

Affiliated to the University of Calcutta NAAC Accredited with B<sup>++</sup> (3<sup>rd</sup> Cycle)

# Capacity building and skills enhancement initiatives taken by the institution include the following

 Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4.
 ICT/computing skills

#### Academic Year 2023-2024:

- ➤ The Annual College Sports for the academic year 2023-2024 took place on December 6, 2023, at the Rabindra Sarobar Stadium. The event witnessed enthusiastic participation from both boys and girls in a variety of competitions, including:
- 100m race
- 200m race
- Shot put
- Long jump

The Sports Committee efficiently managed the registration process, ensuring smooth participation across events. Teachers and staff members played a crucial role in organizing the activities and also enjoyed the excitement as spectators. Finally, a tug of war was played for the teachers and students

The event was honored by the presence of Mr. Baiswanor Chatterjee, President of the Governing Body, as the chief guest.

As the day concluded, prizes were awarded to the students who secured first, second, and third positions in their respective events. The proud winners received medals and certificates presented by the college Principal and senior staff members, adding a memorable conclusion to a spirited day of sportsmanship.

Principal
Heramba Chandra College
Kolkata-700 029

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**Annual Sports 2023** 

In this academic year, the Sports Committee of Heramba Chandra College organized a special lecture on 29.08.2023 in the college auditorium to mark the National Sports Day, celebrating the birth anniversary of hockey legend Major Dhyan Chand, , in collaboration with IQAC,. The event saw the participation of over 60 students and teachers, reflecting their keen interest in the theme.

The guest speaker, **Dr. Rajarshi Kar**, Assistant Professor at the State Institute of Physical Education for Women, Hastings House, delivered an inspiring lecture titled "Victory beyond Victory: How Sports Can Shape Your Career Journey."





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Dr. Kar highlighted how the principles of sports—such as perseverance, teamwork, and strategic thinking—play a vital role in personal and professional success. He also shed light on career opportunities in sports and physical education, encouraging the audience to view sports as a transformative tool for building a successful career.

The programme concluded with a vibrant interactive session, leaving attendees motivated to explore the wider horizons that sports can offer. A vote of thanks marked the end of the event, celebrating the spirit of sportsmanship and its role in shaping lives.



### **Celebration of National Sports Day**

- In this academic year, our football team proudly participated in the GCETT Super Cup, securing an impressive runner-up position.
- Our football team and two athletes represented the college in the Inter-College State Sports and Games Championship 2023-2024, held at New Alipore College from March 4 to March 6, 2024, at the district level. In the 100m race, Aniket Biswas achieved an impressive 3rd position, earning accolades for the college. Additionally, our football team displayed remarkable performance, advancing to the semi-finals.





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#### **Activity Report**

#### Aids awareness campaign in the local community

Campaign Coordinator: Mr. Saddam Hossain Mondal, Assistant Professor, Department of Economics, Hreramba Chandra College Joint Coordinator: Ms. Sudeshna Basu, SACT, Department of English, Heramba Chandra College The Campus Harmony & Social Service Unit of Heramba Chandra College organized an impactful AIDS Awareness Campaign in the local community on December 01, 2023, involving 19 dedicated students. This health awareness initiative aimed to educate the public on HIV/AIDS, dispel prevalent myths, and promote safe practices to prevent the disease's spread. Under the guidance of their unit leaders, the students distributed informative pamphlets and brochures that provided comprehensive details about HIV/AIDS, including modes of transmission, symptoms, and preventive measures. These materials were designed to be clear and accessible to ensure understanding heramba Chandra College across diverse age groups and backgrounds. Informational booths were set applied strategies.



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locations within the community, where students engaged with passersby, addressing questions and clarifying misconceptions about the disease. Interactive sessions were also held, encouraging participants to discuss their concerns and learn about the importance of regular health check-ups, safe sex practices, and available medical support and counseling services. The campaign underscored the significance of empathy and support for individuals living with HIV/AIDS, aiming to reduce the stigma and discrimination associated with the condition. Throughout the day, the student's enthusiasm and commitment were evident as they effectively communicated the message of awareness and prevention to a broad audience. The campaign concluded with a collective pledge by both students and community members to continue spreading awareness and supporting efforts to combat HIV/AIDS. This AIDS Awareness Campaign not only educated the local community about essential health practices but also highlighted Heramba Chandra College's dedication to social service and public health advocacy, demonstrating the institution's commitment to fostering a well-informed and health-conscious society.





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#### **Activity Report**

#### Free Tree Distribution Initiative

Programme Coordinator: Dr. Saddam Hossain Mondal, Assistant Professor, Department of Economics, Heramba Chandra College Joint Coordinators: Mrs. Moumita Ghosh, SACT, Department of Geography, Heramba Chandra College & Mrs. Emon Bagchi, Assistant Professor, Department of Geography, Heramba Chandra College On March 12, 2024, the Campus Harmony & Social Service Unit of Heramba Chandra College launched a significant environmental initiative titled "Free Tree Distribution Initiative" under the guidance of Mrs. Moumita Ghosh, SACT, and Mrs. Emon Bagchi, Assistant Professor, both from the Department of Geography. This "Go Green" initiative saw the enthusiastic participation of 25 members, including a dedicated group of students who played an integral role in its execution. The initiative's primary objective was to promote environmental awareness and contribute to the greening of the community by distributing free saplings to residents. The event began with an informative session where Mrs. Ghosh and Mrs. Bagchi highlighted the importance of trees in combating climate change, improving air quality, and enhancing urban biodiversity. They also educated participants on proper tree-planting techniques and the long-term care required to ensure the saplings' growth and survival. This educational aspect was crucial in fostering a sense of responsibility and encouraging sustainable practices among the community members. Following the educational session, the distribution of saplings commenced. Various species of trees, chosen for their adaptability to the local environment and ecological benefits, were handed out to enthusiastic residents. The saplings included fruit-bearing trees, flowering plants, and native species that would support local wildlife. The choice of diverse tree species aimed to create a balanced ecosystem and provide multiple benefits such as shade, fruit, and aesthetic value to the urban landscape. The participation of students was particularly noteworthy as they assisted in the logistics of the event, including organizing the distribution process, helping residents with planting tips, and spreading awareness about the environmental benefits of trees.



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Their involvement facilitated the event's smooth running and instilled a sense of environmental stewardship among the younger generation. Overall, the Free Tree Distribution Initiative was a resounding success, with over 200 saplings distributed to the community. The initiative underscored the college's commitment to environmental sustainability and community engagement. It also highlighted the collaborative efforts of faculty, students, and residents in working towards a greener and more sustainable future.



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