



# INTERNAL QUALITY ASSURANCE CELL BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Banshihari,  
Dakshin Dinajpur, West Bengal, India- 733 121.  
(Affiliated to the University of Gour Banga)

To,  
The Chairman  
IQAC  
Buniadpur Mahavidyalaya  
Buniadpur  
Dakshin Dinajpur-733121

Dated: Buniadpur  
2 January 2023

Subject: Request for Permission to Introduce a Students' Exchange Programme and 30-Hours' Value-Added Course on "Mental Health and Curbing Anxiety"

Sir,

I am writing to seek your esteemed permission to introduce a Students' Exchange Programme and 30-Hours' Value-Added Course on "Mental Health and Curbing Anxiety", which is likely to be organized by the IQAC of Buniadpur Mahavidyalaya in collaboration with IQAC of Jamini Mazumder Memorial College, as per the terms of the signed MoU. Given permission, the course will be scheduled to take place from February 6, 2023 to February 11, 2023. at Buniadpur Mahavidyalaya. Additionally, as part of the Students Exchange Programme, we propose that out of 45 seats 30 selected students from Buniadpur Mahavidyalaya and 15 selected students from Jamini Mazumder Memorial College may attend the course.

We believe this initiative will contribute significantly to raise awareness about mental health issues and equip students with strategies to manage anxiety effectively. Your approval and support in this endeavour would be greatly appreciated.

Thank you for considering our request!

Sincerely yours,

*Dr. Santigopal Das*

Dr. Santigopal Das  
The IQAC Coordinator  
Buniadpur Mahavidyalaya  
Buniadpur  
Dakshin Dinajpur-733121  
West Bengal, India

Co-ordinator  
IQAC

Buniadpur Mahavidyalaya  
Buniadpur, D/Dinajpur

*Approved by*

*J. Gu.*

Principal  
Buniadpur Mahavidyalaya  
D / Dinajpur



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## NOTICE

### Students' Exchange Programme & Value-Added Course on "Mental Health and Curbing Anxiety"

Date: 21/01/2023

Under the MoU signed between Buniadpur Mahavidyalaya and Jamini Mazumder Memorial College, a collaborative 30 Hours' Value-Added Course on "Mental Health & Curbing Anxiety" will be held at Buniadpur Mahavidyalaya from Feb 6 to Feb 11, 2023 organised jointly by the IQAC of both of the institutions. As a part of Students' exchange programme, students from JMMC too shall participate in the course. Seats are limited (only 30 for the students of Buniadpur Mahavidyalaya and 15 for the students of JMMC). Interested 5th Semester students of Buniadpur Mahavidyalaya must enroll themselves by 1st February, 2023. Contact Dr. Santigopal Das, IQAC Coordinator for enrolment within the office hours. The Course module will be shared before the commencement of the course.

*Dr. Santigopal Das*

(Dr. Santigopal Das)

Co-ordinator  
IQAC

IQAC Coordinator Buniadpur Mahavidyalaya

Buniadpur, D/Dinajpur

Buniadpur

Dakshin Dinajpur-733121

West Bengal, India

# BROCHURE



Brochure for  
Students' Exchange Programme  
& 30-Hours' Value-Added Course on  
"Mental Health and Curbing Anxiety"

(as per MoU signed between Jamini Mazumder Memorial College and Buniadpur Mahavidyalaya on 25/03/2019 for five years)

To be Organised by:

**Internal Quality Assurance Cell (IQAC) of Buniadpur Mahavidyalaya**, in  
Collaboration with **IQAC of Jamini Mazumder Memorial College**

Venue:

**A. P. J. Abdul Kalam Hall of Buniadpur Mahavidyalaya**

Course Coordinators:

*Dr. Santigopal Das & Dr. Modhura Bandyopadhyay*

**Course Duration:**

February 6, 2023 to February 11, 2023. 30 Hours' course, with classes running for 5-6 hours a week, from 11 AM to 4-5 PM.

**Objective:**

The primary objective of the program is to raise awareness about mental health issues and equip students with strategies to manage anxiety effectively. It is aimed to promote mental well-being and resilience among participants.

**Course Curriculum:**

1. Understanding Mental Health and Anxiety
2. Identifying Signs and Symptoms of Anxiety Disorders
3. Coping Strategies for Managing Anxiety
4. Stress Management Techniques
5. Mindfulness and Relaxation Practices
6. Seeking Help and Support for Mental Health Concerns

**Tentative Routine:**

DAY	11AM-12NOON	12NOON-1PM	1PM-2PM	2PM-3PM	3PM-4PM	4PM-5PM
MONDAY	INAUGURAL	INAUGURAL	SGD	RINKI JHA CHAKRABORTY	SUBIR KUNDU	SUBIR KUNDU
TUESDAY	RS	RS	JCC	JCC	TD	REMEDIAL
WEDNESDAY	JCC	RT	TD	RS	RS	REMEDIAL
THURS	SGD	SGD	SFR	TD	TD	REMEDIAL
FRIDAY	SUBIR KUNDU	SUBIR KUNDU	RINKI JHA CHAKRABORTY	RINKI JHA CHAKRABORTY	SGD	SGD
SATURDAY	REMEDIAL	TEST	TEST	TEST	VALEDICTORY	CERTIFICATE DISTRIBUTION

- To get enrolled, students of Buniadpur Mahavidyalaya should contact **Dr. Santigopal Das**, IQAC Coordinator of Buniadpur Mahavidyalaya, & students of Jamini Mazumder Memorial College should contact **Dr. Modhura Bandyopadhyay**, IQAC Coordinator of Jamini Mazumder Memorial College, on working days, by 1<sup>st</sup> February, 2023.

Verified & digitally signed (DSC) by  
Principal, Buniadpur Mahavidyalaya

## PARTICIPANTS

*Students' Exchange Programme  
Value Added Course on Mental  
Health and Curbing Anxiety*

## REGISTER OF ATTEN

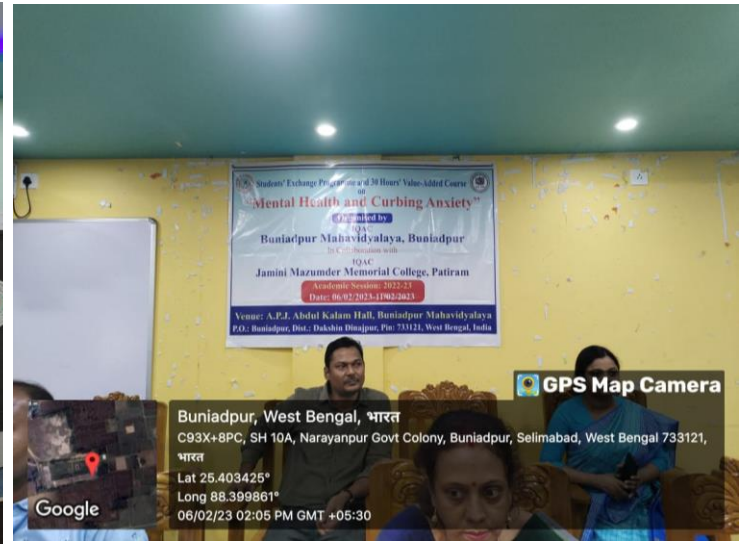
For the Month c

06.02.2023 - 11.02.2023

Class ..... Section .....

Roll No.	NAME OF STUDENTS	Admission No.	ATTEN -													
			7	8	9	10	11	12	13	14						
<i>Students of Buniadpur Mahavidyalaya</i>																
1.	ARPITA DAS		L	L	L	P	L									
2.	DHANIKA ROY		L	L	L	P	L									
3.	REHENA KHATUN		L	L	L	L	L									
4.	RAKHI BASAK		L	L	L	P	L									
5.	PIEU KUNDU		L	L	L	P	L									
6.	SUBRATA SARKAR		L	L	L	L	L									
7.	SANTONU BARMAN		L	L	L	L	L									
8.	ANUP SARKAR		L	L	L	P	L									
9.	UMME NASRIN		L	L	L	P	L									
10.	RIYA DUTTA		L	L	L	P	L									
11.	SANCHITA MONDAL		L	L	L	P	L									
12.	LULU MARJAN		L	L	L	P	L									
13.	RAKESH KUMAR KARMAKAR		L	L	L	P	L									
14.	SUNAYANA DAS		L	L	L	P	L									
15.	SUBRATA MANDAL		L	L	L	P	L									
16.	DEBASHISH ROY		L	L	L	L	L									
17.	BISHAL MAHATO		L	L	L	P	L									
18.	MAMLI SARKAR		L	L	L	P	L									
19.	BROJEN ROY		L	L	L	L	L									
20.	REETI SARKAR		L	L	L	P	L									
21.	MANJIT SARKAR		L	L	L	P	L									
22.	SATHI BISWAS		L	L	L	P	L									
23.	TAPAN DEBSHARMA		L	L	L	L	L									
24.	PRIYA SAHA		L	L	L	P	L									
25.	SUSHAMA BHAGAT		L	L	L	P	L									
26.	HIMANKAR RABIDAS		L	L	L	P	L									
27.	AJOY MAHATO		L	L	L	P	L									
28.	APTARUN KHATUN		L	L	L	L	L									
29.	PAROMITA ROY		L	L	L	P	L									
30.	HARISH CH BARMAN		L	L	L	P	L									

# PHOTOGRAPHS



Verified & digitally signed (DSC) by  
Principal, Buniadpur Mahavidyalaya

# CERTIFICATE



## *Certificate of Completion*



This is to certify that Arpita Das of Buniadpur Mahavidyalaya has completed the 30-Hours' Value-Added Course on "Mental Health and Curbing Anxiety" as part of Students' Exchange Programme & as per MoU signed between Jamini Mazumder Memorial College and Buniadpur Mahavidyalaya, organised by Internal Quality Assurance Cell (IQAC) of Buniadpur Mahavidyalaya, in Collaboration with Internal Quality Assurance Cell (IQAC) of Jamini Mazumder Memorial College, at A. P. J. Abdul Kalam Hall of Buniadpur Mahavidyalaya from February 6, 2023 to February 11, 2023.

*Dr. Santigopal Das*

Course Coordinator

Buniadpur Mahavidyalaya

*Dr. Modhura Bandyopadhyay*

Course Coordinator

Jamini Mazumder Memorial College

*Dr. Jitesh Chandra Chaki*

Principal

Buniadpur Mahavidyalaya



# INTERNAL QUALITY ASSURANCE CELL BUNIADPUR MAHAVIDYALAYA

Selimabad, P.O.: Buniadpur, P.S.: Bansihari,  
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## Report Summary

16 Feb. 2023

**Programme Title:** Students' Exchange Programme and 30-Hours' Value-Added Course on "Mental Health and Curbing Anxiety" (as per MoU signed between Jamini Mazumder Memorial College and Buniadpur Mahavidyalaya on 25/03/2019 for five years)

**Organized by:** Internal Quality Assurance Cell (IQAC) of Buniadpur Mahavidyalaya in Collaboration with IQAC of Jamini Mazumder Memorial College

**Course Duration:** February 6, 2023 - February 11, 2023. It was structured as a 30 Hours' course, with classes held 5/6 hours a week, from 11 AM to 4/5 PM.

**Venue:** A. P. J. Abdul Kalam Hall of Buniadpur Mahavidyalaya

**Number of Students participated:** Total 45; 30 of BM and 15 of JMMC

**Number of Students completed the course:** Total 45; 30 of BM and 15 of JMMC

### Objective:

The primary objective of the program was to raise awareness about mental health issues and equip students with strategies to manage anxiety effectively. It aimed to promote mental well-being and resilience among participants.

### Course Curriculum:

1. Understanding Mental Health and Anxiety
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SATURDAY	REMEDIAL	TEST	TEST	TEST	VALEDICTORY	CERTIFICATE DISTRIBUTION

Verified & digitally signed (DSC) by  
Principal, Buniadpur Mahavidyalaya

### Course Outcome:

- Increased awareness and understanding of mental health issues, including anxiety disorders.
- Improved ability to recognize signs and symptoms of anxiety in oneself and others.
- Acquisition of practical coping strategies and stress management techniques.
- Enhanced mindfulness and relaxation skills for promoting mental well-being.
- Encouragement to seek help and support for mental health concerns, breaking down stigma and barriers to access.

This collaborative initiative between Buniadpur Mahavidyalaya and Jamini Mazumder Memorial College, as part of the MoU signed between the two colleges provided students with valuable insights and tools to prioritize their mental health and well-being. Within a supportive and inclusive environment, the program empowered participants to take proactive steps towards managing anxiety and promoting mental wellness in their lives.

Dr. Santigopal Das

(Dr. Santigopal Das)

IQAC Coordinator

Buniadpur Mahavidyalaya

Buniadpur

Dakshin Dinajpur-733121

West Bengal, India

Co-ordinator  
IQAC  
Buniadpur Mahavidyalaya  
Buniadpur, D/Dinajpur