

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR

OFFICE OF THE PRINCIPAL
[A Govt. Aided Degree College permanently
affiliated to the Cooch Behar Panchanan
Barma University and enlisted under Sec. 2(F)
and 12(B) of the UGC Act]



COOCH BEHAR (WB) INDIA
PIN : 736101
Phone No. & Fax No. : 03582-222695
E-Mail : tpmm_cob@rediffmail.com
Mobile : 6295861623 (Principal)

5.1.2: Following capacity development and skills enhancement activities are organised for improving students' capability

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

Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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SOFT SKILLS

DOCUMENTS

1. ADD ON COURSE ON PERSONALITY DEVELOPMENT

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
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ADD-ON COURSE ON PERSONALITY DEVELOPMENT



ADD-ON COURSE ON PERSONALITY DEVELOPMENT

Coordinator:

Srabani Paul
Guest Teacher
Dept of Political Science
TPMM, Cooch Behar

Note for interested candidate

1. There will be 15 classes, each of 2 hours duration scattered through 6 months from September to February
2. There will be no Course Fee
3. Certification for the course is due on completion of it and clearing the Assessment of the end of the course.

Contact Course Coordinator
SMT. SRABANI PAUL for further information.
Mobile: 7384583108

Organised By
Department of Political Science
TPMM, Cooch Behar

STARTING FROM 12.09.2019



Course objectives

Personality development helps you develop an impressive personality and makes you stand apart from the rest. Personality development also plays an essential role in improving one's communication skills, much required to excel in any field nowadays. This course reveals to you all the things that you were wondering about like why people are behaving in a certain way; or why would we feel/think in a certain way and how can we fix the related issues.

PATRON: DR. SATI SINGH

TEACHER IN CHARGE

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA
COOCH BEHAR

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
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Modules:

1. Understanding HOW Feelings Work & How You Can USE This!
2. Personal Illusions That Are Holding You Back - Break Free!
3. Understanding Self-Image & Your Multiple Minds
4. Understanding Motivation - The Ultimate Driving Force
5. Tap Into the Power of The Unconscious Mind
6. Introduction To Communication - Goals & Benefits
7. Key Principles of Communication
8. Self-Talk & Powerful Language
9. Miscommunication
10. Banning Negativity from Your Life
11. Benefits Of Time Management
12. 3 Main Concepts for Excellent Time Management
13. You've Got to GIVE To GET
14. The Source of All Motivation
15. Consistency Is the Key

Program Schedule:

Day	Date	Time	Topic	Resource Person
1	12.09.2019	2:30 PM	Inaugural Session	Address by TIC, followed by course description by Course Coordinator
		3:30 PM	Understanding HOW Feelings Work & How You Can USE This!	Sri Dipak Barman
2	19.09.2019	3:30 PM	Personal Illusions That Are Holding You Back - Break Free!	Dr. Sati Singh
3	26.09.2019	3:30 PM	Understanding Self-Image & Your Multiple Minds	Sri Supriya Debnath
4	07.11.2019	3:30 PM	Understanding Motivation - The Ultimate Driving Force	Sri Dipak Barman
5	14.11.2019	3:30 PM	Tap Into the Power of The Unconscious Mind	Mostafa Ahmed
6	21.11.2019	3:30 PM	Introduction To Communication - Goals & Benefits	Smt. Jolly Saha
7	28.11.2019	3:30 PM	Key Principles of Communication	Dr. Chandrima Bhattacharjee

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8	05.12.2019	3:30 PM	Self-Talk & Powerful Language	Sri Supriya Debnath
9	02.01.2020	3:30 PM	Miscommunication	Dr. Bibhuti Bhushan Biswas
10	09.01.2020	3:30 PM	Banning Negativity from Your Life	Mostafa Ahmed
11	16.01.2020	3:30 PM	Benefits Of Time Management	Dr. Joydeep Pal
12	06.02.2020	3:30 PM	3 Main Concepts for Excellent Time Management	Sri Dipak Barman
13	13.02.2020	3:30 PM	You've Got to GIVE To GET	Sri Dipak Barman
14	20.02.2020	3:30 PM	The Source of All Motivation	Sri Krishnendu Bera
15	27.02.2020	1:30 PM	Consistency Is the Key	Sri Krishnendu Bera
		3:30 pm	Assessment	N.A.

Note for students:

1. There will be no course fee.
2. An assessment will be held at the end of the course. Clearing the test is mandatory for certification.

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Report on the Add-On course the “Personality Development”

Organized By- Department of Political Science
Venue- Thakur Panchanan Mahila Mahavidyalaya, Cooch Behar
Date- 12.09.2019 to 27.02.2020
Course Coordinator- Smt. Srabani Paul, Guest lecturer, Dept. of Political Science

The department of Political Science of Thakur Panchanan Mahila Mahavidyalaya conducted an add-on course on Personality Development from 12th September, 2019 to 27th February, 2020. This course is designed to help individuals enhance their personal attributes, communication skill and overall demeanor. These classes aim to equip participants with the tools and techniques to improve their self-awareness, confidence and interpersonal skills, which are crucial for personal and professional success. Participants are encouraged to reflect on their strengths, weaknesses, values, and beliefs. Activities often include personality assessments and exercises that help individuals gain a deeper understanding of themselves. Effective communication is a central focus, covering verbal and non-verbal communication, active listening, public speaking, and presentation skills. Participants learn how to express themselves clearly and confidently in various settings. The class provides strategies to build self-esteem and confidence. Techniques such as positive thinking, overcoming fears, and setting and achieving personal goals are emphasized.

A Total number of 275 students participated in the course starting from 12th September, 2019. Here were 15 modules (2 hours each) summing up to 30 hours conducted by resource persons from different fields. The course was divided into following modules-

1. Understanding HOW Feelings Work & How You Can USE This!
2. Personal Illusions that are Holding You Back- Break Free!
3. Understanding self-Image & Your Multiple Minds
4. Understanding Motivation- The Ultimate Driving Force
5. Tap Into The Power of The Unconscious Mind
6. Introduction To Communication-Goals & Benefits
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14. The source of all motivation
15. Consistency Is the Key

The illustrious inaugural speakers were Dr. Sati Singh, Teacher in Charge of the college and Ms. Srabani Paul, Course Coordinator. The other resource persons were Sri Dipak Barman (College Teacher), Dr. Sati Singh (TIC of the T.P.M.M. and also head of the Philosophy department), Sri Supriya Debnath (college teacher), Sri Mostafa Ahmed (college teacher), Smt. Jolly Saha (college teacher), Dr. Chandrima Bhattacharjee (College teacher), Dr. Bibhuti Bhushan Biswas (college teacher), Dr. Joydeep Pal (College teacher) and Shri Krishnendu Bera (college teacher).

Overall, the success of the course was heightened by the enthusiasm and participation of the students and contribution of the resource persons; and the efforts put in by the college staff and team.

Srabani Paul
Course Coordinator

Rupa Bhawmick
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ENROLLMENT LIST

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

ADD-ON COURSE ON

Personality Development

SESSION: 2019-2020

Offered By – Department of Political Science

Starting Date -12/09/2019

Sl. No.	Name of the Students	Enrollment No.	Semester
1	LIPIKA BARMAN	B.A/19/0754	1st Semester
2	MOUSUMI BARMAN	B.A/19/0758	1st Semester
3	ANUFA PARVEEN	B.A/19/0761	1st Semester
4	PRIYANKA ROY	B.A/19/0762	1st Semester
5	Rajeya Khatun	B.A/19/0768	1st Semester
6	ASWIMA LASKAR	B.A/19/0784	1st Semester
7	RINKI ROY	B.A/19/0752	1st Semester
8	JHUMA DEY	B.A/19/0753	1st Semester
9	UMA SARKAR	B.A/19/0755	1st Semester
10	MOUSUMI PERVIN	B.A/19/0756	1st Semester
11	PRIYA HARIJAN	B.A/19/0766	1st Semester
12	Riya Das	B.A/19/0767	1st Semester
13	PUJA DAS	B.A/19/0770	1st Semester
14	PAPIYA BARMAN	B.A/19/0771	1st Semester
15	TUPAI BARMAN	B.A/19/0757	1st Semester
16	RINA BISWAS	B.A/19/0759	1st Semester
17	Priyanka Roy	B.A/19/0763	1st Semester
18	JAYA BARMAN	B.A/19/0773	1st Semester
19	SUKANNA DAS	B.A/19/0775	1st Semester
20	ARPITA DAS	B.A/19/0776	1st Semester
21	Pinki Barman	B.A/19/0772	1st Semester
22	PUJA ROY	B.A/19/0777	1st Semester
23	MADHABI ROY	B.A/19/0778	1st Semester
24	SAMPA DAS	B.A/19/0779	1st Semester
25	APARNA ADHIKARY	B.A/19/0780	1st Semester

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26	MINAKSHI CHAKRABORTY	B.A/19/0781	1st Semester
27	JAYANTI BARMAN	B.A/19/0782	1st Semester
28	Puja Barman	B.A/19/0786	1st Semester
29	SOMA BARMAN	B.A/19/0787	1st Semester
30	BISHAKHA BARMAN	B.A/19/0788	1st Semester
31	APARUPA ROY	B.A/19/0790	1st Semester
32	CHAITALI MONDAL	B.A/19/0792	1st Semester
33	RUPALI RAY	B.A/19/0793	1st Semester
34	MADHUMITA DATTA	B.A/19/0795	1st Semester
35	Rupsahana Pervin	B.A/19/0794	1st Semester
36	Sajina Khatun	B.A/19/0796	1st Semester
37	JHUMA BARMAN	B.A/19/0805	1st Semester
38	SUSMITA SAHA	B.A/19/0807	1st Semester
39	PIYALI ROY	B.A/19/0813	1st Semester
40	SAHANAJ PARVIN	B.A/19/0823	1st Semester
41	Bishakha Das	B.A/19/0783	1st Semester
42	PAMPA DEBNATH	B.A/19/0785	1st Semester
43	JASMINA PARVIN	B.A/19/0797	1st Semester
44	Rumi Rarvin	B.A/19/0804	1st Semester
45	SUTAPA SAHA	B.A/19/0806	1st Semester
46	Tanushree Barman	B.A/19/0812	1st Semester
47	SWETA ADHIKARI	B.A/19/0814	1st Semester
48	MAMANI MODAK	B.A/19/0819	1st Semester
49	Tulsi Roy	B.A/19/0799	1st Semester
50	RUMPA BARMAN	B.A/19/0801	1st Semester
51	Santana Barman	B.A/19/0802	1st Semester
52	SAYANI KARJEE	B.A/19/0803	1st Semester
53	RAKHI ROY	B.A/19/0815	1st Semester
54	POOJA BARMAN	B.A/19/0816	1st Semester
55	INDRANI MODAK	B.A/19/0817	1st Semester
56	APARNA BISWAS	B.A/19/0810	1st Semester
57	PURNIMA DAS	B.A/19/0826	1st Semester
58	RIYA DEB	B.A/19/0827	1st Semester
59	SAHERA BANU	B.A/19/0828	1st Semester
60	RESHMI PARVIN	B.A/19/0829	1st Semester

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61	Shibani Barman	B.A/19/0837	1st Semester
62	SHAYANI DAS	B.A/19/0825	1st Semester
63	RATNA GHOSH	B.A/19/0836	1st Semester
64	Pampi Barman	B.A/19/0841	1st Semester
65	Maya Mallik	B.A/19/0844	1st Semester
66	MOSLEMA KHATUN	B.A/19/0846	1st Semester
67	RIMA DEY	B.A/19/0851	1st Semester
68	MASUDA KHATUN	B.A/19/0824	1st Semester
69	SNEHA MAHATO	B.A/19/0833	1st Semester
70	RITA ADHIKARY	B.A/19/0835	1st Semester
71	CHUMKI ADHIKARY	B.A/19/0843	1st Semester
72	PRIYA SARKAR	B.A/19/0845	1st Semester
73	UMMIY THAUHIDAY HABIBA PARVIN	B.A/19/0850	1st Semester
74	Mandira Deb	B.A/19/0852	1st Semester
75	Beauty Roy	B.A/19/0857	1st Semester
76	Bhagyasree Barman	B.A/19/0818	1st Semester
77	SHEULI MALLIK	B.A/19/0820	1st Semester
78	SAMPA ROY	B.A/19/0821	1st Semester
79	Basana Roy	B.A/19/0822	1st Semester
80	Tamija Khatun	B.A/19/0830	1st Semester
81	MOUSUMI PARVIN	B.A/19/0831	1st Semester
82	PRIYANKA BARMAN	B.A/19/0832	1st Semester
83	RAKHI BARMAN	B.A/19/0847	1st Semester
84	SANCHITA MANDAL	B.A/19/0838	1st Semester
85	PAMPA BARMAN	B.A/19/0840	1st Semester
86	MIRA KHATUN	B.A/19/0862	1st Semester
87	BABITA BARMAN	B.A/19/0864	1st Semester
88	Nandini Das	B.A/19/0865	1st Semester
89	JAYANTI KAR	B.A/19/0860	1st Semester
90	RINA ADHIKARY	B.A/19/0867	1st Semester
91	TANUSHRI DEY	B.A/19/0869	1st Semester
92	AJIMA KHATUN	B.A/19/0874	1st Semester
93	BANI SARKAR	B.A/19/0877	1st Semester
94	Binapani Sarkar	B.A/19/0879	1st Semester

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95	PRIYANKA CHAKRABORTY	B.A/19/0881	1st Semester
96	PAYEL DAS	B.A/19/0861	1st Semester
97	PRIYANKA BARMAN	B.A/19/0866	1st Semester
98	Shyamali Laskar	B.A/19/0868	1st Semester
99	PRIYANKA SINGH	B.A/19/0875	1st Semester
100	SUPARNA SAHA	B.A/19/0876	1st Semester
101	DIPSIKHA DAS	B.A/19/0887	1st Semester
102	Arjina Khatun	B.A/19/0889	1st Semester
103	KHADIJA KHATUN	B.A/19/0893	1st Semester
104	BARNALI SARKAR	B.A/19/0849	1st Semester
105	LAKSHMI DEY	B.A/19/0853	1st Semester
106	RUMA SAHA	B.A/19/0854	1st Semester
107	Hasi Dey	B.A/19/0855	1st Semester
108	Gouri Dey	B.A/19/0856	1st Semester
109	Sharmila Sarkar	B.A/19/0872	1st Semester
110	TRISNA SAHA	B.A/19/0873	1st Semester
111	Malabika Das	B.A/19/0871	1st Semester
112	SUSHMITA GHOSH	B.A/19/0888	1st Semester
113	Ttithi Sarkar	B.A/19/0890	1st Semester
114	LEELA SARKAR	B.A/19/0891	1st Semester
115	BARSHA SAHA	B.A/19/0909	1st Semester
116	CHHAMINA KHATUN	B.A/19/0911	1st Semester
117	ARJINA PARVIN	B.A/19/0912	1st Semester
118	Chhamchun Nahar Parvin	B.A/19/0884	1st Semester
119	Soma Dey	B.A/19/0886	1st Semester
120	PROTIMA MODAK	B.A/19/0892	1st Semester
121	ARJUFA SULTANA	B.A/19/0899	1st Semester
122	DIPA MODAK	B.A/19/0906	1st Semester
123	SANCHITA CHANDA	B.A/19/0916	1st Semester
124	MADHUMITA DAS	B.A/19/0895	1st Semester
125	MANDIRA ROY	B.A/19/0900	1st Semester
126	KRITI DEBNATH	B.A/19/0905	1st Semester
127	RUPALI SARKAR	B.A/19/0907	1st Semester
128	LABANI MODAK	B.A/19/0915	1st Semester
129	DIPA DEBNATH	B.A/19/0917	1st Semester
130	SUCHITRA SHIL	B.A/19/0921	1st Semester

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131	PAPIYA ROUTH	B.A/19/0878	1st Semester
132	TASLIMA KHATUN	B.A/19/0880	1st Semester
133	MOUSUMI PARVIN	B.A/19/0882	1st Semester
134	PAMPA BARMAN	B.A/19/0883	1st Semester
135	BABLI BARMAN	B.A/19/0885	1st Semester
136	Babli Begam	B.A/19/0896	1st Semester
137	PUJA SARKAR	B.A/19/0897	1st Semester
138	FIRDASI BEGAM	B.A/19/0898	1st Semester
139	SULTANA PARVIN	B.A/19/0913	1st Semester
140	Sujata Barman	B.A/19/0914	1st Semester
141	MEHER UNNISA	B.A/19/0925	1st Semester
142	KHURSIDA PARVIN	B.A/19/0926	1st Semester
143	Mousumi Khatun	B.A/19/0927	1st Semester
144	MAMUDA PARVIN	B.A/19/0928	1st Semester
145	TANJINA PARVIN	B.A/19/0930	1st Semester
146	LEXNA PARVIN	B.A/19/0918	1st Semester
147	SABITA SHIL	B.A/19/0922	1st Semester
148	PALLABI DAS	B.A/19/0924	1st Semester
149	RESMIKA PARVIN	B.A/19/0929	1st Semester
150	Lakima Begam	B.A/19/0934	1st Semester
151	JOYETA SAHA	B.A/19/0936	1st Semester
152	KANIKA SARKAR	B.A/19/0949	1st Semester
153	SUPARNA SARKAR	B.A/19/0933	1st Semester
154	PALLABI BARMAN	B.A/19/0935	1st Semester
155	EKTA DIXIT	B.A/19/0944	1st Semester
156	Anjana Sarkar	B.A/19/0946	1st Semester
157	PAPI MODAK	B.A/19/0952	1st Semester
158	RIYA DAS	B.A/19/0958	1st Semester
159	TAPASI BARMAN	B.A/19/0963	1st Semester
160	MOUMITA DAS	B.A/19/0901	1st Semester
161	SAHINA PARVIN	B.A/19/0903	1st Semester
162	ESHA DEB	B.A/19/0919	1st Semester
163	MITALI ADITYA	B.A/19/0920	1st Semester

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PIN : 736101
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E-Mail : tpmm_cob@rediffmail.com
Mobile : 6295861623 (Principal)

164	Priyanka Das	B.A/19/0938	1st Semester
165	Tanisa Debnath	B.A/19/0940	1st Semester
166	JHUMPA MODAK	B.A/19/0943	1st Semester
167	LAKSHMIBALA BISWAS	B.A/19/0945	1st Semester
168	MARUFA PARVIN	B.A/19/0956	1st Semester
169	FAHIMA KHATUN	B.A/19/0953	1st Semester
170	Renuka Barman	B.A/19/0959	1st Semester
171	Sangita Barman	B.A/19/0975	1st Semester
172	SUSHMITA DEY	B.A/19/0978	1st Semester
173	JYOSTNA BHOWMIKE	B.A/19/0981	1st Semester
174	LIPIKA MITRA	B.A/19/0987	1st Semester
175	Sabitri Barman	B.A/19/0965	1st Semester
176	SABINA KHATUN	B.A/19/0966	1st Semester
177	PRITI DUTTA	B.A/19/0974	1st Semester
178	PABITA ROY	B.A/19/0976	1st Semester
179	Tanushree Paul	B.A/19/0977	1st Semester
180	NISHA SARKAR	B.A/19/0979	1st Semester
181	Malija Begam	B.A/19/0939	1st Semester
182	RESHMINA PARVIN	B.A/19/0948	1st Semester
183	PRABHATI CHANDA	B.A/19/0951	1st Semester
184	RESHMI BANU	B.A/19/0954	1st Semester
185	KASHMIRA PARVIN	B.A/19/0955	1st Semester
186	Saptami Roy	B.A/19/0960	1st Semester
187	Ankita Barman	B.A/19/0961	1st Semester
188	SUJATA BARMAN	B.A/19/0971	1st Semester
189	JAYANTI ROY	B.A/19/0962	1st Semester
190	Suparna Barman	B.A/19/0967	1st Semester
191	TUMPA DEY	B.A/19/0969	1st Semester
192	NANDITA DATTA	B.A/19/0990	1st Semester
193	SIMA ROY	B.A/19/0999	1st Semester
194	MOUSUMI KARMAKAR	B.A/19/0992	1st Semester
195	SUDIPTA DATTA	B.A/19/0994	1st Semester
196	PARBATI BARMAN	B.A/19/0997	1st Semester

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
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197	Bakul Das	B.A/19/1004	1st Semester
198	BITHIKA BARMAN	B.A/19/1005	1st Semester
199	APARNA MISHRA	B.A/19/1011	1st Semester
200	PRIYANKA DAS	B.A/19/1017	1st Semester
201	ARJINA PARVIN	B.A/19/1023	1st Semester
202	KRISHNA MODAK	B.A/19/0982	1st Semester
203	SAJIMA KHATUN	B.A/19/0988	1st Semester
204	APARNA DAS	B.A/19/0991	1st Semester
205	ASNA KHATUN	B.A/19/0998	1st Semester
206	ANITA BARMAN	B.A/19/1003	1st Semester
207	SARINA KHATUN	B.A/19/1012	1st Semester
208	PRITI BARMAN	B.A/19/1018	1st Semester
209	LAXMI DAS	B.A/19/1019	1st Semester
210	Sampa Das	B.A/19/0972	1st Semester
211	ANJUNARA KHATUN	B.A/19/0983	1st Semester
212	PINKI BARMAN	B.A/19/0984	1st Semester
213	ARJINA KHATUN	B.A/19/0985	1st Semester
214	TANUSREE BARMAN	B.A/19/0993	1st Semester
215	ROSNA KHATUN	B.A/19/0995	1st Semester
216	SANGITA BARMAN	B.A/19/0996	1st Semester
217	TANIYA SAHA	B.A/19/1009	1st Semester
218	RUPA DHAR	B.A/19/1010	1st Semester
219	SAHERA BANU	B.A/19/1013	1st Semester
220	PRIYA BARMAN	B.A/19/1014	1st Semester
221	SAGARIKA ROY	B.A/19/1027	1st Semester
222	MINA ROY	B.A/19/1028	1st Semester
223	RUMI DUTTA	B.A/19/1029	1st Semester
224	SUSHMITA BISWAS	B.A/19/1025	1st Semester
225	MOUDIPA PAUL	B.A/19/1032	1st Semester
226	BEAUTY DAS	B.A/19/1034	1st Semester
227	ANITA BARMAN	B.A/19/1042	1st Semester
228	SUBHASREE BARMAN	B.A/19/1049	1st Semester
229	LIPIKA BARMAN	B.A/19/1050	1st Semester
230	HIRANBALA BARMAN	B.A/19/1052	1st Semester
231	MOUSAMI ROY	B.A/19/1024	1st Semester
232	MADHABI ROY ISHORE	B.A/19/1033	1st Semester

Rupa Bhawmick
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233	MAMATA MALLIK	B.A/19/1035	1st Semester
234	Rubina Yachmin	B.A/19/1041	1st Semester
235	ANKITA SARKAR	B.A/19/1048	1st Semester
236	ANKITA SARKAR	B.A/19/1053	1st Semester
237	SUSHAMA ROY	B.A/19/1055	1st Semester
238	Mousumi Barman	B.A/19/1001	1st Semester
239	RIMA DAS	B.A/19/1002	1st Semester
240	SHIPRA ROY	B.A/19/1007	1st Semester
241	SUPRIYA DAS	B.A/19/1008	1st Semester
242	DIPSHIKHA BHOWMIK	B.A/19/1015	1st Semester
243	BABLI BARMAN	B.A/19/1016	1st Semester
244	RASMANI ROY	B.A/19/1020	1st Semester
245	PAPIYA BARMAN	B.A/19/1036	1st Semester
246	KAJAL BARMAN	B.A/19/1037	1st Semester
247	PUJA BARMAN	B.A/19/1038	1st Semester
248	LABANI DAS	B.A/19/1039	1st Semester
249	DISHA DEY	B.A/19/1056	1st Semester
250	Dipa Barman	B.A/19/1057	1st Semester
251	PRATAYE SARKAR	B.A/19/1058	1st Semester
252	PRIYANKA DAS	B.A/19/1059	1st Semester
253	Sampa Barman	B.A/19/1054	1st Semester
254	TINGI BARMAN	B.A/19/1064	1st Semester
255	NILIMA BARMAN	B.A/19/1066	1st Semester
256	JAYA BARMAN	B.A/19/1073	1st Semester
257	PRIYANKA ROY	B.A/19/1074	1st Semester
258	Mousumi Barman	B.A/19/1076	1st Semester
259	Tapati Roy	B.A/19/1082	1st Semester
260	Snigdha Roy	B.A/19/1065	1st Semester
261	SANGITA LASKAR	B.A/19/1075	1st Semester
262	Mousumi Das	B.A/19/1084	1st Semester
263	JASMINA BEGAM	B.A/19/1086	1st Semester
264	Priyanka Roy	B.A/19/1090	1st Semester
265	MUNNI BARMAN	B.A/19/1096	1st Semester

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
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266	SWARNATARA TARAFDAR	B.A/19/1021	1st Semester
267	LAXMI SARKAR	B.A/19/1022	1st Semester
268	MANISHA BARMAN	B.A/19/1030	1st Semester
269	JYATSNA MODAK	B.A/19/1031	1st Semester
270	MERINA KHATUN	B.A/19/1043	1st Semester
271	JASHMINA PARVIN	B.A/19/1045	1st Semester
272	RUMA SARKAR	B.A/19/1046	1st Semester
273	Puja Barman	B.A/19/1062	1st Semester
274	Sangita Roy	B.A/19/1063	1st Semester
275	BISHAKHA ROY	B.A/19/1078	1st Semester

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SAMPLE CERTIFICATE



Certificate of participation
Add-on Course on Personality Development
Organized by Department of Political Science
Thakur Panchanan Mahila Mahavidyalaya
Magazine Road, Cooch Behar

This is to certify that Smt. Riya Das of B.A. Programme Course (2019–2022) of TPM Mahavidyalaya, Cooch Behar has successfully completed the Add-on Course on 'Personality Development', commencing on 12.09.2019 and concluded on 27.02.2020. We congratulate the participant for finishing the course in true spirit, and we hope this will help her in future life.

S. Singh.
Teacher-in-Charge
Teacher-in-Charge
T. P. M. Mahavidyalaya
Cooch Behar

Soubani Paul
Coordinator

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Language and Communication Skills

DOCUMENTS

1. ADD ON COURSE ON বাংলা সম্পাদনা ও প্রুফ সংশোধন বিধি
2. ADD ON COURSE ON COMMUNICATIVE ENGLISH

Rupa Bhawmick
Principal
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1. ADD ON COURSE ON বাংলা সম্পাদনা ও প্রুফ সংশোধন বিধি



ADD-ON COURSE ON বাংলা সম্পাদনা ও প্রুফ সংশোধন বিধি

.....
DATE: 23.09.2019-28.02.2020

**ORGANISED BY
DEPARTMENT OF BENGALI
TPMM, COOCH BEHAR**

Objectives
বাংলা সম্পাদনা এবং প্রুফ সংশোধন
বিধি অনুসরণ করে, যেকোনো
যোগাযোগ অনুষ্ঠানের মাধ্যমে বাংলা
ভাষার গুণগত মান উন্নতির লক্ষ্য স্থাপন
করা। শিক্ষার্থীদের ভাষার সঠিক ব্যবহার
ও সম্পাদনা ক্ষমতার উন্নয়নে সহায়ক
হতে পারে।

COORDINATOR:
DR. BIBHUTI BHUSAN BISWAS
ASSISTANT PROFESSOR
DEPT OF BENGALI
TPMM, COOCH BEHAR



**PATRON: DR. SATI SINGH
TEACHER IN CHARGE
THAKUR PANCHANAN MAHILA MAHAVIDYALAYA
COOCH BEHAR**



Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

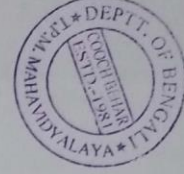
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ঠাকুর পঞ্চানন মহিলা মহাবিদ্যালয়
ম্যাগাজিন রোড, কোচবিহার



বাংলা বিভাগ

ADD-ON COURSE

Session 2019-2020

লক্ষ্য -

ঠাকুর পঞ্চানন মহিলা মহাবিদ্যালয়ের বাংলা বিভাগ 'বাংলা সম্পাদনা ও প্রফ সংশোধন বিধি' বিষয়ে একটি ADD-ON COURSE পরিচালনার উদ্যোগ নিয়েছে। এই কোর্স পরিচালনার প্রধান উদ্দেশ্য হল 'বাংলা সম্পাদনা ও প্রফ সংশোধন বিধি' বিষয়ে ছাত্রীদের সম্যকভাবে জানানো, যাতে তারা 'বাংলা সম্পাদনা ও প্রফ সংশোধন বিধি' সম্পর্কে সম্যক জ্ঞান লাভ করে। সেই জ্ঞানকে প্রসারিত করে ভবিষ্যতে নিজেকে ও সমাজকে সমৃদ্ধ করতে পারে এবং আর্থিক ভাবে স্বাবলম্বী হতে পারে।

Duration: 30 hours

উদ্দেশ্য-

- 'বাংলা সম্পাদনা ও প্রফ সংশোধন বিধি' গুরুত্ব সম্পর্কে শিক্ষার্থীদের অবগত করা
- 'বাংলা সম্পাদনা ও প্রফ সংশোধন বিধি' প্রয়োজনীয়তা সম্পর্কে অবগত করা
- মুদ্রণ শিল্প ও প্রফ সংশোধন সম্পর্কের কারণ গুলি উদ্ঘাটন করা।
- বাংলা সম্পাদনা ও প্রফ সংশোধনে গভীর মনোযোগের কারণ গুলি বিশ্লেষণ করা।
- আধুনিক যুগে বাংলা সম্পাদনা ও প্রফ সংশোধন বিধির প্রাসঙ্গিকতা।

Module I	বাংলা সম্পাদনার গুরুত্ব
Module II	আধুনিক যুগে প্রফ সংশোধনের গুরুত্ব
Module III	মুদ্রণ শিল্পের ইতিহাস
Module IV	মুদ্রণ শিল্পের প্রয়োজনীয়তা
Module V	মুদ্রণ শিল্প, সম্পাদনা ও প্রফ সংশোধনের মধ্যে সম্পর্ক
Module VI	প্রফ রিডারের প্রয়োজনীয়তা
Module VII	প্রফ রিডারের কি কি করা উচিত
Module VIII	প্রফ সংশোধনে প্রতীক চিহ্নের ব্যবহার
Module IX	অ-তৎসম শব্দের ক্ষেত্রে প্রফ সংশোধনে নিয়মাবলী
Module X	তৎসম শব্দের ক্ষেত্রে প্রফ সংশোধনে নিয়মাবলী
Module XI	বিদেশি শব্দের ক্ষেত্রে প্রফ সংশোধনে নিয়মাবলী
Module XII	শব্দ তালিকা
Module XIII	প্রফ সংশোধনে উদ্ভূত সমস্যা
Module XIV	প্রফ সংশোধনের নমুনা
Module XV	সাহিত্য সৃষ্টির ক্ষেত্রে সম্পাদনা ও প্রফ সংশোধনের অবদান

Rupa Bhattacharya

Principal
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Schedule:

Day	Date	Module	Name of the Topic	Time	Faculty/ Resource Persons
1	23.09.2019	Inaugural Session		10.00 am to 10.30 am	
		Module I	বাংলা সম্পাদনার গুরুত্ব	10.30 am to 11.30 am	জয়দেব মণ্ডল
2	25.09.2019	Module I	বাংলা সম্পাদনার গুরুত্ব	10.30 am to 11.30 am	ড. সুরত কুমার মাল্লা
3	26.09.2019	Module II	আধুনিক যুগে প্রফ সংশোধনের গুরুত্ব	10.30 am to 11.30 am	কৃষ্ণেন্দু বেরা
4	27.09.2019	Module II	আধুনিক যুগে প্রফ সংশোধনের গুরুত্ব	10.30 am to 11.30 am	কৃষ্ণেন্দু বেরা
5	30.09.2019	Module III	মুদ্রণ শিল্পের ইতিহাস	10.30 am to 11.30 am	সুপ্রিয় দেবনাথ
6	18.11.2019	Module III	মুদ্রণ শিল্পের ইতিহাস	10.30 am to 11.30 am	সুপ্রিয় দেবনাথ
7	19.11.2019	Module IV	মুদ্রণ শিল্পের প্রয়োজনীয়তা	10.30 am to 11.30 am	সুপ্রিয় দেবনাথ
8	20.11.2019	Module IV	মুদ্রণ শিল্পের প্রয়োজনীয়তা	10.30 am to 11.30 am	দীপক বর্মণ
9	21.11.2019	Module V	মুদ্রণ শিল্প, সম্পাদনা ও প্রফ সংশোধনের মধ্যে সম্পর্ক	10.30 am to 11.30 am	দীপক বর্মণ
10	26.11.2019	Module V	মুদ্রণ শিল্প, সম্পাদনা ও প্রফ সংশোধনের মধ্যে সম্পর্ক	10.30 am to 11.30 am	কৃষ্ণেন্দু বেরা
11	27.11.2019	Module VI	প্রফ রিডারের প্রয়োজনীয়তা	10.30 am to 11.30 am	কৃষ্ণেন্দু বেরা
12	28.11.2019	Module VI	প্রফ রিডারের প্রয়োজনীয়তা	10.30 am to 11.30 am	কৃষ্ণেন্দু বেরা
13	23.12.2019	Module VII	প্রফ রিডারের কি কি করা উচিত	10.30 am to 11.30 am	জয়দেব মণ্ডল
14	24.12.2019	Module VII	প্রফ রিডারের কি কি করা উচিত	10.30 am to 11.30 am	ড. সুরত কুমার মাল্লা
15	02.01.2020	Module VIII	প্রফ সংশোধনে প্রতীক চিহ্নের ব্যবহার	10.30 am to 11.30 am	সুপ্রিয় দেবনাথ
16	03.01.2020	Module VIII	প্রফ সংশোধনে প্রতীক চিহ্নের ব্যবহার	10.30 am to 11.30 am	সুপ্রিয় দেবনাথ

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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17	04.01.2020	Module IX	অ-ভৎসম শব্দের ক্ষেত্রে ফ্রফ সংশোধনে নিয়মাবলী	10 .30 am to 11. 30 am	দীপক বর্মন
18	06.01.2020	Module IX	অ-ভৎসম শব্দের ক্ষেত্রে ফ্রফ সংশোধনে নিয়মাবলী	10 .30 am to 11. 30 am	সুপ্রিয় দেবনাথ
19	16.01.2020	Module X	ভৎসম শব্দের ক্ষেত্রে ফ্রফ সংশোধনে নিয়মাবলী	10 .30 am to 11. 30 am	কৃষ্ণেন্দু বেরা
20	17.01.2020	Module X	ভৎসম শব্দের ক্ষেত্রে ফ্রফ সংশোধনে নিয়মাবলী	10 .30 am to 11. 30 am	কৃষ্ণেন্দু বেরা
21	22.01.2020	Module XI	বিদেশি শব্দের ক্ষেত্রে ফ্রফ সংশোধনে নিয়মাবলী	10 .30 am to 11. 30 am	কৃষ্ণেন্দু বেরা
22	24.01.2020	Module XI	বিদেশি শব্দের ক্ষেত্রে ফ্রফ সংশোধনে নিয়মাবলী	10 .30 am to 11. 30 am	দীপক বর্মন
23	25.01.2020	Module XII	শব্দ তালিকা	10 .30 am to 11. 30 am	দীপক বর্মন
24	10.02.2020	Module XII	শব্দ তালিকা	10 .30 am to 11. 30 am	সুপ্রিয় দেবনাথ
25	11.02.2020	Module XIII	ফ্রফ সংশোধনে উদ্ধৃত সমস্যা	10 .30 am to 11. 30 am	সুপ্রিয় দেবনাথ
26	12.02.2020	Module XIII	ফ্রফ সংশোধনে উদ্ধৃত সমস্যা	10 .30 am to 11. 30 am	সুপ্রিয় দেবনাথ
27	25.02.2020	Module XIV	ফ্রফ সংশোধনের নমুনা	10 .30 am to 11. 30 am	কৃষ্ণেন্দু বেরা
28	26.02.2020	Module XIV	ফ্রফ সংশোধনের নমুনা	10 .30 am to 11. 30 am	কৃষ্ণেন্দু বেরা
29	27.02.2020	Module XV	সাহিত্য সৃষ্টির ক্ষেত্রে সম্পাদনা ও ফ্রফ সংশোধনের অবদান	10 .30 am to 11. 30 am	দীপক বর্মন
30	28.02.2020	Module XV	সাহিত্য সৃষ্টির ক্ষেত্রে সম্পাদনা ও ফ্রফ সংশোধনের অবদান	10 .30 am to 11. 30 am	দীপক বর্মন
Valedictory Session				2 pm onwards	



Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Course Report

Report on the Add on Course on 'বাংলা সম্পাদনা ও প্রুফ সংশোধন বিধি'
held from 23/09/2019 to 28/02/2020

Course Patron- Dr. Sati Singh

Course Coordinator- Dr. Bibhuti Bhusan Biswas

Course Duration- 23rd September 2019 to 28th February 2020 (Five months)

Course Hours- 30 Hours

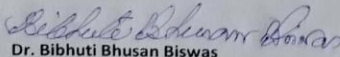
Number of the Participated Students: 278

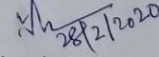
Resource Persons:


1. Joydeb Mandol
2. Dr. Subrata Kumar Manna
3. Krishnendu Bera
4. Dipak Barman
5. Supriya Debnath



The Department of Bengali Thakur Panchanan Mahila Mahavidyalaya, conducted an Add on Course on 'বাংলা সম্পাদনা ও প্রুফ সংশোধন বিধি' from 23/09/2019 to 28/02/2020. The Course was intended for providing an insightful understanding and knowledge on Editing and Proof Reading. Commencing on 23/09/2019, the course comprised of 15 sessions of 1.00 hours each, conducted by Resource Persons from different College & Department. A strong conceptual as well as practical approach was followed throughout all the sessions. Illustrious Resource Persons, namely, Sri Joydeb Mandol, Associate Professor Department of Bengali, Cooch Behar College, Dr. Subrata Kumar Manna Assistant Professor in Bengali, B.T & Evening College Cooch Behar, Sri Supriya Debnath Assistant Professor in English Thakur Panchanan Mahila Mahavidyalaya, Sri Krishnendu Bera Assistant Professor, Department of English, Thakur Panchanan Mahila Mahavidyalaya, Sri Dipak Barman Assistant Professor, Department of English, Thakur Panchanan Mahila Mahavidyalaya, graced the course with their valuable lectures. A total of 278 (Two Hundred Seventy Eight) students of our College, enrolled themselves for the course, and attended all the sessions with much enthusiasm and interest. The participants were issued certificates after the completion of the course. The Valedictory Function of the programmed was conducted on 28/02/2020. The success of the course was heightened by the enthusiasm and participation of students, Contribution of the Resource Persons and finally the efforts put by the teachers of the Department.


Dr. Bibhuti Bhusan Biswas
Course Coordinator


Dr. Upendra Nath Barman
Head of the Department
Department of Bengali,
Thakur Panchanan Mahila Mahavidyalaya
Head
Deptt. of Bengali
T.P.M. Mahavidyalaya


Principal
T.P.M. Mahavidyalaya
Cooch Behar

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SAMPLE CERTIFICATE

Certificate of participation
Add-on Course on
বাংলা সম্পাদনা ও প্রফ সংশোধন বিধি
Organized by Department of Bengali
Thakur Panchanan Mahila Mahavidyalaya
Magazine Road, Cooch Behar

This is to certify that Smt. Lakshmi Singha Roy of Department of Bengali
of T.P.M. Mahavidyalaya, Cooch Behar has successfully completed the Add-on Course on বাংলা সম্পাদনা ও প্রফ
সংশোধন বিধি, commencing on 23.09.2019 and concluded on 28.02.2020. We congratulate the participant for finishing
the course in true spirit, and we hope this will help her in future life.

S. Singh,
28.02.2020.
Teacher-in-Charge
Teacher-in-Charge
T. P. M. Mahavidyalaya
Cooch Behar

Bibhuti Bhawan Prasad
28/2/2020
Coordinator

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Mobile : 6295861623 (Principal)

PHOTOGRAPHS ON THE PROGRAMME



Tithi Ghosh Receiving Course Completion Certificate from Dr. Upen Nath Barman.

Date:- 28-02-2020

Place:- Seminar Hall, TPM Mahavidyalaya

AUTHENTICATED

U.N.B. 28/02/2021
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar



Sharmista Ghosh Receiving Course Completion Certificate from Dr. Upen Nath Barman.

Date:- 28-02-2020

Place:- Seminar Hall, TPM Mahavidyalaya

AUTHENTICATED

U.N.B. 28/02/21
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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2. ADD ON COURSE ON COMMUNICATIVE ENGLISH

COORDINATOR:

DIPAK BARMAN
ASSISTANT PROFESSOR
DEPT. OF ENGLISH

DURATION OF THE COURSE:
6 MONTHS

Important Notes

- o There will be no registration fee for students o Certificate will be issued t
- o Those students who will complete at least 80% of Class

ADD-ON COURSE ON COMMUNICATIVE ENGLISH

ORGANISED BY
DEPARTMENT OF ENGLISH
TPMM, COOCH BEHAR

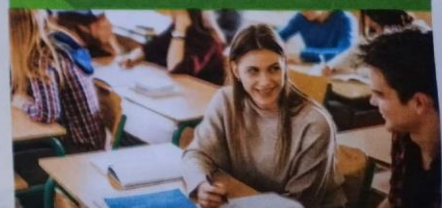
Starting from 3rd September, 2019



PATRON: DR. RUPA BHAWMICK, PRINCIPAL
THAKUR PANCHANAN MAHILA MAHAVIDYALAYA
COOCH BEHAR

OBJECTIVES

- To enhance proficiency in listening, speaking, reading, and writing for effective communication.
- To expand vocabulary, improve grammar, and develop communication strategies while fostering critical thinking and cultural awareness.
- To prepare for professional environments and encourage lifelong learning and autonomous language improvement.



Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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DEPARTMENT OF ENGLISH

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

ADD-ON COURSE ON COMMUNICATIVE ENGLISH Module of the Course

Date: 03.09.2019 to 11.03.2020

Date	Topic
03.09.2019	Introduction on communicative English
07.09.2019	Foundations of Communication
14.09.2019	Grammar and Vocabulary Enhancement
19.09.2019	The sounds of English
27.09.2019	Pronunciation of Words and Everyday phrases
09.11.2019	Preliminary level phonetics
16.11.2019	Spoken Skills: Greetings
23.11.2019	Introducing oneself
27.11.2019	Listening and Comprehension
30.11.2019	Everyday phrases and responses
20.12.2019	Asking questions, Giving answers.
24.12.2019	Vocabulary and Word Recognition
02.01.2020	Basic ideas about parts of speech
04.01.2020	number, gender in nouns and pronouns
11.01.2020	Oral Expression of the Language
17.01.2020	Brief Story-telling
22.01.2020	Narrating a local event
24.01.2020	Interviews
28.01.2020	Condensation of sentences
05.02.2020	One-word substitutions for larger phrases
10.02.2020	Tense of verbs
13.02.2020	change of tense
18.02.2020	Group activity
22.02.2020	Mock Interview
26.02.2020	Mock sales persuasion of products.
29.02.2020	Writing Skills
02.03.2020	Presentation and Public Speaking
05.03.2020	Cultural Aspects of Communication
07.03.2020	Practical Applications and Role-plays
11.03.2020	Assessments and Certification

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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DEPARTMENT OF ENGLISH

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

Ref. No.....

Date: 13/03/2020

Add-On Course on Communicative English

Course Report

Course Patron: Dr. Sati Singh

Course Coordinator: Dipak Barman, Assistant Professor, Department of English

Course Duration: 12.09.2019-11.03.2020 (6 Month)

Number of participated students: 280

Course Instructor:

1. Supriya Debnath
Assistant Professor
Department of English, TPMM
2. Krishnendu Bera
Assistant Professor
Department of English, TPMM
3. Dipak Barman
Assistant Professor
Department of English, TPMM
4. Mostafa Ahmed
Part-Time Teacher
Department of English, TPMM

Course Objectives: The Communicative English course organized by the Department of English aims to enhance students' proficiency in spoken and written English, focusing on real-life communication skills. It seeks to build confidence in public speaking, improve listening skills, and foster effective interpersonal communication. The course also emphasizes the development of critical thinking and the ability to articulate ideas clearly and persuasively. Through interactive sessions, role-plays, and group discussions, students will gain practical experience in various communicative contexts.

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Course Achievement: The Add-On course on Communicative English organized by the English Department was a transformative experience, equipping participants with enhanced spoken and written communication skills. Throughout the course, participants engaged in interactive sessions that focused on improving fluency in spoken English, refining writing abilities, and developing effective listening techniques. The program not only strengthened their language proficiency but also boosted their confidence in expressing ideas and understanding cultural nuances in communication. Feedback from participants highlighted substantial improvements in both personal and professional interactions, underscoring the course's relevance and impact in preparing them for future academic and career endeavors.

S. Singh.
13.03.2020
Teacher in charge

TPMM, Cooch Behar

Teacher-in-Charge
T. P. M. Mahavidyalaya
Cooch Behar

Dipak Barman

Course Co-Ordinator

Department of English

Rupa Bhattacharya

Principal
T.P.M. Mahavidyalaya
Cooch Behar

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SAMPLE CERTIFICATE



Thakur Panchanan Mahila Mahavidyalaya
Magazine Road, Cooch Behar

To Whom It May Concern

This is to certify that Smt. Rupsin Parvin, has successfully completed Add-on Course on
"Communicative English" organized by the Department of English, TPMM from 03.09.2019 to 11.03.2020. On behalf of the Organizing
Committee, I expect the course will fulfil its intended purpose and help the participant in future life.

Dipak Barman
Course Coordinator

S. Singh.
11.03.2020.
Teacher-in-charge
Teacher-in-Charge
T. P. M. Mahavidyalaya
Cooch Behar

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
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Life Skills

DOCUMENTS

1. INTERNATIONAL YOGA DAY BY NCC ON 21/06/2022
2. INTERNATIONAL YOGA DAY BY NCC ON 21/06/2023
3. FACILITY OF GYM
4. THALASSEMIA DETECTION CAMP BY NSS ON 09/10/2018
5. SWACHHTA AWARENESS PROGRAMME BY NSS ON 28/09/2019 TO 29/03/2019
6. ANTI-TOBACCO DAY BY NCC ON 31/05/2019
7. DISTRICT LEVEL COMPETITION ON VIDEOS, SONGS & RECITATIONS FOR AWARENESS OF COVID-19 BY NSS ON 03/05/2020
8. CLEANLINESS DRIVE PROGRAMME UNDER SAP ON 08/01/2021 TO 10/01/2021
9. COVID-19 AWARENESS DRIVE BY NSS ON 01-01-2022
10. ANTI-TOBACCO DAY BY NCC ON 31/05/2023
11. DISTRICT LEVEL EXTEMPORE COMPETITION ON ANTI-TOBACCO DAY ON 31/05/2023
12. AWARENESS CAMPAIGN OF PERSONAL HYGIENE, PREVENTION OF MOSQUITO-BORNE DISEASES AND HEALTHY FOOD BY NSS ON 15/03/2023
13. SAMPLE PHOTOGRAPHS OF DIFFERENT COVID-19 VACCINATION CAMPS

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar


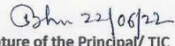
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1. INTERNATIONAL YOGA DAY BY NCC ON 21/06/2022

7 Bengal Girl's Bn NCC	
 THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL PIN NO.-736101.	
Ref. No: / Sl.No. - 07/21-22	Date: - 21/06/2022
Report on "International Yoga Day"	
1.) Title of the Program:	International Yoga Day.
2.) Mode of conduction:	Offline.
3.) Date:	21/06/2022. Time : 9.00 am
4.) Venue:	TPM Mahavidyalaya ,Cooch Behar.
5.) Category of participants:	NCC Unit Staff, Teachers, CTO, Cadets/Students, and others of TPMM.
6.) Organiser:	7 Bengal Girl's Bn NCC of TPM Mahavidyalaya.
7.) Funded by:	TPM Mahavidyalaya.
8.) Introduction:	
a) Description of the programme: 7 Bengal Girl's BN NCC Cadets welcome all the dignitaries present at the International Yoga Day function. The program was concluded with various speeches and various Yoga. Tiffin was served after the programme.	
b.) Objective of the programme: The main objective of this program is to – i) inculcate social values among all participants, ii) Patriotism, iii) Yoga awareness , iv) Sacrifice, v) Remembering the day, vi) Be careful yourself vii) Health awareness etc.	
9. Details findings of the Programme:	
7 Bengal BN NCC TPM Mahavidyalaya organised this programs every year. The main aim of this program is to inculcate social values among all students/cadets. Such programs instill confidence in students/cadets and enhance their creativity.	
10. Conclusion (With desired outcome, actual achievement, suggestions):	
The programme was successfully completed by the CTO, Cadets/ Students, and others of TPMM and they very much enjoyed the entire program. The audiences enjoyed the program and they encouraged the participants.	
11.) Annexure: a.) Photographs of the program – done, b.) Signature of the Participants Students/cadets - done.	
12.) Signature of the Programme Coordinator:	
C.T.O/A.N.O NCC UNIT T.P.M. Mahavidyalaya Cooch Behar	 Signature of the Principal/ TIC Principal T.P.M. Mahavidyalaya Cooch Behar

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Phone No. & Fax No. : 03582-222695
E-Mail : tpmm_cob@rediffmail.com
Mobile : 6295861623 (Principal)

7 Bengal Girl's Bn NCC

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL
PIN NO.-736101.

Ref.No./Sl. No. 07/21-22 (Date 21/06/2022)

Picture Report of the International Yoga Day

Cooch Behar, West Bengal, India
8F82+X3Q, Magazine Rd, Mukuldanga, Cooch Behar,
West Bengal 736101, India
Lat 26.317366°
Long 89.450872°
21/06/22 08:37 AM

Cooch Behar, West Bengal, India
8F82+X3Q, Magazine Rd, Mukuldanga, Cooch Behar,
West Bengal 736101, India
Lat 26.317247°
Long 89.450956°
21/06/22 08:40 AM

Cooch Behar, West Bengal, India
8F82+Q93, Magazine Rd, Mukuldanga, Cooch Behar,
West Bengal 736101, India
Lat 26.317228°
Long 89.450754°
21/06/22 08:30 AM

AUTHENTICATED
Ashu 21/06/22
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

Activity - International Yoga Day.

Time :- 8.30 am

Place - TPM Mahavidyalaya, Cooch Behar.

Participate of the Cadets - 25

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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2. INTERNATIONAL YOGA DAY BY NCC ON 21/06/2023

	7 Bengal Girl's Bn NCC	
THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL		
PIN NO.-736101, CONTACT NO. - 8900523530.		
Ref.No./Sl. No. 11/22-23	Report of the NCC	Date 21/06/2023
<u>International Yoga Day</u>		
It is observed in our college every year.		
<p>The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014.^[1] Yoga is a physical, mental and spiritual practice which originated in ancient India.^[2] The Indian Prime Minister Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.</p>		
AUTHENTICATED		
Principal Thakur Panchanan Mahila Mahavidyalaya Cooch Behar		Tumpa Ghosh Bibi (CTO) 7 Bengal Girl's Bn NCC TPMM, COB. C.T.O/A.N.O NCC UNIT T.P.M. Mahavidyalaya Cooch Behar

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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7 Bengal Girl's Bn NCC



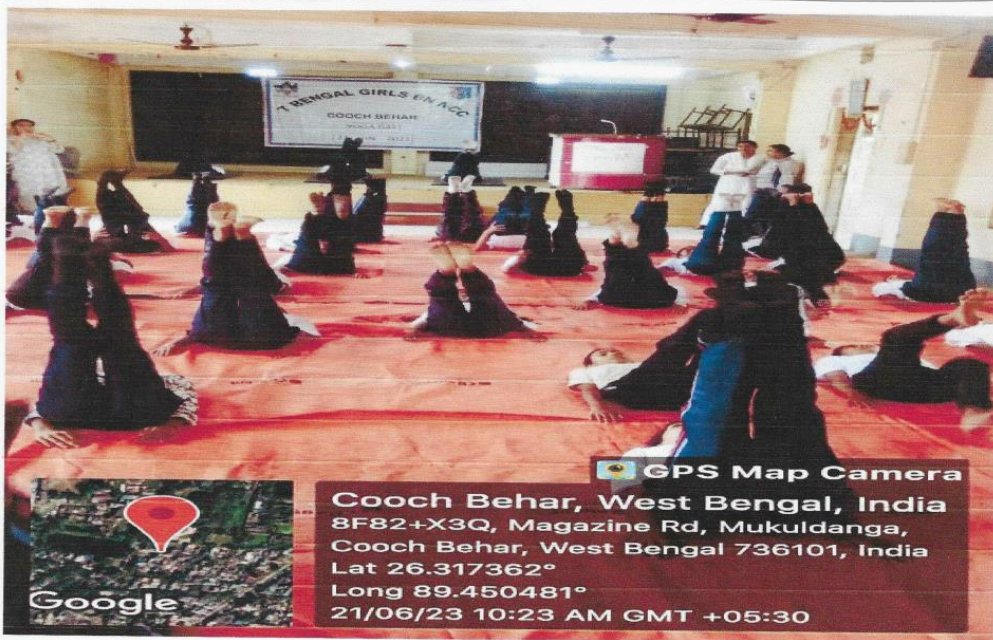
THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL

PIN NO.-736101, CONTACT NO. - 8900523530.

Ref.No./Sl. No. 11/22-23

Report of the NCC

Date 21/06/2023



Programme - International Yoga Day, Date - 21/06/2023,

Time :- 11.00 am

Participate of the Cadets - 40

Place - TPM Mahavidyalaya, Cooch Behar

AUTHENTICATED
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

21/06/23
Tumpa Ghosh Bibi (CTO)

7 Bengal Girl's Bn NCC
C.T.O./A.N.O
NCC UNIT
T.P.M. Mahavidyalaya
Cooch Behar

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

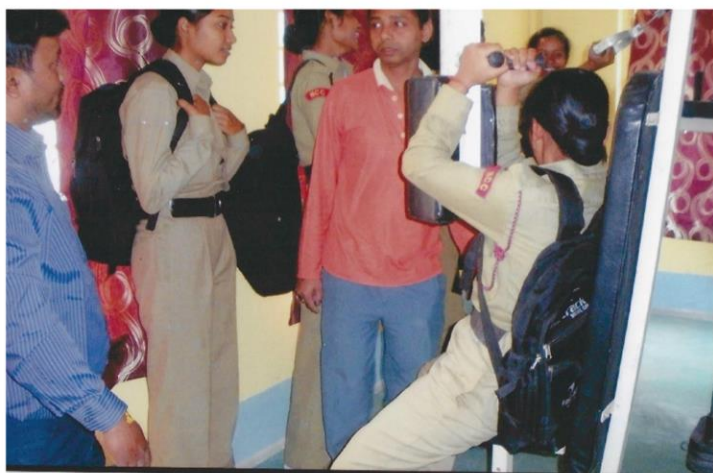
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Mobile : 6295861623 (Principal)

3. FACILITY OF GYM



Gym of Thakur Panchanan Mahila Mahavidyalaya

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA

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Mobile : 6295861623 (Principal)



Gym of Thakur Panchanan Mahila Mahavidyalaya

Rupa Bhawmick

Principal

**T.P.M. Mahavidyalaya
Cooch Behar**

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4. THALASSEMIA DETECTION CAMP BY NSS ON 09/10/2018



Students Thakur Panchanan Mahila Mahavidyalaya are Present in Seminar Hall for Thalassemia Test

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Students Thakur Panchanan Mahila Mahavidyalaya are Giving Blood Samples for Thalassemia Test

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR

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Mobile : 6295861623 (Principal)

5. SWACHHTA AWARENESS PROGRAMME BY NSS ON 28/09/2019 TO 29/03/2019

Name: Swachhta Awareness Programme

Date: 28/03/2019 and 29/03/2019

Number of Students Participated: 28

Collaborating Agency: NSS Unit, Thakur Panchanan Mahila Mahavidyalaya with Kishan Prathamik Vidyalaya, Bin Patti, Khagrabari, Cooch Behar

Report: The NSS Unit of Thakur Panchana Mahila Mahavidyalaya organised the programme to make the students aware of the Swachhta. And cleanliness as they were convinced of the message— **“Cleanliness is Godliness”**. The Volunteers presented the colourful charts to quicken the pace of understanding of the young students. The programme was applauded by the learners as they understood the basic motto of the cleanliness in their personal life as well for the greater perspective of societal environment.

NSS Volunteers Are Presenting with Posters the Value of Swachhta on 29/03/19



Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Mobile : 6295861623 (Principal)



NSS Volunteers Are Presenting with Posters the Value of Swachhta on 29/03/19

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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E-Mail : tpmc_cob@rediffmail.com

Mobile : 6295861623 (Principal)



NSS Volunteers Are Presenting with Posters the Value of Personal Hygiene in front of the Learners on 29/03/19

Rupa Bhattacharya
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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6. ANTI-TOBACCO DAY BY NCC ON 31/05/2019

Date: 31/05/2019

Number of Students Participated: 30

Collaborating Agency: Organised by NCC Unit, Thakur Panchanan Mahila Mahavidyalaya.

7 Bengal Girl's Bn NCC

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL
PIN NO.-736101.

Ref. No: / Sl.No. - 09/18-19 Date: - 31/05/2019

Report on "Anti Tobacco Day"

1.) Title of the Program: Anti Tobacco Day.
2.) Mode of conduction: Offline.
3.) Date: 31/05/2019. Time : 12.00 noon
4.) Venue: TPM Mahavidyalaya and Road show of Cooch Behar.
5.) Category of participants: TIC Madam, Teachers, CTO, Cadets/Students, and others of TPMM.
6.) Organiser: TPM Mahavidyalaya.
7.) Funded by: TPM Mahavidyalaya.

8.) Introduction:
a) **Description of the programme:** 7 Bengal Girl's BN NCC Cadets welcome all the dignitaries present at the Anti Tobacco Day function. The programme is started with lamp lightening and speech by Dr. Sati Singh, TIC, TPMM. CTO and Sr. Cadets arranged many activities for Anti Tobacco day which include cultural events where everyone got chance to show their talent. After that the program was concluded with various speeches and various patriotic songs. Tiffin was served after the programme.

b.) **Objective of the programme:** The main objective of this program is to – i) inculcate social values among all participants, ii) Patriotism, iii) Anti drug, iv) Sacrifice, v) Remembering the day, vi) Be careful yourself etc.

9. **Details findings of the Programme:**
7 Bengal BN NCC TPM Mahavidyalaya organised this programs every year. The main aim of this program is to inculcate social values among all students/cadets. Such programs instill confidence in students/cadets and enhance their creativity.

10. **Conclusion (With desired outcome, actual achievement, suggestions):**
The programme was successfully completed by the CTO, Cadets/ Students , and others of TPMM and they very much enjoyed the entire program. The audiences enjoyed the program and they encouraged the participants.

11.) **Annexure:** a.) Photographs of the program. b.) Signature of the Participants Students/cadets.

12.) **Signature of the Programme Coordinator:**
C.T.O./A.R.D
NCC UNIT
T.P.M. Mahavidyalaya
Cooch Behar

S. Singh
31.05.2019,
Signature of the TIC
Teacher-in-Charge
T. P. M. Mahavidyalaya,
Cooch Behar

Report of the Programme

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR

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Mobile : 6295861623 (Principal)

7 Bengal Girl's Bn NCC

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL
PIN NO.-736101.

Ref.No./Sl. No. 09/18-19 Date 31/05/2019

Report of the NCC



Programme - Anti Tobacco Day (Rally)
Date - 31/05/2019, Time :- 11.00 am
Participate of the Cadets - 20
Place - TPM Mahavidyalaya, Cooch Behar.

31/5/2019
C.T.O./A.N.O
NCC UNIT
T.P.M. Mahavidyalaya
Cooch Behar

Photo of the Programme

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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7. DISTRICT LEVEL COMPETITION ON VIDEOS, SONGS & RECITATIONS FOR AWARENESS OF COVID-19 BY NSS ON 03/05/2020

Date: May 2020

Number of Students Participated: 10

Collaborating Agency: National Service Scheme, Cooch Behar Panchanan Barma University & Cooch Behar College.

Report: The NSS volunteers of Thakur Panchanan Mahila Mahavidyalaya took part in **District Level Competition on Videos, Songs & Recitations for Awareness of Covid-19** in online mode. To spread awareness about COVID-19, they have created collage, poster, video besides recitation and singing and shared them on different social media platforms.



Poster Made by the NSS Volunteer Puja Singha Ray

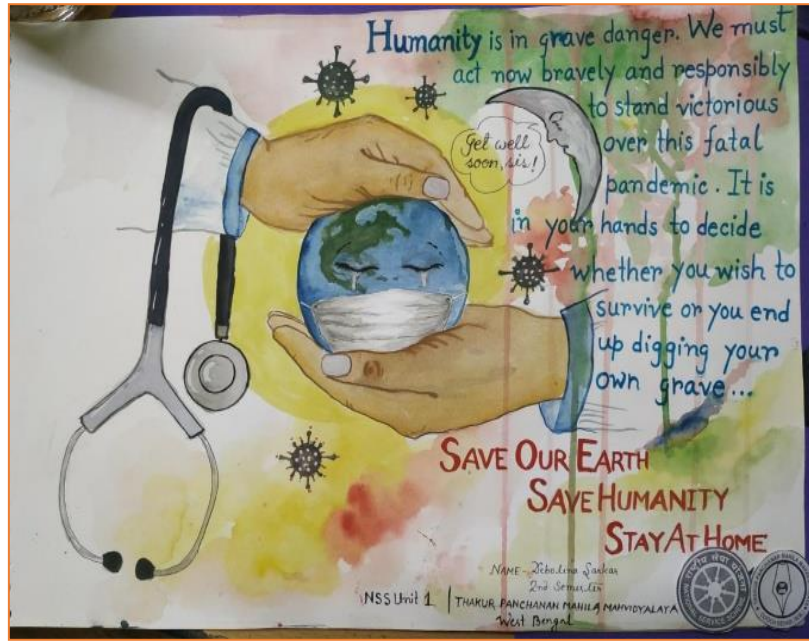
Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Mobile : 6295861623 (Principal)



Poster Made by the NSS Volunteer Debolina Sarkar



Poster Made by NSS Volunteer Pakhi

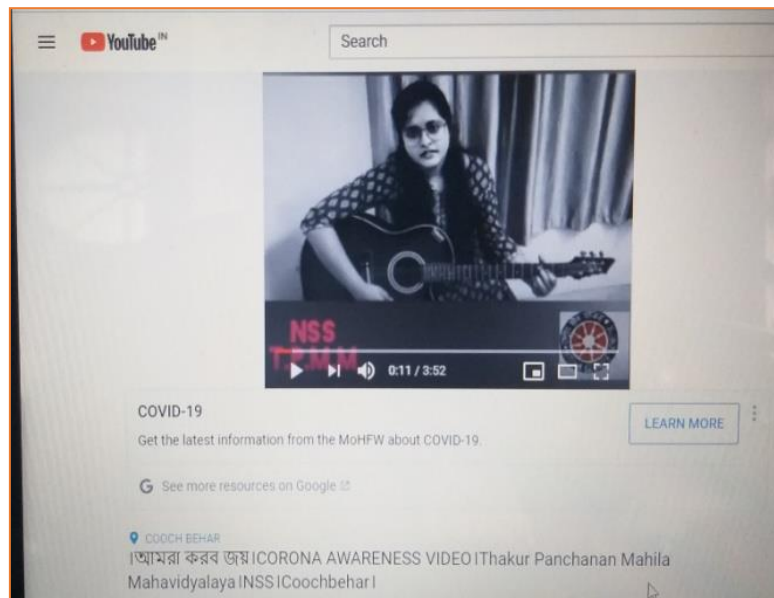
Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR

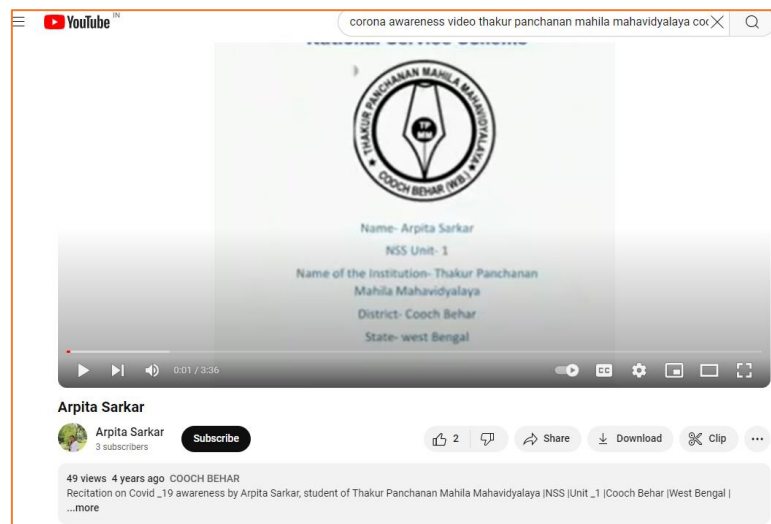
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Mobile : 6295861623 (Principal)



Video of Song Made and Shared by Arishmita Sarkar



Recitation Recorded and Uploaded by the NSS volunteer Arpita Sarkar

Link: <https://www.youtube.com/watch?v=NBzeUsfqvYE>

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR


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YouTube

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COVID-19
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See more resources on Google

"তুমি থাকো ঘরে, আমি থাকি ঘরে।তোমার সাথে দেখা হবে,কোরোনা চলে গেলে।।।"

Priya Debnath
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32 views 4 years ago COOCH BEHAR
Awareness of COVID 19. Created by Priya Debnath student of Thakur Panchanan Mahila Mahavidyalaya, NSS,Coochbehar, West Bengal ...more

Poetry Written and Recited by Priya Debnath, NSS Volunteer, TPMM

Link: <https://www.youtube.com/watch?v=dDHuq5ijOqM>

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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8. CLEANLINESS DRIVE PROGRAMME UNDER SAP ON 08/01/2021 TO 10/01/2021

Date: 08/01/2021 to 10/01/2021

Number of Students Participated: 10

Collaborating Agencies: NSS Unit, Thakur Panchanan Mahila Mahavidyalaya in Collaboration with Cooch Behar Panchanan Barma University and Cooch Behar College.

Extension Activity Report
National Service Scheme
Thakur Panchanan Mahila Mahavidyalaya
2020-2021

Name of the Programme: Cleanliness Drive Programme under SAP

Date: 08/01/2021-10/01/2021

Duration: 3 days

Venue: Cooch Behar Panchanan Barma University (08/02/2021), Cooch Behar College (09/02/2021), Thakur Panchanan Mahila Mahavidyalaya (10/02/2021).

Description: NSS, Thakur Panchanan Mahila Mahavidyalaya organised Cleanliness Drive Programme under SAP in collaboration with CBPBU and Cooch Behar College.

08/01/21: Ten volunteers participated in seminar and drive for cleaning at CBPBU campus.

09/01/21: Ten volunteers participated in rally and cleanliness drive at Cooch Behar College campus.

10/01/21: NSS volunteers organised and participated in poster/painting competition and cleanliness drive at Thakur Panchanan Mahila Mahavidyalaya campus.

List of N.S.S. Volunteers who participated
N.S.S. Unit, Thakur Panchanan Mahila Mahavidyalaya

Sr	Name	Sem	Address	Phone no
1	Sagarika Debnath	5	Temple street, Patakura, Cooch Behar	8972760966
2	Sonali Roy	5	Sarada Devi Rd, Cooch Behar	8944031987
3	Osmita Das	5	Madhupur, Cooch Behar	8967982082
4	Shuvra Dutta	5	Jhinaidanga, Cooch Behar	9679419667
5	Poulami Nandy	5	Shibjagya, Cooch Behar	9382654076
6	Priyanjana Kundu	5	Subhas Pally, Silver Jubilee rd, Cooch Behar	7076018825
7	Adrita Karmakar	5	Ghughumari, Cooch Behar	7679884171
8	Rikka Ganguly	5	Bang Chatra Rd, Cooch Behar	7384389672
9	All Afruja Yeasmin	5	Bara Elajan, Rashidanga, Cooch Behar	8373882112
10	Arishmita De Sarkar	5	New Town Ashram Rd, Cooch Behar	8927451185

Photos:

Krishna
Programme Officer
N. S. S. UNIT
T.P.M. Mahavidyalaya
Cooch Behar

Report and Attendance Sheet of the Programme

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Mobile : 6295861623 (Principal)



Principal Cooch Behar 08/01/21
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

NSS volunteers of T. P. M Mahavidyalaya before Seminar

Date: 08/01/2021 Place: Cooch Behar Panchanan Barma University



Principal Cooch Behar 09/01/21
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

NSS volunteers with NSS Programme Officer

Date: 09/01/21 Place: Cooch Behar College

Photos of the Programme

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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E-Mail : tpmm_cob@rediffmail.com
Mobile : 6295861623 (Principal)



Rally

Date: 09/01/21

Place: Cooch Behar

AUTHENTICATED

Asm 08/02/23
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar.



Rally

Date: 09/01/21

Place: Cooch Behar

AUTHENTICATED

Asm 08/02/23
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

The NSS Volunteers are at Rally

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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E-Mail : tpmc_cob@rediffmail.com

Mobile : 6295861623 (Principal)



NSS volunteers of our college with volunteers from other institutions

Date: 09/01/21

Place: Cooch Behar College

AUTHENTICATED

Bsh 08/02/23
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar



AUTHENTICATED
NSS Co-ordinator of Cooch Behar Panchanan Barma University with
NSS Programme Officer of T. P. M Mahavidyalaya
Bsh 08/02/23
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

Date: 10/01/21

Place: T. P. M Mahavidyalaya

Photos of the Programme

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR

OFFICE OF THE PRINCIPAL

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COOCH BEHAR (WB) INDIA

PIN : 736101

Phone No. & Fax No. : 03582-222695

E-Mail : tpmm_cob@rediffmail.com

Mobile : 6295861623 (Principal)



Cleanliness Drive Programme under SAP



Organized by
Cooch Behar Panchanan Barma University
In collaboration with
Cooch Behar College & Thakur Panchanan Mahila Mahavidyalaya
Date: 8th to 10th January, 2021

**Inaugurator:**
Prof. Debkumar Mukhopadhyay
Hon'ble Vice-Chancellor, CBPBU

**Chief Guest:**
Dr. Abdul Kader Safily
Registrar, CBPBU

**Special Guest:**
Vinay Kumar
Regional Director of NSS, Kolkata

**Programme
Co-ordinator:**
Prof. Amal Kumar Harh
N.S.S. Programme Co-ordinator, CBPBU

AUTHENTICATED

Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

Details in the Programme Brochure of Collaboration

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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**Cleanliness Drive Programme
under SAP**



**Seminar & Drive for Cleaning at CBPBU Campus:
8th January, 2021 at 11:30 a.m.**

**Rally & Drive for Cleaning at
Cooch Behar College Campus:
9th January, 2021 at 11:30 a.m.**

**Poster or Painting Competition & Drive for
Cleaning at
Thakur Panchanan Mahila Mahavidyalaya:
10th January, 2021 at 11:30 a.m.**

Contact your Programme Officer for participation in Poster Competition

AUTHENTICATED
Rupa 08/02/23
Principal
Thakur Panchanan Mahila Mahavidyalaya
Cooch Behar

Flyer of the programme

Details in the Programme Brochure of Collaboration

Rupa Bhawmick
Principal
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9. COVID-19 AWARENESS DRIVE BY NSS ON 01-01-2022

Date: 01/01/2022

Number of Students Participated: 110

Collaborating Agency: NSS Unit, Thakur Panchanan Mahila Mahavidyalaya in Collaboration with NCC Unit, Thakur Panchanan Mahila Mahavidyalaya, Cooch Behar.

Report: NSS unit organised Covid-19 Awareness Drive on 1st January, 2022 on Magazine Road, Cooch Behar through rally, mask distribution and poster making as part of Students Week Celebration. The programme began in the college auditorium with sensitizing the volunteers about Covid-19.



Ipsita Nandi delivering a lecture with Principal madam, NSS Programme Officer on stage

Programme: Covid-19 Awareness Drive

Date: 01/01/2022

Place: Seminar Hall

Organised by: NSS Unit

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Students organising rally and distributing mask

Programme: Covid-19 Awareness Drive

Date: 01/01/2022

Place: Seminar Hall

Organised by: NSS Unit



Participants with banner and posters before rally

Programme: Covid-19 Awareness Drive

Date: 01/01/2022

Place: Seminar Hall

Organised by: NSS Unit

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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NSS volunteers made and spread posters on Covid-19 awareness

Programme: Covid-19 Awareness Drive

Date: 01/01/2022

Place: Seminar Hall

Organised by: NSS Unit

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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10. ANTI-TOBACCO DAY BY NCC ON 31/05/2023

Date: 31/05/2023

Number of Students Participated: 26

Collaborating Agency: Organised by NCC Unit, Thakur Panchanan Mahila Mahavidyalaya.

	7 Bengal Girl's Bn NCC	
THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL		
PIN NO.-736101, CONTACT NO. - 8900523530.		
Ref.No./Sl. No. 09/22-23	Report of the NCC	Date 31/05/2023
Anti Tobacco Day		
It is observed in our college every year.		
<p>World No Tobacco Day (WNTD) is observed around the world every year on 31 May. The annual observance informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the <u>World Health Organization (WHO)</u> is doing to fight against the use of tobacco, and what people around the world can do to claim their <u>right to health</u> and healthy living and to protect <u>future generations</u>.^[1]</p> <p>The Member States of the <u>WHO</u> created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. The day is further intended to draw attention to the widespread prevalence of tobacco use and to negative <u>health effects</u>, which currently lead to more than 8 million deaths each year worldwide, including 1.2 million as the result of non-smokers being exposed to second-hand smoke.^[2] The day has been met with both enthusiasm and resistance around the globe from governments, public health organizations, smokers, growers, and the <u>tobacco industry</u>.</p>		
AUTHENTICATED Principal Thakur Panchanan Mahila Mahavidyalaya Cooch Behar		31/05/2023 Tumpa Ghosh Bibi (CTO) 7 Bengal Girl's Bn NCC TPMM, COB. C.T.O./A.N.O NCC UNIT T.P.M. Mahavidyalaya Cooch Behar

Report of the Programme

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

THAKUR PANCHANAN MAHILA MAHAVIDYALAYA COOCH BEHAR

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7 Bengal Girl's Bn NCC



THAKUR PANCHANAN MAHILA MAHAVIDYALAYA, COCH BEHAR, WEST BENGAL

PIN NO.-736101, CONTACT NO. - 8900523530.

Ref.No./Sl. No. 09/22-23

Date 31/05/2023

Report of the NCC



Programme - Anti Tobacco Day, Date - 31/05/2023,

Time :- 11.00 am

Participate of the Cadets - 26

Place - TPM Mahavidyalaya, Cooch Behar

AUTHENTICATED

31/05/23
Principal
Thakur Panchanan Mahila Mahavidyalaya,
Cooch Behar

31/05/2023
Tumpa Ghosh Bibi (CTO)

7 Bengal Girl's Bn NCC
C.T.O./A.N.O
NCC UNIT
T.P.M. Mahavidyalaya
Cooch Behar

NCC Cadres are Making the People Aware Regarding the Harms of Tobacco by Cleaning the Tobacco Remains

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

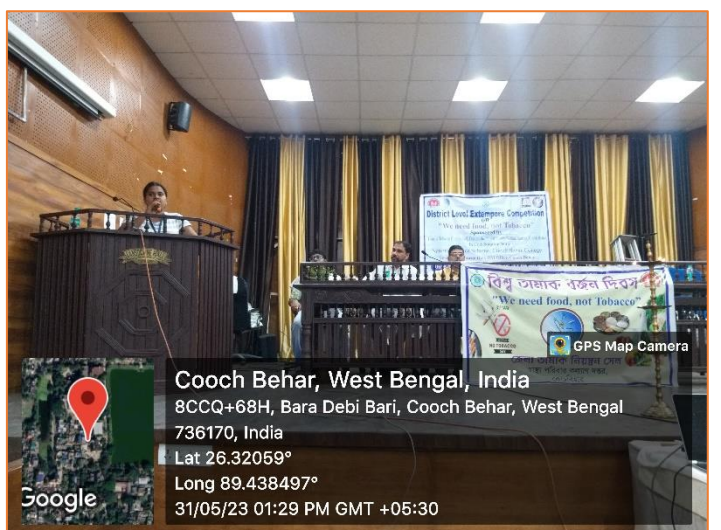
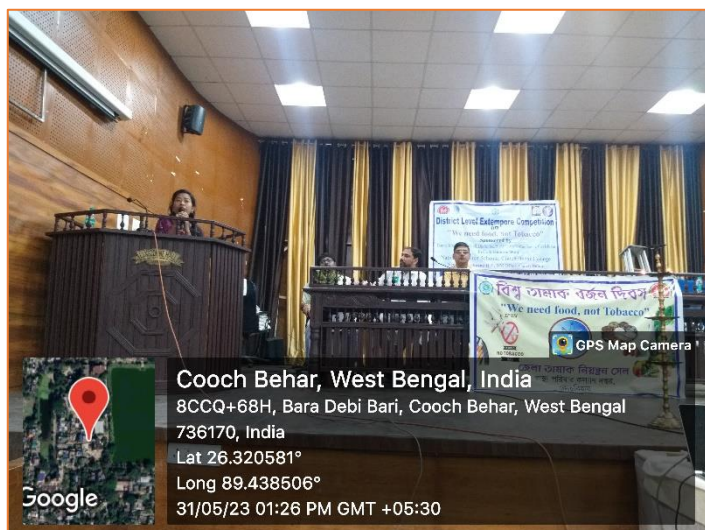
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11. DISTRICT LEVEL EXTEMPORE COMPETITION ON ANTI-TOBACCO DAY ON 31/05/2023



Five NSS Volunteers from NSS, TPMM Participated in the Programme

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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12. AWARENESS CAMPAIGN OF PERSONAL HYGIENE, PREVENTION OF MOSQUITO-BORNE DISEASES AND HEALTHY FOOD BY NSS ON 15/03/2023

Date: 15/03/2023

Number of Students Participated: 20

Collaborating Agency: NSS Unit, Thakur Panchanan mahila Mahavidyalaya in Collaboration with Guriahati AP School, Guriahati CT, Cooch Behar.

Report: An Awareness Campaign of Personal Hygiene, Prevention of Mosquito-borne Diseases and Healthy Food was organised through posters and drama. Dipak Barman, Assistant Professor, Department of English, TPMM was the invited speaker today. The day ended with yoga session and cultural function. Drawing books were distributed among students. Hand- wash and dustbins were provided to Guriahati AP School.



NSS Volunteers are Showing Posters on Personal Hygiene

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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Dipak Barman is Giving His Valuable Lecture on Personal Hygiene



NSS Volunteers are Showing Posters on Personal Hygiene

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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NSS Volunteers are Showing the Personal Hygiene Kit



NSS Volunteers are Doing Yoga for Healthy Life

Rupa Bhawanick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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13. SAMPLE PHOTOGRAPHS OF DIFFERENT COVID-19 VACCINATION CAMPS



Principal Dr. Rupa Bhawmick is the Camp

Students are Maintaining the Social Distancing

Rupa Bhawmick
Principal
T.P.M. Mahavidyalaya
Cooch Behar

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The Students of TPMM are Getting Vaccines

Rupa Bhawmik
Principal
T.P.M. Mahavidyalaya
Cooch Behar