

Language and communication skills

Spoken English course

Spoken English course was started on 22.5.2023 at Mayurakshi Gramin College, Ranishwar. Dr. S. Patralekh would conduct this course. In this course, the focus would be given on the basic structure of the English language and the students would be given the practice of speaking English so that they can have the ability of English speaking. This course will be of above 30 hours.



M.G. COLLEGE, RANISHWAR

SPOKEN ENGLISH ATTENDANCE REGISTER

DATE: 21.05.2023 TO 24.06.2023

S.No	Roll No.	Student's Name	SEME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	H66	BULTI MAL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	H78	PAPIYA MAHATO	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	H93	SUBRATA MONDAL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	H94	HAMIDA KHATUN	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	H96	AVIJIT DAS	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	H97	KUNTAL MONDAL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	H98	SURAJIT MONDAL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	H103	NURJAMAL SEIKH	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	H114	SOMA GHOSH	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	H117	SANGEETA CHOUDHURY	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	H121	SUBHASHINEE PAUL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	H125	SOUMEN SOW	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	H136	RINA DAS	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	H146	ARJIT MONDAL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	H149	BRISHTI MAJI	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	H151	KISHOR MONDAL	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	H169	BIPUL BAGDI	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	H176	RABINA KHATUN	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	H180	KAMALAKANTA DAS	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	H181	ANANTA BAURI	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	H191	RUPSONATAN BAGTI	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	H195	PRIYA SAHA	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	H205	SANDIP BHANDARI	1	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



Handwritten signature and date: 21/5/23

Menstrual Health and Hygiene Program

Today, on 30/5/23,

under the aegis of IQAC, a one-day workshop was organized under the leadership of Dr. Rupam Kumari, Program Officer of National Service Scheme Unit 3 in Mayurakshi Gramin College.

Its theme was -- Menstrual Health and Hygiene Program.

Community Health Officer Madam Pratima Bhengra, Madam Shilpi Ilibra and Madam Sweety Kandulna were present on the occasion. She told the present students about the problems arising out of menstruation and also told them the remedies to sort out the problem. On this occasion, Madam Pratima Bhengra said that we should pay full attention to our health and body. She discussed three types of yoga during menstruation – child pose, cobra pose and butterfly pose. Women can do all these three yogas during menstruation. This will give them a lot of relief. On this occasion, Madam Shilpi said that during menstruation the orthodox thought should be avoided. For example, not cooking food and staying locked in a room is absolutely wrong. Women and girls were advised to remain clean on this occasion. Madam Sweety advised to use the pad properly and use dustbin after wrapping it in paper. There is a risk of diseases if thrown in the wrong place. We should use dustbin instead of throwing here and there. Girls should keep their surrounding area clean during menstruation. Dr. Rupam Kumari said that the hesitation that girls have during menstruation should get an end. If there is any problem, then one should go to the primary health center. At present, all women should pay attention to health and hygiene towards their menstruation. On this occasion, Professor of Hindi Department, Dr. Himanshu inspired the girls for information. On this occasion, all the girl students took part in which Babita Hembram, Mampi Mandal, Nupur Das, Mita Goswami etc took part in a big way.





ए/झारखंड पंच इंडियन पंच 31/5/23

मासिक धर्म, स्वास्थ्य और स्वच्छता विषय पर वर्कशॉप



छात्राओं को जानकारी देती सीएचसी कर्मी ।
रानेश्वर/निज संवाददाता

मयूराक्षी ग्रामीण डिग्री कॉलेज में आईक्यूआईसी के तत्वाधान में राष्ट्रीय सेवा योजना इकाई 3 की ओर से कार्यक्रम पदाधिकारी सह दुमका नोडल पदाधिकारी डॉ रूपम कुमारी के नेतृत्व में मंगलवार को एक दिवसीय वर्कशॉप (मासिक धर्म, स्वास्थ्य और स्वच्छता कार्यक्रम) का आयोजन किया गया। कार्यक्रम में सीएचसी कर्मी प्रतिमा भेंगरा, शिल्पी इलीब्रा, स्वीटी कंडुलना ने छात्राओं को मासिक धर्म से उत्पन्न होने वाले समस्याओं को बताया। साथ ही उसके निवारण के उपाय भी बताये। प्रतिमा भेंगरा ने कहा मासिक धर्म के द्वारा चाइल्ड पीज, कोबरा पीज एवं बटरफ्लाई पीज में योगा कर सकती है। मासिक धर्म के दौरान

जो रूढ़िवादी विचार महिलाओं में होती आई हैं कि खाना नहीं बनाना, एक रूम में बंद रहना, यह बिल्कुल ही गलत है। साफ सुथरा से रहेंगे तभी हमारा शरीर भी स्वच्छ रहेगा। महिलाएं अपने रूढ़िवादी विचार को खत्म करें। लड़कियां मासिक धर्म के दौरान सेनेटरी पैड का उपयोग करें। स्वीटी ने पैड का सही ढंग से उपयोग करने के बारे में बताया। लड़कियों को मासिक धर्म के दौरान अपने आसपास सभी को स्वच्छता और स्वास्थ्य के लिए जागरूक करना चाहिए। डॉ रूपम कुमारी ने कहा कि मासिक धर्म के दौरान अगर कोई परेशानी हो रही तो प्राथमिक स्वास्थ्य केंद्र में जाना चाहिए। वर्तमान युग आधुनिक युग हैं सभी महिलाओं को अपने मासिक धर्म के प्रति स्वास्थ्य और स्वच्छता पर ध्यान देना चाहिए।

ATTENDANCE SHEET FOR MENSTRUAL HEALTH & HYGIENE PROGRAMME

Organized by N.S.S. Unit -3 5121

DATE: 30.05.2023 *सुनिता राज* *कान्ति कुमारी* *सुनीता*

S No	NAME	SEM.	DEPARTMENT	Mobile No.	SIGNATURE
(1)	Bahida Hombaram	(V)	HINDI	6299822245	Bahida Hombaram
(2)	Mampi Mandal	V	HINDI	950826506	Mampi Mandal
(3)	Julli Hansda	(V)	HINDI	7992314759	Julli Hansda
4	<i>सुनीता</i>	(V)	HINDI	620746063	<i>सुनीता</i>
(5)	Mampi Mahata	V	HINDI	732424659	Mampi Mahata
(6)	Nupur Das	(V)	HINDI	9980492500	Nupur Das
(7)	Shree Musara	V	HINDI	7102555655	Shree Musara
(8)	Shanti Tudu	V	HINDI	6207048783	Shanti Tudu
(9)	Banati Mandal	V	HINDI	9369598705	Banati Mandal
(10)	Manisha Borkar	V	HINDI	8252630191	Manisha Borkar
(11)	Tara Phadnis	V	HINDI	9509324113	Tara Phadnis
12	Manvi Gosai	I	Hindi	8102951093	Manvi Gosai
13	Sunila Tudu	I	Santhali	8403754187	Sunila Tudu
14	Deepa Tudu	I	Santhali	7768004162	Deepa Tudu
15	Renuka Hombaram	V	Santhali Hindi	620523311	Renuka Hombaram
16	SUNITA Tudu	V	HINDI	9546594354	Sunita Tudu
17	Jyoti Marandi	V	HINDI	6200623262	Jyoti Marandi
18	Bina Kisku	V	Hindi	6204205798	Bina Kisku
19	Moumita Kisku	V	Hindi	9613983588	Moumita Kisku
20	NurJahanKhatun	I	PHILOSOPHY	8390922693	NurJahanKhatun
21	Renuka Hombaram	V	Hindi	91061412518	Renuka Hombaram
22	Aranya Roy	V	Hindi	9142392252	Aranya Roy
23	Priya Roy	V	Hindi	8206542702	Priya Roy
24	Meeta Goswami	V	Hindi	908999206	Meeta Goswami

08/7/2024



MAHARAKASHI GRAMIN COLLEGE, RAHISHIWAH
ATTENDANCE SHEET

Topic:- 3 महिला-वर्ग लिंग और लिंगी-कार्य का समीक्षा
DATE:- 30/5/23

S No.	Name	Class	Signature
1.	Anisha Whorben	B.A. SEM-1	Anisha Whorben
2	Somykta kumari	B.A Sem 1	Somykta kumari
3	Lily Hansdar	B.A sem 1	Lily Hansdar
4	Deblina Banerjee	B.A Sem-2	Deblina Banerjee
5	Angali Shorma	B.A Sem-2	Angali Shorma
6	Sudipta Nath	B.A Sem-2	Sudipta Nath
7	Pallabi Saha	B.A Sem-2	Pallabi Saha
8	Priya Adhya	B.A Sem-2	Priya Adhya
9	Raina Das	B.A Sem-2	Raina Das
10	Rishi Gorain	B.A Sem-II	Rishi Gorain
11	Neha Mandal	B.A Sem-II	Neha Mandal
12	Piu Mandal	B.A Sem-II	Piu Mandal
13	Ritu Banerjee	B.A Sem-II	Ritu Banerjee
14	Teeka Das	B.A Sem-II	Teeka Das
15	Prityanka Mandal	B.A Sem-II	Prityanka Mandal
16	Chourav Kumar	B.A Sem-II	Chourav Kumar
17	Jajanta Mal	B.A Sem-II	Jajanta Mal
18	Pradeep Kumar	B.A Sem-II	Pradeep Kumar
19	Somesh Murnu	B.A Sem-II	Somesh Murnu
20	Rikash Murnu	B.A Sem-II	Rikash Murnu
21	Anshup Roy	B.A Sem-II	Anshup Roy
22	Lavish Kishore	B.A Sem-II	Lavish Kishore
23	Jalijab Kisku	B.A Sem-II	Jalijab Kisku
24	Sourav Maji	B.A Sem-II	Sourav Maji
25	AKSHAY MAJI	B.A Sem-II	Akshay Maji
26	SUMAN DEY	B.A Sem-II	Suman Dey
27	Subhrajyoti Banerjee	B.A Sem-II	Subhrajyoti Banerjee
28	MD. RAZA	B.A Sem-II	MD. RAZA
29	Ms. Nandana Prasad	B.A Sem-II	Ms. Nandana Prasad
30	Stephen Marandi	B.A Sem-II	Stephen Marandi
31	Ajay Soren	B.A Sem-II	Ajay Soren
32	Ms. Anshu Anand	B.A Sem-II	Ms. Anshu Anand
33			

21/7.2.24



Physical Fitness Training Programme at Mayurakshi Gramin College, Ranishwar

Date - 09-06-2023

Today on 9/6/23, a physical fitness training programme was organised at Mayurakshi Gramin College, Ranishwar, under the aegis of IQAC. It was headed by PTI instructor Mr. Chandan Ghosh under the chairmanship of Principal Dr. Abdul Rayees Khan. Mr. Chandan Ghosh provided training to the college staff along with the students. Everyone participated enthusiastically in this. PTI Chandan Ghosh trained how to keep yourself fit. Students were motivated towards exercise by showing a lot of exercises methods. Principal Dr. Abdul Rayees Khan said that in the present times, every person should first include yoga and exercise in his daily routines. This would help people to have a peaceful and healthy life. We must exercise daily to take care of our body. Along with this, the Principal also expressed good wishes for everyone. On this occasion, Professor Bibhash Chandra Jha, Dr. Prashant Patar, Mr. Srimant Chatterjee, Mr. Javed Ansari, Piyush, Shyamal Ghosh and many students were present.



S.1.2
Capacity building and Skill Development
Physical Fitness

Date - 09/06/23

Name of the Student	Signature	1	2	3	4	5	6	7	8	9	10
Sonal Sonali Sonali Sonali		P	P	P	P	P					
Sadhya Tudu Saurashtra		P	P	P	P	P					
Srihari Momeni Sahil		P	P	P	P	P					
Nitika Manojkumar		P	P	P	P	P					
Sabha Dhanraj Sabhananda		P	P	P	P	P					
Pradnya Kulkarni Pradnya		P	P	P	P	P					
Tiger Tiger Gauri		P	P	P	P	P					
manoj HASEM manoj		P	P	P	P	P					
Tisha Datta Ashish		P	P	P	P	P					
Riya Gholsh Rishabh		P	P	P	P	P					
Sachin Kumbh Sachin		P	P	P	P	P					
Manisha Manisha Manisha		P	P	P	P	P					
Ramjee Ray Ramjee		P	P	P	P	P					
Dhish Paul Anant Paul		P	P	P	P	P					
Souhav Pal Souhav		P	P	P	P	P					
Manojra Manojra Manojra		P	P	P	P	P					
K. V. Kulkarni K. V. Kulkarni		P	P	P	P	P					
PAKESH KUMAR Saket		P	P	P	P	P					


 Mayurakshi Gramin College
 Ramnagar, Dumka
 09/06/23
 Chandra Chandra

YOGA



M.G.COLLEGE, RANISHWAR
S.K.M.UNIVERSITY, DUMKA

Programme Name:- International Yoga day Date:- 27/6/22

Sl. No.	Name of the Staff	Designation	Signature
1.	Prof. N. K. Das	Assoc. Prof.	[Signature]
2.	Prof. Vijay Kumar	"	[Signature]
3.	Prof. Abhishek Prasad	Asst. Professor	[Signature]
4.	Prof. Anand Kumar	Asst. Professor	[Signature]
5.	Prof. Anand Kumar	"	[Signature]
6.	Prof. Anand Kumar	"	[Signature]
7.	Prof. Anand Kumar	"	[Signature]
8.	Prof. Anand Kumar	Asst. Prof.	[Signature]
9.	Prof. A. K. Roy	"	[Signature]
10.	Prof. U. P. Sanyal	"	[Signature]
11.	Prof. Anand Kumar	"	[Signature]
12.	Dr. Suparna K. Singh	Asst. Professor	[Signature]
13.	Basu K. K. Head	Office Asst.	[Signature]
14.	Prof. Anand Kumar	Non-teaching	[Signature]
15.	Prof. Anand Kumar	"	[Signature]
16.	Prof. Anand Kumar	"	[Signature]
17.	Prof. Anand Kumar	"	[Signature]
18.	Prof. Anand Kumar	"	[Signature]
19.	Prof. Anand Kumar	Non-teaching	[Signature]
20.	Prof. Anand Kumar	Asst. Professor	[Signature]
21.	Dr. Anand Kumar	Assoc. Prof.	[Signature]
22.	Prof. Anand Kumar	Non-teaching	[Signature]
23.	Prof. Anand Kumar	Asst. Prof.	[Signature]
24.	Prof. Anand Kumar	Asst. Prof.	[Signature]
25.	Prof. Anand Kumar	Asst. Prof.	[Signature]
26.	Prof. Anand Kumar	Asst. Prof.	[Signature]
27.	Prof. Anand Kumar	Lib. Asst.	[Signature]
28.	Prof. Anand Kumar	Lab. Tech.	[Signature]
29.	Prof. Anand Kumar	Lab. Tech.	[Signature]
30.	Prof. Anand Kumar	Asst. Professor	[Signature]
31.	U. Dr. Anand Kumar	Asst. Professor	[Signature]
32.	Prof. Anand Kumar	Asst. Professor	[Signature]
33.	Prof. Anand Kumar	Asst. Professor	[Signature]
34.	Prof. Anand Kumar	Lab. Tech.	[Signature]
35.	Prof. Anand Kumar	Asst. Prof.	[Signature]
36.	Prof. Anand Kumar	Asst. Prof.	[Signature]
37.	Prof. Anand Kumar	Asst. Prof.	[Signature]
38.	Prof. Anand Kumar	Asst. Prof.	[Signature]
39.	Prof. Anand Kumar	Asst. Prof.	[Signature]
40.	Prof. Anand Kumar	Asst. Prof.	[Signature]
41.	Dr. Rupam Kumar	Asst. Professor	[Signature]
42.			[Signature]



M.G.COLLEGE RANISHWAR
S.K.M.UNIVERSITY, DUMKA

Programme Name :- International Yoga day

Date:- 21/6/22

SLNo	Name of the Student	Class/ Semester	Roll No	Signature
27	Arindam	I	35	Arindam
28	Basanti	II	40	Basanti
29	cholu computer	III	42	cholu computer
30	Dewika HAZRE	VI	60	Dewika HAZRE
31	Madhumita	I	65	Madhumita
32	Rahul Dey	II	38	Rahul Dey
33	Rudt -	II	36	Rudt
34	Sannath Adhyay	III	50	Sannath Adhyay
35	Subhojit Adhyay	III	51	Subhojit Adhyay
36	Wasim	II	53	Wasim
37	Palas	II	63	Palas
38	FIRAZ KANAL	I	65	FIRAZ KANAL
39	Rejina Khutun	II	58	Rejina Khutun
40	Kajash Soren	I	52	Kajash Soren
41	Biguli Hauma	II	52	Biguli Hauma
42	Indrani Paul	III	66	Indrani Paul
43	Ribhika Mukim	IV	48	Ribhika Mukim
44	Firdosh Miya	IV	55	Firdosh Miya
45	Jaydev Mal	VI	55	Jaydev Mal
46	Pratiya Haumbaban	II	68	Pratiya Haumbaban
47	Susmiti Tudu	III	71	Susmiti Tudu
48	Kaanchan Pal	I	72	Kaanchan Pal
49	S.K. Firoz	II	103	S.K. Firoz
50	Sabrato Das	III	26	Sabrato Das
51	Arman Ali	IV	25	Arman Ali
52	Manoj Soren	I	23	Manoj Soren

01/7/2024 ✓



M.G.COLLEGE RANISHWAR

S.K.M.UNIVERSITY, DUMKA

Programme Name :- International Yoga day

Date:- 21/6/22

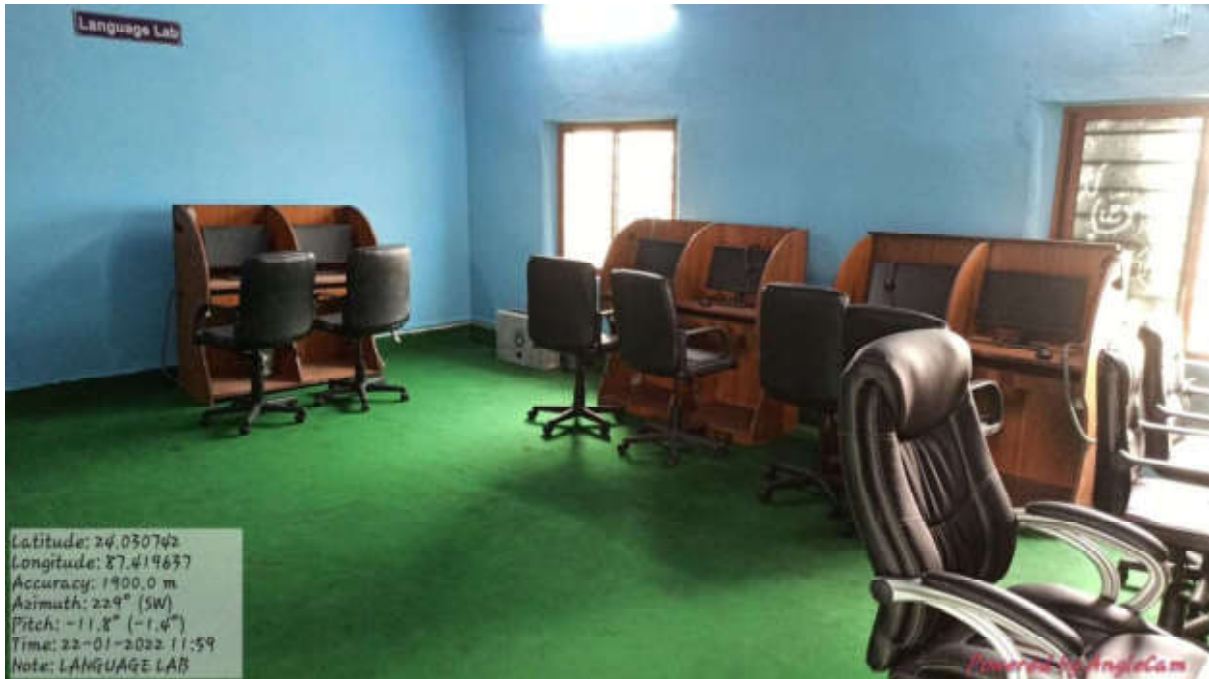
Sl.No	Name of the Student	Class/ Semester	Roll No	Signature
1	Saket Kauri	5	129	Saket Kauri
2	Praxay. Mandal	5	120	Praxay. Mandal.
3.	Shivnath Karmar	5	119	Shivnath Karmar
4	Uttal Kumar Yadav	6	209	Uttal Kumar Yadav
5.	Souvik Das	6	356	Souvik Das
6	prakash ghosh	6	184	prakash ghosh
7	Abul Aziz	C.E	103	Abul Aziz
8	Nayan Karmakar			Nayan Karmakar
9	Jayashree Das	6	469	Jayashree Das
10	Anjana Kumari	72		Anjana Kumari
11	Mithu Ghosh	6	616	Mithu Ghosh
12	Masura Khatun	3	34	Masura Khatun
13	Beli Goswain			Beli Goswain
14	Shreebox Palan	6	701	Shreebox palan.
15	Souvik Ghosh	6	0879	Souvik Ghosh
16	Sukchandra SK	6	50	Sukchandra SK
17	NAZMUL SHAK	6	56	NAZMUL SHAK
18	RENALI BANERJEE	6	45	RENALI BANERJEE
19	Adrita Roy	VI	40	Adrita Roy
20	Vanshi Choudhary	IV	36	Vanshi Choudhary
21	Nishi Kumari	II	30	Nishi Kumar
22	menalishis singh	II	29	menalishis singh
23	Ajit Das	III	26	Ajit Das
24	Souvik Hazra	III	17	Souvik Hazra
25	chotom Foumit	V	28	chotom Foumit
26	Prakash Kumar	III	19	Prakash Kumar

M
7/2/24

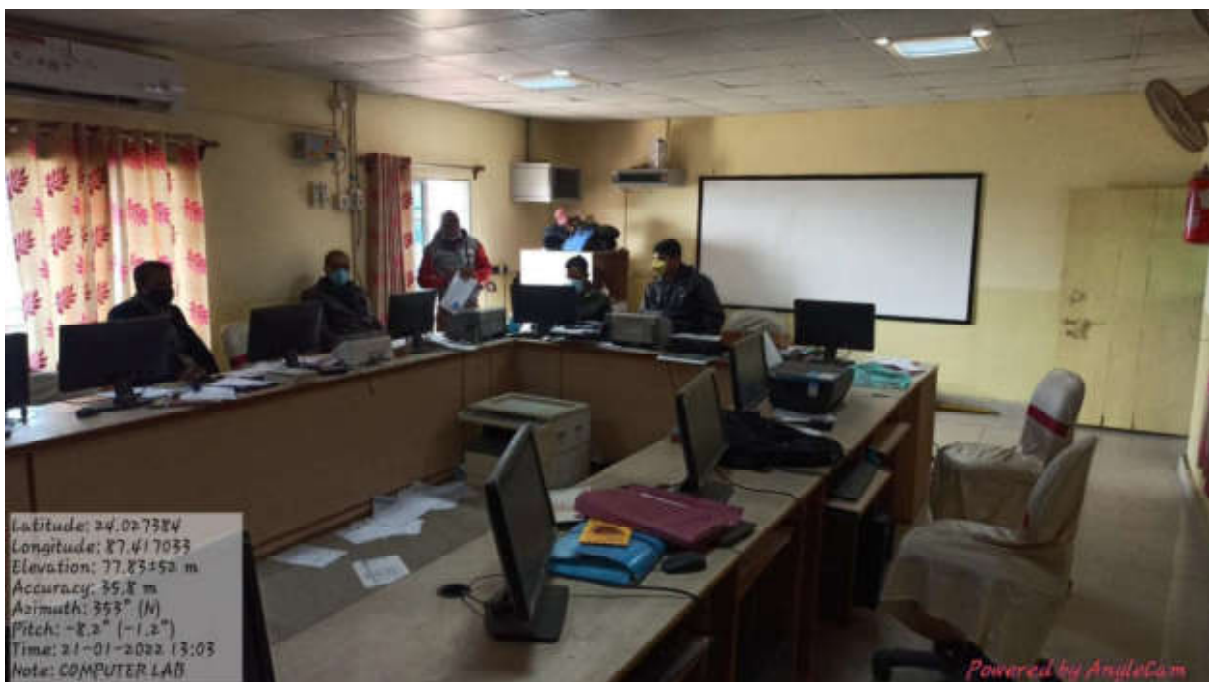


2.3.2 - Teachers use ICT enabled tools for effective teaching-learning process.
Write description in maximum of 200 words.

Language Lab



Computer Lab



Room No. 115



Room No. 201



Room No. 207



Room No. 208

