



# LOKEPARA MAHAVIDYALAYA

Govt. Aided College Affiliated to the University of Burdwan

ESTD. - 2010

VILL. - LOKEPARA \* P.O. - KULIARA \* DIST. - BIRBHUM \* PIN -

Ref. No.....

Date.

## Self Defence Training Programme.

E-mail - lokeparamahavidyalaya2010@gmail.com

Mob. - 7047403678



LOKEPARA MAHAVIDYALAYA  
Affiliated to the University of Burdwan

ESTD.- 2010

VILL.- LOKEPARA + P.O.- KULIARA + DIST.- BIRBHUM + PIN- 731218

Principal / Secretary

Ref. No.....

Date.....

### REPORT

Name of the programme:- One day Training programme,

Topic:-Self defence Training programme.

Date: 02.02.2019

Duration- 11.00a.m. – 02.00p.m.

No. of participants :- **21**

Name of the Resource:- Mriganka Kundu &

Organized by: NSS Unit-I

Report/Summery: This training has been arranged to impart safety education to women. Empowering and increasing confidence of women is also one of the objectives of this training. The programme provided hands-on training in basic self-defence techniques, participants learn how to protect themselves from any kind of unwanted situation. Being aware of early warning signs of danger and applying foresight are also taught in this training programme.

The programme also earned practical strategies for reducing the risk of violence and harassment in various areas, such as public space, social gathering. At the same time the spirit of mutual co-operation is also developed.

*Ujjal Dey*  
Programme Officer  
NSS UNIT-I  
Lokepara Mahavidyalaya

  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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Ref. No.....

Date.



Self Defence Training Programme on 02/02/2019










1-DAY

## KARATE TRAINING


For women

On 02. February .2019 at Lokepara Mahavidyalaya.



**Resource Person**

Mr. Mriganka Kundu  
Karate Teacher, Karate black belt 5th dan. National Judge.



**Self Defence**

- ✓ Discipline
- ✓ Coordination
- ✓ Confidence
- ✓ Fitness
- ✓ Respect
- ✓ Life Skill
- ✓ Leadership skill

**Chief Patron**  
Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya

Organize By: NSS Unit-I, Lokepara Mahavidyalaya

Place: College Campus



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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ESTD. - 2010

VILL. - LOKEPARA \* P.O. - KULIARA \* DIST. - BIRBHUM \* PIN -

Ref. No.....

Date.

## Self Defence Training Programme on 25.11.2021.

E-mail - lokeparamahavidyalaya2010@gmail.com

Mob.- 7047403678



# LOKEPARA MAHAVIDYALAYA

Affiliated to the University of Burdwan

ESTD.- 2010

VILL.- LOKEPARA \* P.O.- KULIARA \* DIST.- BIRBHUM \* PIN- 731218

Principal / Secretary

Ref. No.....

Date.....

Name of the programme:- One day Training programme,

Topic:- Self defence Training programme.

Duration- 10.00a.m. – 01.00p.m.

No. of participants :- 49

Name of the Resource:- Mriganka Kundu &

Report/Summery: This training has been arranged to impart safety education to women. Empowering and increasing confidence of women is also one of the objectives of this training. The programme provided hands-on training in basic self-defence techniques, participants learn how to protect themselves from any kind of unwanted situation. Being aware of early warning signs of danger and applying foresight are also taught in this training programme.

The programme also earned practical strategies for reducing the risk of violence and harassment in various areas, such as public space, social gathering. At the same time the spirit of mutual co-operation is also developed.

  
IQAC, Co-Ordinator  
Lokepara Mahavidyalaya  
Kuliara, Birbhumi

  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhumi





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VILL. – LOKEPARA \* P.O. – KULIARA \* DIST. – BIRBHUM \* PIN -

Ref. No.....

Date.



Self Defence Training Programme on 25/11/2021

**1-DAY**  
**KARATE TRAINING**  
FOR WOMEN

On  
25. Novembar. 2021 at Lokepara  
Mahavidyalaya.

**Self Defence**

- ✓ Discipline
- ✓ Coordination
- ✓ Confidence
- ✓ Fitness
- ✓ Respect
- ✓ Life Skill
- ✓ Leadership skill

**Chief Patron**  
Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya

**Resource Person**  
Mr. Mriganka Kundu Karate  
Teacher, Karate black belt  
5th dan. National Judge.

Organize By: IQAC, Lokepara Mahavidyalaya

Place: College Campus



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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ESTD. - 2010

VILL. - LOKEPARA \* P.O. - KULIARA \* DIST. - BIRBHUM \* PIN -

Ref. No.....

Date.

## One day Awareness programme on Personal Hygiene



Department of Physical Education

Lokepara Mahavidyalaya

Estd. 2010, affiliated to University of Burdwan

Will. - Lokepara P.O. - Kuliara. Dist. - Birbhumi. West Bengal. Pin.731218

Date: 04/03/22

### REPORT

#### One day Awareness programme on Personal Hygiene

Dated 04.03.2022, Physical Education department of Lokepara Mahavidyalaya arranged a one day Personal Hygiene awareness programme at 11 a.m. on date 04.03.2022 in College campus. Students gathered at Class Room to listen the valuable speeches, delivered by Mr. Biswajit Rana HOD, Dept. of Physical Education, We all know the people of poor personal hygiene is the ideal place for germs to grow and leave many infections and in this social media age we should stay out of vulnerable posts or activities. So, it is important for maintaining both physical hygiene as well as mental hygiene.

The objectives of the activity was to habituate the students towards personal hygiene. The moto of this programme was " A sound of mind resides in a sound of body". This activity conducted by Mr. Biswajit Rana, Department of Physical Education, HoD, with The support of Dr. Mrinal Kanti Das, Principal, Lokepara Mahavidyalaya, and IQAC.

HOD  
Dept. of Physical Education

HOD  
Dept. of Physical Education  
Lokepara Mahavidyalaya

Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhumi





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Date.



## Awareness Programme on Personal Hygiene 04/03/2022

One day Awareness programme  
on  
**Personal Hygiene**  
Personal hygiene practices can help you to feel fresh and healthy

**Date: - 04/ March /2022**  
**Time: - 10 A.M- 1 P.M**

**Place: Lokepara Mahavidyalaya**

**GOOD HYGIENE HABITS**

**Speaker:**  
Mr. Biswajit Rana  
Dept. of Physical education

**Patron :**  
Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya

**IQAC Coordinator**  
Dr. Panchali Mukharjee  
Assistant Professor. Bengali

**Organized by:** Department of Physical Education, Under the guidance of IQAC, Lokepara Mahavidyalaya



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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Date.

## ICT Training Programme, Department of English



Department of English  
Lokepara Mahavidyalaya  
Estd. 2010, affiliated to University of Burdwan  
Vill. - Lokepara P.O. - Kuliara. Dist. - Birbhum. West Bengal. Pin. 731218

### ICT Training Programme Report

Department of English

Date: 02.12.2021- 04.12.2021

Semester- semester I & III

Time: 11 am- 12 Noon

The department of English of Lokepara Mahavidyalaya has organised a Three- Day ICT programme for the students of Semester I and Semester III for the session of 2021-2022 in collaboration of the Academic Council of Lokepara Mahavidyalaya. The duration of the programme was from 02.12.2021 to 04.12.2021 for one hour each day (11 am- 12 noon). The resource persons in this programme were- Sk Jamaluddin, accountant of Lokepara Mahavidyalaya, Pintu Mandal, Cashier of Lokepara Mahavidyalaya and Seema Ahmed, Assistant Professor of Lokepara Mahavidyalaya. Sk Jamaluddin and Pintu Mandal were invited speakers. Seema Ahmed taught Microsoft PPT, Sk Jamaluddin taught Microsoft Excel and Pintu Mandal taught Microsoft Word. 56 students participated in this programme. 43 students completed the programme. Certificate of participation was issued to them.

#### Outcome of this Programme

The topics taught in this programme is to enhance the skill of the students. Connecting language and literature learning with information and communication technology make students efficient in acquiring knowledge and eligible for the job market. They came to know about the functioning of excel to keep data, through Microsoft PPT they can present their topic in comprehensive way and learning about the functioning of Microsoft Word becomes immensely significant to them as they have to execute their future projects through MS word. We could not cover all aspects of these three fields. Essential features are taught to them which would help them in their reading- learning process.

Seema Ahmed

*Seema Ahmed*

HoD

Department of English

HOD  
Dept. of English  
Lokepara Mahavidyalaya

*[Signature]*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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Date.



Photo of English Department ICT Training Programme on 02/12/2021


**THE DEPARTMENT OF ENGLISH**  
**LOKEPARA MAHAVIDYALAYA**  
**BIRBHUM**

Is going to organise for the students of semester I & III of this department

**The 3-Day**

**ICT Training Programme 2021-22**  
**02.12.2021- 04.12.2021**

**In Collaboration with**

**The Academic Advisory Committee, Lokepara Mahavidyalaya**  
**Under the guidance of**

**IQAC, Lokepara Mahavidyalaya**

Interested students of semester I & III are requested to follow the schedule as given below and contact Prof. Seema Ahmed for registration.


Date	Time	Trainer	Designation	Application to be taught
02/12/2021	11:30AM To 12:30 PM	Seema Ahmed	Assistant Professor, English, Lokepara Mahavidyalaya	Microsoft PPT
03/12/2021	11:30AM To 12:30 PM	Jamaluddin Sk	Accountant, Lokepara Mahavidyalaya	MS Excel
04/12/2021	11:30AM To 12:30 PM	Pintu Mandal	Cashier, Lokepara Mahavidyalaya	MS Word

**Registration. 27/11/2021- 01/12/2021.No Registration Fee Applied! ©**

Seema Ahmed  
HOD, English, LokeparaMahavidyalaya

Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya



  
 Principal  
 Lokepara Mahavidyalaya  
 Kuliara, Birbhum





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Date.

## ICT Training Programme, Department of History



Department of History  
Lokepara Mahavidyalaya  
Estd. 2010, affiliated to University of Burdwan  
Vill.Lokepara . P.O. kuliara . Dist. Birbhum. West Bengal .Pin.731218

Date...17/3/2022

### Report on the "ICT Training Programme 2021-22"

Date	15 <sup>th</sup> , 16 <sup>th</sup> , 17 <sup>th</sup> March, 2022
Time	12:30 AM to 1:30 PM on each day of the workshop.
Venue	Seminar Hall, LokeparaMahavidyalaya
Organised by	The Department of History, in association with Academic Advisory Committee, under the Guidance of IQAC, LokeparaMahavidyalaya
Objective	<ul style="list-style-type: none"> <li>To improve students' knowledge and skills related to Information and Communication Technology (ICT).</li> </ul>
Welcome note	Roshni Dey, Assistant Professor, Dept. of History, LokeparaMahavidyalaya
Keynote address	Dr. MrinalKanti Das, Principal, LokeparaMahavidyalaya
Resource Person	<ol style="list-style-type: none"> <li>JamaluddinSk, Accountant LokeparaMahavidyalaya</li> <li>PintuMondal, Cashier, LokeparaMahavidyalaya</li> <li>Roshni Dey, HOD, History, LokeparaMahavidyalaya</li> </ol>
No. of participants attended	21
Applications taught.	<ul style="list-style-type: none"> <li>On the first day, the details of MS Excel were thoroughly covered using audio-visual approach by Sk. Jamaluddin. Participants were encouraged to do small task on Excel at the end of his presentation.</li> <li>The second day session was lively and engaging as the participants experienced a vibrant demonstration of creating Power Point Presentation by Roshni Dey.</li> <li>Sri PintuMondal showed participants how to create and modify files, as well as how to move or copy them to a folder. Additionally, he demonstrated how to create folders in various drives and convert them into zip files.</li> </ul>
Valediction speech	Prof., Roshni Dey, HOD, History, LokeparaMahavidyalaya
Outcome	<ul style="list-style-type: none"> <li>Participants discovered the programme to be extremely beneficial for their job-focused activities.</li> <li>They appreciated MS Excel as it was incredibly easy to use for managing data and performing calculations.</li> <li>They understood the importance of PowerPoint Presentations, which could lead to improved employment prospects.</li> <li>Participants mastered the skill of arranging files in folders or subfolders for later reference.</li> </ul>

Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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Ref. No.....

Date.

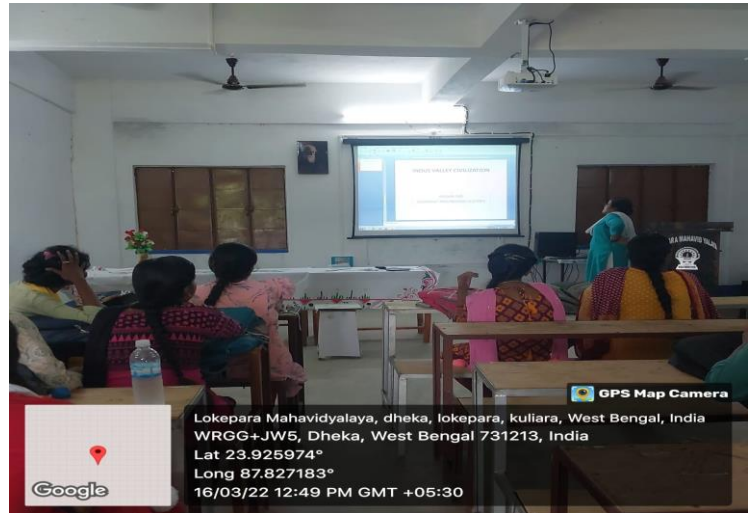


Photo of History Department ICT Training Programme on 15/03/2022 &amp; 16/03/2022

 THE DEPARTMENT OF HISTORY, LOKEPARA MAHAVIDYALAYA,  
BIRBHUM

Is going to organise for the students and alumni of this department

**The 3-Day**

**ICT Training Programme 2021-22**

In Collaboration with

*The Academic Advisory Committee, Lokepara Mahavidyalaya*

Under the guidance of

*IRAC, Lokepara Mahavidyalaya*

Interested students and alumni are requested to follow the schedule as given below and contact Prof. Dipankar Mandal for registration.

Date	Time	Trainer	Designation	Application to be taught
15/03/2022	12:30AM To 1:30 PM	Jamaluddin Sk.	Accountant, Lokepara Mahavidyalaya	MS Excel
16/03/2022	12:30AM To 1:30 PM	Roshni Dey	Assistant Professor, History, Lokepara Mahavidyalaya	PowerPoint Presentation (PPT)
17/03/2022	12:30AM To 1:30 PM	Pintu Mandal	Cashier, Lokepara Mahavidyalaya	Folder & File creation conversion and transfer

**Registration. 01/03/2022-10/03/2022.No Registration Fee Applied! ☺**

Roshni Dey  
HOD, History, Lokepara Mahavidyalaya

Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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Ref. No.....

Date.

## ICT Training Programme, Department of Bengali



Department of Bengali

Lokepara Mahavidyalaya

Estd. 2010, affiliated to University of Burdwan

Vill.Lokepara, P.O. kuliara, Dist. Birbhum, West Bengal, Pin.731218

Report: 28/4/22

**ICT Training Programme**  
Session 2021-2022

**Date :** 26.04.2022- 28.04.2022

**Time:** 12.30-1.30 p.m

**Venue:** Smart Classroom

**Resorce Person :** Dr. Panchali Mukherjee (dept. of Bengali), Keya Mandal (dept. of Bengali), Pintu Mondal (Cashier)

**No. of Participants:**

The department of Bengali organized a special training cum learning programme for our departmental students entitled "ICT Training" on 26.04.2022-28-04.2022 at smart classroom. The duration of the programme was one hour i.e. 12.30 p.m to 1.30 p.m. for each day. The objective of this training is to give a basic understanding of ICT uses. The outcome of this programme are :

- Basics of power point presentation
- How to make a power point presentation
- How to create an Email.Id, view and send mail.
- Know basic knowledge of Word and Excel.

  
Dr. Mrital Kanti Das  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum





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Ref. No.....

Date.



Photo of Bengali Department ICT Training Programme on 28/04/2022 &amp; 26/04/2022


**THE DEPARTMENT OF BENGALI**  
**LOKEPARA MAHAVIDYALAYA BIRBHUM**  
 Is going to organise for the semester II, IV & VI students of this department  
**The 3-Day**  
**ICT Training Programme 2021-22**  
**26.4.2022-28.04.2022**

**In Collaboration with**

**The Academic Advisory Committee, Lokepara Mahavidyalaya**  
**Under the guidance of**  
**IQAC, Lokepara Mahavidyalaya**

Interested students of semester II, IV & VI are requested to follow the schedule as given below and contact BIPUL PAL for registration.

Date	Time	Trainer	Designation	Name of the course title
26.4.2022	3.00 p.m To 4.p.m PM	Pintu Mondal	Cashier, Lokepara Mahavidyalaya	Microsoft Word and Exel
27.4.2022	12:30AM To 1:30 PM	Keya Mandal	SACT, Dept. of Bengali	Corresponding through E.mail.
28.4.2022	12:30AM To 1:30 PM	Dr. Panchali Mukherjee	Assistant Professor, Dept. of Bengali	Power point presentaion

**Registration. 21/4/2022-25/4/2022 , No Registration Fee Applied! ©**

Dr. Panchali Mukherjee : HOD, Dept. of Bengali    Dr. Mrinal Kanti Das : Principal  
 Lokepara Mahavidyalaya



Mrinal Kanti Das  
 Principal  
 Lokepara Mahavidyalaya  
 Kuliara, Birbhum



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Ref. No.....

Date.

## CAPACITY BUILDING PROGRAMME



### Department of Bengali

Lokepara Mahavidyalaya

Estd. 2010, affiliated to University of Burdwan

Vill. - Lokepara P.O. - Kuliara. Dist. - Birbhum. West Bengal. Pin.731218

### Report

Capacity Building Programme

Dept. of Bengali

Topic : Bangla Banan Bidhi

Number of Participants : 46

Duration : 19.05.2022 to 21.5.2021

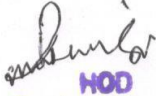
Bengali Spelling Rules are discussed to the students of BA Semester II and Semester IV about various levels. Bengali spelling has evolved in many ways. The students were informed about that. Words from different languages have come to Bengali language. The spelling of the words derived from Sanskrit is shown. Again, the spelling of words coming from different provinces is national and the spelling of words coming from different foreign languages is discussed in detail. The 2 hour discussion was successfully conducted.


Objectives :

1. Its main objective is to teach Bengali writing correctly.
2. To know the specific spelling rules of Bengali language.
3. Eliminating fear about Bengali spelling.
4. To inform about how we inadvertently write Bengali spelling mistakes.
5. Since Bengali spelling mistakes are constantly witnessed on TV, wall writing, general writing, official documents, so raising awareness about it.
6. Explain how differences in spelling cause changes in meaning.

Outcomes :

1. All the restrictions related to spelling were removed by the students.
2. Students have benefited from knowing the correct spelling rules.
3. They are able to write any writing, be it question answering, or creative, or any kind of prose and they are able to overcome the related fears about spelling.
4. How many spellings that people often misspell due to carelessness,
5. The students have become aware of how many wrong spellings people constantly see in different ways and get stuck in their minds and later apply them.
6. The students have gained proper knowledge about the form of words coming from different sources and the spelling that can differ according to its nature.
7. Proper spelling instruction will help students write newspaper features, and can also serve as translators.

  
**HOD**  
 Dept. of Bengali  
 Lokepara Mahavidyalaya

  
 Principal  
 Lokepara Mahavidyalaya  
 Kuliara, Birbhum





# LOKEPARA MAHAVIDYALAYA

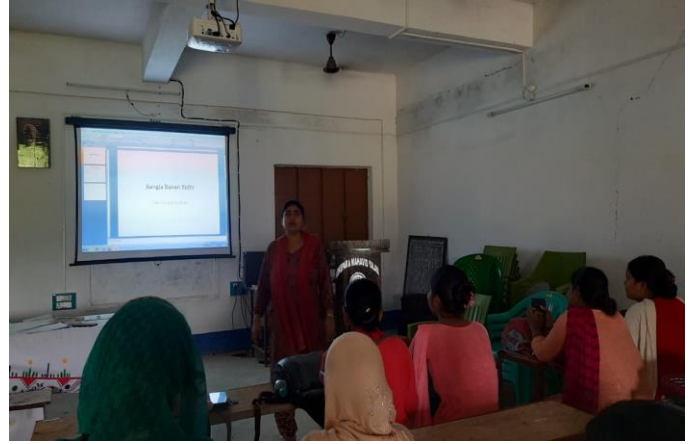
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ESTD. - 2010

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Ref. No.....

Date.



Picture of Capacity Building Programme on 19/5/2022 to 21/05/2022



**THE DEPARTMENT OF BENGALI  
LOKEPARA MAHAVIDYALAYA  
BIRBHUM**

**Is going to organise for the semester II & IV students of this department**

**The 3-Day**

**Capacity Building Programme 2021-22  
19.5.2022 to 21.5.2022**

Interested students of semester II & IV are requested to follow the schedule as given below and contact Prof. Seema Ahmed for registration.

Date	Time	Trainer	Designation	Subject to be taught
19.05.2022	9.30 AM to 10.30 A.M	Keya Mandal	SACT, Dept. of Bengali, Lokepara Mahavidyalaya	Tatsama Shabder Banan
20.05.2022	9:30AM To 10:30 AM	Dr. Panchali Mukherjee	Assistant Professor, Dept. of Bengali, Lokepara Mahavidyalaya	Bangla Abhidhan O Swarup Bibartan
21.05.2022	9:30AM To 10:30 AM	Bipul Pal	SACT, Dept. of Bengali, Lokepara Mahavidyalaya	Aguntuk Shabder Banan o Bangla Sabdabhandar

**Registration. 12/05/2022 - 18/05/2022. No Registration Fee Applied! ☺**

Program Coordinator. Dr Panchali Mukherjee  
HOD, Bengali, Lokepara Mahavidyalaya

Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum





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## ICT Training Programme, Department of Bengali



Department of Bengali

Lokepara Mahavidyalaya

Estd. 2010, affiliated to University of Burdwan

Vill.Lokepara . P.O. kuliara . Dist. Birbhum. West Bengal . Pin.731218

Report: 18 | 11 | 2022

**ICT Training Programme**  
**Session 2022-20223**

**Date :** 16.11.2022- 18.11.2022

**Time:** 12.30-1.30 p.m

**Venue:** Smart Classroom

**Resorce Person :** Bipul Pal(dept. of Bengali), Dr. Panchali Mukherjee (dept. of Bengali), Sk. Jamaluddin(Accountant. Lokepara Mahavidyalaya)

**No. of Participants:**

The department of Bengali organized a special training cum learning programme for our departmental students entitled "ICT Training" on 16.11.2022-18-11.2022 at smart classroom. The duration of the programme was one hour i.e. 12.30 p.m to 1.30 p.m. for each day. The objective of this training is to give a basic understanding of ICT uses. The outcome of this programme are :

- Basics of power point presentation
- How to make a power point presentation
- Know basic knowledge of Microsoft Word.
- How to enter the Website
- How to access e.mail.

*Dr. Menal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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Date.



Photo of Bengali Department ICT Training Programme on 17/11/2022 &amp; 18/11/2022



## THE DEPARTMENT OF BENGALI

### LOKEPARA MAHAVIDYALAYA BIRBHUM

Is going to organise for the semester I, III & V students of this department

### The 3-Day

## ICT Training Programme 2022-23

### 16.11.2022-18.11.2022

**In Collaboration with**

**The Academic Advisory Committee, Lokepara Mahavidyalaya**  
Under the guidance of  
**IQAC, Lokepara Mahavidyalaya**

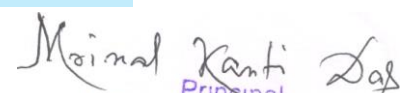
Interested students of semester I, III & V are requested to follow the schedule as given below and contact Keya Mandal for registration.

Date	Time	Trainer	Designation	Name of the course title
16.11.2022	12.30 p.m To 1.30 p.m	Bipul Pal	Cashier, Lokepara Mahavidyalaya	Microsoft Word
17.11.2022	12:30AM To 1:30 PM	Dr. Panchali Mukherjee	Assistant Professor, Dept. of Bengali	Power point presentaion
18.11.2022	3.00 p.m To 4.00 p.m	Sk. Jamaluddin	Accountant, Lokepara Mahavidyalaya	Internet Serving

**Registration. 10/11/2022-14/11/2022 , No Registration Fee Applied! ©**

Dr. Panchali Mukherjee : HOD, Dept. of Bengali      Dr, Mrinal Kanti Das : Principal  
Lokepara Mahavidyalaya



  
 Principal  
 Lokepara Mahavidyalaya  
 Kuliara, Birbhum



# LOKEPARA MAHAVIDYALAYA

Govt. Aided College Affiliated to the University of Burdwan

ESTD. - 2010

VILL. - LOKEPARA \* P.O. - KULIARA \* DIST. - BIRBHUM \* PIN -

Ref. No.....

Date.

## CAPACITY BUILDING PROGRAMME



### Department of English

Lokepara Mahavidyalaya

Estd. 2010, affiliated to University of Burdwan

Vill. - Lokepara P.O. - Kuliara. Dist. - Birbhum. West Bengal. Pin.731218

### Report on The Three- Day Programme on Public Speaking

2022-2023

A Three- Day programme on Public Speaking was organised by the Department of English, Lokepara Mahavidyalaya for the students of semester I and Semester- III from 22.11.2022- 24.11.2022 in collaboration with the Academic Council of Lokepara Mahavidyalaya and under the guidance of the IQAC, Lokepara Mahavidyalaya. The notice of the programme was circulated on 01.11.2022. The programme was arranged at the ICT- enabled room of the college. The topics covered were- a brief introduction to public speaking, various contexts of public speaking, demo classes and prospects of public speaking. The classes were arranged outside the daily routine hour i.e. from 9.30 am to 10.30 am in the morning. All the classes were taken by Seema Ahmed, Assistant Professor, Dept. of English of Lokepara Mahavidyalaya. 45 students in total participated in this programme out of which 38 students completed the programme. Certificate of participation was presented to them for appreciating and motivating them.

### Outcome

- I. Students came to know about the concept of public speaking.
- II. They would prepare themselves henceforth in public speaking.
- III. They came to know about the job prospects of public speaking.
- IV. Public speaking, a section of spoken English would boost up their confidence for near future.
- V. It would help them to face job interviews and tackle situations in public dealing.

Seema Ahmed  
 HOD  
 Dept. of English  
 Lokepara Mahavidyalaya

Principal  
 Lokepara Mahavidyalaya  
 Kuliara, Birbhum





# LOKEPARA MAHAVIDYALAYA

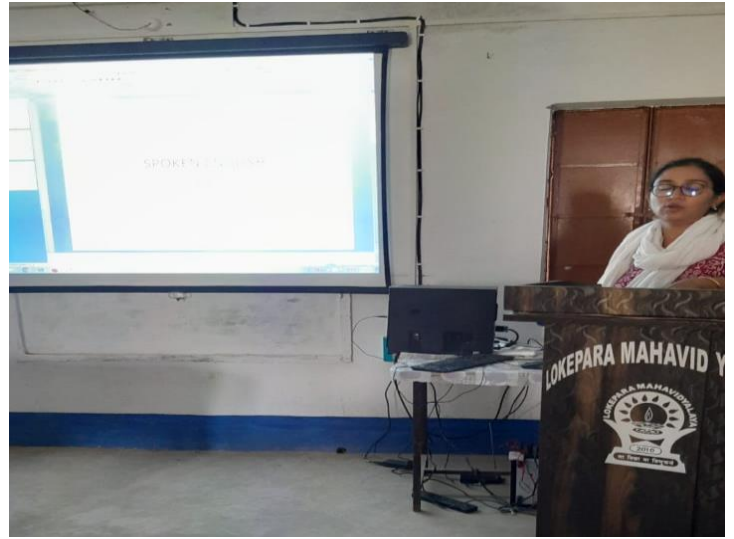
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Picture of Capacity Building Programme on 22/11/2022 to 24/11/2022



## THE DEPARTMENT OF ENGLISH LOKEPARA MAHAVIDYALAYA BIRBHUM

Is going to organise for the semester I &amp; III students of this department

**The 3-Day**

**Public Speaking Programme 2022-23**  
**22.11.2022-24.11.2022**

**In Collaboration with**

**The Academic Advisory Committee, Lokepara Mahavidyalaya**  
**Under the guidance of**

**IQAC, Lokepara Mahavidyalaya**

Interested students of semester I & III are requested to follow the schedule as given below and contact  
Prof. Seema Ahmed for registration within 16.11.2022

Date	Time	Speaker	Designation	Topic
22/11/2022	09:30AM To 10:30 AM	Seema Ahmed	Assistant Professor, English, Lokepara Mahavidyalaya	Introduction to Public Speaking
23/11/2022	09:30AM To 10:30 AM	Seema Ahmed	Assistant Professor, English, Lokepara Mahavidyalaya	Public Speaking in Different Context
24/11/2022	09:30AM To 10:30 AM	Seema Ahmed	Assistant Professor, English, Lokepara Mahavidyalaya	Application & Its Benefits

Seema Ahmed

HOD, English, Lokepara Mahavidyalaya

Dated: 01.11.2022

Dr. Mrinal Kanti Das

Principal, Lokepara Mahavidyalaya



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



# LOKEPARA MAHAVIDYALAYA

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Date.

## ICT Training Programme, Department of English



Department of English  
Lokepara Mahavidyalaya  
Estd. 2010, affiliated to University of Burdwan  
Vill. - Lokepara P.O. - Kuliara. Dist. - Birbhum. West Bengal. Pin.731218

### ICT Training Programme Report

Department of English

Date: 06.12.2022- 08.12.2022

Semester- semester I

Time: 11.30 am- 12.30 pm

A Three- Day ICT Training programme is arranged by the department of English, Lokepara Mahavidyalaya for the students of Semester- I from 06.12.2022- 08.12.2022. The programme is meant for one hour every day. The programme is arranged in collaboration of the Academic Council. SK Jamaluddin, Pintu Mandal and Seema Ahmed are the resource persons in this programme. SK Jamaluddin (Accountant) and Pintu Mandal (Cashier) are invited to teach the students. SK Jamaluddin taught Microsoft Excel to the students. Pintu Mandal taught Microsoft Word and how to manage Data in folder. Seema Ahmed taught Microsoft Power Point presentation and Mail ID creation. 30 students participated in this programme. 25 students completed the programme.

### Outcome of the programme

In today's time learning ICT is essential for each and every student. Microsoft PPT would help them to present their topic in class seminar even in national/ international seminar. They would be skilful enough to handle these technologies confidently. After this programme they can preserve their data in Microsoft Excel more efficiently. Learning about Microsoft Word would give them confidence to write their notes and experiences in Word format. They can now manage their data more clearly by learning how to create a Folder. They can keep their data folder wise. For communication they need Email ID. After this programme they can easily know how to create email ID. Necessary features are taught to them at this stage.

Seema Ahmed

*Seema Ahmed*

HoD

Department of English

**MOB**  
Dept. of English  
Lokepara Mahavidyalaya

*[Signature]*

Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum





# LOKEPARA MAHAVIDYALAYA

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Date.

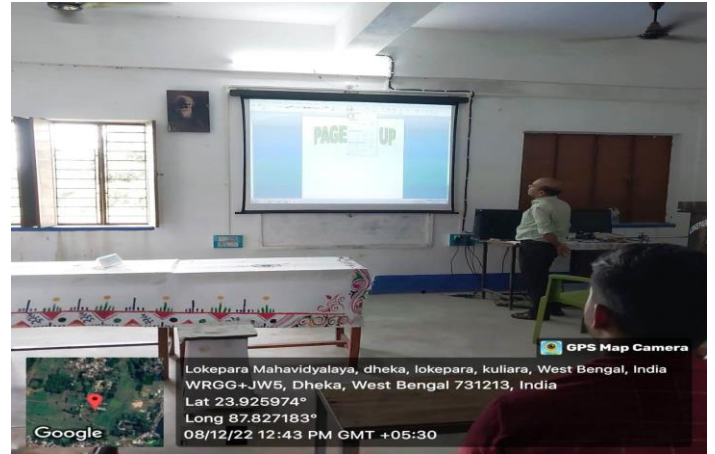



Photo of English Department ICT Training Programme on 07/12/2022 &amp; 08/12/2022


**THE DEPARTMENT OF ENGLISH, LOKEPARA MAHAVIDYALAYA, BIRBHUM**

Is going to organise for the semester I students of this department

**The 3-Day**

**ICT Training Programme 2022-23**

In Collaboration with

*The Academic Advisory Committee, Lokepara Mahavidyalaya*

Under the guidance of

*IQAC, Lokepara Mahavidyalaya*

Interested students of semester I are requested to follow the schedule as given below and contact Prof. Seema Ahmed for registration.

Date	Time	Trainer	Designation	Application to be taught
06/12/2022	11:30AM To 12:30 PM	Jamaluddin Sk.	Accountant, Lokepara Mahavidyalaya	MS Excel
07/12/2022	11:30AM To 12:30 PM	Seema Ahmed	Assistant Professor, English, Lokepara Mahavidyalaya	PowerPoint Presentation (PPT) & Creation of Email ID
08/12/2022	11:30AM To 12:30 PM	Pintu Mandal	Cashier, Lokepara Mahavidyalaya	MS Word & Data Management through Folder

**Registration. 25/11/2022-03/12/2022. No Registration Fee Applied! ©**

Seema Ahmed *Seema Ahmed*  
HOD, English, Lokepara Mahavidyalaya

Df. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya



*Mrinal Kanti Das*  
 Principal  
 Lokepara Mahavidyalaya  
 Kullara, Birbhum





# LOKEPARA MAHAVIDYALAYA

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VILL. - LOKEPARA \* P.O. - KULIARA \* DIST. - BIRBHUM \* PIN -

Ref. No.....

Date.

## YOGA ADD-ON COURSE- 2022-23

### Report

#### YOGA ADD-ON COURSE- 2022-23

#### **Organized by- Department of Physical Education**

An add-on certificate course on present-day benefits of yoga and fundamentals of yoga was conducted by the physical education department from 1st December 2022 to 17th December 2022 for 30 hours. The certificate course explores the basic concepts of mainstream yoga, its philosophical underpinnings and basically the various corrective exercises. The course deals with both theoretical and practical aspects of yoga. The yoga certificate course is designed for beginners, primarily to educate those interested in becoming yoga instructors, another goal of yoga is the implementation of yoga philosophy in everyday life.

A total of 41 students from various departments of the college participated in this yoga course. After the completion of the course, theory and practical exam was held on 17th December 2022. 41 students were participated in the test

#### Outcomes of the course:

- Enhanced Flexibility and Postural Alignment
- Improved Relaxation and Stress Management
- Increased Mindfulness and Concentration
- Better Understanding of Meditation
- Holistic Health Benefit
- Personalized Practices
- Enhanced Self-Awareness

HOD  
Dept. of Physical Education  
Lokepara Mahavidyalaya

Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya

Lokepara Mahavidyalaya  
Kulira, Birbhun  
Principal  
Lokepara Mahavidyalaya  
Kulira, Birbhun



# LOKEPARA MAHAVIDYALAYA

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Date.

Department of Physical Education

Page 5



1<sup>ST</sup> December 2022 to 17<sup>th</sup> December 2022

  
Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya

Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



# LOKEPARA MAHAVIDYALAYA

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## The blessing of YOGA

*Stay young & healthy*

### ORGANIZED BY:

Department of Physical Education  
In association with IQAC  
Lokepara Mahavidyalaya

### Chief Patron

Dr. Mrinal Kanti Das  
Principal, Lokepara Mahavidyalaya

### Resource Person

Mr. Mriganka Kundu  
Yoga Teacher, Karate black belt 5<sup>th</sup> Dan

### Course Coordinator

Mr. Biswajit Rana  
SACT, Physical Education, Lokepara  
Mahavidyalaya



### About this Course:

*Yoga is an ancient practice and meditation. It has become increasingly popular in today's busy world. Yoga is a way of life that can be applied to one's own life irrespective of all age, gender, occupation, society, circumstances, problems, and sufferings. This course is designed for the beginner students. One who practises it regularly he/she becomes successful, healthy, stress-free, and more mindful in his/her relationship by learning the yogic way of living. So, it is a call to join the 30 hours "The blessing of Yoga, Stay young & healthy" course and live life meaningfully.*

Join the 30 hours "The blessing of Yoga, stay young & healthy" course.

### Aims of this course:

- To enable the student to have good health
- To gain mental health
- To possess emotional stability
- To integrate moral values

### Programme Details:

The Add-on course will be started on and from 1<sup>st</sup> December to 17<sup>th</sup> December, 2022

Programme Duration: 2 Hours  
Time: 4:00 PM to 6:00 PM

### Course Modules:

- Corrective Asanas
- Relaxation Asanas
- Meditative Asanas
- Different Techniques of Pranayama and Meditation etc.

Place: Lokepara Mahavidyalaya play ground

- Certificate will be provided after completion of the course

  
Principal  
Lokepara Mahavidyalaya  
Kullara, Birbhumi





# LOKEPARA MAHAVIDYALAYA

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## ICT Training Programme, Department of History



Department of History  
Lokepara Mahavidyalaya  
Estd. 2010, affiliated to University of Burdwan  
Vill.Lokepara . P.O. kuliara . Dist. Birbhum. West Bengal .Pin.731218

Date: 23/03/2023

### Report on the "ICT Training Programme 2022-23"

Date	21 <sup>st</sup> , 22 <sup>nd</sup> , 23 <sup>rd</sup> March, 2023
Time	12:30 AM to 1:30 PM on each day of the workshop.
Venue	Seminar Hall , LokeparaMahavidyalaya
Organised by	The Department of History, in association with Academic Advisory Committee, under the Guidance of IQAC, LokeparaMahavidyalaya
Objective	<ul style="list-style-type: none"> <li>To improve students' knowledge and skills related in to Information and Communication Technology (ICT).</li> </ul>
Welcome note	Roshni Dey, Assistant Professor, Dept. of History, LokeparaMahavidyalaya
Keynote address	Dr. MrinalKanti Das, Principal, LokeparaMahavidyalaya
Resource Person	<ol style="list-style-type: none"> <li>JamaluddinSk, Accountant LokeparaMahavidyalaya</li> <li>Roshni Dey, HOD, History, LokeparaMahavidyalaya</li> <li>Arya Ghosh, Clerk, LokeparaMahavidyalaya</li> </ol>
No. of participants attended	24
Applications taught.	<ul style="list-style-type: none"> <li>In line with last year's pattern, Jamaluddin Sk. once more selected 'MS Excel' and showed advanced data handling capabilities, highlighting the application's intricate functionalities.</li> <li>Roshni Dey instructed on creating flyers or brochures for various events.</li> <li>Arya Ghosh shared insights on utilizing Microsoft Office Picture Manager.</li> </ul>
Valediction speech	Prof., Roshni Dey, HOD, History, LokeparaMahavidyalaya
Outcome	<ul style="list-style-type: none"> <li>Participants had the chance to acquire essential skills in 'MS Excel'.</li> <li>They also gained valuable insights from the workshop on creating flyers and brochures, as this knowledge could lead to income-generating opportunities through designing invitation cards, company brochures, and other promotional materials.</li> <li>The workshop on Microsoft Office Picture Manager helped participants understand how to manage, edit, share, or save photos on their computers.</li> </ul>

Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



# LOKEPARA MAHAVIDYALAYA

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Date.



Photo of History Department ICT Training Programme on 22/03/2023 &amp; 23/03/2023


  
**THE DEPARTMENT OF HISTORY, LOKEPARA MAHAVIDYALAYA,**  
**BIRBHUM**

**Is going to organise for the students and alumni of this department**

**The 3-Day**  
**ICT Training Programme 2022-23**

**In Collaboration with**  
*The Academic Advisory Committee, Lokepara Mahavidyalaya*

**Under the guidance of**  
*IQAC, Lokepara Mahavidyalaya*

Interested students and alumni are requested to follow the schedule as given below and contact Prof. Dipankar Mandal for registration.

Date	Time	Trainer	Designation	Application to be taught
21/03/2023	12:30AM To 1:30 PM	Jamaluddin Sk.	Accountant, Lokepara Mahavidyalaya	Data Handling in MS Excel
22/03/2023	12:30AM To 1:30 PM	Roshni Dey	Assistant Professor, History, Lokepara Mahavidyalaya	Making Flyer/Brochure on MS Word
23/03/2023	12:30AM To 1:30 PM	Arya Ghosh	Clerk, Lokepara Mahavidyalaya	Microsoft Office PictureManager

**Registration.03/03/2023-15/03/2023.No Registration Fee Applied! ©**

Roshni Dey  
 HOD, History, Lokepara Mahavidyalaya

Dr. Mrinal Kanti Das  
 Principal, Lokepara Mahavidyalaya



*Mrinal Kanti Das*  
 Principal  
 Lokepara Mahavidyalaya  
 Kuliara, Birbhum



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## ADD-ON COURSE ON COMMUNICATIVE ENGLISH

### Learning Outcome/ Summary Report

ADD- ON Course

On

Communicative English

Organized by Department of English, Lokepara Mahavidyalaya

16.05.2023- 30.05.2023

The Add- ON Course on *Communicative English* was a huge success as students actively participated and interacted with the invited speakers. The duration of the programme was from 16.05.2023 to 30.05.2023. The ambience created by the invited speakers was such that the students felt comfortable enough to learn and share different ideas.

#### **Outcome of the Course**

The beauty of the course is that students from any subject can opt for it as communicative English help them to prepare for their future plannings. Communicative English helps students whatever their ambition is. Hence, the ADD- ON organised by the Department of English achieved the following objects.

- The ADD- ON Course with its expert speakers exposed students of rural area to the potentialities of English language for the first time in a very organised and comprehensive manner.
- The course helped to develop communicative competence in students.
- Students feel motivated to seek and find employment in the corporate, media, English language teaching and content writing sectors.
- In the changing socio-economical condition Students feel encouraged and hopeful to prepare themselves and compete accordingly for their livelihood.
- This course, we are sure, would help them in choosing their future activities.

Dr. Mrinal Kanti Das  
Principal  
Lokepara Mahavidyalaya  
PO. -Kuliara, Dist. -Birbhum





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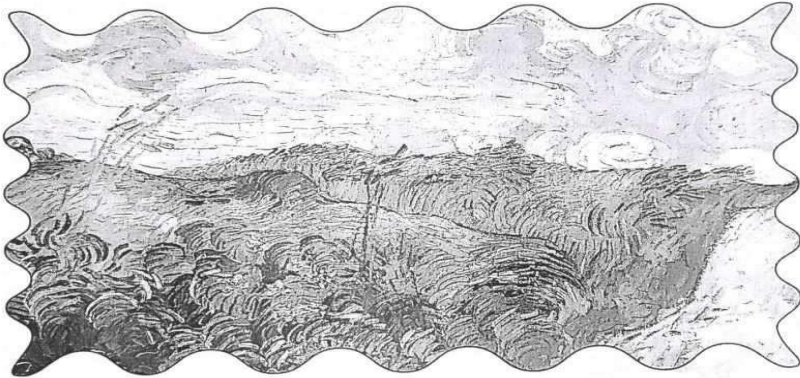


Picture of Add-on Course on Communicative English on 23/05/2023 & 22/05/2023

DEPARTMENT OF ENGLISH

LOKEPARA MAHAVIDYALAYA

ADD-ON COURSE  
ON  
COMMUNICATIVE ENGLISH



**FOCUSES ON-**

1. ENGLISH FOR BUSINESS COMMUNICATION
2. PUBLIC SPEAKING SKILLS
3. COMMUNICATION SKILLS

**EVENT HIGHLIGHTS:**

- CLASS BY EXPERTS
- INTERACTION
- CERTIFICATE OF COMPLETION

→ **Dr. Mrinal Kanti Das**  
Principal  
Lokepara Mahavidyalaya  
PO, Kuliara, Dist. Birbhum

**16/05/2023 - 30/05/2023**

FOR MORE INFORMATION SEEMA AHMED14@GMAIL.COM



*Mrinal Kanti Das*  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum



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

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2018-19	Karate Training Programme	02-02-2019	35	Seigo-Kai karate - Do Association of india, Sensei Mriganka Kundu
2021-22	Karate Training for women	25-11-2021	30	Seigo-Kai karate - Do Association of india, Sensei Mriganka Kundu
2021-22	One Day Awareness Programme on Personal Hygiene	04.03.2022	20	Mr. Biswajit Rana, Department of Physical Education
2021-22	ICT Training Programme	02.12.2021 to 04.12.2021	56	Department of English
2021-22	ICT Training Programme	15.03.2022 to 17.03.2022	21	Department of History
2021-22	ICT Training Programme	26.04.2022 to 28.04.2022	74	Department of Bengali
2021-22	Capacity Building Programme on Bangla Banan Bidhi	19.05.2022 to 21.05.2022	46	Department of Bengali
2022-23	ICT Training Programme	16-11-2022 to 18-11-2022	52	Department of Bengali
2022-23	Three-Day Programme on Public Speaking	22.11.2022 to 24.11.2022	45	Department of English
2022-23	ICT Training Programme	06.12.2022 to 08.12.2022	30	Department of English
2022-23	The blessings of Yoga	1.12.2022 to 17.12.2022	41	Seigo-Kai karate - Do Association of india, Sensei Mriganka Kundu
2022-23	ICT Training Programme	21.03.2023 to 23.03.2023	23	Department of History
2022-23	Communicative English	16.05.23 to 30.05.2023	40	Department of English



Moinal Kanti Das  
Principal  
Lokepara Mahavidyalaya  
Kuliara, Birbhum