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Physical Wellness, Health & Hygiene





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Rishi Bankim Chandra College believes in the motto that a healthy mind can reside only in a healthy body. As the great Dalai Lama said, "A calm mind brings inner strength and self-confidence, so that's very important for good health".

To this end, the institute regularly arranges

- ➤ Yoga Camps for observing World Yoga Day
- > Seminars on physical wellness and mental wellbeing
- ➤ VAC on Yoga in 2nd semester under NEP
- ➤ Value-Added Courses on yoga in the sessions of 2022-23 and 2023-24 conducted by Department of Food and Nutrition

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Reports on Yoga Camps:

SESSION: 2019-20

RISHI BANKIM CHANDRA COLLEGE FOR







Aided by Govt. of West Bengal Affiliated to West Bengal State University Accredited by NAAC with Grade B In 2016

Address: East Kanthalpara, Naihati, North 24 Parganas, PIN: 743165

• Title Of the Programme : INTERNATIONAL YOGA DAY

• Organised by : RBC COLLEGE FOR WOMEN (NCC

UNIT)

• Date of the programme : 21.06.2020

• Funding Agency : RBC COLLEGE FOR WOMEN

• Number of the student participants 15

Number of the Teachers participated : 1 ANO

• Place of Extension/outreach activity : OWN HOME

Aims and Object:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To connect people through International Yoga Day during a global crisis i.e. Covid-19.
- To motivate the students for developing their immune system and mental health through proper Yoga during Covid-19 quarantine.



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Programme outcome:

- Awareness of physical and mental diseases during the Covid lockdown period and its solution through practices of Yoga.
- Strengthening the global coordination among people through Yoga
- Students learned about the importance of Yoga in mind-body coordination and changes in lifestyle.

Pictures of the Event:







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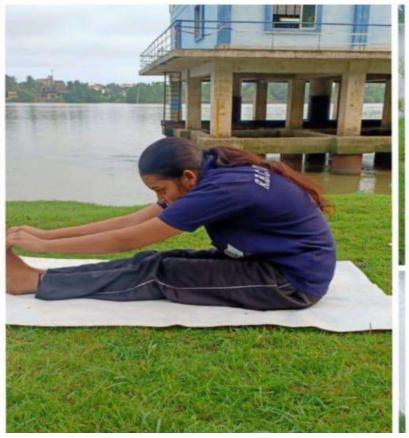




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SESSION: 2020-21

RISHI BANKIM CHANDRA COLLEGE FOR



WOMEN





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Address: East Kanthalpara, Naihati, North 24 Parganas, PIN: 743165

• Title Of the Programme : INTERNATIONAL YOGA DAY

 Organised by : RBC COLLEGE FOR WOMEN (NCC

: 1 ANO

UNIT)

• Date of the programme : 21.06.2021

: RBC COLLEGE FOR WOMEN Funding Agency

 Number of the student participants 13 Number of the Teachers participated

 Place of Extension/outreach activity : OWN HOME

Aims and Object:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To connect people through International Yoga Day during a global crisis i.e. Covid-19.
- To motivate the students for developing their immune system and mental health through proper Yoga during Covid-19 quarantine.

Programme outcome:

L Hukhop and my ay R.B.C. College For Women

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Website: <u>www.rbccwomen.org</u> E-mail: <u>rbccwomen@gmail.com</u>

 Awareness of physical and mental diseases during the Covid lockdown period and its solution through practices of Yoga.

- Strengthening the global coordination among people through Yoga
- Students learned about the importance of Yoga in mind-body coordination and changes in lifestyle.

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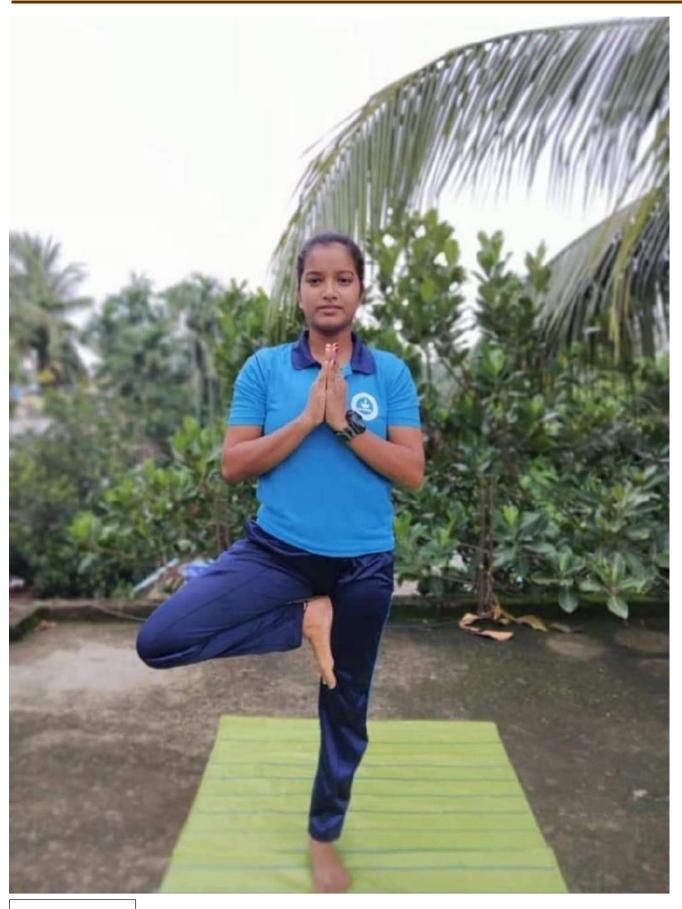




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Date: 21.06.2021

L Hukhebadhyay Principal R.B.C. College For Women Naihati. North 24 Farganis

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SESSION: 2021-22

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Address: East Kanthalpara, Naihati, North 24 Parganas, PIN: 743165

• Title Of the Programme : INTERNATIONAL YOGA DAY

• Organised by : RBC COLLEGE FOR WOMEN (NCC

UNIT)

• Date of the programme : 21.06.2022

• Funding Agency : RBC COLLEGE FOR WOMEN

Number of the student participants 4

Number of the Teachers participated : 1 ANO, 4 Teachers
 Place of Extension/outreach activity : COLLEGE CAMPUS

Aims and Object:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To connect people through International Yoga Day.
- To motivate the students for developing their immune system and mental health through proper Yoga.

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Programme outcome:

- Awareness of physical and mental diseases and its solution through practices of Yoga.
- Strengthening the global coordination among people through Yoga
- Students learned about the importance of Yoga in mind-body coordination and changes in lifestyle.





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SESSION: 2022-23

RISHI BANKIM CHANDRA COLLEGE FOR



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•••

• Title Of the Programme : INTERNATIONAL YOGA DAY

Organised by : RBC COLLEGE FOR WOMEN (NCC

UNIT)

• Date of the programme : 21.06.2023

• Funding Agency : RBC COLLEGE FOR WOMEN

• Number of the student participants : 40 CADETS

• Number of the Teachers participated : 1 ANO, 5 Teachers, & 2 Non-

Teaching

Place of Extension/outreach activity : COLLEGE CAMPUS

Aims and Object:

- To develop an awareness about the importance of Yoga in society for better health and fitness.
- To connect people through International Yoga Day.
- To motivate the students for developing their immune system and mental health through proper Yoga.

Programme outcome:

L Hutchop a dhy ay Principal R.B.C. College For Women

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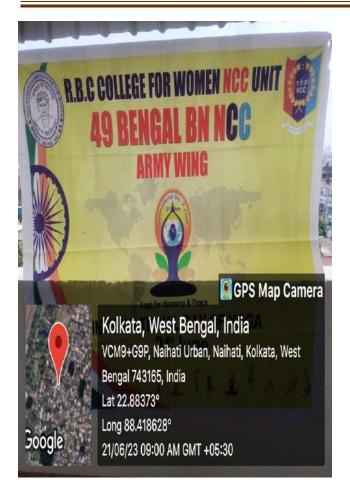
 Awareness of physical and mental diseases and its solution through practices of Yoga.

- Strengthening the global coordination among people through
 Yoga
- Students learned about the importance of Yoga in mind-body coordination and changes in lifestyle.

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Celebration of "INTERNATIONAL YOGA DAY " on 21/06/2024 in

Collaboration with IQAC, NCC & NSS and NCC Cadets and NSS Volunteers.

Theme:- "YOGA FOR SELF AND SOCIETY "Chief Patron:- Dr. Lana Mukherjee (Principal)

Sample Pictures:



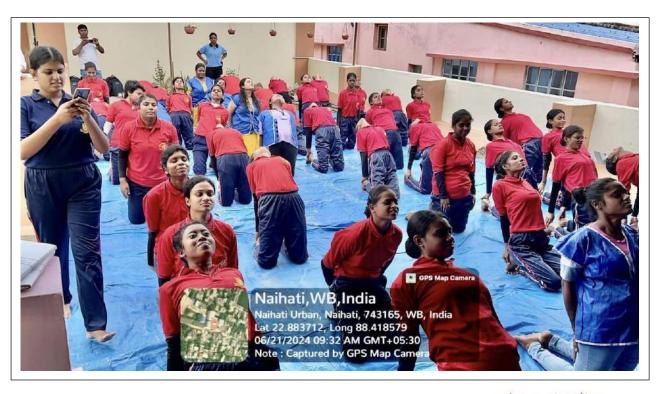




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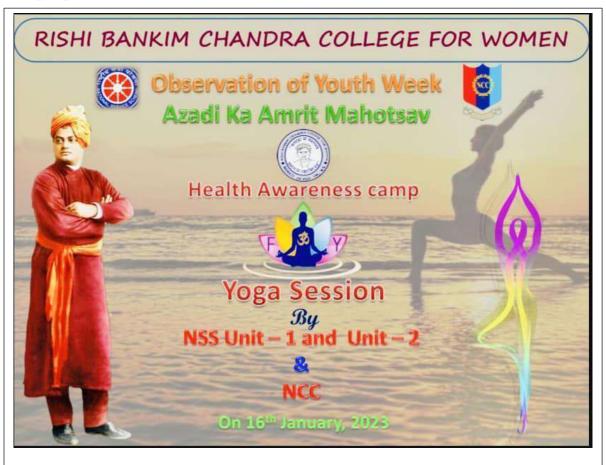
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Vebsite: <u>www.rbccwomen.org</u> E-mail: <u>rbccwomen@gmail.com</u>

Azadi ka Amrit Mahotsav:

As a part of the celebration of Azadi ka Amrit Mahotsav, Youth Week was celebrated in January, 2023. As a part of this activity a Health Awareness Camp was arranged on 16.01.2023 by RBC College for Women in collaboration with NSS Unit-1 and NSS Unit-2. Under the patronage and active participation of Dr Lana Mukhopadhyay, Principal, NCC and NSS volunteers participated in the said programme.

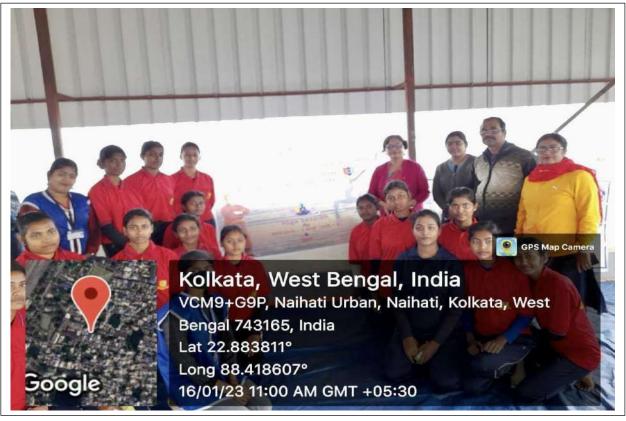
Sample pictures of the event:





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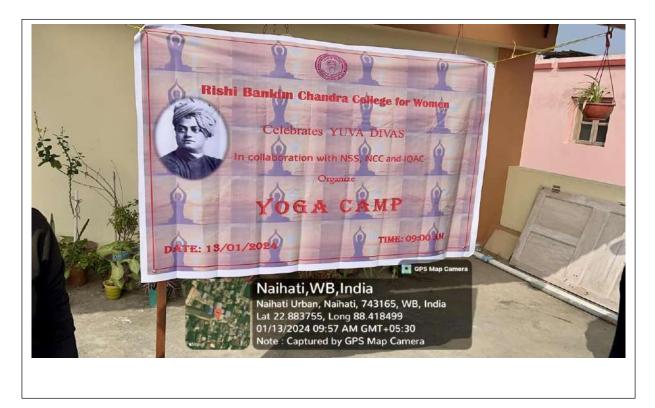
Dist - North 24 Parganas, Pin - 743165, West Bengal

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Celebration of Yuva Diwas and Yoga Camp:

A Yoga Camp was arranged on 13.01.2023 on the rooftop of Vidyasagar Bhavan by the institute in collaboration with NSS, NCC and IQAC. Chaired by the Principal, NSS & NCC volunteers participated in the camp and made the event actively successful.

Sample Pictures of the Event:





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As a supplementary initiative for inculcating physical and psychological fitness among students, RBC College for Women also arranged two value-added courses on Yoga in the sessions 2022-2023 & 2023-2024.

Yoga is also offered to students as the VAC paper in semester II under NEP.

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Health Measures adopted during Covid-19 Pandemic:

| Sr. No. | Name of the Activity | No. of Participants | Date |
|------------|----------------------|---------------------|------------|
| 1. | Vaccination Camp | 110 | 08-10-2021 |

REPORT OF EVENTS

Target: Students and students' family members

Description: To address the social commitment and community responsibility of the institution, Rishi Bankim Chandra College for Women arranged a Covid Vaccination Camp on 08.10.2021 in the college premises. It was held in the Vidyasagar Bhawan by Unit 1 & 2 of NSS in collaboration with Naihati Matri Sadan. NSS programme officers and NSS volunteers made the programme a comprehensive success with their active participation.

Conclusion: In total 34 people were vaccinated in this programme.

Remarks: It was a great social initiative by the institution which aided a lot of needy students and their family members to be vaccinated against Covid.





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Participants List

| Vaccination to Fight against Covid 19 outpot2021 |
|--|
| R.B. C. College for women in collaboration with |
| Dept of Higher Education, west scryal has organised a |
| vaccination camp on 04th october 2021 In collaboration |
| with Dett of Higher Education. Naihati General Hospital |
| has provided Health Officials and vaccines for our |
| students. The negistration for the vaccination programme |
| was done by the office-staff of our callege. |
| Signature of Health Official of Naihati General Hospital |
| D Snapna Kundu PHN. 04.10.2621 |
| I sava still . Shaff somme of 10/2021 |
| 3 Manusi Maiti Staff wurde oy. 10.2021 |
| Rysoti Das Staff Nurse 04.10.2021 |
| D Namal Duf GDA 04:10:2021 |
| Description of the office of |
| D. Annu Admikery RSk Staff 04.10.21. |
| Signalur of Tallege Teachers & Office staff |
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| B N-chandra Res; Co. orderator of Heath Unit. 4/10/21 3 Dalima Day 4/14/2021 |
| @ Bisnessit Chartrages - 04.10.2021 |
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| @ clankarslya Ros. 04.10.2021 | |
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| 5. Farmer Singh 4.10.21. 7. Sulipa Primorte 4 10.2021 8. Rabul Mr. Wardy. 4.10.204. | A. 1802.01-6 |
| 9. Pieu Mondel 0 4/10/2021 0 chariptaturahu 04/10/2021. 11. Indakshua lang 4/10/2021. 2. Manika Poisson 4/10/21 | phát windel |
| 2. Manika Priseron 4/10/21 Signalure of Valunteers | Mercilial for |
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| of the state of th | |
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| Soumita Mitra | or showing to |
| 3) Sudoka Chafforier. | Acres Poly |
| 2nd day of the vaccina | tion programme organice |
| by R.B.C. College for Women in co of Higher Education, west Bengal on on 08/10/2021 where Health Offi | Maboration with Dept 08/10/2021 continued uals and neguined |
| | pitali Stelle General |



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| Signature of Teachers & Office Stoff | Signature of Beneficiary (o Ochanda kumari shaw | nu la la la la |
|--|--|-----------------------|
| | | |
| 1 8.10.2021 /Mulhopacky (Principal) | @ Priti Poddaz 3 | 04/10/2021 |
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| Shalud un Nardy. | O Jyoti Shagat | 04/10/2021 |
| Amen's Chowhhard | D suruchi yadar | 04/10/2021 |
| 1 Atanu Mondal | 6) Tyoti Rad itoyz 6 | 05/148/2024 |
| Signature of Health Officials 0 3/N Swapra Roy | 9) Newiya Parween | 06/07/04 1.1 Po/20/30 |
| 3 Rox Aram Adribary | & Achkita Kucmani Shaw | 04-11012021 |
| - 1993 - 1991Kn | ") GUINAM PANVEON | 04/10/2021 |
| Signature of Volunteers 1. Joyli Dey | 10) Anchal Kumatri Ram | 04/10/2021 |
| 2. Shoot ponna mitora ant M office un | DNeha choudhary | 04/10/2021 |
| 4. Sidestra Chatterjer. | 12) Rami Kumari Mahado" | 04110 2021 |
| with Cliffeit | 13) Nandini Singh | 04 10 202 H printo |
| They inhalter to be properly to be a fact that | 1 Priyanka Sah | 04/10/2021 |
| and the same of th | 15) Tannu Crupta | 04/10/12021 |
| and the second s | 16) Sneha Roy | 04/10/2021 |
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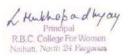


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| | | signature of Beneficiary (08/10/2021) | | |
|----------------------------|-------------|---|---------------|--|
| | | 1 Shanazi Khatoon. Souche kuoroosi shaw | 08 10 2021 | |
| 15) Simean Kurmi | 04/10/2001 | 3 Rably Mahato 3 Ampriya Chawasia | 08/10/2021 | |
| 19) Biki kumari Pandey | 04/10/2021 | © Priyanka Kumari Shaw © Sudha Kumari Shaw © Kashish Shaw | 08/10/2021 | |
| 20) Rami Yadar | 04/10/2021 | 8. Shaly Shaw (3) Sween: Choudhary | 08/10/2021 | |
| 20 Amorali choldway | 04/10/2021 | 1 Avjali Timari 1 Bidya Shaw | 08/10/2021 | |
| 22) Bhunika Sahari | 04/10/2021 | 13 Nikki Choudhooy 13 Muskam Shaw | 08/10/2021 | |
| 23) Kashak kumari Shargi | 04/10/2021 | 14) Bhilla Jadar | 08/10/202111 | |
| 24) Rimkal Kumovii Shovima | 04/10/ 2021 | 15 Sonam Kumari J | 00.08/10/2021 | |
| 25 Panyanko Sharimo | 04/10/2021 | 6) Anyanyca poswam. | 08/10/2021 | |
| 26) Amtoja Singh | 04/10/2021 | 17) Juhi Kumaroi Raja | | |
| 21) Baby Khadoon | 04/10/2021 | 18) Mushkan Prasad | 08/10/2021 | |
| 28) Sazla fatma | 04 10 2021 | 1) Tanisha Shaw | 08/10/10071 | |
| 27) Lali Kumari yadar | 4 10 2021 | 20) - Natankaha Shaw | 08/10/2021 | |
| 30/ Rokaiya Khatoon | 4/10/2021 | 01) kumkum Roy 22) Laketoni kumasui Das | 08/10/2021 | |
| 31) Armu Kumani Das | 1/10/2011 | 29 Dipika Shaw | 08 10 12021 | |

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Sample Pictures of the Event:









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