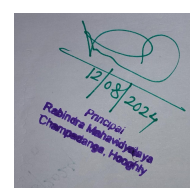
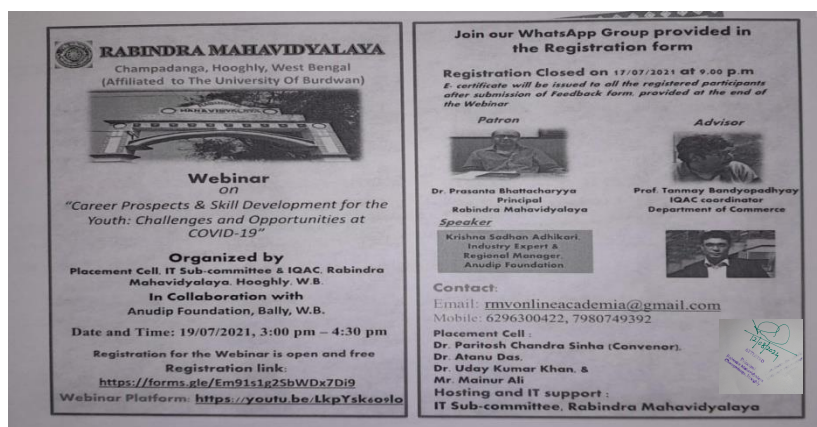
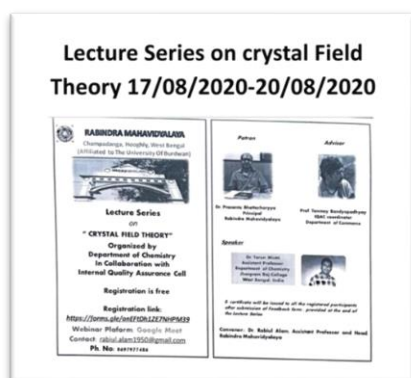


## 5.1.2. Report on Capacity Development and Skills Enhancement Activities

In the contemporary educational landscape, developing students' capabilities through various enhancement activities is crucial for their holistic growth. The Institution has organized several capacity development programs aimed at equipping students with essential skills to excel both academically and personally. These activities encompass soft skills, language and communication skills, life skills, and ICT/computing skills.

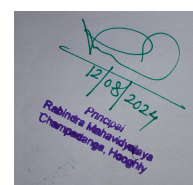
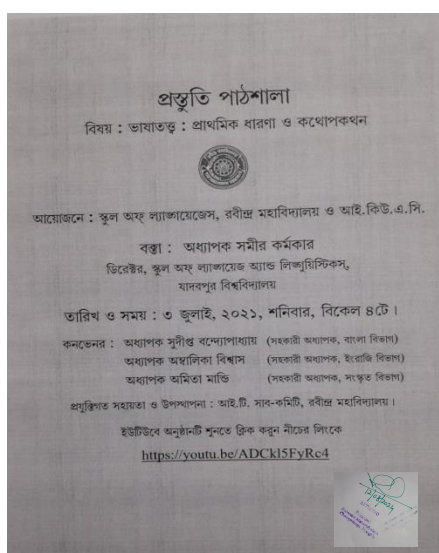
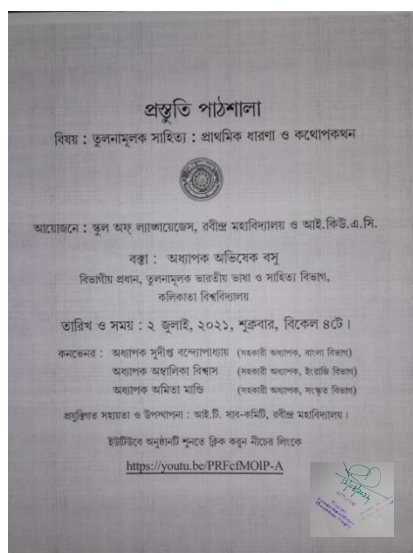
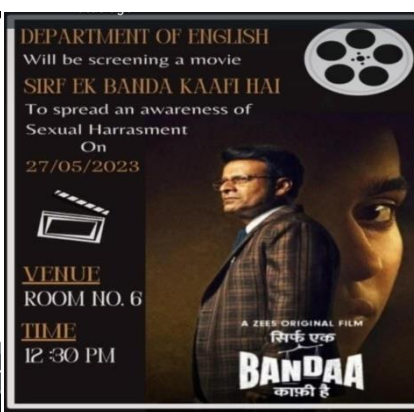
### 1. Soft Skills

Soft skills are fundamental for students to navigate through personal and professional environments effectively. The Institution has implemented workshops and interactive sessions focused on critical aspects such as teamwork, leadership, problem-solving, and emotional intelligence. Through role-playing exercises, group discussions and case studies, students learn to manage interpersonal relationships, handle conflicts and make informed decisions. These sessions are designed to build confidence, enhance adaptability and prepare students for diverse workplace challenges.




## 2. Language and Communication Skills

Effective communication is a cornerstone of success in any field. To bolster students' language and communication abilities, the Institution offers a range of activities including language studies, public speaking workshops, and writing clinics. These initiatives aim to improve proficiency in both verbal and written communication. Students engage in debates, presentations, and essay writing, which help them articulate their thoughts clearly and persuasively. Additionally, language enhancement programs cater to improving grammar, vocabulary, and pronunciation, thus fostering better command over language and facilitating seamless interaction in multicultural environments.



Life skills are essential for maintaining a balanced and healthy lifestyle. Recognizing this, the institution has integrated activities that promote physical fitness, mental well-being, and hygiene. Regular yoga sessions are conducted to help students manage stress, improve concentration, and maintain physical health. Workshops on nutrition, personal hygiene, and menstrual health awareness are also organized, encouraging students to adopt healthy habits and make informed choices. Physical fitness programs include sports, aerobics, and fitness challenges that not only enhance physical health but also instil discipline, teamwork, and resilience.





# RABINDRA MAHAVIDYALAYA

## WEBINAR (Series no.16)

### बालिका विभाग 2021


### Organized by

Gallage Women's Coll, Rabindra Mahavidyalaya

in collaboration with IQAC, Rabindra Mahavidyalaya, Channarayana, Houthy, W.B.


**विषय: सद्योजन सभा-सह-बालिका विभाग**

**Date: 8th March, 2021 from 6 P.M. onwards (IST)**




**Patron**

**Dr. Prasanta Bhattacharyya**  
Principal  
Rabindra Mahavidyalaya




**Sponsor**

**Dr. Sonu Mahapatra**  
Program Officer (Developmental Activities)  
Faculty of Tribal Cultural Studies  
Department of Information & Cultural Affairs  
Bardhaman, W.B. India



**Introduction**

**Prof. Tapanjit Bhattacharyya**  
Associate Professor of Chemistry  
Coordinator IQAC  
Rabindra Mahavidyalaya




**Co-moderator**

**Prof. Sujana Bhattacharyya**  
Associate Professor  
Rabindra Mahavidyalaya



**Host**

**Dr. Pratyush Patel**  
Rabindra Mahavidyalaya



**IT Support**

**Dr. Anshu Khatua**  
Assistant Professor, Dept. of Chemistry  
Rabindra Mahavidyalaya

### Registration Information

Registration Link: <https://forms.gle/9U9M8v3zLm5A9A>

WhatsApp Group Link: <https://chat.whatsapp.com/8Z7v9v9w7Gg1Ac4h411>

Joining Link: <https://tiny.cc/meyg8w1L2D808>

**Contact**

**Mobile:** 9977774666

**RABINDRA MAHAVIDYALAYA**  
Affiliated to the University of Burdwan  
Champadanga, Hooghly, West Bengal, Pin.- 712401  
Est.- 1971  
NAAC (Cycle-2) Accredited B<sup>+</sup> Institution

Ref. No. ....

Date.....

## NOTICE

Mental Health-Social Awareness Building Programme for Students

This is to inform all the students of Rabindra Mahavidyalaya, Champelunga, Howrah that a programme titled “*Developing Mental Health and Social Awareness for Current Generations*” is likely to be organised under the aegis of the Internal Quality Assurance Cell (IQAC) and Women’s Cell of Rabindra Mahavidyalaya with a series of counselling sessions to be conducted by the WBVY (Wellbeing and Happiness for You), an independent and non-profit making Organisation, accredited by The National Council of Education, Bengal (NCEB) addressing the backdrop of mental health and social awareness challenges posed by the Covid-19 pandemic.

Keeping our students' present mental health condition in mind, this outreach activity aims to educate our students on the essentials of mental wellbeing and social awareness in facing stressful situations in the pandemic era and beyond.

The counselling program is going to be commenced on and from 09.4.2022 (Friday) at college campus. Each session will be conducted via online mode between 11.00 a.m. to 4.30 p.m. (45 minutes to 1 hour per student). The participants will be benefited by free **counseling sessions**. Interested students are requested to submit their names, contact numbers and email-id to the concerned Head of the Departments by tomorrow evening (6.00 p.m.).

It is pertinent to mention that all the conversation between the student-participant and the counsellor will be treated as 'highly confidential'.

For further enquiry, kindly feel free to contact Prof. Dr. Sumanti Gupta, Department of Botany and Prof. Susmita Sengupta, Department of Geography.

Brandy Spadley  
Convener 6/1/12 to 22-  
Women's Cell

### Women's Cell

  
Co-ordinator  
Internal Quality Assurance Cell  
Coordinator  
IQAC  
Rabindra Mahavidyalaya  
Champadanga, Hooghly.  
712401- West Bengal

*Pannu Bai Sanyal*  
for Principal  
Rabindra Mahavidyalaya  
Principal  
Rabindra Mahavidyalaya  
Chamrudanga, Hooghly (W.B)

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