date:26.11.2019.









2020-21

Extension Activities 3.4.1 Number of extension and outreach programmes conducted in collaboration with industry, community and Non- Government Organisations through NSS/NCC/Red

cross/Youth Red Cross (YRC) etc., during the year: The extension activities are carried out through the following units: (1).Outreach programme committee.(2)N.S.S. unit-1(volunteers -100-Sri Rakesah Sarkar, Programme Officer);N.S.S. unit-11(Volunteers-100,Sri Arup Roy, Programme officer),(3).Eco- club. Adopted village: Bhatra, Sahapur Pachayet,Old Malda block, Malda;(4) 154 volunteers from different Departments joined N.S.S. Unit.

3.3.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs) during the -2020-21.

Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
		Extension and outreach programs		
74 th Independence Day is celebrated by the N.S.S. Unit of our College .Dr. Niranjanjan Kr. Mridha delivered the lecture about The histry of India,How	N.S.S. Unit-1 and Outreach ProgrammeCom ittee	Extension and outreach programs, Eco-Club	15.08.2020	34

<p>British Government rules over India,How freedom fighter fought against British Government ,Contribution of Netaji Subhas Chandra Bose,Khudiram Bose, Suryasena, Mahatma Gandhi,Binoy, Badal ,Dinesh and many other important freedom fighter.</p>				
<p>Observation of SadbhavanaDi was</p>		<p>Extension and outreach programs, Eco-club</p>	<p>20.08.2020</p>	<p>43</p>
<p>CORONA relief programme at village Bhatra,Food, Mask, Sanitizer distribution among the villagers of Bhatra, Old Malda.</p>	<p>N.S.S.Unit 1 and 11 ,Outreach Programme Committee</p>	<p>Extension and outreach programs</p>	<p>29.06.2020</p>	<p>18</p>
<p>Spit-Free India Movement.</p>	<p>Narayana Hospital (Howrah) in</p>	<p>Extension and outreach</p>	<p>September- November,2</p>	<p>32</p>

	Collaboration with NSS.	programs, Eco-club	020	
Free Medical Camp at village Bhatra, Old Malda.	NSS Unit-I, NSS Unit-II and Outreach Committee, Eco-Club	Extension and outreach programs	29.09.2020	13
1.12.2021: (OBSERVATION OF WORLD AIDS DAY, 01.12.2020)	NSS Unit-I, NSS Unit-II and Outreach Committee, Eco-Club	Extension and outreach programs	01.12.2020)	06
(FREE MEDICAL CAMP AT VILLAGE BHATRA: 26.12.2020)	NSS Unit-I, NSS Unit-II and Outreach Committee, Eco-Club	Extension and outreach programs	26.12.2020)	08



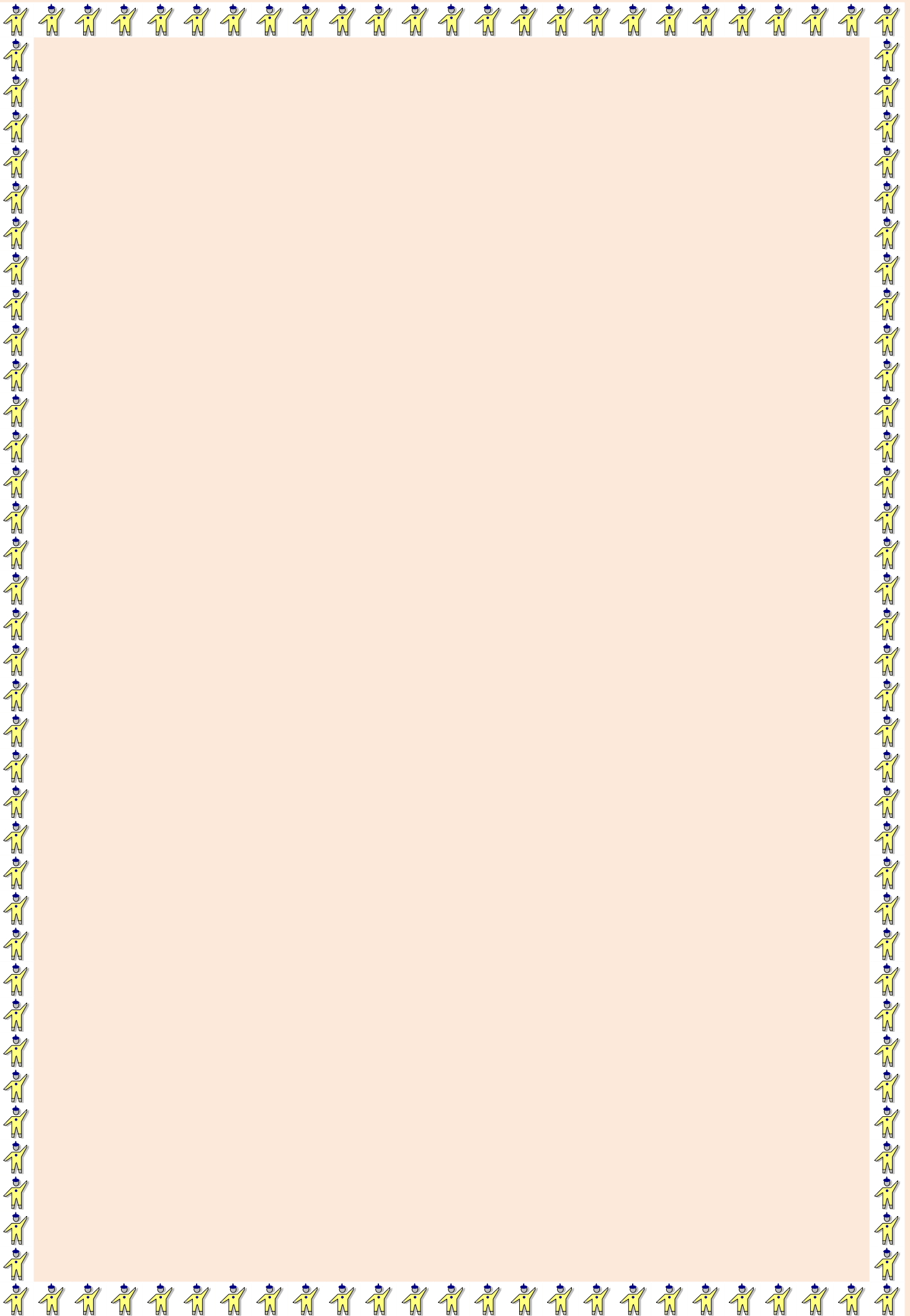
(OBSERVATION OF WORLD AIDS DAY, 01.12.2020)



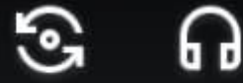
(FREE MEDICAL CAMP AT VILLAGE BHATRA:26.12.2020)



(Health awareness program on DENGU & CHIKUNGUNIA:18.01.2021)



← xtj-khyd-tvo ▶



How to cope with stress?

- Take breaks – from work, from media, from screen
- Take care of your body
- Connect with others
- Spend time with nature (however little)
- Help others cope
- Work on enhancing psychological capital
- Practice positivity – gratitude (কৃতজ্ঞতা), humility (বিনীততা)
- Meditate – start with simple breathing exercises

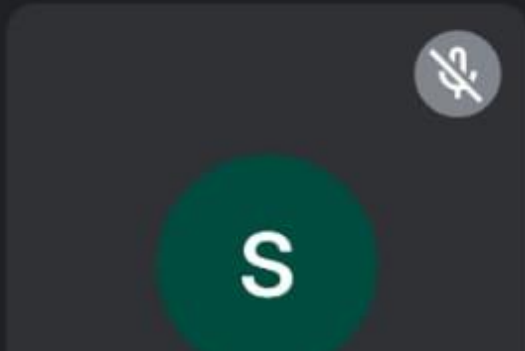
Shubhangi is presenting



Shubhangi



Rama



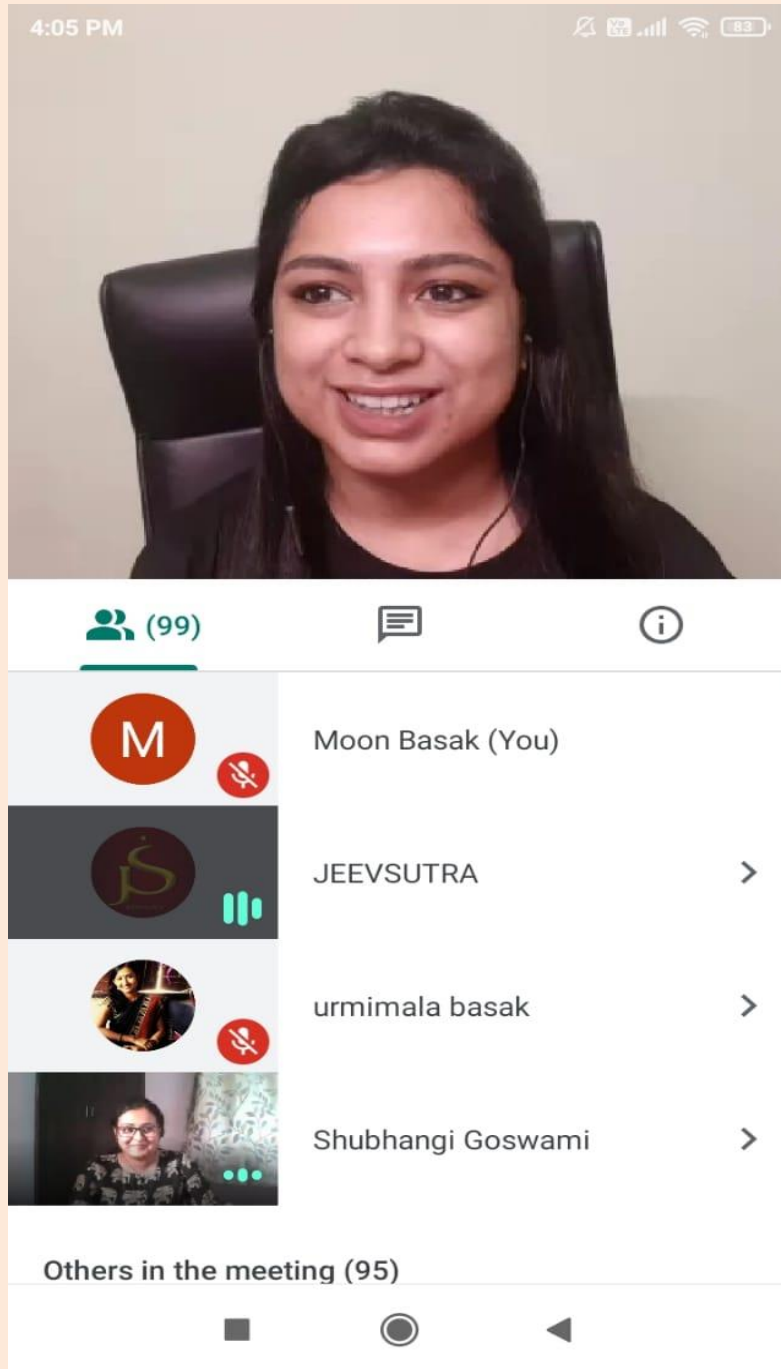
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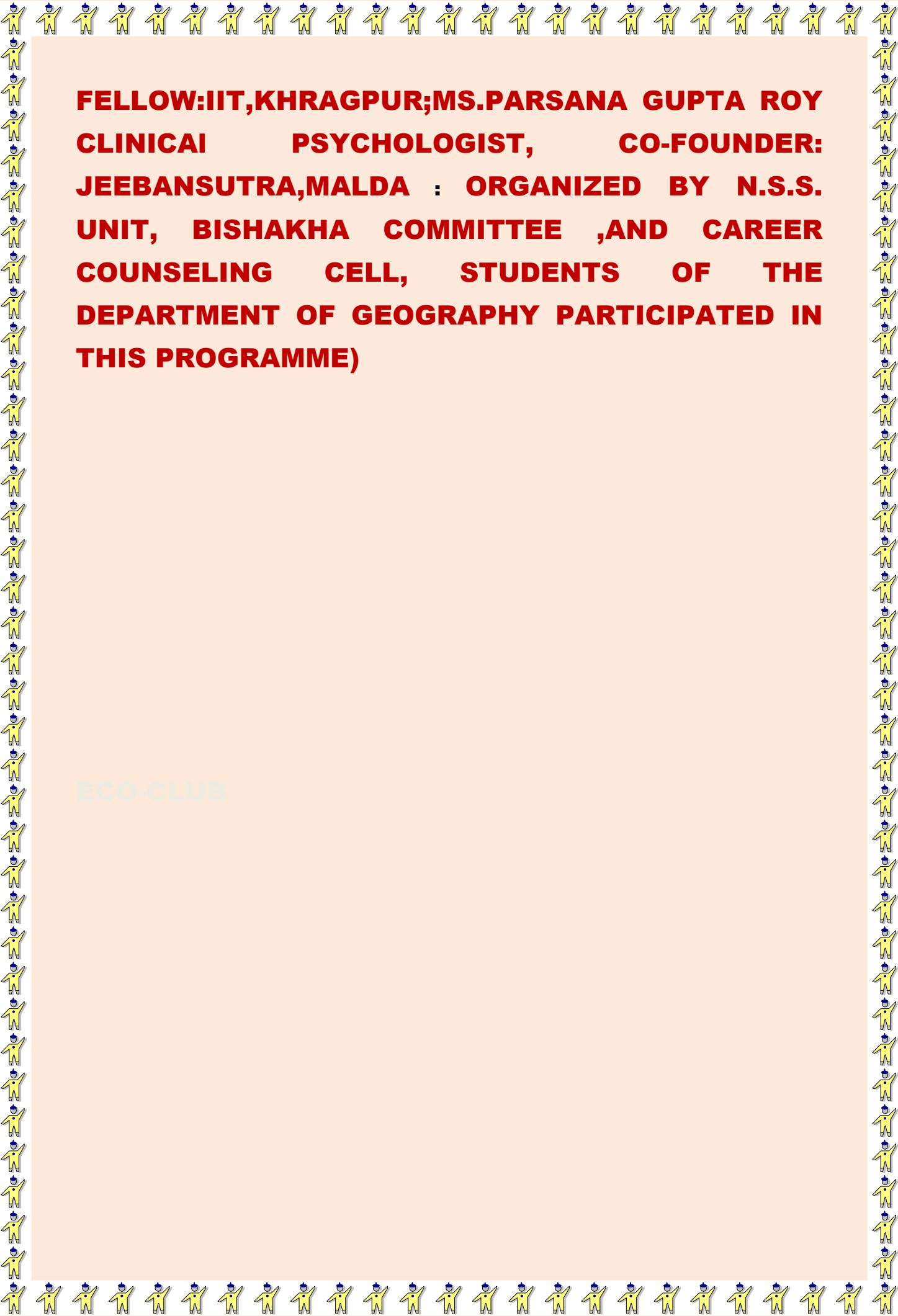
Bijoy

94 others

You



WEBINAR: MENTAL HEALTH AND CAREER DEVELOPMENT AT THE TIME OF COVID: 31.05.2021: SPEAKER: MS. SUBHANGI GOSWAMI, CLINICAL PSYCHOLOGIST, SENIOR RESEARCH



**FELLOW:IIT,KHRAGPUR;MS.PARSANA GUPTA ROY
CLINICAL PSYCHOLOGIST, CO-FOUNDER:
JEEBANSUTRA,MALDA : ORGANIZED BY N.S.S.
UNIT, BISHAKHA COMMITTEE ,AND CAREER
COUNSELING CELL, STUDENTS OF THE
DEPARTMENT OF GEOGRAPHY PARTICIPATED IN
THIS PROGRAMME)**

ECO-CLUB