

Awareness Programme on Health Issues organized by IQAC on 19.12.2023

This year's Health Awareness Programme organised by the Internal Quality Assurance Cell of Victoria Institution (College) on 19.12.2023. Addressed two significant issues related to Woman's health and hygiene : Breast Cancer & its early detection, and the Usage of Menstrual cup. The resource persons for the programme were Priya Ojha and Mantu Roy, both M.Sc. nursing students from the Govt. College of Nursing ID and BG Hospital Campus joined us to sensitize our students on the aforesaid matters. The main highlight of the first session addressed by Ms. Priya Ojha was to enlighten the students regarding the different steps for self examination of breast to detect any abnormality. Ms. Mantu Roy emphasized on the many utilitarian aspects of menstrual cup in recent times. The eco friendly nature of menstrual cups was given equal importance during the deliberation.

Both the speakers tried their best to ease the general awkwardness of the students in this regard and encouraged them to open up and interact more. The event proved to be a good learning experience for all.



Inaugural Ceremony



Session on Menstrual Cup



Session on Breast Self Examination

Extension lecture on Lifestyle diseases: The preventive role of medicinal plants.

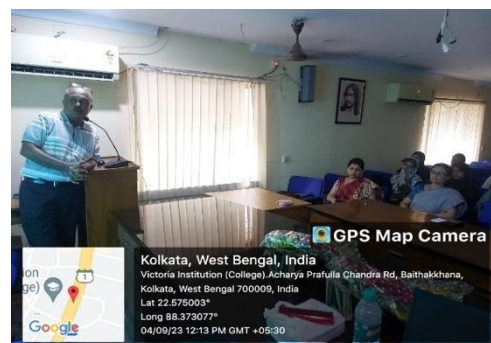
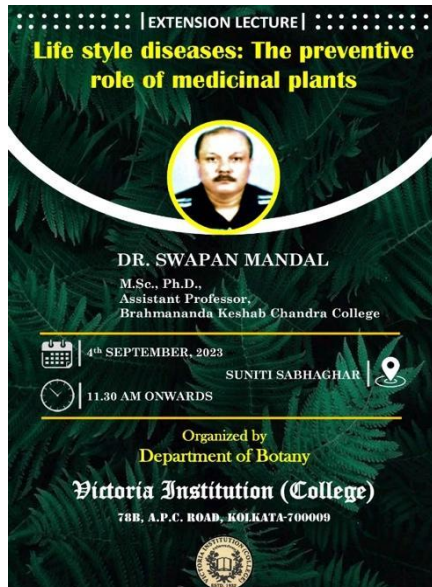
Organized by the Department of Botany Victoria Institution (College)

Date – 04.09.2023, Venue – Suniti Sabhaghar, No. of participating students – 13

Involved Semesters – Semester III and V Botany honours.

Speaker – Dr. Swapan Mandal. Designation – Assistant Professor, Brahmananda Keshab Chandra College.

An extension lecture was organised on 4 September 2023 by Department of Botany, Victoria institution College for enriching students with knowledge of medicinal plants around us and their preventive role in curing and managing lifestyle diseases. Lifestyle Diseases or Non-Communicable Diseases are a major public health problem globally. In 2018, World Health Organization (WHO) estimated on NCDs shows that 71% of all deaths (41 million) were attributed globally. The four groups of diseases were responsible for over 80% death all over the world. The conditions such as cardiovascular diseases account for most NCD deaths, followed by respiratory diseases and diabetes. The speaker emphasised on modification of our daily lifestyle and food habits for better and healthy future. His talk was focused mainly on health and happiness through Ayurveda. He also shared tips for healthy lifestyle and mesmerised the students with lots of home remedies for various common diseases.



Empowering Youth: Cervical Cancer Awareness Campaign

The Women's Cell and NSS Unit of Victoria Institution (College) conducted an Awareness Campaign on Cervical Cancer on March 12, 2024, as part of their Community Outreach Programme. The campaign took place at the nearby Victoria Institution School ground, aiming to educate school students about cervical cancer, its causes, prevention, and early detection. College volunteers led interactive sessions, distributing informative pamphlets, and poster presentations and engaging students in discussions to raise awareness. The initiative sought to empower young individuals with knowledge to promote health consciousness and encourage proactive measures. The event was well-received, fostering a sense of responsibility among students to spread awareness in their communities.



NSS volunteers spreading awareness: Students learn about cervical cancer causes and prevention



Embracing Wellness: A Week of Yoga and Empowerment

The NSS Unit of Victoria Institution (College) organized a successful Yoga Week from June 15 to June 20, 2024. The event commenced with individual yoga practice at home on June 15. On June 16, students practiced yoga with their family members, fostering community wellness. Yoga continued at home on June 18. A yoga demonstration was held at Keshub Hall on June 19, showcasing various asanas and techniques. The week concluded with a group yoga practice at Keshub Hall on June 20. On the final day, a seminar on "Yoga and Women Empowerment" and a yoga workshop enriched participants' understanding and skills.



NSS volunteers practicing and demonstrating Yoga



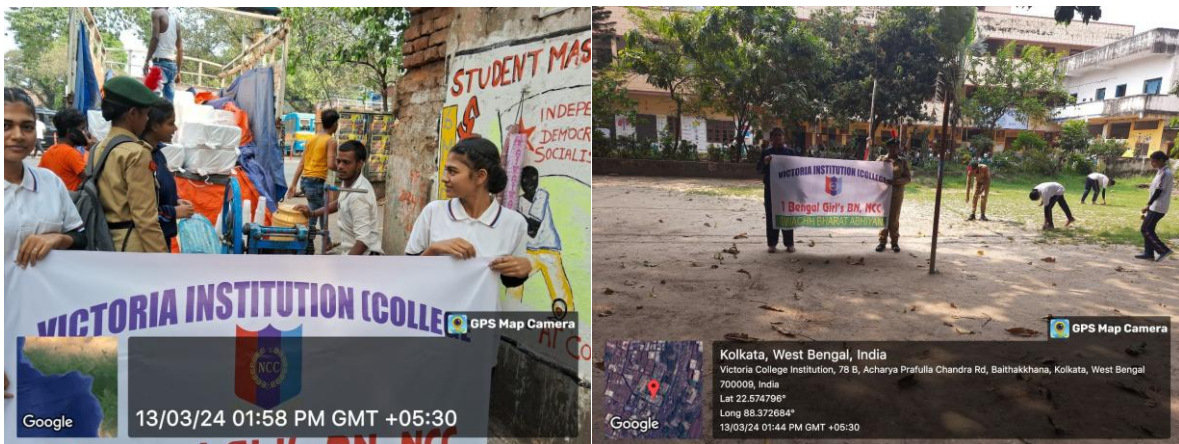
Swachh Bharat Mission Initiative

Date: 13th March, 2024

No. of Students: 10

Swachh Bharat Abhiyan set a lot of objectives to achieve so that India could become cleaner and better. They also wanted to make people aware of health and education through awareness programs. After that, a major objective was to teach citizens to dispose of waste mindfully.

On 13th March cadets participated in cleanliness drive initiative around the college campus and spreading awareness among the local.



International Yoga Day Celebration

Date: 21st June, 2024

No. of Students: 20

About: Yoga is the ancient way to attain physical, mental and spiritual practice. It primarily signifies the peaceful union of mind, body and soul consciously. 20 cadets of the college took part in the celebration on the day.



Self-Defense Karate Do at Victoria Institution (College), 29.08.2022 onwards

Instructor: Shihan Utpal Chakraborty (7th Dan, Blackbelt)

It is a constant endeavor on the part of Victoria Institution (College) to build a complete woman who is not only academically sound but physically strong and confident. Keeping this objective in view the institution has started a self-defense course for its students. Under the leadership of faculty members Smt. Madhulina Das and Dr. Anuva Samanta, a self-defense course in the form of karate class has commenced in the college premise itself.

Karate Classes are going on: Monday and Wednesday 9:00 to 10:30am (for day section students) 11:15 am to 12:30 pm (for morning section students).



Karate Team with their Instructor



ADD ON KARATE COURSE FOR THE STUDENTS OF VICTORIA INSTITUTION (COLLEGE)

**VICTORIA INSTITUTION (COLLEGE)**
78-B, Acharya Prafulla Chandra Road, Kolkata-700 009
Phone : 91-33-2350 1959 ■ Fax : 91-33-2360 0046
Website : www.victoriacollege.co.in

Ref. No..... Date.....

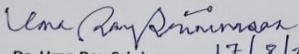
NOTICE

An Add on Karate Course is going to start in our College premises. For this reason Shihan Utpal Chakraborty, 7th DAN, Black Belt, Chief Representative and Chief Instructor of "Shotokan Karate Federation of India" of West Bengal, has been invited to introduce a Karate Awareness Demonstration and to start regular Karate Do Course in our college campus.

Our joint Co-ordinators for the Krate Course:

Smt. Madhulina Das – 9830655952
Dr. Anuva Samanta – 9830969298

All teachers are requested to inform the students about the Add on Karate Course and motivate them to join the regular class.


Dr. Uma Ray Srinivasan 17/8/22
Teacher-in-charge
Teacher-in-Charge
VICTORIA INSTITUTION
(College)

Shotokan Karate-Do At Victoria Institution (College)



Shotokan Karate -Do class
Organized by IQAC, Victoria Institution (College)
Conducted by Shihan UTPAL CHAKRABORTY
7th DAN, Black Belt (SKFI)
Monday and Wednesday at 9 a.m to 10.30a.m (Day section)
11.15 a.m to 12.45 p.m.(Morning section)



Registration fees: 100/- Monthly fees: 300/-
To join contact -
Smt. Madhulina Das - 98306-55952
Dr. Anuva Samanta - 98309-69298
KARATE -DO DEMONSTRATION WILL BE HELD ON
29TH AUGUST '22 AT 11:30AM AT KESHUB MEMORIAL HALL



A Student Awareness Campaign on Menstrual Health and Hygiene

Organised by

NSS UNIT, VICTORIA INSTITUTION (COLLEGE)

Spokesperson: *Dr. Shamima Yesmin,
Assistant Professor,
Calcutta Medical College*

Date : 19th April, 2022

Venue : Keshub Memorial Hall

2021-22

A student awareness campaign on Menstrual Health & Hygiene

Students awareness campaign on Menstrual Health & Hygiene was organised by NSS on 19th April 2022 where a talk was delivered by Dr. Shamima Yasmin, Assistant Professor at Calcutta Medical College. The talk was attended by nearly 120 volunteers and students. Dr. Yasmin not only delivered a talk but also interacted with the students for nearly two hours trying to tackle their issues on an individual basis.



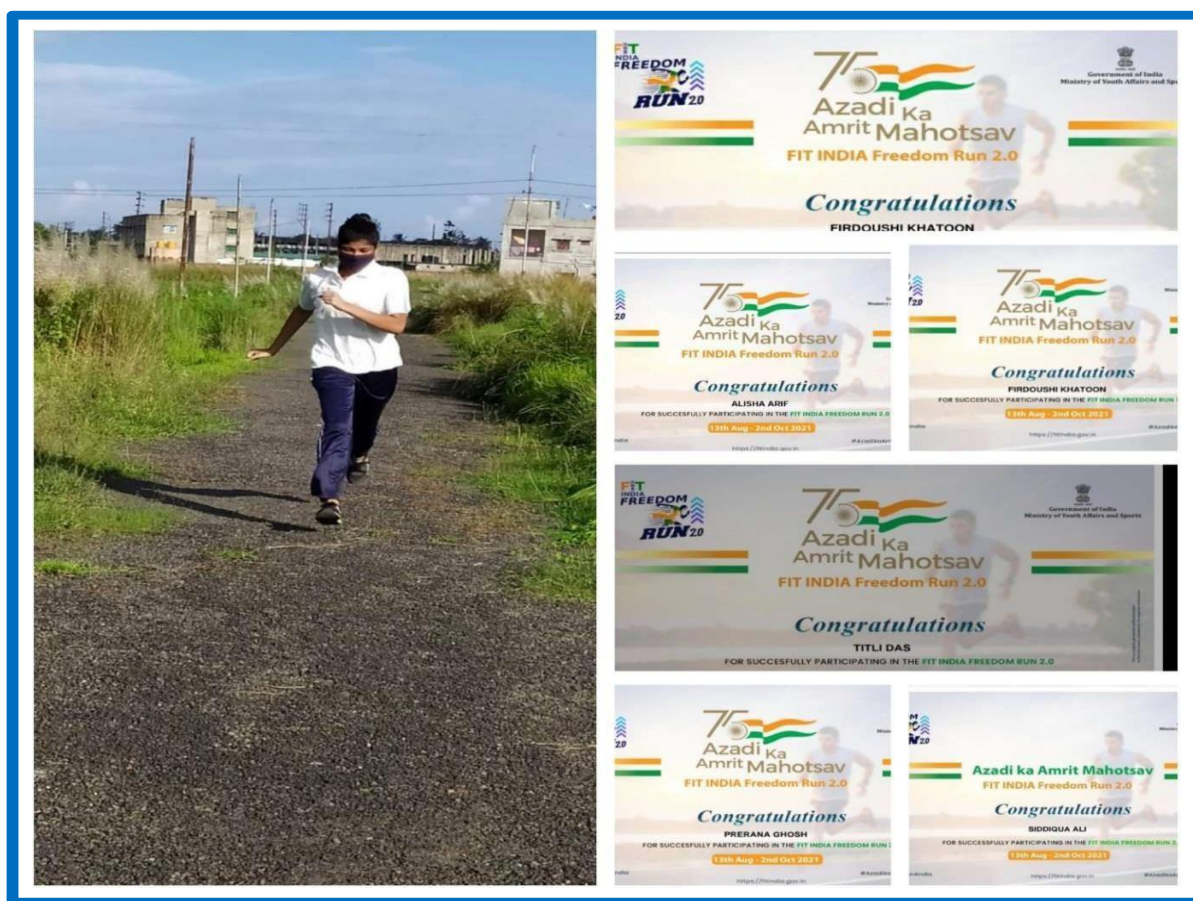
Fit India Movement

*(An initiative of Government of India
launched by Prime Minister of India for
fitter India - 13th August, 2021 to 2nd
October, 2021)*

Participation by NCC Cadets

Fit India Movement

Fit India Movement was launched on 29th August 2019 by our honorable Prime Minister with a view to make fitness an integral part of our daily life and to spread awareness about maintaining regular fitness by engaging in various physical activities. Nearly 40 NCC cadets participated in this program from August 13th 2021 to October 2nd 2021.



Fit India movement in progress

Swachh Bharat Abhiyan and Punit Sagar Abhiyan

(Initiative of Government of India)

Date - 24th December, 2021

ORGANISED BY NCC UNIT,
VICTORIA INSTITUTION (COLLEGE)

Swachh Bharat Abhiyan

15 cadets participated in the Swachh Bharat Abhiyan and Punit Sagar Abhiyan on December 24th, 2021 guided by the vision of a clean India which was initiated on 2nd October 2019 by the central government. On this occasion, cadets took out a rally at Prinsep Ghat and also conducted awareness on clean seashores.



Cadets participating in the program



International Yoga Day

Date – 21st June, 2022

Organised by

NCC Unit, Victoria Institution (College)

Celebration of International Yoga Day, 21st June 2022

International Yoga day was celebrated on 21st June, 2022 at the college premises and was attended by nearly 40 NCC cadets of the unit. The program was initiated for highlighting the influence that Yoga has brought about in the entire world, an essentially Indian practice of maintaining physical and spiritual health that yoga.



Participants actively participating in the program

Report on Webinar organized by the Dept. of Botany and Dept. of Zoology on 15.07.2020

The year 2020 brought us face to face with the hard reality of COVID-19 Pandemic. The departments of Zoology and Botany at Victoria Institution (College) took-up the challenge and organised an international webinar to make the students aware about the various aspects of the disease. The webinar was held on 15.07.2020 where eminent personalities presented their lectures and it was attended by 248 participants.



VICTORIA INSTITUTION (COLLEGE)
78B, A.P.C. ROAD, KOLKATA-700009
Presents
ONE DAY INTERNATIONAL WEB-CONFERENCE
On
NEED OF THE HOUR AMIDST PANDEMICITY: IMMUNOLOGICAL & PSYCHOLOGICAL, WITH SPECIAL ATTENTION TO STUDENTS
Jointly Organised by Department of Zoology & Botany

REGISTRATION **15TH JULY, 2020 | WEDNESDAY | 2:00-6:30PM** **EVENT PLATFORM**

Please Click the Link
<https://forms.gle/VzFujfgPMtZyMMpP7> **THIS WEB-CONFERENCE IS OPEN TO ALL THE FACULTY MEMBERS AND STUDENTS** **Zoom Cloud Meetings**

Or scan the QR code  **YouTube Live Streaming**

RESOURCE PERSONS **CHIEF PATRON**



PROF. (Dr.) AMITABHA NANDY
Specialist in Tropical and Infectious Diseases, Former Director, Center for Tropical Medicine and Parasitology, Kolkata, India
Time: 2.00PM – 3PM



Ms. JULIANNE BELL
Independent Behaviour Consultant, Northern Ireland, UK
Time: 3.45PM – 4.45PM



Dr. SUMIT SARKAR
Research Biologist, Division of Neurotoxicology, National Center of Toxicological Research, (FDA), USA
Time: 5.30PM – 6.30PM



Dr. NIBEDITA CHAKRABARTI
Principal, Victoria Institution (College), Kolkata

SOME USEFUL INFORMATION

- ❖ Registration is Free But Mandatory.
- ❖ Registration is to be Done by 11/07/2020, 7pm, Through The Link Provided.
- ❖ Zoom meeting ID will be sent to First 80 registered participants and for the rest of the participants, YouTube Live Streaming link will be provided. Link/ID will be sent to participant's e-mail ID.
- ❖ Every Registered Participants Will Get e-certificate Through e-mail, Upon Submission of Feedback Form, After The Webinar.

CONVENER
Dr. DEBJANI DAS (GHOSH),
HOD, DEPT. OF ZOOLOGY
+91 98312 17831

FOR ANY FURTHER QUERY, PLEASE FEEL FREE TO MAIL AT:
victoriawebconferencecollege@gmail.com

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Understanding Psyche : An Universal Quest for Understanding Consciousness *(Indian Perspective : Yoga and Vedanta)*

Organised by

Department of Psychology

Date – 16th September, 2019

Venue – Departmental Seminar Room

Life Skill Development Program

Lecture on Understanding Psyche: An Universal Quest for Understanding Consciousness. Indian Perspective: Yoga and Vedanta in Department of Psychology, Victoria Institution (College) on 16.09.2019. The program was intended to enhance their life skills.



Participants attending the program

Department of Psychology

VICTORIA INSTITUTION (COLLEGE)



Extension Lecture

Freewill vs Determinism and Empericism vs Rationality

DR JHUMA PAUL

Assistant Professor, Bijoy Krishna Girls College

On : 30/09/2019 Time : 11am

VENUE : SUNITI SABHAGHAR

Life Skill Development Program on Will vs. Determinism and Empericism vs. Rationality

The Lecture was delivered by Dr. Jhuma Paul, Assistant Professor, Department of Philosophy, Howrah Girls' College. The objective of the program was to enhance the participants' life skills.



SWACHH BHARAT ABHIYAN AND PUNIT SAGAR ABHIYAN

(Initiative of Government of India)

Date - 2nd October, 2018

Cleaning the Neighbourhood and painting the walls

Organised by

NCC Unit, Victoria Institution (College)

Swachh Bharat Abhiyan

Students of the college and NCC Cadets carried out an activity of cleaning the neighborhood and painting the neighborhood walls. Their objective was to spread awareness among common people towards the rewards of cleanliness and hygiene. This initiative was done on October 2nd 2018.



Students of the college and NCC Cadets carrying out the Swachh Bharat activity